

Women's View Medical Group
Holistic Center for Integrated Family Health Care

Wendy Rashidi MD, FAAFP, FABHM; Cynthia Moreno DO, FAAFP; Lena Kian ND;
Mary Strubhar Brown, FNP-C; Tricia Borchers, PA-C; Trina Elsner, RN;
Patricia Hawk CDE, MPH; Nova Chambers Cht, CMT

Women's View Medical Group founded by Dr. Wendy Rashidi, emphasizes a preventive approach, with the goal of helping the body's innate ability to heal itself. We understand the way to optimize health is through nutrition and healthy lifestyle. Dr Rashidi utilizes knowledge of clinical nutrition, biochemical pathways and physiology which are integrated into the patient's treatment plan to provide a holistic approach to health care.

Knowledge and awareness of integrated health and its broad range of treatment options are an integral part of the holistic view on health that is promoted by our highly experienced team of all women health professionals here at *Women's View Medical Group*. Our integrative approach includes holistic health & diagnostic services, integrative family medical care for men, women and children, naturopathic and homeopathic medicine, First Line Therapy and BioIdentical hormone consultations. We are knowledgeable in clinical nutrition, herbal medicine, holistic and natural therapeutics and non-drug approaches to pain management. We specialize in treatment, prevention and management of chronic conditions such as diabetes, heart disease, digestive disorders, allergies, arthritis, ADD/ADHD, hormonal imbalances of thyroid, adrenal, menopause, andropause(for men); as well as fatigue, fibromyalgia, migraines and stress related conditions. Our team also offers therapeutic massage, reflexology, Reiki, and hypnotherapy to address stress, muscle pain and tension, and for help with irritable bowel.

We are also dedicated to helping you look your best naturally. We have researched and selected skin care services and products to help you look and feel healthy and beautiful. We have available rejuvenating facials and facial peels; as well as Cutera Laser Genesis for laser skin rejuvenation treatments. Cutera CoolGlide Laser offers comfortable and highly effective laser hair reduction for all areas of the face and body. We offer both Laser and Sclerotherapy for removal of unsightly spider veins. . We carry a full line of skin care products, professional nutritional supplements and medical foods.

Get help to lose weight naturally without risky surgery or drugs! Work one on one with our specialists who are experts in safe medically-supervised weight loss management. Take advantage of wellness education group classes, always open to the community and offered at no charge. We also have personalized health and nutrition services available by individual appointment. We invite you to call *Women's View Medical Group* today, for your chance to achieve optimal health and well being through our team of medical professionals all at one convenient location!

Women's View Medical Group, Inc.
299 W. Foothill Blvd. Ste. 209
Upland, CA 91786

909 982-4000
www.womensviewmedical.com