

HOW CELLULAR MEDICINE CHANGED MY LIFE

Dr. Alexa Davis

We all come to our chosen careers in many ways. My personal health struggles led me to a career in cellular and regenerative medicine. As a physician with Medical Transformation Center, I can now use some of those same principles, advanced tests, and innovative treatments to find answers for my patients.

I know firsthand how frustrating it is not to have answers to your health problems. I see this same frustration and hopelessness in the faces of patients who have sought treatment only to be shuffled from one medical professional to the next without any results.

Growing up, I was always active and healthy, and I only needed to go to the doctor for yearly check-ups. In college, I began having seemingly unrelated medical symptoms that were impacting my daily life. My primary care physician was unsure of the cause and referred me to different specialists who were also unable to pinpoint the cause of my symptoms. Their answer was to prescribe a variety of medications I would have to take lifelong to help manage my symptoms, but never really addressed the underlying problem.

It wasn't until I saw Dr. Carl Paige, who did extended testing to discover the root cause of my issues, that I finally found relief. Using a combination of lifestyle and nutrition modifications, nutritional supplements, and targeted short-term medication therapy, he was able to treat the real cause of my symptoms. My symptoms resolved with his treatment plan, and I no longer needed daily medication to manage. He even investigated my genetic predispositions to help me prevent future illness.

His unique approach made a lasting impression on me, not only on my own health but also on how I wanted to approach the healthcare needs of others as a physician.

My own health experience taught me to see the body systems as parts of a whole that work cohesively together, not in isolation. I learned the importance of listening to my patients and digging deeper beyond routine labs and textbook diagnoses. My personal experience helped open my eyes to other treatment modalities that, while they seemed unconventional initially, provided the answers to many health problems. It also taught me the importance of being proactive rather than reactive with my own health and the health of my patients. Our health should always be a priority, and it's up to each of us to advocate for it.

During medical school, I liked all my rotations, but I wanted to be in a specialty that allowed me to look at the whole person


and treat patients of all ages. I found that in family medicine. I wanted to be able to dig deeper with my patients just as Dr. Paige had done with me, so I reached out to him, asking if I could do an elective rotation at his office. I wanted to learn more about his whole-person approach to medicine.

It perfectly fits me and increased my passion for cellular and regenerative medicine. I knew this was the type of practice I wanted to be part of, and as it turned out, MTC was looking to add a physician to the practice. The timing was perfect.

It has been a full circle moment for me to have my dream job at the same practice and with the same physician who helped me regain my own health. Dr. Paige has a wealth of knowledge, and I am fortunate to learn from him daily.

Cellular medicine is different from traditional allopathic treatment because it addresses the problem's root cause, not just manages the symptoms. Its approach is tailored to fit each individual patient's unique physiology, helping improve longevity and increase health span across their lifetime. Cellular medicine can help patients in multiple ways.

- Stem cell injections can treat various musculoskeletal conditions by helping stimulate the production of new healthy cells in a particular area of the body, leading to reduced pain and inflammation in the area and increased mobility.
- Peptides can aid in speeding up tissue repair and recovery after an injury. We're very excited to be offering the newest application of Emsculpt Neo for functional wellness. It can benefit muscle rehabilitation, improve range of motion, and increase circulation.

At Medical Transformation Center, we partner with our patients to help them improve their health so they can enjoy the activities they like best and live the lives they want. We treat each patient individually, considering all aspects, from lifestyle to genetics, to determine the best, most personalized approach to improving overall health. There's no cookie-cutter approach at MTC; we tailor each patient's health and wellness plan to address their needs, issues, and goals. 

Born and raised in Louisville, Kentucky, Dr. Alexa Davis is a graduate of Sacred Heart Academy and the University of Louisville, where she completed both her medical degree and family medicine residency. In facing her own health struggles and finding solutions in a comprehensive, whole-person approach to care, Dr. Davis found inspiration to offer the same transformative experience to her patients. As part of the MTC team, Dr. Davis works to facilitate positive changes in people's lives by providing them with a powerful combination of traditional and regenerative tools.

Dr. Davis and Dr. Paige

