



**Arielle Levitan, MD, and Romy Block, MD**

Arielle Levitan, MD, is a board-certified internal medicine physician and the co-founder of Vous Vitamin, LLC. She is the co-author of the award-winning book *The Vitamin Solution: Two Doctors Clear Confusion About Vitamins and Your Health*, published in November 2015. She attended Stanford University and Northwestern University's Feinberg School of Medicine, and has served as chief medical resident for the Northwestern University McGaw Medical Center's Evanston Hospital Program and as a clinical instructor for its medical school. Dr. Levitan has a special interest in women's health and preventive medicine and currently practices general internal medicine on the North Shore of Chicago where she teaches medical students on-site. She enjoys cooking, cardio tennis, running, being a soccer mom (sometimes), and spending time with her three kids and husband, also a doctor of internal medicine.

Romy Block, MD, is a board-certified specialist in endocrine and metabolism medicine, member of the American Thyroid Association, and the co-founder of Vous Vitamin, LLC. She is the co-author of the award-winning book *The Vitamin Solution: Two Doctors Clear Confusion About Vitamins and Your Health*, published in November 2015. She attended Tufts University and Tel Aviv University's Sackler School of Medicine. She completed residency training in internal medicine at North Shore University Hospital—North Shore-LIJ and did a fellowship at New York University. Dr. Block practices on the North Shore of Chicago where she specializes in thyroid disorders and pituitary diseases. She enjoys travel, food and wine, working out with a personal trainer, and spending time with her husband (a pulmonary and sleep specialist) and their three boys.