

Danine Fruge, MD, ABFP

**Associate Medical Director and Women's Health Director,
Pritikin Longevity Center + Spa**

- American Board of Family Practice, Board Certified
- MD, Louisiana State University School of Medicine
- American Academy of Family Physicians
- Florida Hospital Resident Research Award
- State Project Chair, Louisiana State Medical Society
- President, Women In Medicine



To her patients at Pritikin, Dr. Fruge brings the enthusiasm and expertise of a doctor who practices what she preaches. Throughout her life she has enjoyed a diet abundant in natural, nutrient-dense foods like fruits, vegetables, and whole grains. “When I was growing up,” she marvels, “my parents were so health-conscious that I never even stepped into a McDonald’s till my teen years.”

She is an avid exerciser and athlete, and as an undergraduate received a full NCAA Division I tennis scholarship. She also runs marathons. As a physician, she completed rotations at many sports medicine clinics, including the Longitudinal Sports Medicine Clinic in Orlando, Florida, and Clinical/Surgical Pediatric Orthopedics in Orlando. Now, she also runs after her three active sons, ages 16, 10, and 3.