



## Tiffany Baer, MD

Internal Medicine, Holistic Medicine  
Anthroposophical Medicine

### Credentials

Dr. Tiffany Baer is a graduate of Sackler Medical School in Tel Aviv, Israel. She received her Board certification in Internal Medicine (2000) and Holistic Medicine (2002). She worked in Occupational Medicine in a private clinic (2000-2007) and at Kaiser Permanente (2007-2014). She completed a five year post graduate medical training program in Anthroposophical Medicine in May 2013. She started a part time private practice in 2010, with special emphasis on Anthroposophical Medicine. The principles of Anthroposophical Medicine include a holistic view of each patient and an expanded view of health which integrates the body, soul and spirit. She prefers to use natural, non-toxic medicines as a primary strategy, but will prescribe pharmaceuticals when necessary.

### Conditions Commonly Addressed:

- Cardiovascular disease
- Hormonal imbalance
- Acute upper and lower respiratory infections
- Headaches/migraines
- Injuries
- Acute and chronic pain syndromes (May include use of Photon Stimulation in treatment)
- Digestive problems
- Allergies Fatigue
- Stress/Anxiety
- Insomnia
- Depression

### Dr. Baer's strategies focus on:

#### The whole person, body, soul and spirit

- Developmental stage of life; individual biographic conditions and concerns, i.e. where you are in your life.
- Using lifestyle strategies and natural remedies to support a healthy integration of biological systems.