

## ANNIKA GONZALEZ, MD

WELLNESS CENTER PHYSICIAN

SAN ANTONIO, TEXAS



### PRACTICE PHILOSOPHY

My goal as your physician is to listen to your concerns and help identify any barriers that may be hindering your ability to live a full life filled with mental clarity, emotional resilience, spiritual upliftment, and vitality. I strive for a mutual partnership with my patients based on trust and open communication. My approach to healing is not only based on an in-depth knowledge of evidence-based medicine and years of clinical practice, but also on my personal journey of growth and well-being. Together, I know we can make a difference.

*"Be authentic, be relentless, be courageous, and be a steady, loving presence for yourself so you can be that for others."*

Dr. Gonzalez is a Wellness Center physician serving our patients in the San Antonio area. She attended Texas A&M University in College Station and received her medical school training in Houston at McGovern Medical School. Dr. Gonzalez came to San Antonio for her residency training in Family Medicine and found a place filled with culture, a strong sense of community, generosity, and adventure.

Dr. Gonzalez has diverse medical experience ranging from private practice with inpatient care, international medical trips to Ghana, Haiti, and Oaxaca, and 12 years of teaching and practicing full-spectrum Family Medicine including obstetrical and hospital care. She has received additional training in Culinary Medicine through Tulane University and is passionate about continuing her varied interests in medicine including acupuncture, Ayurveda, and Lifestyle Medicine. Dr. Gonzalez intends to integrate her years of personal and professional experiences into a real, consistent, healing impact on her patients' lives.

Dr. Gonzalez loves spending time with her daughter and husband, and going for long walks, exploring, bike riding, and cooking. She meditates daily and is committed to her physical, spiritual, and emotional journey. Dr. Gonzalez loves connecting with people, teaching, and being a life-long learner.