

Heart & Soul Integrative Health: Fighting Cancer & Alzheimer's, Early

Two Heart & Soul doctors headline three educational events- from a national pediatric conference to community seminars on cancer and Alzheimer's prevention.



MARBLE FALLS, TX, UNITED STATES, July 20, 2026 /EINPresswire.com/ -- Heart & Soul Integrative Health, a physician-led integrative health practice serving the Texas Hill Country, announced today that two of its physicians will bring the practice's root-cause, prevention-first philosophy to audiences well beyond Marble Falls this fall — teaching fellow clinicians, patients, and the broader community how to catch disease earlier and prevent it altogether.

Dr. Amy Offutt, founder and lead physician at Heart & Soul, will speak at the [MAPS Fall 2026 Conference](#), hosted by the Medical Academy of Pediatric Special Needs, September 10–12 in Philadelphia. Dr. Offutt, a past president of ILADS and a member of the state's PANS/PANDAS advisory council, will share her clinical approach to complex, multi-system pediatric illness with an audience of clinicians from across the country — extending the same root-cause investigation Heart & Soul patients receive in Marble Falls to providers nationwide.

Dr. Jazmin Graff, MD, who specializes in integrative and anti-aging medicine at Heart & Soul, will lead two [community seminars](#) this fall focused on prevention across the lifespan:

- "A Low-Tox Guide to Healthy Aging and Cancer Prevention" — September 19
- "Don't Wait Until 70: Alzheimer's Starts Earlier Than You Think" — October 10

Both sessions continue a series of educational talks Dr. Graff has held throughout 2026, translating functional medicine research on detoxification, hormone health, and cognitive decline into practical, plain-language guidance the community can act on — years before symptoms appear.

"Prevention only works if people actually know what to prevent, and how," said Dr. Offutt. "Whether I'm talking to a room of physicians about a child with Lyme disease, or Dr. Graff is talking to families about protecting their brain health, the mission is the same — give people

real, actionable information instead of waiting for a diagnosis to force the conversation."

"So much of what we see later in life — cognitive decline, certain cancers — has roots that go back decades," said Dr. Graff. "My goal with these seminars isn't to scare anyone. It's to hand people a starting point: what to change now, in plain terms, no matter where they're starting from."

Together, the three engagements reflect Heart & Soul's broader commitment to education as a form of prevention — whether that means equipping specialists to recognize complex pediatric illness sooner, or equipping neighbors in the Texas Hill Country with the tools to protect their long-term health.

About Heart & Soul Integrative Health

Heart & Soul Integrative Health is a physician-led integrative health practice in Marble Falls, Texas. Founded by Dr. Amy Offutt, Heart & Soul offers ozone therapy, IV nutrition, bio-identical hormone therapy, and complex disease management, and pediatric integrative care for patients throughout the Texas Hill Country region. Learn more at heartandsoulintegrativehealth.com.

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