



bistroMD

for a lighter, healthier you

Meet Dr. Caroline J. Cederquist, M.D.



Dr. Cederquist, M.D

“There is nothing more rewarding than seeing the happiness that health brings to a person’s face.”

contact us

Integrity is at the heart of what we do, which is why we will do everything we can to make sure you are happy. We are available from 9am-5pm, Monday-Friday, EST.

(866) 401-3438

CustomerService@bistroMD.com



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Caroline J. Cederquist, MD has taken a road few physicians have traveled. Caroline read her first statistics about obesity at a very young age. Growing up, the majority of Caroline's family was overweight. Through her knowledge of weight management, she is proof that you can manage your genetic predispositions through healthy lifestyle changes. She wanted a career where she could help people understand this too.

Beginning in 1991, she started her career in family practice. As it often happens with conventional medicine, she found herself prescribing round after round of medication, while knowing that if her patients could lose around 20-30 pounds that they wouldn't need any medication at all.

With the desire to stop treating patients in a way that didn't address the root of her patients' problems, she came to a personal conclusion that conventional medicine did not provide all of the tools she needed to help her patients achieve optimum health.

Intent on discovering the underlying causes of her patients most common issues, like high cholesterol, diabetes, high blood pressure, and weight gain, she began to envision Cederquist Medical Wellness Center. She decided to move to Naples FL with her family, and committed to taking an entirely different approach to impact her patients' health. She wanted an approach that could reduce medications, decrease a variety of risk factors, and improve health and quality of life long-term, by using food as medicine, and working with patients on an individual basis.

Dr. Cederquist founded Cederquist Medical Wellness Center in 1997, with the primary aim of treating patients by treating the causes of their health issues. By providing the right dietary and lifestyle treatment program, she has helped patients normalize cholesterol levels without any medication. Patients who have tried everything to lose weight finally find the answers they need, and they begin to lose weight after years of failure. Patients who have diabetes are able to reduce or eliminate their medications. Most importantly, patients have been able to improve their health and well-being in life-transforming ways.

With a customized treatment program created specifically for each patient, Dr. Cederquist has helped thousands of people lose weight and achieve better health. It's through her extensive work with patients that Caroline developed the nutritional foundation for bistroMD, focusing on the right balance of macronutrients in the diet: the protein, the right carbohydrates, healthy fats and fiber.



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As one of only about 250 doctors nationwide to have achieved board certification in bariatrics –the specialty of medical weight management, Dr. Cederquist has appeared as a weight-management expert in a variety of venues, including:

- The Dr. Phil Show
- The Ricki Lake Show
- The Ananda Lewis Show
- The Today Show, Locally televised NBC affiliate in Fort Myers, FL
- Local Radio “The Skinny on Your Health”
- Hundreds of Publications in regional and national magazines and newspapers

Awards:

National Upjohn Achievement Award for "Outstanding Personal and Professional Qualities Deemed Most Valuable in a Physician"

Chief resident at the Medical College of Virginia

Board of Trustees of the American Society of Bariatric Physicians

Member of the Institute for Functional Medicine

National Merit Scholar

University of Miami's Honors Medical Education Program

Phi Beta Kappa

Alpha Omega Alpha - Officer (Medical Honors Society)

For more information, speaking appearances or to schedule a media interview with *Caroline J. Cederquist, M.D.*, please email pr@bistroMD.com or call 866-401-3438.