

Dr. Maria Mascarenhas is an internationally recognized leader in integrative medicine within pediatrics and pediatric gastroenterology. Dr. Mascarenhas received her medical degree from St John's Medical College in India and completed her pediatric training at Downstate Medical Center in Brooklyn and Texas Children's Hospital in Houston. She completed her fellowship in Pediatric Gastroenterology and Nutrition at Children's Hospital of Philadelphia and a fellowship in Integrative Medicine at the Andrew Weil Center for Integrative Medicine. She is a professor of Pediatrics and the Perelman School of Medicine, University of Pennsylvania. Throughout her career, she has pursued additional training in pediatric massage, ayurvedic nutrition, auricular acupressure, clinical hypnosis and tapping as part of her focus on integrative care.

She currently serves as the Section Chief of Nutrition in the Division of Gastroenterology, Hepatology and Nutrition, Medical Director of the Clinical Nutrition Department, and Medical Director of the Integrative Health Program at the Children's Hospital of Philadelphia. She is a member of Academic Consortium of Integrative Medicine and Health and serves as the Chair, Fellowship Recognition Committee. She is widely published on a variety of topics within gastroenterology and integrative medicine, including the gastroenterologic complications of cystic fibrosis, parental nutrition support in medically complex patients, and 22q11.2 deletion syndrome. In addition to her many publications, she is the author of "The Anti-Inflammatory Family Cookbook," which guides patients and families in optimizing nutrition. Over the course of her career, she has received a number of honors for this work, including the Margaret Stallings Distinguished Service Award for NASPGHAN in 2023.