

Mark Speight, MD, a Family Physician with Center For Wellness

Get to know Family Physician Dr. Mark Speight, who serves patients in Matthews, North Carolina.



of all ages, Dr. Speight is a board-certified family physician who sees patients at the Center For Wellness in Matthews, North Carolina. His aim is to optimize disease prevention through an ongoing dedication to uncovering the most innovative and validated therapies in medicine.

Integrating advanced nutritional science with the clinical practice of medicine, Center For Wellness strives to help patients achieve optimal health through a preventive, nutritional, and environmental approach to medicine. The practice seeks the most advanced solutions to 21st-century health challenges while maintaining their focus on the individual and their unique needs.

After obtaining his undergraduate work in chemistry at the University of North Carolina at Chapel Hill, Dr. Speight attended medical school at the Brody School of Medicine at East Carolina University, where he graduated with his medical degree in 1987. He then went on to complete his residency in family medicine at Palmetto-Richland Memorial Hospital in 1990.

The doctor is board-certified in family medicine by the American Board of Family Medicine, a non-profit, independent medical association of American physicians who practice in family medicine and its sub-specialties. A member of the American Academy of Environmental Medicine, he also has additional training in metal toxicology, nutritional medicine, and environmental medicine.

In addition to being a past President of the American College for the Advancement of Medicine, Dr. Speight served as an Assistant Professor at Capital University of Integrative Medicine in Washington, D.C. for a period of five years. He has authored several book chapters and a number of articles in the peer-reviewed literature.

Family medicine is a medical specialty devoted to comprehensive health care for people of all ages. The specialist is called a family physician or family doctor. A family physician is often the first person a patient sees when seeking healthcare services. They examine and treat patients with a wide range of conditions and refer those with serious ailments to a specialist or appropriate facility.

Among his numerous accolades, Dr. Speight is the recipient of the Patients' Choice Award (2010, 2012, 2014, 2018) and Compassionate Doctor Recognition (2010, 2011, 2012, 2014, 2018).

Learn More about Dr. Mark Speight:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1550066-Mark-Speight-Family-Practitioner> or through Center For Wellness, <https://www.cfwellness.com/about-us/>

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