

Vincent Leonti, MD, a Family Doctor with Princeton Integrative Health

Get to know Family Doctor, Dr. Vincent Leonti, who serves patients in Lawrenceville, New Jersey.



New York City, New York Oct 12, 2023 ([IssueWire.com](https://www.IssueWire.com)) - As the Medical Director of Princeton Integrative Health, Dr. Leonti is a physician whose journey through the world of medicine has been as unconventional as it has been inspiring.

From the moment he entered grade school, he knew he was destined to become a doctor. His unwavering dedication led him to graduate from SUNY Upstate Medical University in Syracuse, New York, but his path in medicine was far from straightforward.

Early on, Dr. Leonti faced a pivotal decision between family medicine and emergency medicine. Ultimately, he found his true calling in family medicine, a field that allowed him to cultivate deep and lasting relationships with his patients. This close connection with those he cared for would later become a fundamental aspect of his medical philosophy.

Beyond his professional life, he has always been a man of action. He has completed an impressive five marathons, a testament to his commitment to a healthy lifestyle. However, one day, during his routine run, he experienced a sudden and sharp pain in his chest.

Frightened by this alarming symptom, he consulted a cardiologist, only to discover an 80 percent blockage in one coronary artery and a 70 percent blockage in another. It was a wakeup call for Dr. Leonti, a physician who had always believed he was living a healthy life but had unknowingly fallen prey to misinformation and developed unhealthy habits.

Forced to confront his own health issues, he embarked on a transformative journey. It was during this time that his daughter, Jenna, began her own exploration of functional medicine and integrative health. Functional medicine was an entirely new concept to him, one that initially seemed unconventional and at odds with his medical training.

With skepticism in his heart, Dr. Leonti attended his first functional medicine conference. There, he experienced a profound revelation—the stark contrast between traditional medicine and the innovative approach of functional medicine.

While traditional medicine excelled in treating acute illnesses and emergencies, it often struggled with chronic conditions. He realized that there was a significant opportunity to prevent and reverse chronic illnesses by merging the functional approach with conventional medicine. Instead of merely reacting to health problems with medication, functional medicine focuses on uncovering the root causes of these issues and preventing them from occurring in the first place.

Inspired and driven by this new perspective, Dr. Leonti enrolled in the Institute for Functional Medicine and Functional Medicine University, where he embarked on the path to certification. The convergence of personal experiences, shared beliefs, and a deep commitment to the power of functional and conventional medicine led to the creation of Princeton Integrative Health. This remarkable father-daughter team is dedicated to bridging the gap between traditional and functional medicine, offering a holistic approach that focuses on the well-being and health of their patients.

Family medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Physicians specializing in Family Medicine are called Family Doctors. They manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

Learn More about Dr. Vincent Leonti:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/131293-Vincent-Leonti-Family-Practitioner> or through Princeton Integrative Health, <https://www.princetonih.com/about/team/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Vincent Leonti, MD

[See on IssueWire](#)