



Edith Jones-Poland, MD

General Practice

Dr. Jones-Poland believes that getting to hear about her patients' lives is one of the most rewarding parts of being a Primary Care Physician. She enjoys working together to help them become a healthier version of who they are now.

Her medical practice philosophy is to treat the whole person – including mind, body, and the community in which they live. She says, "I enjoy science and have a heart for service. Medicine is the perfect marriage of the two. Healthy people build healthy communities."

Dr. Jones-Poland focuses on disease prevention through the most natural and least invasive means possible to treat chronic conditions. Following medical school, she completed a Fellowship with the internationally recognized Arizona Center for Integrative Medicine, founded by Dr. Andrew Weil.

Believing that "food is medicine," Dr. Jones-Poland is passionate about fitness and nutrition. Not surprisingly, she likes to cook and exercise, as well as to read and spend time with her husband of 16 years and their four children.

She says, "If we meet, I look forward to hearing all about you and helping you make healthy choices and changes, so you can enjoy a long and vibrant life."

EDUCATION:

Medical Degree from University of Arizona College of Medicine, Phoenix, AZ
Fellowship at Arizona Center for Integrative Medicine, Tucson, AZ

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