

## Dr. Wendy Goodwin of Personal Best to be Featured on CUTV News Radio

DALLAS, TEXAS, UNITED STATES, November 3, 2017 /EINPresswire.com/ -- Transformation comes in many forms. Where you find yourself tomorrow can be completely different from where you are today.

Dr. Wendy Goodwin had been one of the foremost pediatric rehabilitation physicians in the Dallas-Ft. Worth Metroplex, treating what she describes as “broken angels,” children with special needs and suffering from traumatic brain injury.

But her specialty was a gift and a curse. When she was no longer happy in her work environment, her specialization, as well as the needs of her own children, precluded her from finding work elsewhere. She would either have to continue where she was or completely reinvent herself.

Dr. Goodwin chose the latter path. Today, Dr. Goodwin is an expert in anti-aging medicine, fitness and wellness and the founder of Personal Best, anti-aging, aesthetic and wellness clinic.



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*Dr. Wendy Goodwin*

“My goal is to incorporate my background in mind, body, and spirit balance into an area of wellness and aesthetic medicine,” says Dr. Goodwin, “to help people feel beautiful on the outside and inside, too.”

Though she admits she misses working with her broken angels, she accepts that that chapter in her book has been closed.

“Oftentimes we hit rock-bottom, and there's a reason for that,” says Dr. Goodwin. “Sometimes it takes hitting the bottom and having that jolt for us to realize what direction we need to go. I

really feel that when you are on your true life path, doors open for you, and I want to encourage other people who feel stuck to take risks and focus on the positive and watch the possibilities unfold.”

As a physiatrist, Dr. Goodwin is uniquely suited for Personal Best because physiatrists do not have a

specific part of the body they specialize in. Rather, they tend to look at the big-picture. Not only does Dr. Goodwin take care of her patients' bodies, but she takes care of them psychologically as well.

"Of all the specialists in medicine, physiatrists are the ones that are educated in exercise and function," says Dr. Goodwin. "And I think that medicine in general could use doctors that are used to working with the system and working with teams of people and other experts, and not just discounting other complementary areas of medicine simply because it's not a Western practice. That helps me and my patients people figure out how my patients can become their personal best. Let's put it all together and design a plan for you."

CUTV News Radio will feature Dr. Wendy Goodwin in an interview with Jim Masters on November 7th and November 13th at 12pm EST.



Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Dr. Wendy Goodwin, visit <http://www.wendygoodwinmd.com>.

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