

Erika Faile, PT, MD: Board-Certified Family Medicine Physician and Advocate for Integrative, Whole-Person Care

Experienced Clinician, Educator, and Physician Leader Launches Faith-Based Program Supporting Burnout Recovery, Sleep Health, and Emotional Resilience



a board-certified family medicine physician with nearly 20 years of medical experience, including three years of residency training with Halifax Health and approximately 17 years as an attending physician in both outpatient and inpatient settings. Throughout her career, Dr. Faile has been committed to guiding patients through some of life's most vulnerable and critical health challenges, delivering care rooted in compassion, clinical excellence, and a holistic understanding of wellness.

Dr. Faile practices an integrative model of medicine that addresses both physical and emotional health, ensuring that patients receive comprehensive, patient-centered care tailored to their individual needs. Her approach reflects a commitment to treating the whole person rather than isolated symptoms, emphasizing long-term well-being and sustainable health outcomes.

In addition to her clinical practice, Dr. Faile has maintained a strong dedication to leadership and institutional service within healthcare systems. She has served on the Quality and Patient Safety Committee at a previous organization, contributed four years of service on the Medical Executive Committee, and participated in a Peer Review Committee for an additional four years at the hospital she currently practices at. She currently serves on the Physician Well-Being Committee at this same hospital, reinforcing her ongoing commitment to both patient safety and the wellness of healthcare providers.

Dr. Faile has also contributed to medical education as an associate instructor with the Florida State University College of Medicine, where she taught medical students while actively practicing family medicine. Her teaching experience spans both pediatric and adult care, and she has played a meaningful role in mentoring future physicians. These academic and leadership roles have strengthened her passion for education, professional development, and building resilience within healthcare teams.

Drawing from her personal journey of overcoming burnout, anxiety, and insomnia, Dr. Faile is now expanding her mission beyond clinical practice with the launch of *Faile-Proof Sleep and Peace*, a faith-based 90-day coaching program designed for high-capacity women, including healthcare professionals in demanding roles. The program focuses on restoring sleep, reducing anxiety, and building emotional resilience through practical, faith-centered strategies that integrate science with Scripture to achieve spiritual and emotional wellness.

Through her coaching philosophy, Dr. Faile emphasizes sustainable transformation and whole-person healing. She recognizes that many high-achieving women silently struggle with exhaustion and emotional depletion despite outward success. Her goal is to help participants move beyond survival mode into a state of restored peace, strength, and balance.

Dr. Faile continues to integrate her faith into her medical practice at a Christian hospital, working collaboratively with patients, families, and interdisciplinary care teams to provide compassionate, holistic care. Through both medicine and coaching, she remains dedicated to advancing well-being, resilience, and healing for individuals navigating the pressures of modern life.

Learn more about Dr. Erika Faile:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/Erika-Faile>

America's Best in Medicine

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healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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Source : Dr. Erika Faile

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