

Curriculum Vitae

Florin Ioan Bălănică M.D., M.B.A., C.D.N., PhD st – Endocrinology
Fat Related Disease Management



The Founder of #DrBalanicaMethod, the only Romanian method Registered and International Certified, for Treatment of chronic diseases through Nutritional Intervention and Personalized Weight loss, success rate 97%.

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Work experience

PhD in Medicine, July 2019 - Present

Type of business or sector: Research & Health & Education

Main activities and responsibilities:

- Research on the impact of lifestyle on the occurrence of chronic diseases of modern man such as: diabetes, hypertension, gastroesophageal reflux disease, obesity, metabolic syndrome, etc.
- Practical integration of lifestyle as a form of therapy along with classical drug therapy and other forms of therapy.
- The role of food and non-food habits in the emergence of chronic diseases specific to modern persons.

Specialization course in Psychonutrition, Accredited by the Romanian College of Psychologists, September 2022 - Present

Type of business or sector: Psychology & Health & Education

Main activities and responsibilities:

- Medical and psychological approach in psychonutrition,
- Eating behaviors, personality traits and eating disorders,
- Therapeutic interventions

Master in Nutrition,

Faculty of Food Science and Engineering, Galati, 2022 - 2024

Type of business or sector: Nutrition & Research & Health & Education

Main activities and responsibilities:

- Research and study in the field of nutrition
- Applicability in the food industry, public catering, school and social canteens
- Food quality
- Promoting healthy eating among the population
- Technological processes of food production

Lifestyle Medicine Specialist, European Organization of Lifestyle Medicine Country Representative, July 2016 - 2020

Lifestyle Medicine Promoter
Functional Movement Promoter
Culinary Medicine Promoter

Type of business or sector: Education & Health

Main activities and responsibilities:

- To establish and perpetuate an educational and scientific European society composed of qualified physicians and health professionals who work in the field of research, prevention and treatment of chronic diseases.
- To maintain and advance the highest possible ideals and service standards in education, practice and research in lifestyle medicine.
- To encourage, promote and support universities and their faculties in their efforts to achieve the highest standards of teaching, research and clinical practice in lifestyle medicine.
- To stimulate education and training in lifestyle medicine and its associated academic disciplines at all levels.
- To take actions to promote the health of the individual, the community, the European Union.

Associate of the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals, February 2015 - Present

Type of business or sector: Education & Health

Main activities and responsibilities:

- Improving health;
- Improving nutritional well-being;
- Advancing the profession of dietetics through research, education and advocacy.

Founder & Speaker/Trainer, Health & Longevity School, February 2015 - Present

Type of business or sector: Education & Health

Main activities and responsibilities:

- Providing medical education for physicians, nurses, medical auxiliaries, athletes; anyone with the objective to learn how to maintain a good health and physical condition;
- Providing help to people for improving, developing, learning new skills, finding personal success, achieving aims and managing life changes and personal challenges

The Founder of #DrBalanicaMethod, the only Romanian method Registered and International Certified, for Treatment of chronic diseases through Nutritional Intervention and Personalized Weight loss, 2011 – present/ 10 years/ 35,000 patients/ 14 countries/ 97% success rate.

Type of business or sector: Medical

Main activities and responsibilities:

- Medical method of treating diseases by changing lifestyle;
- Nutrition;
- Nutrigenomics;
- Posture;
- Health coaching;
- Stress management;

- Functional Movement;
- Social integration;
- Lifestyle structuring

Sports Nutrition and Performance Specialist, 2015 - Present

Type of business or sector: Medical & Sports

Main activities and responsibilities:

- Nutrition and weight management of people who want to obtain/maintain a good physical condition;
- Nutrition and weight management of athletes;
- Administration of dietary supplements in athletes/non-athletes.

The Personal Nutrition and Health Specialist (Promoter of Personalized and Precision Medicine in Romania), August 2012 - Present

Type of business or sector: Medical

Main activities and responsibilities:

- Prevention Medicine – Personalized Plan of Prevention (in cases of no serious medical condition, but where maintaining a good health on long term is the objective);
- Personalized and integrative approach of patients' needs – medical history, heredity, lifestyle (nutrition, physical activity, social life, professional activity etc.) physical & emotional state;
- Full Body Screening;
- Diagnosis – based on medical history, heredity, lifestyle;
- Complete medical case management (evaluation – diagnosis – treatment – balancing –monitoring);
- Providing a team of 650 medical specialists (from Romania & abroad) for meeting patients' needs;
- Patient surveillance & monitoring.

General Manager, European Hospital, January 2013 - April 2013

Type of business or sector: Medical

Main activities and responsibilities:

Management & responsibility for the entire activity of the company, including:

- Budget submission & implementation;
- Business plan submission& implementation;
- Strategic development;
- Balance sheet, P&L statement.

General Manager, Europe Eye Hospital, August 2012 - January 2013

Type of business or sector: Medical

Main activities and responsibilities

Management & responsibility for the entire activity of the company, including:

- Budget submission & implementation;
- Business plan submission& implementation;
- Strategic development;
- Balance sheet, P&L statement.

General Manager, S.C. Medcenter S.R.L., 2006 - March 2012

Type of business or sector: Medical

Main activities and responsibilities

Management & responsibility for the entire activity of the company, including:

- Budget submission & implementation;
- Business plan submission & implementation;
- Strategic development;
- Balance sheet, P&L statement.

Deputy General Manager, Quality Assurance Manager, S.C. Medcenter S.R.L., 2004 - 2006

Type of business or sector: Medical

Main activities and responsibilities

- Management & monitoring of all investments;
- Strategic partnerships & large customer acquisition;
- Feasibility studies regarding all financial & non-financial aspects of investments;
- Implementation of all required quality standards for all existing as well as for the new Medcenter clinics and laboratories;
- Development of the required quality standards from earlier stages in all Medcenter clinics.

Executive Director, S.C. Medcenter S.R.L., 2002 - 2004

Type of business or sector: Medical

Main activities and responsibilities

Management & responsibility for:

- Development of national network;
- Development of Sales Dept.;
- Implementation of SR EN ISO 9001:2001 quality standard;
- Implementation of SR EN ISO 17025:2001 quality standard in existing laboratories.

Manager, Bucharest Clinics & Laboratories S.C. Medcenter S.R.L., 2001 - 2002

Type of business or sector: Medical

Main activities and responsibilities

Management & responsibility for:

- Daily activity of clinic and laboratory;
- Management of personnel;
- Management of budget;
- Development of sales;
- Development of local partners.

General Practitioner, Family Doctor, National Institute for Aeronautics and Space Medicine, 1998 - 2001

Type of business or sector: Medical

Main activities and responsibilities

- Primary medical assistance;
- Preventive medicine;
- Vaccinating.

Medical Trainee, GP, National Institute for Aeronautics and Space Medicine, 1997 - 1998.

Type of business or sector: Medical

Main activities and responsibilities

- Obtaining skills in primary medical assistance
- Obtaining skills in preventive medicine
- Obtaining skills in vaccinating

Education and training

Title of qualification awarded: Auditor of the integrated Management system of Quality, Environment, Safety and Health at the workplace, 2022

Title of qualification awarded: Educator/Trainer, 2016

Principal subjects/occupational skills covered:

- Educational Policy and History;
- Health Education;
- Teaching Techniques.

Name and type of organization providing education and training: Training Romania.

Title of qualification awarded: Sports Nutrition & Performance Specialist, 2014 - 2015

Principal subjects/occupational skills covered:

- Nutrition and You Functional Foods;
- Weight Management and Nutrition in the Lifecycle;
- Introduction to Sports Nutrition and Performance;
- Public Nutrition and Wellness Education.

Name and type of organization providing education and training: National Posture Institute U.S.A.

Title of qualification awarded: Certificated Holistic life Coach, 2012 - 2013

Principal subjects/occupational skills covered:

- Holistic Life Coaching.

Name and type of organization providing education and training: Spencer Institute U.S.A.

Title of qualification awarded: Certificate in Hospital Management, 2012

Principal subjects/occupational skills covered:

- Hospital Management.

Name and type of organization providing education and training: National School of Public Health Care, Management and Health Care Improvement.

Title of qualification awarded: Diploma in Matters of Security, Diplomacy & Foreign Policies, 2012

Principal subjects/occupational skills covered:

- Security, Diplomacy & Foreign Politics.

Name and type of organization providing education and training: Romanian Diplomatic Institute.

Title of qualification awarded: Project Manager Certificate, 2010

Principal subjects/occupational skills covered:

- Project Management.

Name and type of organization providing education and training: S.C. Top Quality Management S.R.L.

Title of qualification awarded: Diploma in Professional Management with Professional Management (MBA), 2004 - 2006

Principal subjects/occupational skills covered:

- understanding Performance, obtaining Performance, project Management.

Name and type of organization providing education and training: Open University Great Britain – CODECS Romania.

Title of qualification awarded: External Auditor for SR EN ISO 9001:2001 quality standard, 2004

Principal subjects/occupational skills covered:

- External Auditing Procedures.

Name and type of organization providing education and training: S.C. Fiatest S.R.L.

Title of qualification awarded: Master Degree in Health System Management 2003 - 2004

Principal subjects/occupational skills covered:

- Health System Management.

Name and type of organization providing education and training: Faculty of Sociology and Social Assistance, University of Bucharest.

Title of qualification awarded: Internal Auditor for SR EN ISO 9001:2001 quality standard, 2003

Principal subjects/occupational skills covered:

- Internal Auditing Procedures.

Name and type of organization providing education and training: S.C. Fiatest S.R.L.

Title of qualification awarded: Certificate in Pre-Hospital Emergencies, 2002

Principal subjects/occupational skills covered:

- Pre-Hospital Emergencies.

Name and type of organization providing education and training: Department of Post-Graduating Improvement for Doctors, Pharmacists and Medical Assistants, Ministry of Health and Family.

Title of qualification awarded: Aeronautical Medicine Certificate, 2001

Principal subjects/occupational skills covered:

- Aeronautical Medicine.

Name and type of organization providing education and training: Department of Management, Human Resources and Competition, Ministry of Health and Family.

Title of qualification awarded: Sports Medicine, 1998

Principal subjects/occupational skills covered:

- Sports Medicine.

Name and type of organization providing education and training: Minister of Education, Ministry of Health and Family.

Title of qualification awarded: MD, 1991 - 1997.

Principal subjects/occupational skills covered:

- Lifestyle Medicine, Functional Movement, Endocrinology, Metabolic disease, Internal Medicine, Psychonutrition, etc.

Name and type of organization providing education and training: Carol Davila University of Medicine and Pharmacy.

Personal skills and competences

Mother tongue(s): **Romanian**

Other language(s) / Self-assessment: **English**

European level (*)

Understanding				Speaki				Writing	
Listening		Reading		Spoken interaction		Spoken production			
🕒 C2	Effective Operational Proficiency	🕒 C2	Effective Operational Proficiency	🕒 C2	Effective Operational Proficiency	🕒 C2	Effective Operational Proficiency	🕒 C2	Effective Operational Proficiency

(*) *Common European Framework of Reference for Languages*

Computer skills and competences

Office applications (Word, Excel, PowerPoint, Outlook), Microsoft Windows), Internet.

Other skills and competences

Great understanding of patients'/athletes' needs (both physical & emotional), motivational skills in the approach of patients/athletes, great communication skills, creativity, customer and partners relations oriented, account creator, negotiating abilities, diplomacy and concern for patients' needs, proactive, great initiative, self-confidence and highly motivated, availability for travelling and short deadlines.

Driving license

B category