

# Elizabeth Smoots, MD

## Integrative/Functional Medicine Physician

Arizona Center for Integrative Medicine - Graduate Fellow  
Institute for Functional Medicine – Certified Practitioner Candidate

***What is integrative medicine? It's a medical specialty that combines the best of both worlds - both modern medicine and alternative therapies.***

***What is functional medicine? Functional medicine is an approach that seeks to find the root causes of illness and dysfunction.***



Dr. Elizabeth's approach includes:

- Integrative and functional medicine consults
- Phone/video chat from your home or office
- Connect via phone, tablet, laptop, desktop
- Consults anywhere in Washington state
- Personalized and confidential sessions
- Partnering with you in your health journey

Dr. Elizabeth's specialties include:

- ✚ Allergies and sensitivities to pollens, foods
- ✚ Chronic health conditions or other concerns
- ✚ Women, men and teen health
- ✚ Maximizing health & preventing illness
- ✚ Health coaching to help you with:
  - ✓ Food plans, healthy eating, weight loss
  - ✓ Joyful movement and physical activity
  - ✓ Stress reduction
  - ✓ Mind/body relaxation techniques
  - ✓ Restful sleep
  - ✓ Positive relationships

**Looking for an integrative/functional medicine physician? Make an online appointment with Dr. Elizabeth today.**

***Working Together for a Healthier You.***

**[www.drsmoots.com](http://www.drsmoots.com)**