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Dr. Miles graduated magna cum laude from Clemson University in 1987 and went on to receive her M.D. degree from the Medical University of South Carolina in Charleston in 1991. She completed her Pediatric Residency training in 1994 at the University of Utah in Salt Lake City, becoming board-certified in Pediatrics that same year. She spent an additional year on faculty at the University of Utah as chief resident before going into private practice in Durango, Colorado in 1995.

It was here in small-town Colorado that Dr. Miles was first introduced to the concept of "Holistic Medicine" - bringing together the best of modern medicine and traditional healing arts – by the parents of her patients, who inspired her to learn more. In December of 2000, she became one of the first physicians in the U.S. to be board-certified in Holistic Medicine.

After four years in private practice in Colorado, she and her family moved to Jacksonville, Florida in 1999. September 2008 will mark her 9th anniversary of establishing her private practice, Progressive Pediatrics, where she has partnered with Dr. Carolina Ceron-Canas since 2004. Dr. Miles is actively involved locally and nationally in educating both the public and her colleagues on topics in Holistic and Integrative Pediatrics. She was honored in 2007 to be selected to speak on a panel for Holistic and Integrative Pediatrics at the national American Academy of Pediatrics (AAP) and to speak at the national Pediatric Integrative Medicine Conference as well.

Dr. Miles was first introduced to Juice Plus by a mom in her practice, Celine Parot, RN, whose children had become much healthier since starting on Juice Plus. After (finally) reading the research packet and discovering that Dr. William Sears, a long-time mentor, endorsed Juice Plus, she started herself and her family on the product and began recommending it to her patients. The business opportunity did not interest her in the least (she already had a whole practice to run!) but the Wellness Coordinator program was an easy solution. Now, after nearly 4 years, Dr. Miles has a deep appreciation of the business opportunity NSA provides and the avenue it opens up for her to educate thousands of families on the steps to optimal health.