

Deborah Z. Bain, MD, a Pediatrician with Healthy Kids Pediatrics Center for Health and Wellbeing

Get to know Pediatrician Dr. Deborah Z. Bain, who serves patients in Frisco, Texas.



New York City, New York Mar 13, 2023 ([IssueWire.com](https://www.issuewire.com)) - A holistic integrative pediatrician, Dr. Bain is the sole owner and originator of Healthy Kids Pediatrics Center for Health and Wellbeing in Frisco, Texas. She strives to provide children with effective health and wellness care with an emphasis on nutrition and prevention.

She has specialized alternative testing to aid in determining underlying health issues such as nutrient deficiencies and increased toxic burden. She also has an extended network to provide needed nutritional coaching and counseling to her patients in need of special diets.

Committed to helping patients adopt healthy lifestyles to prevent disease, Dr. Bain utilizes holistic methods to help children eliminate toxins and strengthen their immune systems. She specializes in addressing medical problems such as nutritional deficiencies, food sensitivities, developmental issues, asthma, eczema, and allergies.

"Whatever the path we follow to find wellness, I think we have to be actively searching, not just blindly following. I have gained respect for so many different ways to get someone well. I do not have all the answers to get someone well as a pediatrician. It is something that I have accepted over the years. I

think pride gets in the way of so many good doctors, and prevents them from being great doctors. If we just all work together and open our minds to many ways of treatment, and focus on the needs of the patient, then we would all be doing what is right. As I have opened my mind to these paths, I have continued to find wellness in its most comprehensive sense – mind, body, spirit” expressed the doctor.

Born into a middle-class home, Dr. Bain had a very hard-working father who never completed college, and a loving mother who was a housewife and high school graduate. Her parents desired nothing more than to have their 3 children be successful and most importantly, complete college and have meaningful careers.

Since she was 8 years old, Dr. Bain wanted to become a doctor, motivated by such influential shows as Trapper John MD, Quincy, and Mash during her childhood. She made straight A’s throughout her undergraduate years and graduated summa cum laude in college as well. She completed her medical degree at The University of Texas Health Science Center in San Antonio in 1993 and her residency at Dallas Children’s Medical Center in 1996.

A Fellow of the American Academy of Pediatrics, she is board-certified in pediatrics by the American Board of Pediatrics (ABP). The mission of the ABP is to advance child health by certifying pediatricians who meet standards of excellence and are committed to continuous learning and improvement.

Hired right out of residency, Dr. Bain worked for Cook Children’s Physician Network and served as a corporate pediatrician for her first 10 years. During that stressful time of working in a corporate-compliance model of medicine, she had some very unfortunate life-altering medical problems, including herniated discs in her neck and back over a several-year period requiring multiple surgeries, as well as breast cancer at 39 years of age, requiring a leave of absence and treatment with chemotherapy and radiation.

During her journey to get well, definitely a steep uphill climb, she had a fire stirred up in her that could not be squelched. It was a completely different philosophy of medicine. She thought to herself, “How can someone as young as I am, already have 9 neck/back surgeries and breast cancer?” So, she sought out alternative doctors for an explanation and a new approach to her care after she was pronounced cured by her oncologist, yet feeling chronically fatigued and ill all the same.

With her new passion for holistic and integrative medicine, Dr. Bain made a commitment to expand her education in this field by studying and achieving certification through the American Board of Integrative and Holistic Medicine (ABIH), as well as the Institute for Functional Medicine (IFM). She became the first pediatrician to successfully certify with the IFM, and became a Gluten Certified Practitioner in 2016.

In 2021, she also became board-certified in Integrative Medicine through the American Board of Integrative Medicine as well as certified in homeopathy and homeoprophylaxis.

Pediatrics is the branch of medicine that involves the medical care of infants, children, and adolescents. The American Academy of Pediatrics recommends individuals be under pediatric care up to the age of 23. Pediatricians provide medical care to people ranging in age from newborns to young adults. They are trained to examine, diagnose, and treat children with a wide variety of injuries and illnesses through all of their developmental stages, as they grow and mature.

A brilliant author, Dr. Bain wrote the book, “How the Chiropractor Saved My Life, My Journey to Wellness and Beyond” as a way for her to help those who are lost, confused, who have been wronged

by the very system of medicine that was supposed to heal them. The book was, in a sense, part of her ministry of healing others and is part of God's ultimate will for her life. It was meant to open the minds of others to alternative possibilities to treating illness and was to serve as a tool to motivate people to become their own health advocates as she has.

A passionate speaker and advocate for health and wellness, Dr. Bain has been featured on Know the Cause, a nationally syndicated television show, and the Healthy by Nature radio show. She has been a guest contributing author for Natural Awakenings Magazine and has recently been interviewed on the nationally syndicated Dr. Ardis show as well as presented at the Living Life and Destiny Conference.

When she is not seeing patients, Dr. Bain volunteers her time at her church as well as giving health seminars. She also enjoys snow skiing, working out, gardening, writing, and spending time with her family and friends.

In the years to come, she hopes to continue to expand her holistic practice and teach other doctors her successful integrative approach to optimal children's healthcare.

Learn More about Dr. Deborah Z. Bain:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/792183-Deborah-Bain-Pediatrician>, or through Healthy Kids Pediatrics Center for Health and Wellbeing, <https://www.healthykidspediatrics.com/meet-our-team>

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