

Dr. Shiv Kumar Goel

Dr. Shiv Kumar Goel, MD, FACP, is a triple board-certified internal, functional, and aesthetic medicine physician and the founder of Prime Vitality Functional Medicine Clinic and Medical Spa in San Antonio, Texas. With over 17 years of experience in hospital medicine, advanced wound care, hormone optimization, and aesthetic medicine, he is known for combining rigorous evidence-based care with an integrative, root-cause approach to longevity and performance.

Trained in internal medicine at the Icahn School of Medicine at Mount Sinai and in functional and aesthetic medicine through the American Association of Procedural Medicine, Dr. Goel is an IFBB/NPC Men's Physique Masters Champion, published author, and sought-after media commentator on GLP-1s, AI in healthcare, metabolic health, and the mind-body connection in chronic disease.