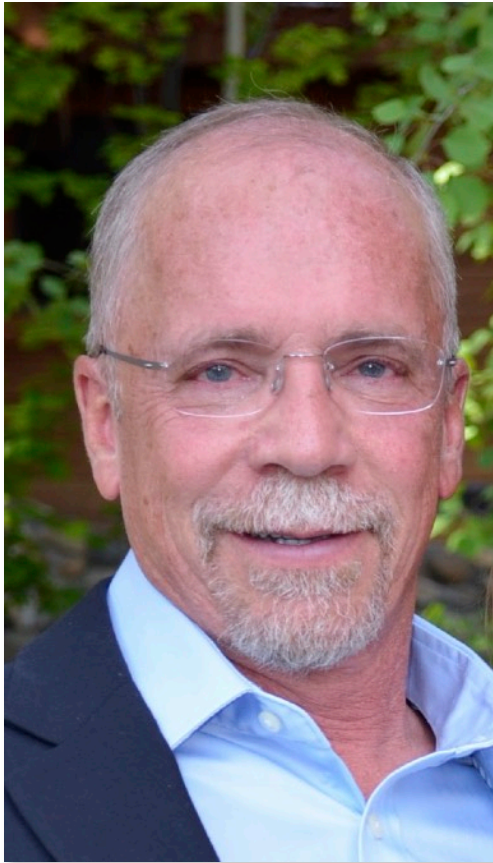


Dr. H. Douglas Woodford



Dr. Woodford received his medical education and completed his internship and residency in Obstetrics and Gynecology at the University of Tennessee College of Medicine in Memphis, Tennessee, after earning his Bachelor of Science in Education at The University of Tennessee Knoxville. He has been in private practice in Florence, AL since 1985. He is Board Certified by the American Board of Obstetrics and Gynecology and is a Fellow of the American College of Obstetrics and Gynecology.

In 2009, Dr. Woodford began focusing more on his interests in bio-identical hormone therapy for both women and men and using nutrition to promote optimal health and wellness in his patients. In 2012, he opened Full Life Wellness Center, which provides bio-identical hormone replacement for men and women, nutritional therapy, weight loss services, and wellness consultations. Through this multi-modal approach he helps patients achieve their personal best level of health. He also provides continuing education courses on hormone therapy and nutritional strategies for healthy aging at the University of North Alabama.

In 2013, he and his wife Donna started Bluewater Creek Farm with their daughter and son-in-law. The farm's mission is to provide nutrient dense, clean food to the local community while also educating people about the nutritional impacts of how food is produced and why it matters to human health. The farm hosts educational events teaching traditional, nutrient dense food preparation, offers walking tours and field trips for local schools, and works closely with local chefs. Bluewater Creek Farm produces 100% grass fed and finished beef, pastured pork, pasture-raised chicken, eggs, honey and a wide variety of fruits and vegetables.