

Dave Williams, MD, MPH

Background: Dr. Dave Williams is Board Certified in Preventive Medicine completing his residency training at Loma Linda University. He currently is the Medical Director of the Center for Lifestyle Medicine Inc., a clinic that specializes in weight loss and the application of therapeutic lifestyle change modalities to help treat and prevent chronic disease. He is married and has 3 children, Austin, Gabriella, and Jared.

Publications, Recordings & References: Dr. Williams has spoken at many venues for employees of the County of Riverside including the Sheriff Department, labor union groups, and the Department of Public Health. He has spoken at many church and community-sponsored events including The American Cancer Society, The American Heart Association, and has appeared on television programs on The Loma Linda University Broadcasting Network.

Medical science has shown that the major chronic diseases affecting western societies are due to underlying processes transpiring in our bodies. Dr. Williams believes we have the ability to modify these underlying disease causing processes through the effective use of scientifically proven non-pharmacologic (drug) therapeutic lifestyle modalities to prevent and reverse these conditions thus promoting health and optimizing well-being.

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