

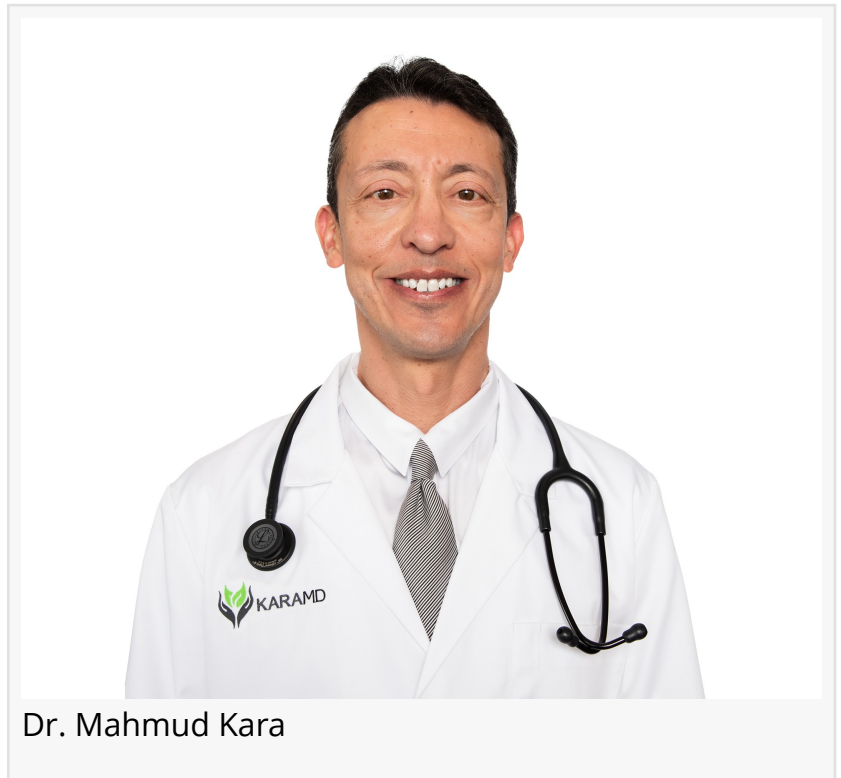
Celebrating Over 30 Years of Medical Excellence: Dr. Mahmud Kara's Inspiring Journey in Healthcare

VALLEY VIEW, OHIO, UNITED STATES, July 19, 2024 /EINPresswire.com/ -- [Dr. Mahmud Kara](#), a distinguished medical professional with over three decades of experience, has significantly impacted the field of healthcare through his innovative approaches to diet, nutrition, and holistic wellness. As a testament to his dedication and expertise, Dr. Kara has launched [drmahmudkara.org](#), a platform that explores the profound connection between diet, nutrition, and overall health.

[Dr. Mahmud Kara's](#) illustrious career began at The Cleveland Clinic, one of the nation's leading medical institutions, where he provided exceptional care to patients and their families. His tenure at The Cleveland Clinic ignited his interest in the powerful role that diet and nutrition play in health and recovery. This passion led him to delve into natural remedies and functional medicine, areas where he has since become a thought leader.

In his pursuit of promoting wellness, Dr. Mahmud Kara founded KaraMD, a line of supplements designed to support full-body health. KaraMD supplements are meticulously formulated based on scientific research, embodying Dr. Kara's commitment to offering evidence-based solutions. His mission is to empower individuals to take proactive steps in managing their health through natural means.

Dr. Kara's holistic approach to health is rooted in a diverse academic and professional background. He holds an International Baccalaureate from Vienna, Austria, and Geneva, Switzerland, and earned his medical degree (M.B.B.Ch.) from El-Fatah University Medical School



Dr. Mahmud Kara

in Tripoli, Libya. His extensive education laid a solid foundation for his career, allowing him to integrate lifestyle changes with medical treatments effectively.

Throughout his career, Dr. Kara has held numerous prestigious positions that highlight his expertise and leadership in the medical field. He is the Founder and CEO of KaraMD Inc., a company he has led since June 2017. Before this, he founded and directed Alternative Health Resources, focusing on providing alternative healthcare solutions. His tenure as Chief Medical Officer at the YMCA of Greater Cleveland from 2014 to 2017 underscores his commitment to community health and wellness.

Dr. Mahmud Kara has also served as Medical Director at various institutions, including Wellness Evolution and Maplewood Extended Care Facility, where he played pivotal roles in enhancing patient care. His experience as a faculty member at Case Western Reserve University School of Medicine, where he coordinated research on genetic susceptibility to End-Stage Renal Disease (ESRD), further underscores his dedication to advancing medical knowledge.

In addition to his professional roles, Dr. Mahmud Kara is an active member of several esteemed medical organizations, including the American Medical Association (AMA) and the American Academy of Anti-Aging Medicine (A4M). His affiliations reflect his ongoing commitment to staying at the forefront of medical advancements and continuing education.

Dr. Mahmud Kara's journey is a testament to his unwavering dedication to improving patient outcomes through holistic and evidence-based approaches. His work has inspired many to adopt healthier lifestyles and seek natural remedies as part of their wellness journey.

About Dr. Mahmud Kara:

Dr. Mahmud Kara, MD, is a renowned medical professional with over 30 years of experience in healthcare. He is the founder of KaraMD, a line of supplements designed to support overall health. Dr. Kara's career has been marked by his dedication to integrating diet, nutrition, and natural remedies into traditional medical practices, providing patients with holistic and effective healthcare solutions. He is based in Valley View, Ohio.

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