

Dr. Ashley White

Dr. Ashley White is a family physician, a Diplomate of the American Board of Obesity Medicine, and the founder of The Shift Clinic — a membership-based metabolic health practice in Hamilton, Ontario that is redesigning how metabolic care is delivered.

Her career has spanned emergency medicine, global health service in Afghanistan during active conflict, and health policy work at the Public Health Agency of Canada. Each chapter deepened the same conviction: the systems meant to support people with chronic metabolic disease are failing them. She built The Shift Clinic to offer a different model — one that integrates medical treatment, medical psychotherapy, hormonal health support, and patient education within a single, continuous relationship.

At the centre of her practice is MAP™ — Metabolism, Appetite, Perspective — a clinical and educational framework that treats appetite as a biological system to understand rather than a problem to suppress. She developed the concept of Appetite Literacy™ to help patients learn to read and work with their own signals, replacing the cycle of restriction and shame with genuine understanding.

Dr. White holds an MD, CCFP-EM, and a Master of Public Health, giving her both the clinical lens to treat individuals and the population-health perspective to challenge how care is organized. She provides full-scope metabolic care — what she describes as mental, metabolic, and mechanical — across virtual and in-person settings.