

Paula Mary Strait, DO, AOBNMM: Pioneering Patient-Centric Care in Walla Walla, Washington

Innovative Physician Focuses on Accessibility and Longevity in Healthcare



Walla Walla, Washington Sep 24, 2025 ([IssueWire.com](https://www.issuewire.com)) - Paula Mary Strait, DO, AOBNNM, a renowned physician with over four decades of experience, continues to make significant strides in the healthcare field as she champions patient-centered care through her practice, Simple Medicine, LLC, located in Walla Walla, Washington. A graduate of the Texas College of Osteopathic Medicine in 1984, Dr. Strait began her medical career in rural emergency medicine, where she developed a profound understanding of the unique challenges faced by medically underserved communities.

Since founding Simple Medicine in July 2020, Dr. Strait has committed herself to providing accessible, personalized healthcare that emphasizes dignity and resilience. Leveraging her extensive expertise in neuroplasticity, she creates a welcoming environment where patients feel empowered and engaged in their own health journeys. Dr. Strait simplifies complex medical information into actionable steps, offering each patient a tailored roadmap that guides them from A to Z in their healthcare decisions.

In May 2025, Dr. Strait expanded her expertise further by joining MezaCare as a Skilled Nursing Facility Physician. In this role, she applies her clinical acumen to deliver compassionate, evidence-based care to older adults and patients with complex medical conditions. Her dedication to improving patient outcomes is evident as she addresses the unique challenges faced by these populations, ensuring that each individual receives the care they deserve.

Dr. Strait is an active member of several esteemed organizations, including the American Academy of Osteopathy, the International College of Integrative Medicine, the Spokane County Medical Society, and Longevity Docs. As a Diplomate of the American Osteopathic Board of Neuromusculoskeletal Medicine, her credentials reflect her commitment to excellence in the medical field.

Passionate about transforming healthcare culture towards prevention and healing, Dr. Strait has pioneered an innovative program aimed at meeting the evolving needs of community medicine in the 21st century. Utilizing a holistic model that incorporates whole-health, drug-free, and non-invasive technologies, she addresses imbalances affecting cognition, behavior, and movement.

Through her unwavering dedication to advancing healthcare practices, Dr. Paula Mary Strait is setting a new standard in patient care, emphasizing the importance of mind and motion well-being for a healthier future.

Learn More about Dr. Paula Mary Strait:

Through her findatopdoc profile,

<https://www.findatopdoc.com/85024403-Paula-Strait-Family-Practitioner>

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