

Alan Christianson is a Phoenix, Arizona-based Naturopathic Endocrinologist with a focus on thyroid disease.

Dr. Christianson was a member of the premier class of Southwest College of Naturopathic Medicine (SCNM). He has been actively practicing in Scottsdale Arizona since 1996 and is the founding physician behind Integrative Health.

He is a New York Times bestselling author whose titles include The Metabolism Reset Diet, and the Thyroid Reset Diet.

Dr. Christianson is the founding president of the Endocrine Association of Naturopathic Physicians, and is the founding co-president of the American College of Thyroidology.

He has trained physicians internationally on the management of autoimmune thyroid disease.

He frequently appears on national TV shows like Dr. Oz, The Doctors, The Today Show, and CNN as well as print media like Shape Magazine, Women’s World, and Natural Health.

Dr. Christianson resides in Minnesota and Arizona, with his wife Kirin