

Dr. Gregory Bergner

Dr. Bergner was a Family Doctor for 25 years in Tahoe. Those were years when Doctors took care of the entire family, delivering babies, assisting in surgery and taking care of Hospitalized Patients. But feeling he was wearing out, he migrated to Urgent Care for 14 years, and currently is the Director of Lifestyle & Wellness at Barton Hospital.

When he retired from Primary Care, he occasionally walked through waiting rooms when visiting colleagues, and was struck by how sick the Patients in waiting rooms had become. Over the course of just his career in Patient Care, people were becoming visibly sicker. It was then, Dr. Bergner investigated the medical literature, attended conferences and found that Chronic Disease rates are indeed rising, and found that there is solid science showing us how to reverse this trend. He then studied and passed his boards for the American College of Lifestyle Medicine, and is committed to helping those who want to improve their health.