

Leadership Bio: Physician

Charles W. Seltzer, MD

Charles W. Seltzer, MD – or ‘Doctor Charlie’ as his patients call him – is a board-certified internist, bariatric medical practitioner, and certified clinical exercise specialist.

He graduated – cum laude – from the University of Pennsylvania with a bachelor’s degree in neurobiology and earned his medical degree – with high honors – at Jefferson Medical College. Dr. Seltzer then completed his residency at Crozer Chester Medical Center, where he earned the Outstanding Senior Resident of the Year award as well as the Steven A. Morgenstern, M.D. Award, which is given to the resident who “best demonstrates commitment, empathy and joy in the care of patients.”

And that very same commitment, empathy and joy in the care of patients that Dr. Seltzer embraced so passionately as a medical resident is now the foundation of what he and his team of specialists practice today.

Advocating a full-circle approach to health and well-being, Dr. Seltzer believes in treating the mind, body and spirit of each and every one of his patients. His unique approach, which is results-driven and fully comprehensive, came about after finally achieving his own health goals.

After years of struggling with his own weight, Dr. Seltzer had an epiphany: fad diets and quick fixes, no matter what the marketing gurus may claim, simply don’t work. So he formulated his own program, which quickly resulted in his own dramatic and long-term weight loss.

Eager to share his passion and commitment to helping others, Dr. Seltzer launched Limitless Longevity to share his newfound approach to health and well-being. Embracing medically-supervised nutritional guidance, behavior modification, and physical exercise, Dr. Seltzer’s program has helped countless individuals regain their health, increase their vitality, and curb the aging process.