

Learn to prescribe food as medicine

Lifestyle Medicine & Food as Medicine Essentials

This award-winning course is designed to introduce clinicians to the power of lifestyle medicine and shift their focus from disease management to lasting health restoration and in doing so, increase professional satisfaction.



Online Course Bundle



Award-Winning



50,000+ Enrollees



FREE Until Sept. 2025


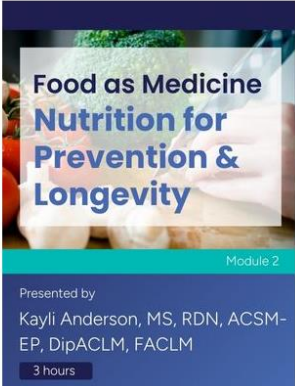
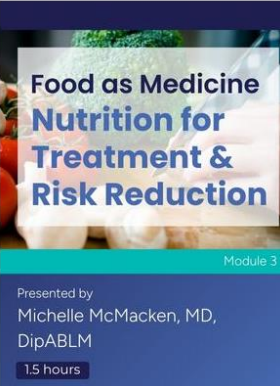


5.5 Hours CME/CE/MOC

[White House | Lifestyle Medicine Free CME/CE](#)

Using the promo code: **ESS-AMZNEDU**, all healthcare providers (not just doctors) can get 5.5 hours of free, high quality CME on lifestyle medicine and food is medicine.

This course features three modules with practical strategies for prescribing therapeutic lifestyle interventions, providing the knowledge and tools to enhance your practice and improve patient outcomes. Learn from top experts to make a lasting impact on your patients' health and well-being.

		
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