

Amy Offutt, MD, a Family Physician with Heart & Soul Integrative Health & Yoga

Get to know Family Physician Dr. Amy Offutt, who serves patients in Marble Falls, Texas.



New York City, New York Aug 1, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Offutt, an extensively trained integrative medicine physician, is the Co-Owner & Medical Director of Heart & Soul Integrative Health & Yoga in Marble Falls, Texas. She treats patients with complex health issues using a wide array of individualized strategies for healing.

Cherishing her relationships with her patients, she approaches her care viewing each patient as a whole person. Her goal is to partner with patients to empower them to regain vitality, strength, mental clarity, energy, purpose, and a desire to share their gifts with others.

Back in the early days of her academic career, Dr. Offutt graduated with her medical degree from UT Health San Antonio School of Medicine in 1997. She then went on to perform her residency in family medicine at CHRISTUS Health/Santa Rosa from 1997 until 2000. She later received her Masters of Science in Health Sciences from George Washington University in Integrative Medicine.

In 2019, Dr. Offutt was appointed by Governor Greg Abbott to the Pediatric Acute-Onset Neuropsychiatric Syndrome Advisory Council. In addition, she serves on the Board of Directors for the International Lyme and Associated Diseases Society (ILADS), a non-profit medical society focused on education to address chronic, complex diseases.

It was her desire to better understand and care for patients that were experiencing chronic inflammation, often caused by underlying infections, that led Dr. Offutt to make the shift into integrative medicine. This path led her to ILADS, where she found an abundance of educational resources along with experienced practitioners to help further her knowledge and better serve her patients.

“One of my dreams is to see a growing collaborative network of physicians who get back to focusing on the physician-patient relationship, understanding more fully root causes of disease, and using science and pathophysiology to help more patients optimize quality of life. Being a member of ILADS is one way to build those networks together where, if we unify as doctors, we can work together to better help our patients” expressed Dr. Offutt.

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.

Successful in her field, Dr. Offutt has been the recipient of several awards and honors, including the On-Time Doctor Award (2016, 2015, 2014), Patients' Choice Award (2018, 2016, 2015, 2014), and Compassionate Doctor Recognition (2018, 2015, 2014).

Learn More about Dr. Amy Offutt:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1352885-Amy-Offutt-Family-Practitioner> or through Heart & Soul Integrative Health & Yoga, <https://www.amyoffuttmd.com/>

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