



## Optimize your mental and physical health

The popularity of integrative psychiatry is increasing as it combines conventional treatments with complementary therapies for physical and mental health. It may include psychotherapy, medication, and interventions like nutritional support, mindfulness, and acupuncture. This holistic approach aims to address underlying causes, promote overall well-being, and provide personalized treatment plans for individuals with mental health issues.

Call 408-741-1332 to make an appointment with a holistic healer who practices Integrative Psychiatry.



**Optimize** your mental and physical health  
and realize your short-term and long-term life goals  
toward achieving an enduring state of wellness!



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