

Clinical Programs for DGBI
Raleigh-Durham-Chapel Hill-Charlotte, NC

Listed below are medical programs that have providers committed to treat patients with DGBI. We selected these individuals based on their credibility, resources and our experience working with them. We provide a brief description of each program, their website, the names of the providers and the contact information for making an appointment.

North Carolina – Raleigh

Zac Spiritos MD – Rex Digestive Health Care

If you've been told "it's just in your head" or left feeling unheard about your digestive symptoms, I want you to know that you're not alone—and that there's a better way. I'm a Duke-trained gastroenterologist specializing in Disorders of Gut-Brain Interaction also called functional gastrointestinal disorders like IBS, functional dyspepsia, dysphagia, bothersome bloating, food intolerances, gastroparesis, and more. These conditions are often misunderstood, and the patients who live with them are frequently overlooked. That's why I've dedicated my career to creating a unique, comprehensive approach designed just for you.

Right now, I work at Rex Digestive Healthcare, but I'm thrilled to share that in June 2025, I'll be launching my own clinic, EverBetter Medicine. This new space is designed to fully cater to people living with these complex conditions—offering the kind of personalized care you deserve. At **EverBetter Medicine**, we'll go beyond prescriptions. My team and I will create individualized plans focusing on nutrition, stress management, exercise, and therapies tailored to your specific needs. My goal is to help you not only manage your symptoms but also reclaim your quality of life. I believe in taking a holistic approach to care because I've seen firsthand how impactful it can be to address not just the physical symptoms, but also the emotional and lifestyle factors that contribute to these conditions. We also provide medical weight loss services at EverBetter Medicine, utilizing a similar holistic approach under the expertise of Dr. Tony Millard.

If you're ready to take the first step toward feeling better and reclaiming your life, I'd love to work with you. You can find me now at Rex Digestive Healthcare, and I hope to welcome you to EverBetter Medicine in June 2025.

Making an appointment:
Phone 919-791-2041

Our Provider
Zac Spiritos MD

North Carolina- *Chapel Hill*

University of North Carolina Gastroenterology Program

We provide expert consultations and ongoing care for patients with a full spectrum of acute and chronic gastrointestinal conditions, from the simple to the complex. Over 17,000 visits are made annually, with 100 – 150 new patient visits each month. Among those treated in our clinic, 95% are very satisfied and 96% would recommend us to a friend. Ongoing programs aim to continuously improve quality of care and patient experience across clinical programs. Anne Peery is one of the faculty with particular interest in treating patients with disorders of gut-brain interaction.

Website: <https://www.med.unc.edu/medicine/gi/patient-care/clinical-services/general-gastroenterology-clinic/>

Making an appointment:
(984) 974-5050 | fax (984) 974-3414

Our Provider
Anne Peery, MD

North Carolina- *Charlotte*

Atrium Health Motility Clinics

Our specialists at Atrium Health Motility Clinics help with management of patients with chronic gastrointestinal diseases and have a wide range of expertise. Our team manages functional dyspepsia, gastroparesis, constipation, IBS and many rare and common disorders whether functional or due to a motility disorder. We also offer diagnostic testing and management by a GI psychologist where necessary which helps our patients by providing a comprehensive and multidisciplinary approach to chronic and unaddressed issues.

Website: <https://atriumhealth.org/medical-services/specialty-care/other-specialty-care-services/atrium-health-gastroenterology-and-hepatology>

Making an Appointment:
Address: 1025 Morehead Medical Drive, Suite 300 Charlotte, NC
Office: (704) 355-4593 | fax: (704) 355-2485

Our Providers
Baharak Moshiree MD, MS-c
Wake Forest Atrium Health
Jason Baker, PhD
Physiology and Motility Lab Technical Director
Assistant Professor Atrium Health, Department of Medicine and Department of Surgery
Elyse Thakur, PhD
GI psychologist
Faculty in Atrium Health

North Carolina – Raleigh

Shannon Scholl MD – Wake Medical Center, Gastroenterology

Dr. Scholl trained at UNC under the tutelage of Dr. Drossman and is well-versed in general Gastroenterology, including Irritable Bowel Syndrome. She enjoys getting to know patients as individuals and has had the privilege of caring for generations of patients within many families - the highest imaginable praise. In addition to the Western medicine in which she trained at UNC, Dr. Scholl is well-versed in the importance of eating to support a healthy microbiome. She is proud to be The Plant Fed Gut Masterclass certified.

Making an appointment:

919-235-6440

110 Kildaire Park Dr

Ste 314

Cary, NC 27518

Our Provider

Shannon Scholl MD

North Carolina- Winston-Salem

Atrium Health Wake Forest Baptist Health Neurogastroenterology and Motility. Atrium Health Wake Forest Baptist Health Neurogastroenterology and Motility is excited to welcome patients who have chronic gastrointestinal disorders. We are able to offer diagnostic testing as well as therapeutic management in patients with disordered gut brain interactions, as well as motility disorders that affect the stomach, esophagus, colon and anorectum. We also have the ability to offer advanced endoscopic therapies, and referrals to other specialists within our center including pain management, GI dieticians, and GI psychologists.

Making an appointment:

Atrium Health Wake Forest Baptist Digestive Health

500 Shepherd Street

Suite 300

Winston Salem, NC 27013

Our Providers:

Nyree Thorne, MD- (DGBI, gastroparesis, constipation, fecal incontinence)

Jessica Hollingsworth, MD- (DGBI, gastroparesis, constipation, fecal incontinence)

Steven Clayton, MD- (Esophageal disorders)

Psychological Services

GastroPsychology

[The Rome GastroPsych group](#) was founded in 2017 with the goal of connecting clinicians and scientists from around the world interested in brain-gut psychotherapies and the psychosocial aspects of DGBIs. Ample evidence from large, randomized controlled trials supports the use of brain-gut psychotherapies for a wide range of DGBIs. These therapies have been adapted from existing effective psychological treatments to focus specifically on gastrointestinal symptoms and their psychological sequelae. Common brain-gut psychotherapies are GI-focused cognitive behavior therapy (GI-CBT) and gut-directed hypnotherapy. [Membership](#) in the group is limited to professionals, who can gain access to our professional listserv, basic and advanced training programs, treatment manuals, research mentorship and collaboration and networking opportunities. To date the group has >300 members, and includes mental health providers, physicians, and advanced practice providers.

For a searchable list of providers, visit Rome Foundation GastroPsych website:
<https://romegipsych.org>