

Biography

Dr. Karen Frangos received her Bachelor of Science in Physical Therapy in 1983 from Northeastern University in Boston, Massachusetts.



Karen Frangos, ND

During the next ten years, she gained experience as a Physical Therapist in teaching hospitals, for a PT-owned private practice, and in her own private practice within a tennis & fitness club, focusing primarily on athletic injuries. That led to extensive

work with elite athletes of the Boston Marathon and some of the Boston Celtics, as well as many amateur athletes from multiple sports, including tennis, softball, soccer, rowing, golf, and triathlons.

Dr. Frangos received her Naturopathic Doctorate with Honors in 1997 from National College of Naturopathic Medicine (NCNM, now National University of Natural Medicine) in Portland, Oregon. She then completed two years of Residency at NCNM before opening her private practice within a fitness club in NW Portland. After several years as full-time Assistant Professor in the Physical Medicine Department at NCNM, Dr. Frangos transitioned to Maui to begin a new life by the ocean, with a private practice that focuses on sports medicine & orthopedics, adrenal & thyroid hormone imbalances, natural approaches to menopause management, and nutrition with blood type science as a foundation.

Since arriving on Maui in 2010, Dr. Frangos has been President of Hawaii Society of Naturopathic Physicians, and now serves as a member of the Board of Directors for American Association of Naturopathic Physicians. Karen also volunteers with NOAA's Hawaiian Monk Seal Response Team, Hawaii Wildlife Fund's Hawksbill Sea Turtle Project, and as a Citizen Scientist, counting humpback whales with Pacific Whale Foundation.