

# America's Best in Medicine Spotlights Sonza Curtis: The Gut Doctor™ Transforming Lives Through Functional Medicine

Founder of Three D Wellness Combines Generational Wisdom and Modern Science to Address Root Causes of Chronic Illness



PA-C, IFMCP, is a naturopathic physician and certified functional medicine practitioner with more than three decades of experience in integrative healthcare. She is a Member of The BOW Collective, a Faculty Member of the BOW Institute, and an Advisory Board Member for the Menopause Association. She is also the second-best-selling co-author on Amazon for *The Ultimate Guide to Becoming a Successful Soul Professional*.

Known for her ability to bridge Western medicine with natural therapies, Dr. Curtis specializes in gut health, hormone optimization, autoimmune disorders, and alopecia management. As the Founder and CEO of Three D Wellness in Roswell, Georgia, she provides personalized consultations, corporate wellness programs, and educational resources designed to empower individuals to take control of their health.

“I truly enjoy helping patients achieve their best health and seeing them transform physically, emotionally, and spiritually,” says Dr. Curtis. “Being able to guide someone toward healing and improved quality of life is deeply rewarding and reminds me why I chose this path.”

Dr. Curtis’s approach to medicine is deeply rooted in her family’s legacy of healing. Influenced by her great-grandmother, a respected herbalist and midwife, she developed an early appreciation for plant-based remedies and holistic care. Her upbringing, combined with formative experiences growing up in Germany, where natural therapies are often integrated into conventional medicine, shaped her belief in a more balanced, comprehensive approach to health.

After returning to the United States, Dr. Curtis pursued advanced medical training, earning her Master’s Degree as a Physician Assistant. Her clinical career spans a wide range of settings, where she gained valuable experience treating complex conditions. However, after years in traditional practice, she recognized a recurring challenge: many chronic illnesses were being managed rather than truly resolved.

This realization marked a pivotal turning point. Motivated by her own health challenges and her daughter’s diagnosis with autoimmune thyroiditis, Dr. Curtis turned to Functional Medicine to better understand the root causes of disease. By applying these principles, her daughter achieved remission—an outcome that reinforced Dr. Curtis’s commitment to a more comprehensive, root-cause-focused approach to care.

Today, Dr. Curtis’s philosophy centers on restoring balance within the body by addressing underlying imbalances rather than masking symptoms. She emphasizes the importance of proper nutrition, a well-functioning gut, hormonal and immune system balance, and a supportive emotional environment. Through this integrative model, she has helped countless patients overcome chronic conditions and regain a sense of vitality and control over their health.

At Three D Wellness, patients experience a personalized and compassionate approach that prioritizes listening, education, and collaboration. Dr. Curtis develops tailored care plans designed to meet each individual’s unique needs, combining evidence-based medicine with natural therapies to achieve sustainable outcomes. Her ability to connect with patients, coupled with her diverse clinical expertise, has established her as a trusted leader in functional medicine throughout the Atlanta metro area.

In addition to her clinical work, Dr. Curtis is a best-selling co-author of the book *No More Band-Aids*, where she shares insights on moving beyond temporary solutions to achieve long-term wellness. She is also an international speaker, community health advocate, and master storyteller who uses her voice to educate and inspire audiences worldwide.

Her commitment to service extends beyond her practice. Dr. Curtis actively participates in medical mission work in Africa, where she provides care and promotes wellness education in underserved communities. These experiences reflect her broader mission to make holistic healthcare accessible and impactful on a global scale.

Dr. Curtis attributes her success to a combination of rigorous training, hands-on experience, and the resilience instilled in her from an early age. She remains committed to continuous learning, staying current with advancements in functional and integrative medicine to ensure her patients receive the most effective, science-backed care available.

Patients who visit Dr. Curtis often describe a sense of empowerment and clarity in their health journey. By creating a welcoming environment where individuals feel heard and supported, she encourages active participation in the healing process. Her goal is not only to treat illness but to equip patients with the tools and knowledge needed to maintain long-term wellness.

Outside of her professional life, Dr. Curtis enjoys traveling, spending time with her family, and connecting with her grandchildren. A devoted wife, mother of four, grandmother of four, and great-grandmother of one, she values relationships and the principles of balance, reflected in both her personal life and her approach to care.

Through her dedication to integrative medicine, Dr. Sonza “The Gut Doctor™” Curtis continues to redefine how patients experience healing. By combining generational wisdom with modern medical innovation, she empowers individuals to achieve lasting health and well-being, transforming lives one patient at a time.

### **Learn more about Dr. Sonza Curtis:**

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/sonza-curtis>, or through her website, <https://threedwellness.com/>

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