

TONYA MARIE HOFFMAN, MD
SOLO PRACTITIONER OF *HOFFMAN HEALTH & HOLISTICS, INC.*
LOCATED AT
INTEGRATIVE MEDICAL CLINIC OF SANTA ROSA
175 CONCOURSE BLVD, SANTA ROSA, CA 95403
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OBJECTIVE

MY INTENTION IN MEDICAL PRACTICE IS TO CONNECT WITH PATIENTS MINDFULLY, MEET THEM AT THEIR LEVEL OF READINESS FOR IMPROVEMENT, AND TO PROVIDE MOTIVATION AND INSIGHT FOR THEIR HEALTH GOALS. BY INCORPORATING HOLISTIC INTEGRATIVE MODELS WITH WESTERN MEDICINE, THE CONNECTION OF PSYCHOSOCIAL WELLNESS AND PHYSICAL HEALTH BECOMES SEAMLESS, AND MOST IMPORTANTLY, PATIENT-DIRECTED.

SCOPE OF PRACTICE

DR. HOFFMAN BLENDS BOTH TRADITIONAL ALLOPATHIC AND INTEGRATIVE MEDICINE INTO HER PRACTICE, WITH A STRONG BELIEF IN THE TENETS OF FUNCTIONAL MEDICINE. DEPENDING ON PATIENT PREFERENCE, SHE EXPLORES HERBAL/MINERAL SUPPLEMENTATION, AND YOGA THERAPEUTICS. AS A FAMILY PHYSICIAN BY TRAINING, SHE IS COMFORTABLE SEEING PATIENTS OF ALL AGES, AND WALKS OF LIFE. SHE ENJOYS WOMEN'S HEALTH & GYNECOLOGY, PEDIATRICS, MUSCULOSKELETAL CHALLENGES, AND SEEKS TO OPTIMIZE WELLNESS IN ALL THOSE SHE WORKS WITH.

BENEFITS OF FUNCTIONAL MEDICINE

SINCE FUNCTIONAL MEDICINE ADDRESSES THE BODY AND ITS COMPLEX SYSTEMS AS A WHOLE NETWORK, THE APPROACH DR. HOFFMAN TAKES IN ADDRESSING YOUR HEALTH IS VERY THOROUGH. DR. HOFFMAN SPENDS MORE TIME THAN YOUR AVERAGE PHYSICIAN IN GETTING TO KNOW YOU BETTER BY EXPLORING YOUR DETAILED HEALTH HISTORY OF FAILURES AND SUCCESSES, AND DISCUSSING YOUR CURRENT HEALTH CHALLENGES. OFTEN TIMES, SHE HAS ENCOUNTERED THOSE WHO HAVE BEEN DISSATISFIED WITH THEIR CURRENT MEDICAL CARE, OR WHO ARE SEEKING A BETTER UNDERSTANDING OF CHRONIC OR GENERALIZED SYMPTOMS THAT CONTINUE TO EXIST, DESPITE TREATMENT. SHE ENJOYS DISCUSSING ADJUNCTIVE TREATMENTS FOR AUTOIMMUNE PHENOMENA SUCH AS DIABETES, THYROID DISORDERS, AND MULTIPLE SCLEROSIS. SHE ADDRESSES CHRONIC DERMATOLOGIC ISSUES, CHRONIC GASTROINTESTINAL DISCOMFORTS, HORMONAL IMBALANCES, "NERVOUS" MINDS/HEARTS/STOMACHS, AND DISPIRITED FOLKS SIMPLY LOOKING FOR RELIEF. OR PERHAPS YOU ARE ALREADY QUITE HEALTHY IN MIND AND BODY, BUT HAVE SPECIFIC GOALS TO DISCUSS? SHE IS MOST INSPIRED BY THOSE WHO SEEK TO HEAL THEMSELVES, AND SEES HERSELF AS A FACILITATOR AND PARTNER IN YOUR WELLNESS.

EDUCATION AND TRAINING

RESIDENCY 2006 – 2009

SANTA ROSA FAMILY MEDICINE RESIDENCY PROGRAM

PRIMARILY HOUSED AT SUTTER HOSPITAL, WITH SOME EXPERIENCE AT KAISER
PERMANENTE AND ST. JOSEPH'S MEMORIAL HOSPITALS, AND SOUTHWEST COMMUNITY
HEALTH CENTERS IN SANTA ROSA

DOCTOR OF MEDICINE 2002 – 2006

UNIVERSITY OF CHICAGO PRITZKER SCHOOL OF MEDICINE, CHICAGO, IL

APPLYING FUNCTIONAL MEDICINE IN CLINICAL PRACTICE 2014

SCOTTSDALE, AZ

LICENSURE, CERTIFICATIONS, AND MEMBERSHIPS

AMERICAN BOARD OF FAMILY MEDICINE BOARD CERTIFIED
AMERICAN BOARD OF INTEGRATIVE AND HOLISTIC MEDICINE CERTIFIED
LICENSED PHYSICIAN IN STATE OF CALIFORNIA
SONOMA COUNTY MEDICAL ASSOCIATION MEMBER
CALIFORNIA ACADEMY OF FAMILY PHYSICIANS MEMBER
AMERICAN ACADEMY OF FAMILY PHYSICIANS MEMBER
INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS MEMBER
INSTITUTE FOR FUNCTIONAL MEDICINE MEMBER

NON-PROFESSIONAL INTERESTS

PLAYING PIRATES WITH MY TODDLER, BEEKEEPING, WINE-MAKING, RAISING
CHICKENS, SAILING, COLLECTING LP VINYLs, GARAGE SALES, CAMPING & HIKING,
TANGO, BAKING/BREAD-MAKING, EXPERIMENTING WITH HERBS & SPICES