

My interest in science and medicine dates back to early high school. I remember looking under a microscope in high school biology class, looking at muscle fibers under high resolution. To this day, it is the most impressive work of art I have ever seen. I began exploring other tissues and felt like I discovered a whole new world, a world I wanted to spend my life exploring.

During my third year in medical school when I first began hospital rotations, I realized that traditional medicine was focused on disease, not health. Of course, as doctors we need to learn about disease, but somewhere along the way the message of how miraculous the body is, and how most of the time it can heal itself if given some assistance, was lost.

This realization became all too evident when working in the emergency room. Every day I would see the end result of failing to keep people well: heart attacks, strokes, hip fractures and other problems that began years ago, never addressed until it was too late. So, I opened a practice in Charlotte, North Carolina, with the focus on keeping people healthy, getting them off unnecessary drugs, and optimizing nutrition and hormone levels to more youthful levels. The results were incredible. The problem was that I could not convince the insurance companies that they should support health rather than wait for disease to appear.

After an extensive search, I found the Platt Medical Center. Dr. Platt's philosophy of optimizing the body's health was what I was looking for. In August 2006, I left North Carolina and moved to California to join the Platt Medical Center. It was at the Platt Medical Center that I found a colleague and staff unlike any I had worked with before.

Now I am able to practice medicine the way it is supposed to be practiced. I know the value of medications. I have seen medications heal patients' suffering from pneumonia, stroke, heart attack and many other conditions. But for optimizing the body's health, many drugs are not only unnecessary but can cause harm.

My approach is to work with the wonders of the body, using the tools that medical science has to offer in order to allow my patients to get the most out of life in a healthy way.

It's been a wonderful journey in medicine, and I have met and continue to meet many interesting people. I have learned so much from my patients and been touched by many.

I will continue to be both a student of the arts and a teacher of science and medicine.

At the Platt Medical Center, as in high school, I am able to look under the microscope and study the art that attracted me to medicine in the first place.