CENTER FOR INTEGRATIVE MEDICINE

INTEGRATIVE & FUNCTIONAL MEDICINE TO COMPLETE YOUR CARE

2026 Programs

Stanford HEALTH CARE

SUSAN PAYROVI, M.D.

- Clinical Assistant Professor of Anesthesiology, Perioperative and Pain Medicine at Stanford University
- Triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.
- Certificated in Functional Medicine, Mind Body Medicine, and Medical Acupuncture

GUT RESTORATION PROGRAM

A comprehensive, step-by-step journey to repair leaky gut, rebalance your microbiome, and support your body by improving your gut health

Jan 7 - Mar 25, 2026 Wednesdays, 12- 1 pm (12 sessions)
Apr 1 - Jun 17, 2026 Wednesdays, 12-1 pm (12 sessions)

AUTOIMMUNITY & INFLAMMATION

Learn why your immune system may be misfiring—and what you can do about it. You'll discover powerful, practical tools to cool inflammation and autoimmunity.

Jan 7- Jan 28, 2026 Wednesdays, 1-2 pm (4 sessions)

DETOX, DECLUTTER, DESTRESS

If you're living with chronic symptoms, your body might be asking for a reset. Learn to fast-track your way to more energy, better sleep, sharper focus, and better mood.

Jan 6 - Feb 24, 2026 Tuesdays, 12-1 pm (8 sessions)
Mar 31 - May 19, 2026 Tuesdays, 12-1 pm (8 sessions)

INSIDE OUT: 12 WEEKS TO A HEALTHIER YOU

Learn the science behind lifestyle medicine — nutrition, stress, sleep, movement , toxin avoidance and how to put it into action the tools that will improve your health from the inside out.

Jan 6 - Mar 24, 2026 Tuesdays, 11 am - 12 pm pm (12 sessions)
Mar 31 - Jun 16, 2026 Tuesdays, 11 am - 12 pm pm (12 sessions)

MENTAL HEALTH MONDAYS

Targeting stress, anxiety, and depression, we will explore an integrative mental health tool each week followed by a group meditation.

Mondays 12-1 pm Year round

HEADACHES & MIGRAINES

An non-pharmaceutical approach to headaches using routines, natural supplements, and complementary therapies

Mar 3 - Mar 24, 2026 Tuesdays, 12- 1 pm (4 sessions)

FATIGUE AND RELATED CONDITIONS

Tackle the root causes of fatigue, brain fog, pain, and more. This program covers fatigue, ME/CFS, fibromyalgia, brain fog, POTS, and Long COVID .

Jan 7 - Mar 25, 2026 Wednesdays, 11 am - 12 pm (12 sessions)
Apr 1 - Jun 17, 2026 Wednesdays, 11 am - 12 pm (12 sessions)

HOLISTIC CANCER CARE

An evidence-based series to enhance your cancer care using natural therapies for improved treatment outcomes and reducing side effects.

Mar 4- Mar 25, 2026 Wednesdays, 1-2 pm (4 sessions)

HOLISTIC HORMONE & THYROID CARE

An evidence-based series to support your hormone system as a whole, using the high impact nutritional and lifestyle strategies.

Feb 4 - Feb 25, 2026 Wednesdays, 1-2 pm (4 sessions)

FOUNDATIONS OF FUNCTIONAL MEDICINE & HEALTH

If you're struggling with chronic symptoms, the missing piece might be a root-cause approach. Learn to think like a functional medicine doctor and address your root causes.

Apr 3 - Jun 19, 2026 Fridays 12- 1 pm (12 sessions)

MIND BODY RESILIENCE

An interactive, evidence-based program designed to build stress resilience using self-exploration exercises, guided discussions, and mindfulness techniques.

Jan 9 - Mar 27, 2026 Fridays, 12 - 1 pm (12 sessions)

HEART HEALTH, HIGH BP, DIABETES

An integrative and functional medicine approach to heart health, diabetes, high blood pressure, and high cholesterol.

May 26 - Jun 16, 2026 Tuesdays, 1 - 2 pm (4 sessions)

PLEASE NOTE:

- All programs are offered via Zoom video and require your active participation
- Each session is billed to your insurance as a shared medical appointment with a Stanford physician specialist

TO REGISTER PLEASE CALL:

Stanford Center for Integrative Medicine

(650) 498-5566