Metabolic Care

Nutrition & Movement.
Lifelong Cancer Support.

Dr. Tracy Cushing

Lifestyle Medicine Physician

> *Lifestyle medicine. Whole-person cancer support. Grounded in emergency care.*

Cancer Care
Treatment, survivorship and beyond.

Lifestyle Medicine
Nutrition, movement and whole-person health.

Patient Advocacy
Knowledge, guidance and support.

Research & Education
Evidence translated into better care.

About Dr. Cushing

Dr. Tracy Cushing specializes in lifestyle medicine and whole-person cancer support, with a clinical background spanning emergency medicine, public health and mind-body medicine.

She brings together nutrition, movement and complementary approaches to support patients through diagnosis, treatment and survivorship, helping them take an active role in their care.

Areas of Focus

Lifestyle Medicine
Evidence-based strategies supporting whole-person health.

Nutrition & Movement
Personalized nutrition and sustainable health habits.

Cancer Support
Guidance through treatment, survivorship and beyond.

Patient Education & Advocacy
Helping patients understand their options with confidence.

Mind-Body Medicine
Supporting physical, mental and emotional wellbeing.

Patient-focused. Science-based.
Whole-person care.

MetabolicCare.com

Dr. Tracy Cushing

Lifestyle Medicine Physician

Clinical Leadership

Director of Clinical Care
Cancer Care Consulting
Whole-person cancer care spanning navigation, lifestyle medicine, nutrition and survivorship.

Emergency Medicine Physician
High-acuity care with expertise in resuscitation and EMS systems.

Associate Professor, Emergency Medicine
University of Colorado · 2016–2023

Distinguished Training

Lifestyle & Mind-Body Medicine Fellowship
University of Arizona (Andrew Weil Center)

Emergency Medicine Residency
Harvard Affiliated EM Residency

MD & MPH
New York University School of Medicine · Harvard T.H. Chan School of Public Health

Board Certifications

Lifestyle Medicine	American Board of Lifestyle Medicine · 2023
Emergency Medicine	American Board of Emergency Medicine

Key Contributions

Lobular Breast Cancer Advocacy
Board of Directors, Lobular Breast Cancer Alliance; co-author of patient-facing FAQ resources.

The Physician Plant Podcast
Co-Founder and Co-Host; evidence-based nutrition education for clinicians.

> *"Nutrition, movement, emotional well-being, survivorship and life after diagnosis can all become part of the conversation."*