



# Atlanta Integrative & Internal Medicine

---

Atlanta Integrative and Internal Medicine is a fully integrated medical practice offering holistic and alternative medicine as well as Western medicine. The goal of a Functional Medicine physician is to enhance the functionality of the body by assessing the entire human body system as a whole in order to discover and treat the root cause of illness, allow the body to heal itself once given proper nutrition and removal of impediments to cure (i.e. toxins, bad habits, etc.). Being an integrative practice, we use numerous modalities to treat a multitude of common and rare conditions, with individualized herbal remedies, homeopathic remedies, acupuncture, hyperbaric oxygen therapy, intravenous therapies, and many others.

Our team is led by our Medical Director; Forrest Smith M.D. who is a board certified Internist trained at Emory University and Medical University of South Carolina, Charleston. She has practiced in Roswell, Georgia for over 30 years and has extensive training by the Institute of Functional Medicine, the American Academy of Anti-Aging Medicine and hosted various seminars for Bio-Identical Hormones and natural thyroid therapies. Additionally, she has extensive training in anti-aging skincare and is the Medical Director for the Medical Spa in the clinic.

Our practice includes a wonderful team of compassionate, well trained and like-minded integrative providers who share Dr. Smith's vision of preventive, participatory, and personalized medical care.

**Dr. Karen Miller** is a Functional medicine practitioner with a background in Obstetrics and Urogynecology. She is well versed with bio identical hormone replacement therapy, thyroiditis, adrenal fatigue, irritable bowel, food sensitivities and chronic fatigue. She is in the final stages of the Institute for Functional Medicine Certification and continues to study her new passion of Alzheimer's prevention in order to provide cutting edge treatments for her patients.

**Winston Cardwell, ND, LAc** has been with us for many years consulting with patients, providing a naturopathic perspective. He continues to provide acupuncture, complementary treatments for chronic illnesses, pain management, rheumatoid disorders, women's health, pediatrics, autism spectrum disorders, gastroenterology, oncology, cardiology, and advanced intravenous therapies.

**Vicky Armstrong, NP** comes to us with a wealth of medical experience from cardiology, emergency room, and most recently a hospitalist. She is very excited to be following her passion and working in an integrative environment. Vicky is ready to assist you with anything from general wellness or sick visits to bio identical hormones. She is in the midst of pursuing certification in functional medicine.

**Cris McPherson**, our Certified Holistic Nutritionist, continues to assist patients on their path to wellness. Whether you need guidance with weight loss, detoxification, paleo or ketogenic diet, she can educate, guide and hold you accountable to yourself along your path to wellness. Her passion is assisting patients in their understanding of the incredible impact food choices can have in enhancing your health and well-being.

**Tessa Wells, LME**, has over 10 years' experience in the medical spa field. She continues to grow our Medical Spa by adding new and innovative treatments. She is a certified assistant laser practitioner who specializes in multiple laser procedures, facial techniques and custom chemical peels. Her passion is personalized skin care and assisting patients with their appearance and self-image goals.



# Atlanta Integrative & Internal Medicine

---

