

Holistic Health Services

Holistic and Integrative Medical Care and Diagnostic Services

Bio-Identical Hormone Consultations

BIA Bio-Impedance Analysis

DEXA Osteoporosis Evaluations

DPA Cardiovascular Health Evaluation

Professional Dietary Supplements

Holistic Health Products

Preventing and Reversing Diabetes

Hypertension Management

Weight Loss Management

Women's Health and Education Services

Wellness Education Classes

Nutrition Consultative Services

Naturopathic Consultations

Homeopathic Consultations

Hypnotherapy

Reflexology

Medical Massage Therapy

Natural Skin Health and Cosmetic Services

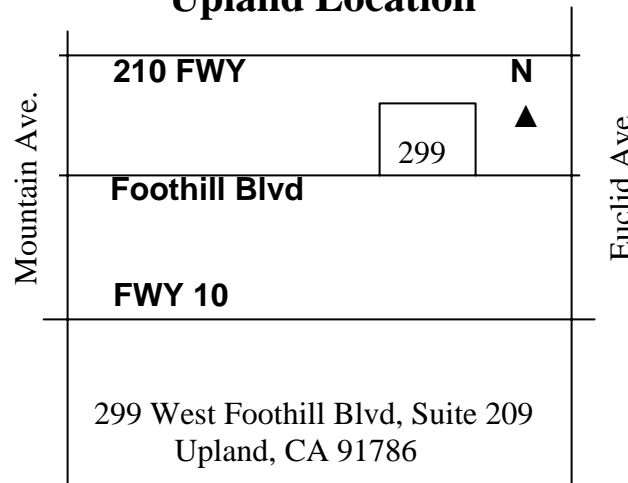
Natural Anti-Aging & Skin Care Products

Payment for Holistic Consultations is due at the time of service, as it is not covered by insurance. For your convenience, we accept most major credit cards.

Holistic Diagnostic Services

- Complete Physical Exam and Health Appraisals
- Comprehensive Hormone Profiles by Saliva or Blood
- Comprehensive Blood Chemistry
- Neurotransmitter Analysis
- Vitamin and Mineral Testing
- Food Allergy Evaluations
- Cardiovascular Risk Screening
- Toxic Metal Screening
- Bone Density Testing

Upland Location



PHONE (909) 982-4000

Wendy Rashidi MD

Integrated Medicine

Holistic Health Care



**WOMEN'S VIEW
MEDICAL GROUP**

Wendy Rashidi, M.D.,FAAFP,FABHM

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Upland, California 91786
(909) 982-4000**

www.womensviewmedical.com



Wendy Rashidi, M.D. FAAFP, FABHM

Dr. Rashidi is the founder and director of Women's View Medical Group. With over 20 years experience as a family physician, she emphasizes a preventive approach that optimizes health through nutrition and healthy lifestyle. Utilizing knowledge of clinical nutrition, biochemical pathways and physiology, she is among the leading health care professionals that specialize in the practice of Functional Medicine using an integrated and holistic approach. Dr. Rashidi offers up to date knowledge and medical credentials to provide a thorough assessment and a full range of treatment options that include holistic and natural alternatives to help many different health conditions.

Credentials:

Board Certified Family Physician
Board Certified in Holistic Medicine

Member:

American College for Advanced Medicine
American Holistic Medical Association
American Academy of Family Physicians
Orthomolecular Medicine Society
has completed over 1000 hours of training in
Holistic, Integrated & Functional Medicine

What Is Holistic Medicine?

Holistic Medicine is a system of health care which fosters a cooperative relationship among all those involved, and emphasizes the need to look at the whole person, including assessment of physical, nutritional, environmental, emotional, social, spiritual and lifestyle values. It encompasses all modalities of diagnosis and treatment, including drugs and surgery if no safer alternative exists. Holistic medicine focuses on education and responsibility for personal efforts to achieve balance and well being.

An important part of the holistic approach to health is well balanced hormones. Dr. Rashidi specializes in Bio Identical Hormones and comprehensive hormone evaluation and balancing, including thyroid and adrenal.



Holistic Consultations

- General Wellness Evaluation to Achieve Optimal Health and Well-Being
- Customized Nutritional Supplements
- Bio-Identical Hormones for Women and Men
- Thyroid and Adrenal Evaluations
- Hormone Balancing for PMS, Postpartum, Menstrual Irregularities, Perimenopause
- Anxiety, Insomnia, Depression
- Attention Deficit Disorders
- Arthritis, Fibromyalgia, Chronic Fatigue
- Asthma, Allergies and Sinus
- Cardiovascular Risk Reduction: Blood Pressure, Cholesterol
- Diabetes and Blood Sugar Problems
- Detoxification
- Digestive Disorders: Irritable Bowel, Candida, Chronic Indigestion, Reflux, Diarrhea, Constipation, Bloating
- Natural Skin Health: Acne, Varicose Veins
- Osteoporosis and Osteopenia
- Stress Management