

## Christy Soto-Johnson, NMD, a Naturopathic Physician with Guiding Elements Medical Center

Get to know Naturopathic Physician Dr. Christy Soto-Johnson, who serves patients in Phoenix, Arizona.



**New York City, Oct 7, 2020 ([Issuewire.com](https://www.issuewire.com))** - Dr. Christy is a well-respected naturopathic physician serving as the Co-Founder of Guiding Elements Medical Center in Phoenix, Arizona. She works alongside Dr. Shanna Bayrd, NMD, providing a myriad of natural, holistic, vibrational, and traditional medicine therapies.

Born out of love, hope and service, the doctor-duo sought to create a place that is more than a clinic, a place where the shortcomings and injustices they witnessed over their years of medical and life experiences could be addressed. Guiding Elements Medical Center is a judgement-free community hub where people can come together to heal, be empowered, transform their mind, body and spirit, and grow beyond their current conscious awareness.

Passionate about true, full-life health, Dr. Christy maximizes all facets and all forms of health. She goes beyond the body, mind and spirit to include free professional financial health-literacy and education, as financial health can directly impact physical and mental health, quality of life and life expectancy. Her primary goal is to empower her patients to become their happiest, healthiest, most successful selves and teaching them how to bring this joy and freedom to their families and communities. She takes a hands-on approach to her healing practice and enjoys working closely with her patients to help them exceed their personal health goals and discover their true life potential.

Since childhood, Dr. Christy's grandmothers impressed upon her the importance of nature, cultural traditions, folk medicine, and faith. Her keen interest in the human experience prompted her undergraduate studies in anthropological cultural, linguistic, and biological evolution at the University of California, Davis. After exploring professional opportunities in race relations and communications within the California Community College system, she transitioned to the Sutter Health Institute for Research and Education and began working in the field of public health. It was here that her childhood passion for natural medicine was rekindled. This, combined with the shortcomings of conventional medicine in her own family's health ailments, Dr. Christy left her budding career to pursue a Doctor of Naturopathic Medicine degree at the Southwest College of Naturopathic Medicine in Arizona.

With a keen interest in aiding indigent, homeless, and veteran populations as well as women and children who have survived some of life's most traumatic experiences, she sought every internship and clinical rotation possible at various community clinics, domestic violence shelter clinics, and at the Southwest Center for HIV/AIDS where she focused on acute illness, mental/emotional recovery, and pain management. During medical school, she obtained outside training and certifications in the areas of Mayan Abdominal Massage, Pranic Healing Therapy, Gemstone Meridian Therapy, and Applied Kinesiology.

After graduating from medical school in 2016, Dr. Christy completed a rigorous residency program in McMinnville, Oregon at the clinic, A Family Healing Center. There, she received specialized training focused on pediatrics, family medicine, women's health, pain management, and nutritional management of pyroluria disorder.

Board-certified in naturopathic medicine, minor surgery, and acupuncture, she holds additional certifications in craniosacral therapy for physical, emotional, and energetic health restoration. Supporting the body's own healing process, she provides a unique blend of the latest modern medical and scientific advances with long-standing, effective ancient techniques.

As a woman of faith, Dr. Christy attributes her passion for her work and success in life to the grace of God, the support of her husband, and the love of and for her family.

The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. Naturopathic medicine is a distinct health care profession, emphasizing prevention, management, and optimal health through the use of natural therapeutic methods and substances that encourage individuals' inherent self-healing process first. Pharmaceuticals and other conventional interventions are only prescribed when absolutely necessary. Naturopathic physicians focus on

prevention and root cause identification of acute and chronic imbalances to understand, restore, and establish optimal health.

In 2020, Dr. Christy was selected by Women In Medicine Magazine as one of Phoenix's Top Doctors in Naturopathic Medicine.

### **Learn More about Dr. Christy Soto-Johnson:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81379098-Christy-Soto-Johnson-Naturopathic-Physician> or through Guiding Elements Medical Center, <https://guidingelementsmc.com/meet-the-gemc-doctors/>

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