

Alina Olteanu, M.D., Ph.D.

PEDIATRICS

Dr. Alina Olteanu has created much more than just another pediatric practice; she has created a center of healing for her patients—mind, body, and spirit. Her aptly named practice, Whole Child Pediatrics of North Texas, feels special and soothing from the moment you step inside, with spa-like music playing throughout, aromatherapy, joyful artwork, and a display of natural products and supplements to peruse that are designed to complement her integrative approach to pediatric care.

An innovator in the healthcare revolution, Dr. Olteanu sought a fellowship in integrative medicine following residency to combine the best of traditional and western medicine for her patients in order to boost the innate healing capacities of the body. As an integrative pediatrician, she treats the whole child using traditional, western medicine in combination with other healing modalities. Dr. Olteanu believes healing is multilayered and multifaceted and that integrative medicine can reaffirm the importance of the relationship between the doctor and patient, can place a focus on the whole person, is evidence-based, and makes use of all appropriate therapeutic approaches to achieve optimal health and healing. By joining modern medicine with proven practices from other healing traditions, Dr. Olteanu is better able to relieve suffering, reduce stress, maintain well-being, and enhance the resilience of her young patients, which range from newborns to 18. “I think it’s possible to integrate both approaches and have discovered that this approach is effective for all of my patients, particularly those with chronic conditions, such as ADHD and autism.”

Dr. Olteanu, board certified in pediatric medicine, believes that a child’s wellness begins during a woman’s pregnancy and continues at home as they grow. “I work with families to educate them about nutrition, supplements, a healthy environment, and the importance of modeling a healthy lifestyle for their children,” she says. “I am a strong believer in the mind, body, spirit connection, which is why I strive to address all elements that contribute to a child’s wellness. Many chronic conditions, including childhood obesity and anxiety, are preventable or reversible with a more balanced lifestyle and by reducing stress and harmful exposures.”

After a career in academic research, Dr. Olteanu decided to pursue pediatric medicine in order to combine both of her passions. “I have always loved research, but I love children more,” she says. “I knew I could make a difference by integrating evidence-based research into my practice as a pediatrician. I enjoy empowering my patients and their families to make sustainable changes that can become the first step of a lifetime of wellness.”

EDUCATION

M.D., University of Medicine and Pharmacy, Romania
Ph.D., University of North Carolina
Residency, Baylor College of Medicine, Houston
Fellowship, Arizona Center for Integrative Medicine

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