



Evanston, Illinois · melioramed.com · info@melioramed.com

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#### PRESS BIO

## Rowena Chua, MD

Founder · Meliora Integrative Medicine

Triple board-certified in Neurology, Integrative Medicine, and Obesity Medicine. Fellowship-trained by Dr. Andrew Weil at the University of Arizona Center for Integrative Medicine. In practice in Evanston since 2013.

#### SHORT BIO · ~50 WORDS

Rowena Chua, MD, is the founder of Meliora Integrative Medicine in Evanston, Illinois. Board-certified in Neurology, Integrative Medicine, and Obesity Medicine, she trained under Dr. Andrew Weil at the University of Arizona. Dr. Chua practices root-cause medicine grounded in The Meliora Method™ — her five-pillar clinical framework.

#### MEDIUM BIO · ~120 WORDS

Rowena Chua, MD, is the founder of Meliora Integrative Medicine, an Evanston, Illinois practice she opened in 2013 after a decade of conventional neurology. A Northwestern University alumna, she is triple board-certified in Neurology, Integrative Medicine, and Obesity Medicine — a combination that lets her treat the nervous, hormonal, and metabolic systems as one. Dr. Chua completed her two-year integrative medicine fellowship under Dr. Andrew Weil at the University of Arizona Center for Integrative Medicine, the program widely regarded as having established the clinical standard for the field. Her practice is built on The Meliora Method™ — a five-pillar framework addressing hormones, nutrients, gut and detoxification, stress and adrenals, and metabolic and mitochondrial health.

#### LONG BIO · ~300 WORDS

Dr. Rowena Chua is the founder of Meliora Integrative Medicine and a triple board-certified physician with more than two decades of clinical experience. She is certified by the American Board of Psychiatry and Neurology (2007), the American Board of Physician Specialties in Integrative Medicine (2017), and the American Board of Obesity Medicine (2024) — a combination that shapes how she reads every patient.

Dr. Chua earned her undergraduate degree from the University of California, Los Angeles in Psychobiology, then completed her medical degree at the University of Santo Tomas. She trained in internal medicine at New York Medical College — Metropolitan Hospital and completed her neurology residency at Northwestern University Feinberg School of Medicine. A subspecialty fellowship in clinical neurophysiology at Rush University Medical College followed, before she completed her two-year

integrative medicine fellowship under Dr. Andrew Weil at the University of Arizona Center for Integrative Medicine.

She founded Meliora in 2013 at the Heartwood Center for Body, Mind, and Spirit in Evanston after watching too many patients leave the hospital with long medication lists and few answers about why they were sick in the first place. Today, Meliora occupies its own clinical suite at 1740 Ridge Avenue with a dedicated DEXA scan room, IV therapy suite, and exam space — built around how patients actually move through care.

Dr. Chua's work is the foundation of The Meliora Method™, her five-pillar clinical framework addressing hormone rebalancing, nutrient repletion, gut and detox optimization, stress and adrenal regulation, and metabolic and mitochondrial support. She lives and practices in Evanston, Illinois.

## **Areas of Expertise**

- Bioidentical hormone replacement therapy (BHRT), including pellets, micronized progesterone, DHEA, topical compounds
- Thyroid optimization with full panel evaluation (free T3 / free T4 / antibodies, not just TSH)
- Nutrient deficiency identification and IV nutritional therapy
- Medical weight management integrating GLP-1 therapy with hormonal and metabolic support
- DEXA body composition analysis and Resting Metabolic Rate testing
- Adrenal, sleep, and stress physiology — informed by her neurology background

## **Speaking & Media**

Dr. Chua is available for interviews on integrative medicine, hormonal health, the Meliora Method™, AI in clinical practice, and patient health at perimenopause and beyond. For interviews, fact-checking, or expert commentary, contact [info@melioramed.com](mailto:info@melioramed.com).