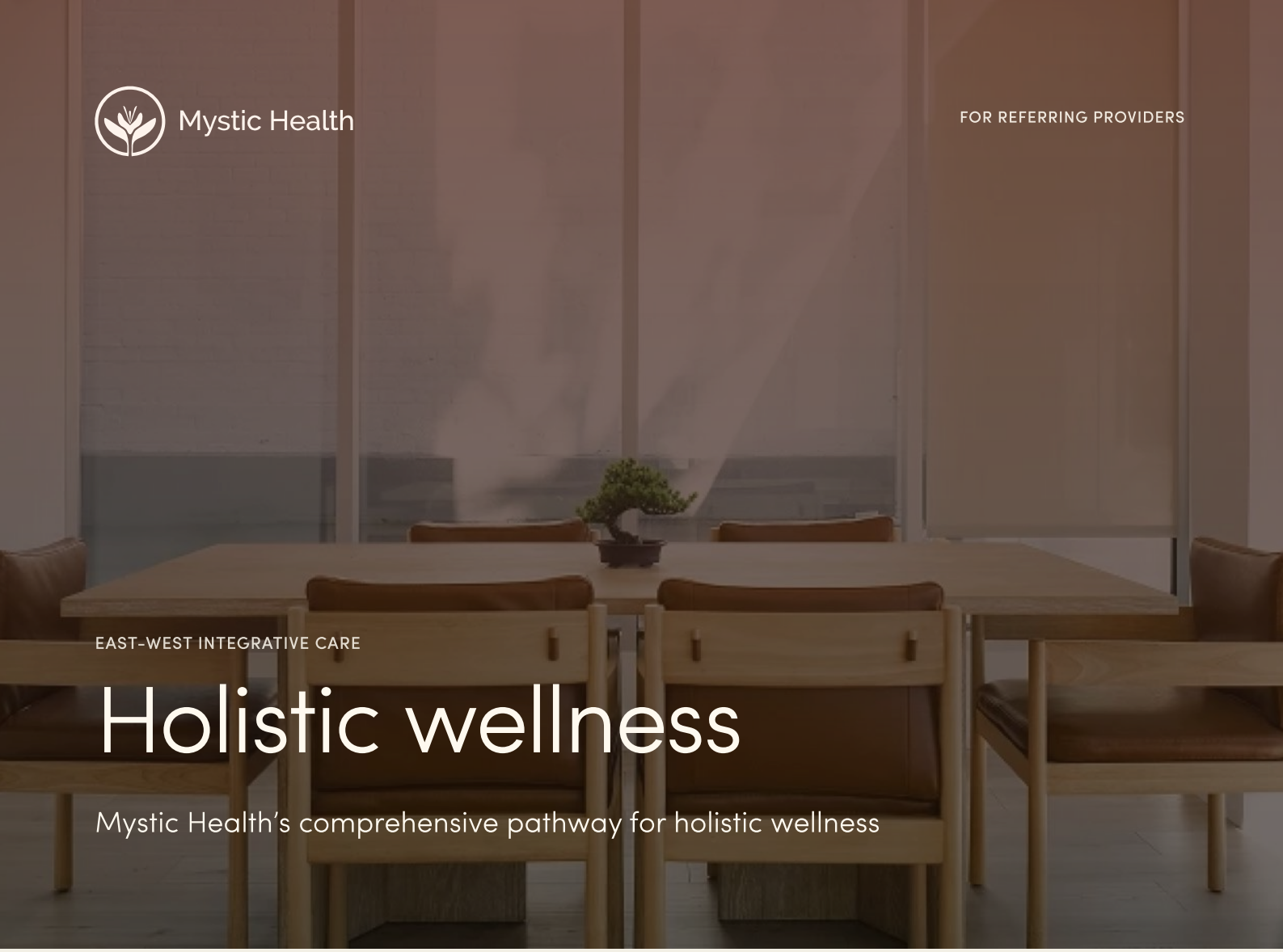


EAST-WEST INTEGRATIVE CARE

Holistic wellness

Mystic Health's comprehensive pathway for holistic wellness

01 OUR APPROACH

Holistic care for wellness, prevention and whole-person healing

At Mystic Health, we partner with providers to support patients seeking optimal health, symptom relief, or deeper emotional and spiritual well-being.

Our Holistic Wellness Pathway blends the best of conventional Western medicine with traditional Eastern practices for a truly integrative approach.

02 THE FULL SPECTRUM

The full spectrum of health

We address the full spectrum of health (physical, emotional and spiritual) through personalized consultations that prioritize time, presence and a deep understanding of each person's experience.

Whether your patients are recovering from illness, managing chronic symptoms or focused on prevention, our East-West integrative care model meets them where they are and supports meaningful, sustainable change.

The Mystic Health advantage

Traditional care may overlook the complex interplay of lifestyle, stress and emotional factors that affect health. Our comprehensive approach fills this gap by providing:

Integrative medicine consultations

Comprehensive assessments led by expert providers, including Eastern and Western diagnostics, lifestyle and nutrition guidance, acupuncture, acupressure and trigger point therapies.

Personalized healing tracks

Tailored support plans for health optimization, symptom relief (such as fatigue, insomnia and pain), and meaning-centered therapies for those exploring purpose, legacy and emotional well-being.

Patient-centered approach

We build trust through thoughtful, unrushed visits, helping patients take an active role in their healing.

At Mystic Health, we bridge the science of modern medicine with the wisdom of traditional practices. Our holistic consultations offer patients new perspectives on their health and practical strategies for meaningful change.

OUTCOMES

How our integrative approach helps

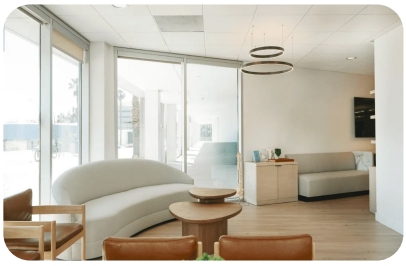
Our model goes beyond symptom management. Each plan is personalized and designed to help patients:

- Address root causes of imbalance across physical, emotional and spiritual domains
- Receive expert guidance in nutrition, movement, sleep and stress resilience
- Engage in meaningful self-inquiry and healing practices tailored to their goals
- Explore integrative therapies with expert support in a trusted, therapeutic setting

This whole-person approach supports greater energy, clarity and vitality, while reducing reliance on one-size-fits-all interventions.

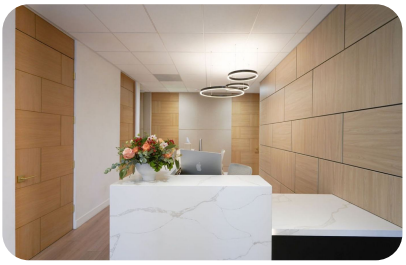
How the pathway supports your patients

Mystic Health collaborates with providers to deliver a patient-centered experience rooted in compassion, depth and evidence-based care. Our pathway empowers your patients through:



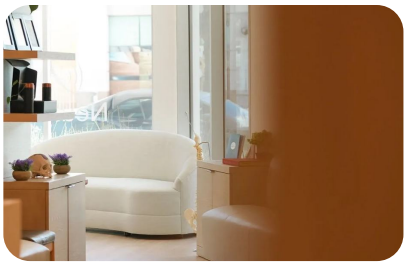
Personalized integrative consultations

Blending diagnostics, therapy and coaching for sustainable wellness.



Collaborative care

Regular communication and shared decision-making to keep treatment aligned and care continuous.



Meaning-centered healing

For patients seeking purpose, clarity, or support in navigating life transitions.

WHO IT'S FOR

Is the Holistic Wellness Pathway right for your patients?

Ideal candidates include those who are:

- Seeking to optimize general wellness and prevent future illness
- Managing symptoms such as fatigue, pain or insomnia that resist standard treatments
- Looking for support with lifestyle changes, emotional growth or meaning-making
- Interested in combining medical treatment with integrative healing modalities

05 OUR TEAM

Meet our multidisciplinary team

At Mystic Health, our team of integrative physicians, wellness experts and holistic practitioners is dedicated to helping patients achieve lasting vitality and balance. Led by Dr. Houman Farzin, Chief Medical Officer, we offer a collaborative, whole-person approach to care.



Houman Farzin, MD

Founder
& Chief Medical Officer



Amir Vokshoor, MD

Founder
& Neurosurgeon, NeuroVella



Thaís S. Araujo, MD

Integrative Medicine
& Palliative Care Physician



Dustin Z. DeYoung, MD

Psychiatrist & Addiction
Medicine Physician



Victoria Bielma

PMHNP-BC, Psychiatric Mental
Health Nurse Practitioner



Lisa Kring, LCSW

Integrative Therapist
& Mindfulness Teacher



Dina Karvounides, PsyD

Licensed Clinical Psychologist
& EMDR Trained



Stephanie Karzon Abrams, Clin. Pharm.

Clinical Neuropharmacologist
& Clinical Director

We take a comprehensive, collaborative approach to whole-person wellness. Drawing on expertise in integrative medicine, mind-body therapies and East-West medicine, our team designs personalized wellness programs that support physical health, mental clarity and emotional resilience.

This partnership brings together the science of medicine and the wisdom of holistic healing, helping people thrive with purpose, energy and peace of mind.

Empower your patients with personalized, integrative care

If you have patients ready to take a more proactive, whole-person approach to their health, refer them to Mystic Health to begin their healing journey.

Refer a patient

Mystic Health

www.mystic.health · info@mystic.health · 310.550.1006
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