

Download Spirituality Health And Healing An Integrative Approach

When you need a new way to deal with an illness, health issue or wellness goal, our clinic is here to help using a holistic approach. You'll find a care team that focuses on integrative medicine, sometimes called alternative, complementary, functional or holistic medicine. Resources. Kripalu experts and visiting faculty share their views on matters related to yoga, health and wellness, nutrition, relationships, creativity and spirituality. Meet Dr. Sayed Shah, MD, the "Gut Health" doctor. Sayed A. Shah, MD, is your Integrative Medicine expert! His personal journey with Integrative Medicine started when his son was diagnosed with Autism. The following professionals can assess and treat Mental Health disorders (i.e., depression, bipolar disorder, sleep disorders, OCD, anxiety disorder, AD(H)D, eating disorders, etc.) based on an integrative medical approach.