

Monica Aggarwal, MD, FACC
Assistant Professor
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Monica Aggarwal, MD, is an assistant professor of medicine in the University of Florida Division of Cardiovascular Medicine. She received her medical degree from Virginia Commonwealth University School of Medicine and subsequently went on to complete a residency in internal medicine at Tufts-New England Medical Center. She then completed a cardiology fellowship at the University of Maryland and later continued her training at the University of Arizona where she completed an integrative medicine fellowship.

Dr. Aggarwal's own path to understanding the impact of nutrition in illness started soon after the birth of her third child, when she developed an advanced form of rheumatoid arthritis. She was placed on medications that gave her severe side effects. It was only through learning about the microbiome (gut), its impact on the immune system and the role of nutrition in affecting the gut, was she able to truly heal. Determined to change the face of medicine, Monica left private practice and returned to academics in order to pursue research on the role of diet and to create an integrative cardiology practice focused on nutrition and lifestyle.

Serving as the Director of Integrative Cardiology and Prevention at the University of Florida, Dr. Aggarwal focuses on promoting food as the foundation of healing and for its medicinal value. In her clinic, she emphasizes plant based nutrition and often performs multiple mind-body techniques with her patients, including yoga and meditation. She is also the Director of Medical Education for Cardiology, where she directs education for medical residents and cardiology fellows, with a focus on prevention, nutrition and lifestyle. In the hospital, she has multiple initiatives including developing a 100% plant based menu for cardiac and vascular patients.

Dr. Aggarwal gives talks around the community and the country. She was named a "Next Generation Innovator" by Cardiology Today. She is often featured in Veg News, Naked Magazine and has been featured in forksoverknives.com. She conducts research on nutrition education in medical institutions and on how a plant based diet impacts cardiovascular disease.

Board certified in cardiology, echocardiography and nuclear cardiology, she is a fellow of the American College of Cardiology (ACC), where she is a member of the nutrition council working on nutrition policies for the nation. Monica specializes in preventative management of heart disease with lifestyle techniques in conjunction with medications. She is the author of the book *"Finding Balance: Empower Yourself with Tools to Combat Stress and Illness,"* which outlines 10 prescriptions to help guide people to better health.

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