Metabolic Care

Functional Medicine.
Clear, Confident Care.

Dr. Jonathan Abel

Family Medicine Physician

> *A career dedicated to compassionate, whole-person care across diverse communities and healthcare settings.*

Whole-Person Primary Care
Comprehensive, relationship-centered primary care.

Functional & Preventive Medicine
Root-cause, whole-person approach to long-term health.

International & Underserved Care
Service across underserved and international communities.

Patient Education
Helping patients make informed, confident health decisions.

About Dr. Abel

Dr. Jonathan Abel is a family medicine physician whose career spans primary care, functional and preventive medicine, and occupational medicine.

His experience includes medical service in Bangladesh, care for Native American communities, and service to Veterans.

Areas of Focus

Primary Care
Practical, relationship-centered whole-patient care.

Metabolic Health & Prevention
Individualized prevention and health optimization.

Functional Medicine
Root-cause, whole-person thinking alongside conventional care.

Complex & Diverse Care
Hospital, occupational and international medicine.

Shared Decision-Making
Helping patients understand their options with confidence.

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Family Medicine Physician

Clinical Leadership

Primary Care Physician
Christian Healthcare Centers (DPC)
Comprehensive, whole-person direct primary care.

Staff Physician
ABWE International, Bangladesh · Aug 2010–Apr 2013
Full-scope family medicine in an international mission setting.

VA Staff & Primary Care Physician
VA Medical Centers, Massachusetts & Maine · Feb 2006–Feb 2008
Primary care and geriatrics for Veterans.

Distinguished Training

Functional Medicine Training
Institute for Functional Medicine · AFMCP Advanced Practice Module (GI), 2025

Doctor of Osteopathic Medicine (DO) & B.S., Chemistry/Biology
Kansas City University · Liberty University

Family Medicine Residency
Saint Anthony Hospital · 2002–2005

Board Certifications

Family Medicine Diplomate, American Osteopathic Board of Family Physicians

Family Medicine National Board of Physicians and Surgeons

Key Contributions

Global Medical Missions
Additional service in Ghana, Peru and Bangladesh with Samaritan's Purse and the International Mission Board.

Multilingual Patient Care
Speaks Bangla (Bengali), with knowledge of Portuguese and Spanish.

> *"My goal is to help people make thoughtful, informed decisions about their health, with integrity and clarity as the foundation."*