



Atlanta Integrative & Internal Medicine

Atlanta Integrative and Internal Medicine is a fully integrated medical practice offering holistic and alternative medicine as well as conventional medicine. We use numerous modalities to treat a multitude of common and rare conditions, with individualized treatments including, but not limited to:

- Nutritional therapies
- Herbal and Homeopathic remedies
- Bioidentical Hormone Replacement Therapy (HRT)
- Intravenous nutrient therapy
- Hyperbaric Oxygen Therapy (HBOT)
- Ozone therapy
- Acupuncture and Moxabustion
- Diet and lifestyle modification support

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.).

Our team is led by our Medical Director; **Forrest Smith M.D.** who is a board certified Internist trained by 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 has hosted various seminars on Bio-Identical Hormones and natural thyroid therapies. Additionally, she has extensive training in anti-aging skincare and is Medical Director for our Medical Spa. She has recently retired from direct patient care.

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.

Karen Miller, MD 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 passion for Alzheimer's prevention.

Winston Cardwell, ND, LAc is a Board Certified Naturopathic Physician (OR) and a licensed acupuncturist (GA) with a Masters in Oriental Medicine. He attended the National University of Naturopathic Medicine in Portland, Oregon, and he has expertise in Naturopathic and Classical Chinese Medicine, Oncology, Cardiology, Pediatrics, Environmental Medicine and chronic illness management. He provides complimentary care for patients diagnosed with cancer, chronic infections, Autism Spectrum Disorder, general pediatric care, gastrointestinal disorders, allergies, pain management and preventative medicine.

Vicky Armstrong, NP has a wealth of medical experience from Cardiology, Emergency Medicine, and most recently as 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 to



Atlanta Integrative & Internal Medicine

bio identical hormones or for any acute needs. Additionally, she is currently pursuing certification in Functional Medicine.

Cris McPherson, our Certified Holistic Nutritionist, assists 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 supporting patients in their understanding of the incredible impact food choices can have in enhancing your health and well-being.

Stephanie Lawson, LME, has over 16 years' experience in the medical spa field. She is a certified assistant laser practitioner who graduated from International School of Skincare and Nails in 2001 and acquired additional training in dermatology from Emory Clinic and Institut' DERMed College of Advanced Esthetics. Stephanie has spent her career practicing with dermatologists and plastic surgeons around the metro Atlanta area. She specializes in multiple laser procedures, facial techniques, anti-aging treatments, custom chemical peels and medical grade skin care. Her passion is personalized skin care and assisting patients with their appearance and self-image goals.