



4.9 ★★★★★

202 Ratings

## Melinda R. Ring, MD

Northwestern Medical Group

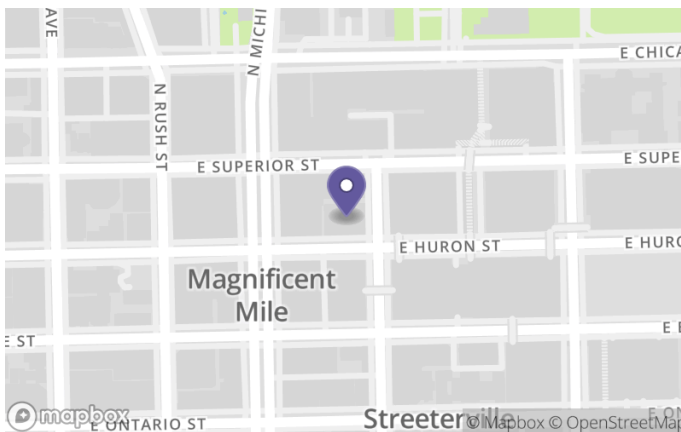
Primary Specialty

**Integrative Medicine**

Secondary Specialties

**Internal Medicine**

### Location



#### Northwestern Medicine Osher Center for Integrative Medicine

150 E Huron St Ste 1100

Chicago, IL 60611

📍 0.11 mi

312.926.DOCS (3627)

f 312.926.6285

### Insurance Accepted

Insurance plans are subject to change. View insurance plans accepted at each hospital and by each NMHC physician group.

### Practice Groups and Affiliations

Medical Group

Northwestern Medical Group

Alignment Category

Northwestern Medicine Physician Network

## Education

### Medical Education

MD, University of Chicago Pritzker School of Medicine - 1994

### Residency

University of Chicago - 1997

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## Board Certifications

American Board of Internal Medicine - Internal Medicine (Certified)

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## Practice Focus Areas

Dietary Supplements/Herbs

Menopause

Holistic/Alternative Medicine

Nutrition

Hormone Replacement Therapy

Perimenopause

Weight Management

Women's Health

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## Ratings & Reviews

At Northwestern Medicine, our patient's feedback is important to us. While different care providers have their own unique strengths, we strive to be as transparent as possible with our quality of care. [Read more](#)

### Care Provider Ratings

#### Overall rating

4.9



202 Ratings

### Reviews From Patients

104 Reviews

AUGUST 23 2022

**Most thorough intake I've ever had.**

AUGUST 23 2022

**Appointment was very helpful and informative.**

AUGUST 14 2022

**Good communication and care/expertise**

AUGUST 9 2022

**Very through! Compassionate knowledgeable and helpful!**

AUGUST 3 2022

**She is patient, listens and allows me to be an active participant in my care.**

AUGUST 2 2022

**Great follow up. She had thoroughly reviewed my records before our call. Even asked me about something I forgot! Very helpful!**

JULY 25 2022

**Dr Ring is so kind and knowledgeable. She takes her time to listen to what your needs are. I absolutely love the integrative approach. I'm so sick of regular doctors trying to throw medicine at you to cure everything that is not how everyone wants to be cured. I have been suffering for years because regular primary doctors refuse to look at a natural approach. Regular doctors are only allowed 15 minutes per patient. Dr ring takes the time to really listen to what your needs are. For once she is a doctor that focuses on your actual health and not the profit for the hospital and the top presidents, VP"s etc of the company.**

JULY 19 2022

**She's amazing - knowledgeable and caring.**

JULY 5 2022

**Dr. Ring really cares about your health and well-being. She follows up on issues and provides clear advice.**

JUNE 13 2022

**Very informative and thankful for her 10 excellent**

JUNE 6 2022

**Because she is genuine and vey knowledgeable and she is one of the few who really cares and does all she can to empathize and provide as much information and care as she can to help.**

MAY 31 2022

**I absolutely love Dr. Ring. She is extremely thorough and it's clear that she cares about her patients. I am so appreciative of her and all that she has done to help me with my health journey. My only feedback for her would be that I think it would be helpful if she took some time at the end of each appointment to ask if the patient had any questions for her. I often come prepared to my appointments with many questions and oftentimes feel rushed through my appointment (we just have a lot to talk about). That's all! Dr. Ring is truly the best!**

MAY 31 2022

**I absolutely Love Dr. Ring, she is thorough and extremely smart... She cares so much about her patients...I have been lucky to be her patient for 8 years.**

MAY 9 2022

MAY 5 2022

**Great Doctor, knowledgeable, concerned and compassionate.**

MAY 4 2022

**Doctor Ring listened to everything I said. Wanted to know about my lifestyle first so she knew how to help me moving forward. She didn't just listen to my symptoms and try to prescribe me a drug that has a lot of side effects she listened to me, how my body responds 2 food or supplements and that I want to be on supplements not medicine unless absolutely necessary.**

MAY 2 2022

**Dr Ring has helped me on my path to wellness for which I am grateful.**

APRIL 23 2022

**Excellent. Knowledgeable. My favorite thing about her is that she allows patient to be part of treatment process. Also, that she offers various solutions for treatment.**

APRIL 5 2022

**Dr. Ring comes prepared with already have viewed patient's recent history and info prior to appt. That's huge and not always seen with a lot of doctors. She is thorough, very knowledgeable about a wide range of other specialties. You will always know what the plan is before the end of your appt. Plus, she takes time with her patients and is open to answering questions.**

MARCH 29 2022

**Feel listened to. Value her recommendations**

MARCH 28 2022

**Dr Ring is ver knowledgeable, a great listener and has a unique specialty**

MARCH 21 2022

**Dr. Melinda Ring is by far the best doctor I have ever had. She is thorough, exceptionally knowledgeable, and provides valuable suggestions regarding nutrition, treatment options, testing, and routes to pursue with my health. She is responsive via MyChart which I really appreciate, since patients in her dept are not able to speak to their doctors via phone. She is also very kind, empathetic, understanding and easy to talk to. I am so grateful she is my doctor!**

MARCH 8 2022

**Knowledgeable, friendly, helpful**

MARCH 7 2022

**Dr Ring is a leader in her field & great listener**

FEBRUARY 28 2022

**Dr Ring takes the time to listen and patiently answer any questions that I have. She is extremely knowledgeable and offers insight from a holistic perspective. I would highly recommend her to anyone!**

FEBRUARY 24 2022

**Dr. Melinda Ring is an excellent physician. She is very knowledgeable about the latest literature &**

**studies. She is able to summarize all the data & present the information & her recommendations in a simple way that I can understand. She is also very compassionate & encouraging.**

FEBRUARY 21 2022

**She's attentive and interested in my well being. Never rushes me and very pleasant. I always look forward to our appointment**

FEBRUARY 11 2022

**I would recommend Dr Ring to anyone. She brings excellence to all that she does, is caring and thoughtful in her recommendations, and I always feel that she hears my concerns.**

FEBRUARY 7 2022

**Dr Ring is kind, compassionate and thorough. I always appreciate and enjoy our visits and deeply value her medical advice. Her recommendations over the years are why I feel more healthy today.**

FEBRUARY 3 2022

**She's excellent... always.**

JANUARY 27 2022

**She takes an integrated total body and mind approach to medicine.**

JANUARY 27 2022

**Dr Ring listens and cares and makes me feel like she has my back. She explains things in a way that I can understand and makes me comfortable sharing.**

JANUARY 23 2022

**She knows what shes doing. She cares about her patients.**

JANUARY 17 2022

**Dr. Ring listens to my concerns and recommends treatment options that I look forward to trying.**

JANUARY 10 2022

**She listens and looks not only at tests but considers symptoms also.**

DECEMBER 27 2021

**She is very knowledgeable and thorough**

DECEMBER 17 2021

**Very knowledgeable and smart and easy to talk with**

DECEMBER 9 2021

**I have never been in such great health as I was in Dr. Ring's care.**

DECEMBER 6 2021

**Excellent care.**

DECEMBER 3 2021

**Dr Ring is a very knowledgeable doctor and I rely on her health advice**

**Dr Ring is a very knowledgeable doctor and I rely on her health advice**

DECEMBER 2 2021

**Her thoroughness**

NOVEMBER 26 2021

**Most caring doctor yet professional. Listens and responds with helpful and knowledgeable answers to apply for healing.**

NOVEMBER 22 2021

**Dr. Ring asks questions and listens to my answer, my thoughts and MY questions. She responds to my emails.**

NOVEMBER 18 2021

**Dr. Ring takes time to listen. I always feel that she addresses my concerns and is very knowledgeable. I know I'm in the best of care. I couldn't ask for a better doctor.**

NOVEMBER 18 2021

**She is an absolute expert in the field of HTR and she has been very helpful in helping me navigate menopause (and post). She is thoughtful and takes time to understand how I'm doing/feeling.**

NOVEMBER 17 2021

**She goes above and beyond for her patients and listens.**

NOVEMBER 15 2021

**It is rare to find a practitioner that integrates holistic healing and not focus only on one-way treatment. Dr. Ring is thorough in her assessments and it feels like she looks at every angle to work with me to protect every part of my body.**

NOVEMBER 12 2021

**Melinda Ring is an excellent caring patient doctor who listens well and will always provide alternate options.**

OCTOBER 28 2021

**Attentive, thorough, and kind**

OCTOBER 26 2021

**She is a good listener, and remembers her patients.**

OCTOBER 25 2021

**Quite knowledgeable with my issues and offers immediate attention with recommendations of procedures and or supplements. Always responds in a timely manner. Pleasant nature. Never rushing off without addressing the issue at hand. Always follows up. The best!**

OCTOBER 15 2021

**Dr. Ring is easy to talk to and knows my health records well from the many years I have been her patient.**

OCTOBER 11 2021

**Dr. Ring is an excellent provider!! She listens, gets to the bottom of things and always has a plan. Never misses any areas of ones health and always has other options. She is simply one of the best providers I have ever had.**

OCTOBER 11 2021

**Dr Ring is outstanding. She is knowledgeable and compassionate. She's always on cutting-edge. I'd be lost without her.**

OCTOBER 4 2021

**Dr Ring takes a thoughtful, integrative approach to healing and maintaining good health.**

SEPTEMBER 30 2021

**She is a rockstar!**

SEPTEMBER 27 2021

**Dr Ring is amazing. She is attentive, patient, listens well and is compassionate and understanding.**

SEPTEMBER 23 2021

**She pays attention, offers options**

SEPTEMBER 20 2021

**Dr Ring is the best. She listens to my concerns and explains her recommendations very clearly so I understand.**

SEPTEMBER 17 2021

**She takes time to address my concerns and has helped me on my road to wellness.**

SEPTEMBER 13 2021

**She is the best!!!**

SEPTEMBER 9 2021

**She listens well and provides me with the tools I need to maintain a healthy lifestyle. I like her wholistic approach. Great doctor!**

SEPTEMBER 9 2021

**It was clear to me that the attention given by Dr. RING was is and in all likelihood will continue to be the nature of how she handles patience Caring, considerate, professional while looking toward resolution for medical challenges**

JULY 26 2021

**This was my first visit with Dr. Ring. She listened carefully, asked important questions to try and understand the best plan forward to diagnosing and treating my medical issues. I did not feel rushed.**

JULY 26 2021

**Made the telemedicine system easier and more thorough than I expected. Very competent, professional**

**and responsive.**

JULY 22 2021

**I love Dr Ring. She has helped me so much throughout the years**

JULY 22 2021

**Love Dr. Ring great practitioner in creating a plan for health.**

JUNE 28 2021

**I really like her so far. I feel like she's really listened to me and I'm looking forward to working with her to improve my overall health.**

JUNE 24 2021

**She always expresses her concern I appreciate her insight**

JUNE 10 2021

**Caring and thoughtful about her approach to treatment- she prescribed a medicine that brought me from intermittently bed ridden to significantly more functional**

JUNE 7 2021

**She understands why I take the medication I take.**

MAY 20 2021

**She's a good listener and I can tell she remembers her patients.**

MAY 18 2021

**Dr. Ring is thorough and provides proactive, thoughtful care with compassion.**

MAY 10 2021

**I have - but she is VERY FILLED UP!**

MAY 6 2021

**She's extremely engaged and listens!**

APRIL 29 2021

**She is thorough**

APRIL 16 2021

**Dr. Ring's advice has helped me on my path to wellness.**

APRIL 8 2021

**Felt well advised and cared for.**

APRIL 5 2021

**Thorough, good listener, responsive, knowledgeable**

APRIL 1 2021

**She is a good and compassionate person. I really appreciate that.**



MARCH 29 2021

**She is thoughtful and caring. I really appreciated the research she did on my behalf and that she sent it to me so promptly.**

MARCH 25 2021

**Very thorough**

MARCH 22 2021

**Dr Ring was INCREDIBLE! She took an extreme amount of time to review my history, my labs, and truly listen to my story. I did not feel rushed and felt truly cared for. In addition, Dr Ring was thoughtful about her plan for me and didn't recommend unnecessary tests. I walked away feeling heard and understood and that was refreshing, considering I've left feeling frustrated with other providers.**

MARCH 16 2021

**Takes the time to listen and provides information that is helpful.**

MARCH 12 2021

**Dr. Ring was very thorough and detailed in her questions, and seemed genuinely interested in my particular case. Additionally she sent me a detailed, comprehensive plan based on our discussion the day before.**

MARCH 12 2021

**Caring, patient, listens attentively with follow up questions to obtain accurate information, follow up with personal care plan.**

MARCH 11 2021

**Made me feel at ease immediately and was thorough and professional in understanding my concerns, and presenting treatment options.**

MARCH 8 2021

**Dr. Ring is an excellent doctor!!!**

MARCH 8 2021

**She is so knowledgeable and personable. Shows a high level of concern for her patients**

MARCH 1 2021

**She spent at least an hour asking me questions, as well as listening to my story in order to formulate her plan of care.**

FEBRUARY 28 2021

**Dr. Melinda Ring is by far the best doctor I've ever had. She has effectively treated a few conditions/illnesses simultaneously, several with very similar symptoms. She is compassionate, understanding, and truly brilliant. She has an astounding depth and breadth of knowledge. She has successfully guided me and managed the treatment of issues including hypothyroidism, perimenopause, and prediabetes. I've worked with her for years, and I completely and thoroughly trust her experience**

**and opinion. She even recommended resources and books on nutrition that reversed my prediabetes. She is responsive on email between appointments, very thorough in explaining lab results, an empathic listener, and a truly caring person. If she were accepting new patients I would immediately send my parents and my best friend to her. (They have been looking for a really good doctor, and can't find one). I cannot recommend Dr. Ring highly enough. She's an incredible doctor and a very wonderful person. I am so, so grateful to be her patient.**

FEBRUARY 14 2021

**Dr. Ring is extremely thorough, and knowledgeable in a very wide variety of medical issues and treatments. She looks at each patient's condition holistically. Also, at my initial appointment many years ago, Dr. Ring ordered a specific blood test that revealed the source of my ongoing weakness and exhaustion when my former GP and a rheumatologist did not. Taking iron changed my life.**

FEBRUARY 11 2021

**She is very competent in her field and she is good at problem solving**

FEBRUARY 8 2021

**She is very knowledgeable and has helped me very much**

FEBRUARY 6 2021

**Caring doctor. Dr. Ring listens to you and works with you to obtain the best care. Great doctor!**

FEBRUARY 6 2021

**Dr. Ring is a very responsive and knowledgeable doctor. She always takes the best possible care of her patients.**

FEBRUARY 4 2021

**Trustworthy and knowledgeable and compassionate**

JANUARY 28 2021

**Dr. Ring does a great job of keeping on top of the latest treatments or courses of action. She remembers things about my life and is concerned about my well being as a whole person.**

JANUARY 27 2021

**listened to current situation/ issues. and had immediate feedback and plan to move forward. beyond helpful.**

JANUARY 25 2021

**Great to take one day off and do all preventive medicine in one place and receive great service. Time is a challenge for me, this allows me to take care of health in one place efficiently.**

JANUARY 23 2021

**Her Research is untouchable**

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**Website**

<http://ocim.nm.org/>

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## **Faculty Profile**

<http://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=15727>