

Dr. Shiv Kumar Goel

Dr. Shiv Kumar Goel, MD, FACP, is a triple board-certified internal, functional, and aesthetic medicine physician and the founder and Chief Executive Officer of Prime Vitality Functional Medicine Clinic and Medical Spa in San Antonio, Texas. With more than 17 years of clinical experience spanning hospital medicine, advanced wound care, hormone optimization, and aesthetic medicine, he is known for blending rigorous evidence-based practice with a deeply human, integrative approach to health and longevity.

Originally trained in anesthesiology at Vardhman Mahavir Medical College and Safdarjung Hospital in New Delhi, Dr. Goel completed his internal medicine residency at the Icahn School of Medicine at Mount Sinai/Queens Hospital Center in New York. He later pursued advanced training in functional and anti-aging medicine and aesthetic and cosmetic procedures through the American Association of Procedural Medicine, as well as additional education in longevity through the Longevity Education Hub. This cross-disciplinary background allows him to move seamlessly from critical, acute care thinking to long-range, root-cause optimization of metabolism, hormones, and performance.

At Prime Vitality, Dr. Goel leads a high-touch, outcomes-focused practice that specializes in functional medicine, telemedicine, peptide therapy, bioidentical hormone replacement therapy (BHRT), medical weight loss, regenerative and advanced wound care, and a full spectrum of aesthetic services including injectables, laser rejuvenation, and scarless facial lifting techniques. He is a pioneer of innovative anti-aging treatments such as the Invisi-Lyft “scarless facelift” and the creator of an affordable, medical-grade skincare line designed for diverse skin types. His clinical expertise also extends to heart disease in athletes, women’s health, skin disorders, and the interface between metabolism, stress, and aging.

Previously, Dr. Goel served as Medical Director at Methodist Specialty and Transplant Hospital in San Antonio, leading advanced wound care and complex medical management for some of the region’s sickest patients—a role that sharpened his expertise in high-stakes, outcomes-driven medicine. He has also worked as a hospitalist across the Methodist and Baptist health systems and served as an Assistant Professor of Internal Medicine at Texas Tech University Health Sciences Center, where he taught medical students and residents while maintaining an active clinical practice.

Dr. Goel is an experienced clinical researcher and educator. As a principal investigator, he has led studies at Mount Sinai–Queens Hospital Center and at VMMC & Safdarjung Hospital in New Delhi, including a long-term IRB-approved study on lupus nephritis prognosis. His scholarly work includes publications and abstracts in outlets such as the American Journal of Cardiology, the Canadian Journal of Cardiology, the American Thoracic Society, and

multiple national research symposia. He has investigated topics ranging from inflammatory myofibroblastic tumors and interstitial lung disease to complex cardiac presentations and central nervous system infections.

In addition to traditional academic work, Dr. Goel is an emerging voice in integrative and functional medicine literature and popular medical commentary. He is the author of *Healing the Split: Reconnecting Mind, Body and Spirit in Modern Medicine* and of the article “Functional Medicine and Integrative Approaches to Modern Healthcare” in *San Antonio Medicine*. His essays and commentary on AI in medicine, GLP-1 medications, physician burnout, circadian rhythm, and lifestyle-based healing have appeared on platforms such as KevinMD, Op-Med, and Elephant Journal, and he is a frequent guest on podcasts discussing the mind–body connection in chronic disease and the future of AI-empowered, human-first healthcare.

Dr. Goel’s thought leadership and clinical excellence have been recognized with numerous honors, including Texas Best Physician Magazine’s Top Doctor, America’s Best Physician, Texas Top Doc from FindATopDoc, and Patient Choice Awards from WebMD and Vitals. He has been featured in America’s Top Doctor–style directories and profiles and is a Key Opinion Leader for aesthetic and medical device companies such as BTL and Sinclair, where he serves as a brand ambassador and educator on advanced aesthetic and body-contouring technologies.

An IFBB/NPC Men’s Physique Masters Champion, Dr. Goel brings the discipline of elite competition to his philosophy of practice. In 2022 he earned first place in the Masters category and placed in the Open division, underscoring his conviction that meaningful transformation is possible well into midlife. This lived experience informs his work with high-performing professionals, executives, and entrepreneurs who seek to rebuild energy, body composition, and resilience without sacrificing their ambitions.

Dr. Goel is also the host of the “Vitality Matrix with Dr. Goel” podcast and an active media commentator on topics spanning metabolic health, longevity, aesthetics, AI in healthcare, and physician well-being. He serves on the editorial committee of *San Antonio Medicine* (Bexar County Medical Society) and is an engaged member of professional organizations including the Texas Medical Association, American College of Physicians, American Medical Association, and Alliance for Academic Internal Medicine. He is also involved in the Greater San Antonio Chamber of Commerce and the San Antonio Hispanic Chamber of Commerce, reflecting his commitment to the regional business and health ecosystem.

Fluent in English and Hindi, with working knowledge of Punjabi, Dr. Goel brings a global lens to patient care and public communication. He is passionate about fitness, bodybuilding, meditation, travel, painting, and music, and he frequently speaks about how

these pursuits, alongside medical science and emerging AI tools, can be integrated into a cohesive model of human flourishing.

For interviews, speaking engagements, or expert commentary, Dr. Goel can address topics including functional and integrative medicine, metabolic and hormonal optimization, aesthetics and body image, AI and automation in healthcare, physician burnout, and the evolving future of mind–body medicine.