

# Dr. Stephen Smith



Northwest Integrative Medicine, a division of Healthcare and Wellness Center, PLLC, is my practice specializing in allergy and environmental medicine.

I, Dr. Stephen Smith, began my journey into integrative medicine in 1985, when I developed fibromyalgia and realized I was clueless regarding effective and rapid treatment. Surprisingly, so were most of my colleagues, who, like me, practiced traditional or allopathic medicine. Following the quote, “physician, heal thyself,” I started my own quest into alternative and integrative medicine. Subsequently, I realized my case was not unique. I discovered that many of the physicians at integrative medicine meetings and training sessions also suffered from similar health conditions; many restored themselves to full health and vitality using integrative medicine.

It has been my privilege to learn from some of the brightest physicians from around the world who generously shared their knowledge and expertise. It’s this knowledge that helped restore my own health and that of others I have had the opportunity to treat.

Although many medical practitioners in Europe used many of the

techniques of integrative medicine for years, it's a relatively new concept in the U.S. However, because of the benefits offered by both medical disciplines, many integrative medicine clinics are now in the United States, as well. I have used integrative medicine techniques for many years, and I'm pleased with results I have seen in myself and my patients.