



"Aging gracefully means  
aging healthfully..."



Alexis Gopal MD  
Functional Medicine



Alexis Gopal M.D. is a board certified internist in New York City with additional training in obesity and integrative medicine. She is a graduate of the Mount Sinai School of Medicine, and the Connecticut School of Broadcasting. She completed her internal medicine residency and chief residency at the Albert Einstein School of Medicine. With over 25 years of experience, her mission is to bring hope to, and empower chronically ill clients who have given up on having a good quality of life, and to educate the public about health hazards in everyday life.

***Dr. Gopal has expertise in:***

- Gut Health***
- Autoimmune Disorders***
- Sexual Health***
- Hormonal Imbalances***
- Inflammation***
- Depression***
- Obesity***
- Chronic Fatigue***
- Chronic Pain***
- Employee Burnout***

***She is available for lectures, media appearances, group education , corporate training.***

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