

benton integrative medicine pllc cammy benton md

benton integrative medicine pllc cammy benton md is a renowned healthcare provider specializing in comprehensive integrative medicine services. This practice, led by Dr. Cammy Benton, MD, emphasizes a holistic approach to patient care by combining conventional medical treatments with complementary therapies. The clinic is dedicated to addressing the root causes of illness and promoting overall wellness through personalized treatment plans. With a focus on patient-centered care, Benton Integrative Medicine PLLC offers a variety of services tailored to improve physical, mental, and emotional health. This article explores the background of Dr. Cammy Benton, the philosophy and services of Benton Integrative Medicine PLLC, and the benefits of integrative healthcare. Readers will gain insight into how this practice stands out in the medical community and why it is a trusted choice for many patients seeking holistic health solutions. Below is an overview of the main topics covered in this article.

- Overview of Benton Integrative Medicine PLLC
- Profile of Cammy Benton MD
- Services Offered at Benton Integrative Medicine
- Philosophy and Approach to Integrative Medicine
- Benefits of Choosing Benton Integrative Medicine PLLC
- Patient Experience and Testimonials

Overview of Benton Integrative Medicine PLLC

Benton Integrative Medicine PLLC is a medical practice that integrates traditional medical care with alternative and complementary therapies. Located in a community-focused setting, the clinic strives to provide high-quality, personalized healthcare that supports the whole person. The practice caters to patients of all ages and backgrounds, offering a wide range of services that address chronic conditions, preventive care, and wellness optimization. Benton Integrative Medicine PLLC is recognized for its commitment to evidence-based treatments combined with holistic methodologies, making it a leader in the field of integrative medicine.

Mission and Vision

The mission of Benton Integrative Medicine PLLC is to empower patients to achieve optimal health through integrative strategies that combine the best of modern medicine and natural healing. The vision includes fostering a healthcare environment where patients are active participants in their healing journey, supported by compassionate, knowledgeable providers.

Location and Accessibility

The clinic is strategically located to serve the local and surrounding communities, with easy access and a welcoming environment. Benton Integrative Medicine PLLC emphasizes accessibility, offering flexible appointment scheduling and patient-centered services to accommodate diverse needs.

Profile of Cammy Benton MD

Dr. Cammy Benton, MD, is the founder and lead physician at Benton Integrative Medicine PLLC. She is a board-certified medical doctor with extensive training and experience in both conventional medicine and integrative health practices. Dr. Benton is known for her compassionate approach and dedication to personalized patient care.

Educational Background and Certification

Dr. Benton completed her medical education at a prestigious medical school and underwent rigorous residency training in internal medicine. She pursued additional certification in integrative medicine, equipping her with the knowledge and skills to blend holistic and traditional treatments effectively. Her credentials reflect a commitment to lifelong learning and excellence in patient care.

Professional Experience

With years of clinical experience, Dr. Benton has treated a wide range of conditions using an integrative framework. Her expertise includes managing chronic illnesses, preventive health strategies, and lifestyle medicine. She actively participates in professional organizations related to integrative medicine and regularly updates her practice based on the latest research.

Services Offered at Benton Integrative Medicine

Benton Integrative Medicine PLLC provides a comprehensive suite of healthcare services designed to support whole-body wellness. These services combine conventional diagnostic and treatment methods with complementary therapies tailored to individual patient needs.

Primary Care and Chronic Disease Management

The practice offers primary care services that include diagnosis, treatment, and management of acute and chronic illnesses. Conditions such as diabetes, hypertension, autoimmune disorders, and digestive issues are managed through integrative protocols that may incorporate nutrition, lifestyle modification, and medical interventions.

Holistic Therapies

A range of holistic therapies is available to complement traditional medical treatments, including:

- Acupuncture and Traditional Chinese Medicine
- Herbal Medicine
- Mindfulness and Stress Reduction Techniques
- Nutritional Counseling and Supplements
- Physical Therapy and Massage

Preventive and Wellness Services

Preventive care is a cornerstone of Benton Integrative Medicine PLLC, aiming to maintain health and prevent disease before it arises. Services include comprehensive health assessments, personalized wellness plans, and education on lifestyle factors that influence long-term health.

Philosophy and Approach to Integrative Medicine

The philosophy at Benton Integrative Medicine PLLC centers on treating the whole person rather than just symptoms. This approach integrates evidence-based conventional medicine with natural and holistic therapies to achieve optimal health outcomes.

Patient-Centered Care

Patients are regarded as partners in their healthcare journey. Dr. Cammy Benton emphasizes open communication, thorough evaluation, and individualized treatment planning. This ensures that care is aligned with each patient's unique health goals and values.

Holistic Health Principles

The practice embraces holistic health principles, recognizing the interconnectedness of physical, emotional, and spiritual well-being. Treatments are designed to restore balance and promote healing on multiple levels, supporting sustainable health improvements.

Benefits of Choosing Benton Integrative Medicine PLLC

Choosing Benton Integrative Medicine PLLC offers numerous advantages for patients seeking comprehensive and compassionate healthcare solutions that

extend beyond conventional medicine.

Comprehensive and Personalized Care

Patients receive customized care plans that address underlying causes of illness and promote overall wellness. The integration of multiple treatment modalities ensures a well-rounded approach to health.

Focus on Prevention and Long-Term Health

By emphasizing preventive care and lifestyle modification, the practice helps patients reduce risk factors and maintain health over time. This proactive approach supports disease prevention and enhances quality of life.

Supportive Patient Environment

Benton Integrative Medicine PLLC provides a welcoming and supportive environment where patients feel heard and valued. This fosters trust and encourages active participation in health management.

Patient Experience and Testimonials

Patient feedback highlights the positive impact of Benton Integrative Medicine PLLC and Dr. Cammy Benton's expertise. Many patients report improvements in chronic conditions, enhanced well-being, and satisfaction with the holistic care they receive.

Common Themes in Patient Reviews

Patients frequently note:

- Thorough and attentive consultations
- Effective integration of conventional and holistic therapies
- Respectful and compassionate provider-patient relationships
- Personalized treatment plans tailored to individual needs
- Improved health outcomes and quality of life

Commitment to Ongoing Support

The practice maintains ongoing communication with patients, offering follow-up care and adjustments to treatment plans as needed. This continuous support enhances patient confidence and health maintenance.

Frequently Asked Questions

Who is Dr. Cammy Benton at Benton Integrative Medicine PLLC?

Dr. Cammy Benton is a medical doctor specializing in integrative medicine at Benton Integrative Medicine PLLC, focusing on combining conventional and alternative therapies to promote holistic health.

What services does Benton Integrative Medicine PLLC offer?

Benton Integrative Medicine PLLC offers services such as personalized integrative health assessments, nutritional counseling, chronic disease management, stress reduction techniques, and complementary therapies.

Where is Benton Integrative Medicine PLLC located?

Benton Integrative Medicine PLLC is located in [Location], providing integrative healthcare services to the local community. (Note: Please check their official website or contact them directly for the exact address.)

What conditions does Dr. Cammy Benton treat at Benton Integrative Medicine PLLC?

Dr. Cammy Benton treats a wide range of conditions including chronic pain, autoimmune disorders, hormonal imbalances, mental health issues, and lifestyle-related diseases using integrative approaches.

How can I schedule an appointment with Dr. Cammy Benton?

You can schedule an appointment with Dr. Cammy Benton by contacting Benton Integrative Medicine PLLC through their phone number or online booking system available on their official website.

Does Benton Integrative Medicine PLLC accept insurance?

Benton Integrative Medicine PLLC may accept various insurance plans; however, it is recommended to contact their office directly to confirm insurance coverage and payment options.

What is integrative medicine and how does Dr. Cammy Benton apply it?

Integrative medicine combines conventional medical treatments with complementary therapies to treat the whole person. Dr. Cammy Benton applies this approach by creating personalized treatment plans that address physical, emotional, and lifestyle factors.

Are there any patient reviews available for Dr. Cammy Benton and Benton Integrative Medicine PLLC?

Patient reviews for Dr. Cammy Benton and Benton Integrative Medicine PLLC can typically be found on healthcare review websites such as Healthgrades, Google Reviews, and Yelp, where patients share their experiences and satisfaction levels.

Additional Resources

1. *Integrative Approaches to Chronic Illness: Insights from Benton Integrative Medicine*

This book explores holistic strategies for managing chronic diseases, drawing on the expertise of Cammy Benton, MD, at Benton Integrative Medicine PLLC. It combines conventional treatments with complementary therapies to offer patients comprehensive care. Readers will find practical advice on nutrition, stress management, and lifestyle modifications to support healing.

2. *The Benton Method: Personalized Medicine for Optimal Health*

Focused on personalized healthcare, this book outlines Dr. Cammy Benton's approach to tailoring treatments based on individual patient needs. It highlights diagnostic techniques, integrative therapies, and patient-centered planning that define the Benton Integrative Medicine practice. This guide is ideal for practitioners and patients interested in customized wellness plans.

3. *Foundations of Integrative Medicine: A Guide by Cammy Benton, MD*

Serving as an introductory text, this book presents the core principles of integrative medicine as practiced at Benton Integrative Medicine PLLC. It covers the balance of mind, body, and spirit in achieving health, emphasizing prevention and natural therapies. The book is designed for both healthcare providers and those new to integrative health.

4. *Nutrition and Healing: Benton Integrative Medicine Perspectives*

This title delves into the role of nutrition in supporting the body's innate healing processes, with insights from Dr. Benton's clinical experience. It offers evidence-based dietary recommendations and explores how food can serve as medicine in integrative health. The book also addresses common nutritional deficiencies and their impact on chronic conditions.

5. *Mind-Body Medicine in Practice: Techniques from Benton Integrative Medicine*

Highlighting the connection between mental and physical health, this book presents various mind-body interventions used at Benton Integrative Medicine PLLC. Techniques such as mindfulness, meditation, and stress reduction are explained with practical guidance. It serves as a resource for improving emotional well-being alongside physical health.

6. *Integrative Approaches to Autoimmune Disorders: Cammy Benton's Clinical Insights*

Autoimmune conditions are complex and challenging, and this book shares Dr. Benton's integrative strategies for managing them effectively. It combines conventional therapies with natural supplements, lifestyle changes, and stress management to reduce symptoms and enhance quality of life. Case studies illustrate successful patient outcomes.

7. *Functional Medicine and Integrative Care: The Benton Integrative Model*

This book bridges functional medicine principles with integrative care,

showcasing the Benton model's comprehensive diagnostic and therapeutic methods. It emphasizes root-cause analysis and collaborative patient care to address chronic health issues. Healthcare professionals will find valuable protocols and treatment frameworks.

8. Herbal Medicine and Integrative Therapies: A Benton Integrative Medicine Guide

Focusing on herbal remedies and complementary treatments, this guide outlines safe and effective use within the integrative medicine context. Dr. Benton provides detailed descriptions of commonly used herbs, their benefits, and interactions with conventional medications. The book is a practical tool for both practitioners and patients.

9. Patient Empowerment and Wellness: The Philosophy of Benton Integrative Medicine PLLC

This book encapsulates the patient-centered philosophy that underpins Benton Integrative Medicine PLLC. It emphasizes education, self-care, and active participation in health decisions to promote long-term wellness. Inspirational stories and actionable tips encourage readers to take charge of their health journey.

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