

Mind Body Medicine

The independent medical practice of Gary G. Kohls, MD



Holistic,
compassionate care...
linking mind, body
and spirit...

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About Gary G. Kohls, MD

Dr. Gary G. Kohls is an independent family physician, with a special interest in helping people recognize the connections between physical and emotional symptoms, psychological trauma, and neurotransmitter (brain chemical) imbalances.

He graduated from the University of Minnesota Medical School, served an internship at St. Mary's Hospital in Duluth, and was a Board Certified Family Practitioner for over 20 years, practicing in the Brainerd Lakes area of Minnesota for most of that time. Dr. Kohls has also practiced at a Regional Treatment Center for psychiatric inpatients as well as at a psychological services clinic. He has also taught a graduate level course in the Psychology Department at the University of MN Duluth.



Dr. Kohls is a thorough, caring physician, interested in discovering the root causes of his patients' symptoms and working towards prevention and risk reduction. In the past decade, he has immersed himself in the study of the effects of trauma, violence and stress on physical and mental well-being. He has studied the links between neurotransmitter imbalances and such conditions as depression, insomnia, addictive disorders, eating disorders and fibromyalgia. The toxicity and frequent loss of effectiveness of many anti-depressant drugs have led him to new methods of treatment, including the use of more natural and well tolerated amino acids, prescribed on an individualized basis, which replenish the brain's natural anti-depressants.

Dr. Kohls is a member of the International Society For Traumatic Stress Studies, Midwest Holistic Medical Association, and the International Center for the Study of Psychology and Psychiatry.