



# A "root cause" approach to FATIGUE

Non-pharmaceutical therapies for fatigue, ME/CFS, fibromyalgia, long COVID, POTS

JAN 09 - MAR 27, 2025  
THURSDAYS, 12 PM - 1 PM

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Susan Payrovi M.D. is Clinical Assistant Professor of Anesthesiology, Perioperative and Pain Medicine at Stanford University.

She is triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.

Dr. Payrovi also holds certifications in Functional Medicine, Mind Body Medicine, and medical acupuncture.

EACH SESSION IS OFFERED AS A SHARED MEDICAL VISIT VIA ZOOM VIDEO

Ready for a root-cause approach to improving fatigue, brain fog, sleep issues, pain, autonomic dysfunction, etc?

Join us for this evidence-based series to learn how to improve your health at the cellular level where fatigue and related symptoms start. We will discuss how to:

- Optimize mitochondrial function (the energy powerhouses inside your cells)
- Support adrenal glands for hormone balance
- Address infections including mold, and so much more.
- Support the nervous system and get out of the "fight and flight" response
- Boost immune and overall health through diet, lifestyle, and key supplements

This program will benefit anyone with fatigue, pain, anxiety, depression, and other neurologic symptoms.

### PLEASE NOTE:

- This program is conducted as a series of shared medical visit requiring your active participation
- Program length is 12 weeks
- Please plan on attending all sessions. If you must miss a session, please let us know before registering.

TO REGISTER PLEASE CALL:

Stanford Center for Integrative Medicine

 (650) 498-5566



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HEALTH CARE

Each session is billed to your insurance as a shared medical appointment with a Stanford physician specialist