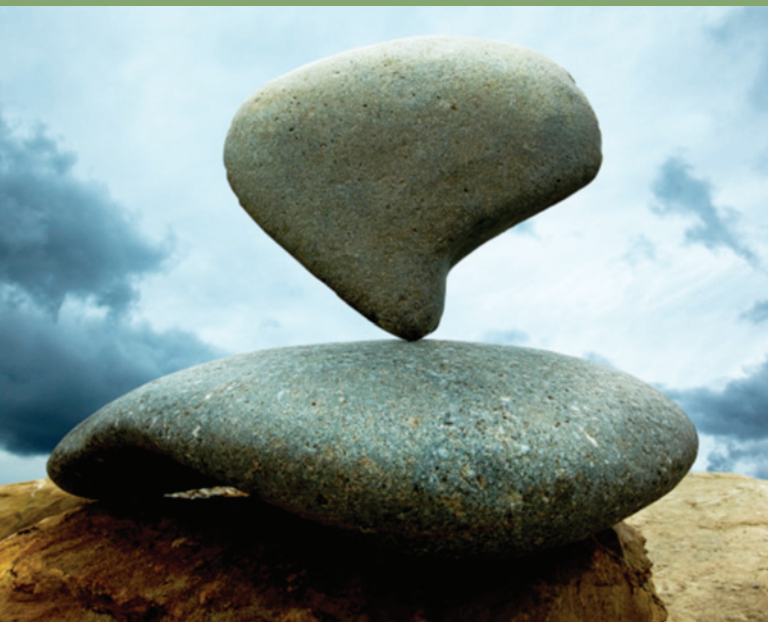


A balance of body,
mind, spirit
and advanced
medicine.

Akasha

CENTER FOR INTEGRATIVE MEDICINE

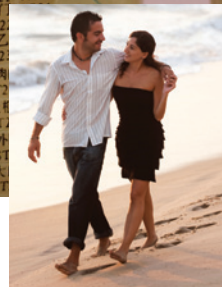




A multidisciplinary approach to healing and wellness, based on scientific evidence.

At the Akasha Center for Integrative Medicine, we blend the technological advances of Western Medicine with scientifically proven complementary modalities, selecting the ones that will work best for you. Our practice addresses the whole person: mind, body and spirit.

You'll experience a rare balance between head and heart. Our medical practice is based on rational scientific knowledge, which we share with you. Our interactions reflect a heartfelt commitment to help you realize your goals.



Medication, meditation or both?

If you need prescription medication as part of your healing regimen, we'll prescribe it. But we see medication as only a small part of the whole picture. At Akasha, we give you good ways to get better and stay that way, such as mind-body therapies, acupuncture, diet and natural supplements. Countless research studies demonstrate better outcomes from integrated therapies than conventional medicine alone.

Your body has amazing natural healing systems which certain practices can fortify. Don't be surprised if we suggest that you have more fun, take stretch breaks at work, develop a spiritual practice of your choice, and walk on the sand.

Evidence-based and empathetic

Good medicine is evidence-based medicine backed by unbiased research and validated results. We apply the latest research on nutrition, psychology, neurochemistry and the effects of alternative therapies such as acupuncture, all in a spirit of connected caring and empathy.



A team of board-certified MDs and complementary practitioners, all under one roof.

We like to say, “see one of us, get all of us.” Our Akasha team collaborates on your personalized treatment and wellness plan. We can do this because we’re all under one roof, combining disciplines and continually learning from one another. Our Medical Doctors and psychologists cross-train in alternative techniques. Our Doctor of Naturopathic Medicine has a very strong clinical education and experience and is board certified by California Board of Naturopathic Examiners. All of us are up-to-date on the latest research.

You have many facets. We connect with all of them.

We believe that illness is not just a set of pathologies, but a personal story. We take the time to consider all factors that impact your mental and physical health. What’s working about your life and what’s not? What traumas have you had? What are your goals and dreams? Are you living the life you want?



Unique, integrated and 100% focused on you. It works.

The Akasha Center’s approach to health care taps into the best of all evidence-based resources available. We make you a partner with us in creating optimum health: mental, physical and spiritual. Studies show that patients who participate in their own healing do much better. We give you the tools: information, education, shared decision-making and all the support you need.

To heal the whole person, we take a holistic approach.

MD's WESTERN
MEDICINE

PhD's,
INTEGRATIVE
PSYCHOLOGY/
PSYCHOTHERAPY

NUTRITIONAL
THERAPY

CHINESE
MEDICINE:
ACUPUNCTURE,
HERBAL

NATUROPATHIC
MEDICINE

ENERGY WORK,
SOMATIC
EXPERIENCING

THERAPEUTIC
MASSAGE

HERBAL/
BOTANICAL
MEDICINE

HOMEOPATHY



Mapping your path to healing and wellness: The Akasha process.

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1) In-depth intake form

Our intake form goes into detail about your physical, mental, emotional and spiritual health. This information helps us understand and serve you better.

2) First consultation

In a comprehensive 60 to 90 minute session, your Akasha doctor asks questions, listens and learns about you, your life, your symptoms and your wellness goals.

3) Laboratory tests

Besides conventional diagnostics, sophisticated neurotransmitter, hormone, thyroid, blood sugar, vitamin levels, cardiac risk assessment, food sensitivity and other tests are part of our tool kit.

4) Evaluation

Your history, first consultation and laboratory tests are carefully considered in the development of your integrated treatment and wellness plan.

5) Your individualized plan

We sit down with you and go over your personal wellness plan, which is the roadmap for the work we will do together. You're involved in every decision.

6) Information and learning

Rather than just following doctor's orders, you participate fully and consciously in your path to wellness. It's an exciting learning process.

7) Your feedback, our support

We check in with you as to how you're doing, listen to your feedback and make suggestions or changes. You'll feel heard, respected and supported.

Primary care or consulting, it's up to you.

One way to work with Akasha is to have us be your main ("primary") health care provider, guiding your personal wellness plan and bringing in outside specialists when needed. Another way: use us as a consultant to your primary care physician. Also, ask us about Akasha packages.



Akasha Naturals™ Evidence-based supplements.

What if you could bottle the Akasha Center approach? We did. Developed by our multidisciplinary team of doctors, Akasha Naturals supplements are based on the latest scientific discoveries (from phytonutrients to enzymes) and the purest ingredients. Each product is backed by controlled research studies you can access and read online. When we say evidence-based, we mean it.

Available for purchase at the clinic or online.



www.AkashaNaturals.com

Special programs.

The three week Akasha "Take Charge" Cleanse rests and restores your body's natural cleansing systems, recharging your energy and addressing a variety of symptoms. Akasha's Men's Clinic and Women's Clinic work with you on gender-specific issues including healthy aging, fertility and menopause. Sign up for multi-disciplinary programs (individual or group workshops) on topics ranging from Anxiety to Relationships.

What people are saying about the Akasha Center.



"The Akasha Center is an oasis of compassion, insight, calm, and tailor-made healing. You feel better just walking in the door and even better on the way out."
— Roy Sekoff, Editor, *The Huffington Post*

"I visit the Akasha Center for regular check-ups and preventative health. In addition to body wellness, The Akasha Center also cares for the health of my mind. Being supported by both the Akasha Center and Akasha Naturals gives me confidence whether I am performing onstage or one-on-one."



— Jason Mraz, *Singer & Songwriter*

"The Akasha Center is truly a healing sanctuary (with a) warm, compassionate and caring approach. Dr. Edison de Mello is more than a doctor and a psychologist, he is a healer who treats the whole patient: body, mind and spirit."

— S. Miria Jo



"I've never experienced such a comprehensive and loving approach to understanding my own body. The strength and elation I feel everyday is due to (Akasha's) dedication."

— Maggie Quigley, Actor "Nikita"

"Akasha opened up a new world that will help me for the rest of my life."

— Mateo R.

"I was overjoyed to participate in my own healing. You told me about supplements that could lower my elevated cholesterol and the inflammation in my system. It worked."

— Eric Pomert

Akasha

CENTER FOR INTEGRATIVE MEDICINE, LLC

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www.AkashaCenter.com • www.AkashaNaturals.com



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Akasha Center for
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Get health and wellness tips, event invitations, helpful reminders, special promotions and so much more on your cell or mobile device.

