David S.H. Bell is a native of Northern Ireland where he graduated from Queens University Belfast Medical School. After immigrating to Canada and further training in endocrinology, 2 years in private practice and 2 years on faculty at Temple University Medical School, Dr. Bell joined the faculty at the University of Alabama Medical School where he was a Professor of Medicine for 25 years before retiring back to private practice in 2005.

Dr. Bell has published over 372 articles in referenced medical journals and 4 books including Diet For Life the story of his own weight loss. He is also a reviewer for many general medicine and endocrine journals, has served on multiple editorial boards and has delivered invited lectures in Italy, Ireland, England, Canada, Australia, New Zealand, India, Singapore, Korea, Taiwan, Malaysia, the Philippines, Puerto Rico, Denmark, Spain, China and Portugal as well as 49 US States. His clinical abilities have been recognized by his peers with his inclusion in the "Best Doctors in America" and America's Top Doctors, since 2001 as well as Best Doctors for men in Men's Health in 2007 and Best Doctors for women in Women's Health in 2008 and USA Today listed him in Most Influential Doctors in Diabetes and Lipids. In 2012 he was, on the recommendation of his patients, included in America's Most Compassionate Doctors. In 2001 he was presented the Distinguished Clinician award by the American College of Endocrinology for outstanding contributions as a master educator and clinician, and in 2002 he received the Seale Harris Award from the Southern Medical Association for superior contributions to the art and science of diabetes and endocrinology. Dr. Bell is a charter member of American Association of Clinical Endocrinologists (AACE) and a Fellow of the American College of Endocrinology since 1994. He has served on the Board of Directors of AACE from 2014-2021 and the Board of Directors of the American College of Endocrinology from 2018-2021.