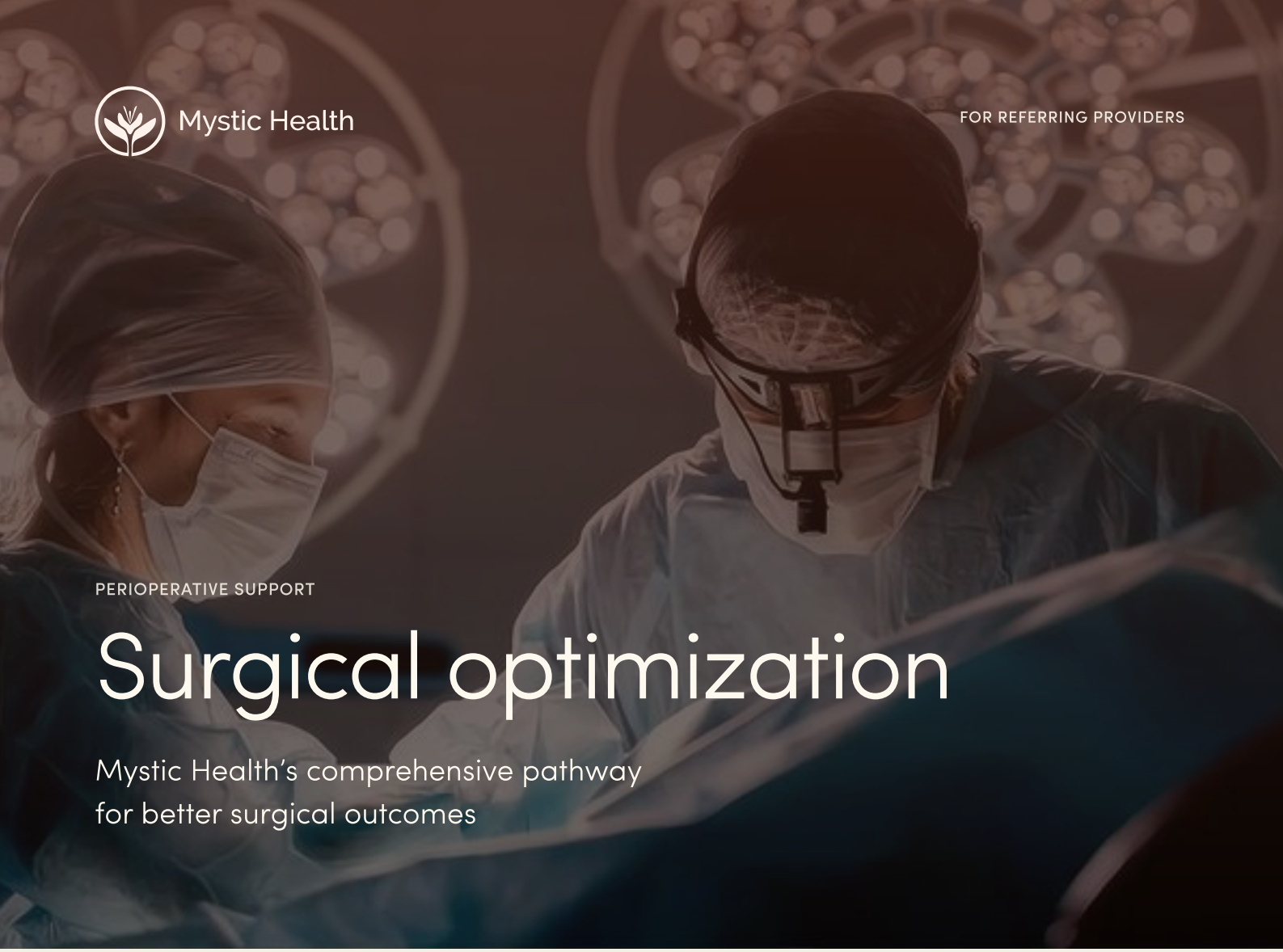


PERIOPERATIVE SUPPORT

Surgical optimization

Mystic Health's comprehensive pathway for better surgical outcomes

01 THE PATHWAY

Elevating patient care for all surgical types

Mystic Health partners with healthcare providers to support patients undergoing any kind of surgery.

Our Surgical Optimization Pathway is designed to enhance healing and recovery by addressing the full spectrum of patient needs: physical, emotional, mental and spiritual.

02 WHY IT MATTERS

Why standard surgical care falls short

Traditional models of surgical care focus almost exclusively on the procedure itself. This narrow approach often overlooks chronic health issues, emotional readiness, stress and recovery support, factors that can significantly affect outcomes.

Our integrative pathway fills this gap by optimizing the whole person, leading to improved resilience, reduced complications and better post-operative recovery.

03 HOW WE HELP

The Mystic Health advantage

Our multidisciplinary team delivers whole-person care through four key categories of support.

Medical optimization

Comprehensive lab testing, chronic condition management, medication review and diagnostic referrals.

Mind-body resilience

Customized mindfulness and breathwork plans, sleep support, stress-reduction tools and access to mental health services, including Ketamine-Assisted Therapy (KAT) screening.

Strength and metabolism

Nutrition consultations, physical therapy planning, metabolic assessments and weight management strategies.

Recovery and renewal

Support for postoperative pain, guided recovery practices, infusion therapy options and access to integrative medicine such as acupuncture and massage.

Patients may choose a single area of focus, a dual pathway bundle or a full concierge plan for comprehensive care.



BENEFITS FOR YOUR PATIENTS

- Reduces risk of surgical complications
- Enhances pre- and post-operative resilience
- Accelerates physical and emotional recovery
- Complements existing medical and surgical care plans

WHO IT'S FOR

Designed to support

- Patients undergoing any type of surgery
- Individuals with chronic or complex medical histories
- Those needing additional emotional or spiritual support around surgery

04 OUR TEAM

Meet our multidisciplinary team

At Mystic Health, our team of physicians, therapists and holistic practitioners is dedicated to optimizing patients' health before, during and after surgery. Led by Dr. Houman Farzin, Chief Medical Officer, we offer a collaborative, whole-person approach to surgical care.



Houman Farzin, MD

Founder
& Chief Medical Officer



Amir Vokshoor, MD

Founder
& Neurosurgeon, NeuroVella



Dustin Z. DeYoung, MD

Psychiatrist & Addiction
Medicine Physician



Thaís S. Araujo, MD

Integrative Medicine
& Palliative Care 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

With extensive experience in mind-body therapies, integrative medicine and anesthesiology, our team works together to provide a comprehensive and coordinated pre- and post-surgical experience.

This partnership ensures that both the physical and mental aspects of recovery are addressed, minimizing risks and enhancing outcomes.

By integrating holistic preparation with expert medical insight, we empower patients and reassure surgeons that care is guided by both an integrative specialist and an anesthesiologist, making our program uniquely thorough and supportive.

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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