

Nisha Manek, MD, FACP, FRCP

Education & Training:

Dr. Manek is a board-certified by the American Board of Internal Medicine in Rheumatology and Internal Medicine since 1997. Dr. Manek brings integrative care (complementary medicine) to patients with rheumatic diseases. She is the author of the book: Bridging Science and Spirit: The Genius of William A. Tiller's Physics and the Promise of Information Medicine.

Dr. Manek received her medical degree from the University of Glasgow, Scotland, United Kingdom. She went on to practice internal medicine in the teaching hospitals in London and was elected Fellow of the College of Physicians of the United Kingdom (FRCP). Dr. Manek completed her specialty training in Rheumatology at Stanford University, California, following which she joined the Division of Rheumatology at Mayo Clinic, Rochester, Minnesota.



Experience:

While at Mayo Clinic, Dr. Manek served on many boards including the rheumatology division inflammatory arthritis clinical working group; the task was setting the standard of care for patients with rheumatoid arthritis as well as other inflammatory arthritic diseases. Additionally, Dr. Manek served on the research committee for rheumatology assessing new protocols for arthritis studies. As an educator, she was on the Mayo College of Medicine Internal Medicine residency selection committee as well as a mentor to many of the brightest young medical recruits in the Minnesota Future Doctor's program. She also mentored specialist fellows at Mayo who went on to successful careers in Rheumatology around the world and the US. This dedication to education also led her to serve on the Association of Rheumatology Health Professionals (ARHP, under the umbrella of the American College of Rheumatology) E-learning subcommittee. Among the many awards during her career, Dr. Manek received the Top Educator award at Mayo Clinic internal medicine program.

Dr. Manek has special expertise in complementary and integrative medicine for rheumatic diseases. She received the Bravewell scholarship and completed the associate fellowship in integrative medicine from the University of Arizona, Tucson. She currently serves as faculty in integrative rheumatology for the University of Arizona associate fellowship program of complementary and integrative medicine.

Dr. Manek firmly believes in innovative approaches to health and wellness. This has brought her to Scottsdale, Arizona to learn Physics! With mentorship of Dr. William A. Tiller, Professor Emeritus of Stanford University Department of Material Science and Engineering, she is studying the potential power of human consciousness and intention in healing. Related to the subject of consciousness and healing, Dr. Manek moderated HH 14th Dalai Lama's visit to Mayo Clinic in 2008. Further information on Dr. Tiller's work may be found at: www.tiller.org.