

PRACTITIONER SPOTLIGHT



David Buckwalter, MD ; Source: David Buckwalter, MD

DAVID BUCKWALTER: FROM EMERGENCY MEDICINE TO ENDOGIOBENY

Name: David Buckwalter, DO, MPH, AOBEM, FACEP

Years in Practice: 16 years in Emergency Medicine

Years Practicing Endobiogeny: Currently mastering the theory and science of Endobiogeny

TELL US ABOUT YOURSELF

I completed a dual-degree program in medicine and public health, which allowed me to explore interests in health and wellness at the individual and community level. I completed residency training in emergency medicine and with an interest in rural emergency medicine and access to emergency care.

HOW DID YOU FIRST LEARN ABOUT ENDOBIOGENY?

I have enjoyed my career in emergency medicine. This specialty has in many ways become the gatekeeper of Western medicine and offers vital

support for individuals and communities. Emergency medicine has the ability to access expertise and resources across multiple specialties to stabilize and treat emergent conditions. However, I am also very aware of the reactive nature of emergency medicine and that it does not address foundational areas of health maintenance, prevention, and healthy aging. I am also aware over the course of my career of what seems like an increasing number of patients who present with very reasonable concerns and symptoms, for whom I have little to offer through the emergency department. Many of these patients have primary care physicians and some have had evaluations through various specialties but have made little progress in identifying the cause of their symptoms

or a path forward to the wellness they desire. A few years ago, I began to experience some of that in my own health, yet I knew that by almost any measure I would be considered healthy and any testing or evaluation I pursued would offer little insight into the dissonance I was experiencing. In this context I was introduced to Endobiogeny through a childhood friend, Dr. Adam Johnson, M.D.

HOW HAS ENDOBIOGENY CHANGED OR DEEPENED YOUR PRACTICE?

Endobiogeny provides a dynamic view of a patient's physiology that is otherwise missing from the medical evaluation. Particularly for patients who take an active interest in their health, who pursue a healthy lifestyle and yet can't achieve the state of wellness that they desire, Endobiogeny offers an individualized, personalized assessment of the terrain, with reasonable recommendations that allow for the restoration towards harmony in an intelligent system.

WHAT ASPECTS OF ENDOBIOGENY DO YOU FIND MOST HELPFUL IN YOUR PRACTICE?

I particularly appreciate the consideration of restoring buffering capacity in adaptation syndromes.

IN WHAT WAYS HAS ENDOBIOGENY CHANGED YOU OR YOUR UNDERSTANDING OF LIFE?

For me, Endobiogeny feels like a deeper, more integrative and adaptive view of health. It moves away from the fairly reductionist approach common in much of medicine in favor of a systems approach that honors internal and external biologic systems. It moves much closer to what most of us know intuitively, that our overall health requires the ability to adapt and achieve equilibrium with our environment.

WHAT MIGHT YOU RECOMMEND TO THOSE CONTEMPLATING OR JUST STARTING THEIR LEARNING JOURNEY IN ENDOBIOGENY?

I would recommend going through the process as a patient, which provides the opportunity to identify terrain, utilize the biology of functions and explore treatments options and see what Endobiogeny has to offer.

WHAT WOULD YOU LIKE TO SEE DEVELOP IN ENDOBIOGENY?

To the extent possible, I would love to have a more "single-source" materia medica, electronic or printed, as well as a collaborative database on sourcing quality ingredients for practitioners and off-the-shelf products for patients. ✱
