Address the Root Cause of Chronic Symptoms

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- Triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.
- Certified in Functional Medicine, Mind Body Medicine, and Medical Acupuncture

JOIN US!

Inside out: 12 weeks to a healthier you

JAN 6 - MAR 24, 2026 TUESDAYS, 11 AM - 12 PM PM
MAR 31 - JUN 16, 2026 TUESDAYS, 11 AM - 12 PM PM

(12 SESSIONS VIA ZOOM)

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

Whether you're managing chronic symptoms or simply want to feel your best, this program will show you how to build true health from the inside out.

You'll not only learn the science behind lifestyle medicine — nutrition, stress, sleep, movement — but more importantly, you'll put it into action, surrounded by a supportive community of like-minded individuals.

By the end of the journey, you'll walk away with fewer symptoms, more energy, and something even more powerful: a renewed sense of control, clarity, and confidence in your health.

TOPICS

- MIND BODY CONNECTION AND STRESS RESILIENCE
- NUTRITION
- FASTING
- HEALTHY SLEEP
- MOVEMENT & EXERCISE
- TOXINS & DETOX
- VITAMINS & SUPPLEMENTS
- COMPLEMENTARY THERAPIES

TO REGISTER PLEASE CALL:
Stanford Center for Integrative Medicine
(650) 498-5566

Stanford HEALTH CARE

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