



Meet DR. AIMIE

Dr. Aimie Apigian
MD, MS, MPH



Double-board certified physician in Preventive and Addiction Medicine with double Master's degrees in biochemistry and public health, Dr. Aimie Apigian is the leading medical expert on how trauma becomes our biology and what to do once it creates a chronic health condition.

Yet her inspiration comes from her personal experiences. Becoming a foster parent and adopting during medical school, and then experiencing her own health crisis in her early 30s, she has been on a journey to find practical tools and solutions, beyond the diagnoses, pills, and traditional therapies that weren't addressing the root problem.

She now hosts a podcast, a YouTube channel, and online Summits working closely with experts in the health and trauma space. She speaks around the world, leads groups through her programs to address stored trauma in the body, and teaches practitioners to do the same in her Biology of Trauma online training.