

Kathleen O’Neil Smith, MD, FAARM
Founder & Medical Director
Treat Wellness

Dr. Kathleen O’Neil Smith, MD FAARM is a magna cum laude graduate of Boston University School of Medicine. She completed postgraduate training in pathology at Harvard’s Massachusetts General Hospital and internal medicine at the Brigham and Women’s Hospital in Boston. She is an elite athlete, mom, internal medicine, and functional trained physician, now a regenerative medicine thought leader.

She has a B.S. in physiology and has been an athlete on the national rowing team for 40 years and a coach for six years. She has worked as an office and hospital-based internist. In 2008, she shifted to Functional and Regenerative Medicine after completing the A4M fellowship. She has completed many certifications including stem cell certifications through A4M and a TBI certification.

She has had a private practice for over 15 years in Functional, Integrative and Regenerative Internal Medicine in Boston called “Treat Wellness” which reflects her core belief about good medicine. Dr. O’Neil-Smith is an international thought leader in the clinical use of advanced regenerative modalities including peptide therapy and exosomes. She has extensive knowledge of regenerative medicine with personal use of advanced medicinal signaling therapies in her private medical practice.

She is an innovative, creative and compassionate doctor. Her teaching style is approachable, friendly and creative. She makes complex ideas simple, which is a testimony to her early career as a high school and college science teacher prior to going to medical school. She is the co-author of Kick Covid-19 to the Curb (2020) and Fine-Tune Your Immune System (2021).