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Lileana Mitrea graduated in 1986 from The University of Medicine, Iassy, Romania, and practiced Family Medicine for 7 years. In 2002, she graduated from The Canadian College of Naturopathic Medicine.

Presently, Lileana divides her time between her natural medicine practice and teaching Nutrition and Herbal Medicine. Her first book, "Pathology and Nutrition-A Guide for Professionals" has been published in February 2005.