



DETAILED BIO FOR

Mignonne C. Mary, M.D.

Founder & Medical Director | The Remedy Room

**INTERNAL MEDICINE
INTEGRATIVE MEDICINE
INFUSION THERAPY**

EVIDENCE-BASED CARE | WHOLE-PERSON HEALING



A Legacy Rooted in Medicine

Clinical Training, Experience, and Purpose

Dr. Mignonne Mary, M.D., is a second-generation physician whose approach to medicine is grounded in rigorous clinical training and decades of real-world experience. She earned her medical degree from LSU Medical School in New Orleans and completed her residency in Internal Medicine at Charity Hospital, one of the region's most demanding training environments.

In practice since 2001, Dr. Mary has devoted her career to caring for patients with complex, chronic, and metabolic conditions. Her work emphasizes long-term health, prevention, and recovery, combining evidence-based internal medicine with a deeper understanding of nutrition, inflammation, and metabolic balance.

CONTINUING A FAMILY LEGACY IN INTEGRATIVE MEDICINE

Detailed Bio – Dr. Mignonne Mary, M.D.

Dr. Mignonne Mary, M.D., is the founder and Medical Director of The Remedy Room in New Orleans, Louisiana. She graduated from LSU Medical School in New Orleans and completed her residency in Internal Medicine at Charity Hospital. She has been in clinical practice since 2001 and has trained with pioneers in the field of IV Vitamin Therapy and integrative medicine, including Dr. Charles Mary Jr. (her father), Dr. Charles Mary III (her brother), Dr. Ron Hunninghake, Dr. Tom Levy of the Riordan Clinic, Dr. Mitchell Ghen, Dr. Paul Anderson, and Dr. Nayan Patel. The Remedy Room is a continuation of the medical legacy of her father, Dr. Charles C. Mary, Jr., a pioneer in the field of IV Vitamin Therapy. Dr. Charles Mary, Jr. became the Director of Charity Hospital at the young age of 33 and later went on to open the prestigious Mary Medical Clinic of New Orleans. He was also one of the first physicians in the United States to successfully introduce High-Dose IV Vitamin C, nutritional therapy, and complementary medicine in both hospital and outpatient settings.

Dr. Charles Mary was at the forefront of using High-Dose IV Vitamin C for conditions including sepsis, Epstein-Barr virus (EBV), hepatitis, and cancer, and in 1990, he healed his own colorectal cancer using High-Dose IV Vitamin C.

Dr. Mignonne Mary continues to expand the reach of the Mary family's approach to wellness, disease prevention, and recovery. Her passion for the benefits of infusion therapy began with her father and has continued to evolve through years of her own clinical practice and ongoing education. Today, Dr. Mary's clinics focus on treating the whole person rather than just symptoms, with a strong emphasis on health promotion and disease prevention.

The Mary family's innovative approach to wellness and recovery has changed thousands of lives and continues to grow each year. Dr. Mignonne Mary currently practices Internal Medicine at The Remedy Room, with an emphasis on nutrition, returning to nature, and integrative medicine, drawing from the best that every field of medical thought has to offer.

Boards & Leadership

Dr. Mignonne Mary has served on the boards of:

- Orleans Parish Medical Society (OPMS)
- International College of Integrative Medicine (ICIM)
- Orthomolecular Medicine News Service (OMNS)
- Board of Trustees, University of Holy Cross, New Orleans
- Friends of the Cabildo, New Orleans

Professional Memberships

- Orleans Parish Medical Society (OPMS)
- International College of Integrative Medicine (ICIM)
- American College for Advancement in Medicine (ACAM)
- International Society of Orthomolecular Medicine (ISOM)
- Nutrition and Metabolism Society (NMS)
- Vitamin C International Consortium Institute (VCICI)
- American Academy of Anti-Aging Medicine (A4M)
- Society of Metabolic Health Practitioners (SMHP)
- The Metabolic Initiative
- SSRP (Seeds Scientific Research & Performance Institute)
- American Academy of Ozonotherapy (AAOT)
- Obesity Medicine Association (OMA)
- LowCarb USA
- Metabolic Health Summit (MHS)
- Association of American Physicians and Surgeons (AAPS)
- Society of Metabolic Health Practitioners (SMHP)

Clinical Interests & Areas of Passion

- High-Dose Vitamin C
- NAD⁺
- Vitamin Therapy and Nutritional Medicine
- Energy Medicine
- Cellular Medicine
- Regenerative Medicine
- Bioidentical Hormone Therapy
- Nutritional Ketosis by Fasting
- Methylene Blue

Life Quotes Dr. Mary Loves

“The tall trees catch all the breeze.”

“I've never treated a piece of paper, only a person.”

“Nature rarely miscalculates.”

Published Article: ISOM: Targeting the Mitochondrial-Stem Cell Connection in Cancer Treatment: A Hybrid Orthomolecular Protocol

Media & Contact Information

Please follow us on Facebook and Instagram @remedyroomnola
Visit theremedyroom.com to keep up with us and join our growing community.

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For highest-resolution images, please contact
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Short Version

Dr. Mignonne Mary, M.D., is the founder and Medical Director of The Remedy Room in New Orleans, Louisiana. She graduated from LSU Medical School and has trained with pioneers in IV Vitamin Therapy and integrative medicine. The Remedy Room continues the legacy of her father, Dr. Charles C. Mary, Jr., a pioneer in IV Vitamin Therapy who was at the forefront of using High-Dose IV Vitamin C for conditions including sepsis, EBV, hepatitis, and cancer. In 1990, Dr. Charles Mary healed his own colorectal cancer using High-Dose IV Vitamin C.

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