

# THE FUNCTIONAL MEDICINE APPROACH TO CREATING HEALTH

Curious what's missing from your care? Learn science-backed strategies to create the environment for your healing. Topics include non-pharmaceutical strategies like nutrition and lifestyle to optimize body systems at the cellular level. More importantly, we will discuss how to safely and reliably put these functional medicine tools into practice for long-term health and healing, working alongside others on a similar journey.

To register, please call the Stanford Center for Integrative Medicine



(650) 498-5566



Offered as group medical visits via Zoom

Susan Payrovi, MD holds board certifications in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine. She is also certified in functional medicine and medical acupuncture.



## UPCOMING 2023 TOPICS

Each topic below is offered as a 4-part group medical appointment series via Zoom video

### Inflammation and Autoimmunity

Option 1: 2/1, 2/8, 2/15, 2/22 from 11am -12pm  
Option 2: 4/5, 4/12, 4/19, 4/26 from 12-1pm  
Option 3: 5/31, 6/7, 6/14, 6/21 from 11am -12pm

### Gut Restoration Program

Option 1: 1/4, 1/11, 1/18, 1/25 from 11am-12pm  
Option 2: 3/1, 3/8, 3/15, 3/22 from 12-1pm  
Option 3: 5/3, 5/10, 5/17, 5/24 from 11am-12pm

### Holistic Cancer Care

Option 1: 1/4, 1/11, 1/18, 1/25 from 12-1pm  
Option 2: 4/5, 4/12, 4/19, 4/26 from 11-12am

### Anxiety and Depression

Option 1: 2/1, 2/8, 2/15, 2/22 from 12-1pm  
Option 2: 5/9, 5/16, 5/23, 5/30 from 12-1pm

### Heart Health, High Blood Pressure, and Diabetes

Option 1: 1/10, 1/17, 1/24, 1/31 from 12-1 pm  
Option 2: 4/11, 4/18, 4/25, 5/2 from 11am-12 pm

### Thyroid and Hormones

Option 1: 3/7, 3/14, 3/21, 4/4 from 11am-12pm  
Option 2: 5/31, 6/7, 6/14, 6/21 from 12-1pm

### Fatigue and Fibromyalgia

Option 1: 2/7, 2/14, 2/21, 2/28 from 12-1pm  
Option 2: 5/3, 5/10, 5/17, 5/24 from 12-1pm

### Headaches and Migraines

Option 1: 3/1, 3/8, 3/15, 3/22 from 11am-12pm

Each session is billed to your insurance as a group medical visit with a Stanford physician specialist.



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