

# Dr Josh Smith



## Background

Dr. Smith has been practicing medicine for over 20 years, with a special interest in holistic and integrative healthcare. He completed his medical training at the University of British Columbia and has since dedicated his career to promoting overall well-being. Dr. Smith believes that nature is an essential component of health, and he often prescribes nature therapy alongside traditional medical treatments. His patients appreciate his empathetic approach and willingness to explore alternative healing methods.

## Key Attributes

Age: 45  
Location: Vancouver  
Occupation: Family Physician  
Status: Married

Holistic

Advocate

Collaborator

Emphatetic

## Frustrations

Dr. Smith is frustrated by the increasing number of patients suffering from stress-related illnesses due to urban living conditions and lifestyle choices. He finds it challenging to convince patients about the benefits of spending time outdoors, especially those living in urban areas with limited access to natural settings. Additionally, he faces bureaucratic hurdles when trying to integrate nature prescriptions into the healthcare system.

## Goals

- Wants to integrate more holistic approaches into mainstream medical practices.
- Aims to educate his patients about the benefits of nature therapy.
- Desires to collaborate with tech companies to make nature prescriptions easily accessible nationwide.

