

Mover & Shaper

NAME: Robin Berzin, M.D.

WHY SHE'LL WOW YOU: *She's transforming what a doctor's visit means with her high-tech medical practice, Parsley Health—you see (on video chat!) your doc and health coach for regular tune-ups, and the tests you get go way beyond the basics.*

WHERE YOU'LL FIND HER: @parsleyhealth

HOW SHE'S HELPING TO OPTIMIZE YOU

“There’s a big difference between being healthy and truly thriving,” says Robin Berzin, M.D. That was the realization—as a Columbia med student—that made her want to practice medicine differently. Her brainchild: Parsley Health, an innovative health service with a big-picture attitude and a sort of gym-membership approach. Things like your fitness, nutrition, mental health, stress level, and even the antibiotics you had as a kid all play into your current health, but few primary-care physicians really look at all of those, Dr. Berzin says. “Our focus [at Parsley Health] is to get to the root cause of disease instead of Band-Aiding the problem,” she says.



Her mental jump-starter

“Eat protein for breakfast,” Dr. Berzin says. Beginning your day with carbs like bagels and sugary smoothies sends you on an energy roller coaster. “But a combo of protein, fat, and fiber—like eggs, greens, and smoked salmon—sets you up smartly for the day.”



#lovemyshape shout-out

“I love how adaptable my shape is. I can get to yoga feeling stiff and achy and leave feeling like a completely new human. The ability of the body to transform quickly is so cool!”

Taking her own medicine

“In my early 20s, I thought healthy meant skinny,” Dr. Berzin says. “I was living on sugar—protein bars, apples, soda, and wine.” Once she cut out cola and processed foods, she quit being hangry.

Why she goes with the flow

“I’m not one of these yogis who can be in 20 positions upside down,” says Dr. Berzin, who’s been a mat regular and a certified instructor since med school. “And that’s OK.” Yoga for her isn’t about nailing tricks or even escaping. “I look at yoga and meditation as drivers of my productivity,” she says. “That mind-body connection enables me to manage my stress and accomplish so much more.”

Nightly reset strategy

Her bedtime ritual is all about elevating tomorrow’s sharpness. “Your body needs to be told it’s OK to shut down and go to sleep,” she says. That means using the F.lux app on her devices (which filters out the screen’s blue light after sunset) and tuning out technology 30 minutes before bed. “Then I meditate or do a breathing exercise to calm my nervous system and prepare to rest.”