

# Kara Wada

## CRUNCHY ALLERGIST



### MEET DR WADA

Kara Wada, MD is a board-certified adult and pediatric allergy, immunology & lifestyle medicine physician, Sjogren's patient, certified life coach, and host of the Crunchy Allergist podcast.

Dr. Wada works to break down barriers and build bridges in our very siloed medical system. She focuses on the unique challenges pertaining to those struggling with allergies and autoimmunity. She works tirelessly with her patients and coaching clients using her naturally-minded and scientifically-grounded approach to health and healing.

Kara earned her medical degree at the University of Illinois College of Medicine. She completed Internal Medicine-Pediatrics residency, Allergy/Immunology and Medical Education fellowships at The Ohio State University and Nationwide Children's Hospital. She is certified by The Life Coach School and a diplomate of the American College of Lifestyle Medicine. She currently serves as Assistant Fellowship Director and Assistant Clinical Professor at The Ohio State University.

Kara has been featured on NPR, US News & World Reports, Popular Science and Reader's Digest as well as multiple podcasts and television interviews. Dr. Wada lives in Columbus, Ohio with her husband, Dr. Akira Wada, and their 3 children, Charlotte, Josephine & Oliver.

### DR WADA IS PASSIONATE ABOUT:

1. Empowering through expert immune system education. What sets Kara apart? Her fellowship training and lived experiences. She skipped the course on how to sell supplements and lab testing.
2. Helping clients explore thoughts, symptoms, triggers, and goals to better communicate with their loved ones and the healthcare team.
3. Harnessing the power of a medical team. I partner with Jenifer Tharani, MS, RD in our Anti-Inflammatory Re-defined, AutoImmunity Re-imagined (AIRsquared) programs helping our clients live life lighter.
4. Ditching detoxes and miracle cures in favor of stepwise sustainable solutions for long-term health and healing by capitalizing on our brain's ability to re-wire using metacognition tools.
5. Utilizing personally and professionally practical evidence-based, common-sense and sustainable approaches to balancing the immune system.
6. Providing an inside look at the broken medical system while working to rebuild therapeutic trust between patients and physicians.
7. Training the next generation of physicians to be the leaders in the change we so desperately need in our healthcare system.

### FEATURED IN

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