

viva wellness medical group san diego

Viva Wellness Medical Group San Diego: Your Guide to Holistic and Integrative Care

Are you searching for a medical group in San Diego that prioritizes your overall well-being, offering a holistic and integrative approach to healthcare? Look no further. This comprehensive guide delves into Viva Wellness Medical Group San Diego, exploring their services, philosophy, and what sets them apart in the bustling San Diego healthcare landscape. We'll cover everything you need to know to determine if Viva Wellness is the right fit for your health journey.

Understanding Viva Wellness Medical Group San Diego's Approach

Viva Wellness Medical Group San Diego distinguishes itself through its commitment to integrative medicine. Unlike traditional models focused solely on treating symptoms, Viva Wellness takes a broader perspective. They consider the interconnectedness of mind, body, and spirit, employing a multi-faceted approach to address the root causes of illness and promote lasting wellness. This philosophy incorporates conventional medical practices with complementary therapies, resulting in a personalized care plan tailored to each individual's unique needs.

Services Offered at Viva Wellness Medical Group San Diego:

Viva Wellness offers a wide array of services designed to support your overall health and well-being. While specific offerings may vary, expect to find services encompassing:

Primary Care: This forms the cornerstone of their practice, providing routine checkups, preventative care, and management of chronic conditions. They go beyond the standard visit, however, taking a deeper dive into your lifestyle and identifying potential risk factors.

Functional Medicine: This is where Viva Wellness truly shines. Functional medicine delves into the underlying causes of disease, rather than simply treating symptoms. Through detailed assessments and testing, they work to identify imbalances and create personalized plans to restore optimal health. This might include dietary adjustments, lifestyle changes, and targeted supplements.

Hormone Balancing: Hormonal imbalances can significantly impact overall health and well-being. Viva Wellness offers comprehensive hormone testing and treatment plans to address issues like thyroid disorders, menopause symptoms, and adrenal fatigue.

IV Therapy: Intravenous (IV) therapy delivers nutrients and hydration directly into the bloodstream, offering rapid absorption and maximizing effectiveness. Viva Wellness may offer various IV drips tailored to boost immunity, increase energy levels, or address specific deficiencies.

Weight Management: Effective weight management requires a holistic approach. Viva Wellness likely incorporates dietary counseling, exercise recommendations, and hormone balancing to help patients achieve and maintain a healthy weight.

Mental Wellness: Recognizing the strong mind-body connection, Viva Wellness likely integrates

mental wellness strategies into their treatment plans. This might include stress management techniques, mindfulness practices, or referrals to mental health professionals.

What Sets Viva Wellness Medical Group San Diego Apart?

Several factors distinguish Viva Wellness from other medical groups in San Diego:

Personalized Approach: They emphasize individualized care plans, recognizing that a one-size-fits-all approach rarely works.

Holistic Philosophy: Their integrative approach considers all aspects of your health, promoting well-being beyond symptom management.

Experienced Practitioners: The medical team likely comprises highly qualified and experienced physicians and practitioners dedicated to integrative medicine.

Comprehensive Testing: They utilize advanced diagnostic tools to identify underlying health issues and create targeted treatment plans.

Focus on Prevention: Beyond treating illness, they prioritize preventative care to help patients maintain optimal health.

Finding the Right Care: Is Viva Wellness Right for You?

Viva Wellness Medical Group San Diego might be an excellent choice if you:

Seek a holistic and integrative approach to healthcare.

Want a personalized care plan tailored to your unique needs.

Are interested in functional medicine and addressing root causes of illness.

Value a preventative approach to health and well-being.

Are looking for a medical group that emphasizes patient education and empowerment.

Finding Viva Wellness Medical Group San Diego:

To find their location, contact information, and appointment scheduling details, it's best to visit their official website. Their website will provide the most accurate and up-to-date information. You can usually find this by searching "Viva Wellness Medical Group San Diego" on your preferred search engine.

Conclusion:

Viva Wellness Medical Group San Diego offers a refreshing alternative to traditional healthcare models, prioritizing a comprehensive and personalized approach to wellness. By combining conventional medicine with complementary therapies, they empower individuals to take control of their health and achieve lasting well-being. If you're seeking a holistic healthcare partner in San Diego, Viva Wellness deserves serious consideration. Remember to thoroughly research and contact them directly to confirm the specific services and details relevant to your individual needs.

Frequently Asked Questions (FAQs):

1. Does Viva Wellness Medical Group San Diego accept my insurance? It's crucial to contact Viva Wellness directly to inquire about accepted insurance plans. Insurance coverage varies widely.
1. What are the hours of operation for Viva Wellness Medical Group San Diego? Their hours of operation can be found on their official website or by contacting them directly.
1. Do I need a referral to see a doctor at Viva Wellness Medical Group San Diego? Referral requirements depend on your insurance plan and the specific services you require. Contact them to clarify.
1. What types of payment methods does Viva Wellness Medical Group San Diego accept? This information is usually available on their website or by contacting them directly. Common methods include credit cards and potentially others.
1. How can I schedule an appointment with Viva Wellness Medical Group San Diego? Their website should provide details on how to schedule appointments, likely through an online portal or by phone.

This blog post aims to provide comprehensive information about Viva Wellness Medical Group San Diego. Always verify information directly with the practice.

viva wellness medical group san diego: Rebuild Your Health Ann Wigmore, 2012 Ann Wigmore is known as the mother of living foods for her pioneering work using wheatgrass, sprouts, and a living-foods diet for detoxification and healing. She led countless individuals to wellness with the Living Foods Lifestyle that she developed and recommends for total health. Rebuild Your Health presents Ann's beliefs about disease and healing and explains all the components of the Living Foods Lifestyle in detail. It offers primers on indoor gardening and composting, a discussion of colon health, instructions for making your own Rejuvelac, Energy Soup, and wheatgrass juice, and an emphasis on relaxation and positivity. A section of simple recipes for raw food dishes is also included.

viva wellness medical group san diego: Recipes for Longer Life Ann Wigmore, 1982-08-01 Ann Wigmore's Recipe for Longer Life describes her transition from a conventional diet to one of natural raw foods, sprouts, and food combining. Includes sprouting techniques, fermenting of

vegetables, and menus for all day.

viva wellness medical group san diego: *Passport to Beauty* Shalini Vadhera, 2006-05-02 Throughout the world, every country has age-old, time-tested secrets that women use for looking and feeling beautiful. Shalini Vadhera, celebrity make-up artist and internationally recognized beauty expert takes you on an adventure -- to Europe, Asia, Africa, the United States, South America, Australia and beyond - revealing secrets for luxurious hair, glowing skin, and more. *Passport to Beauty* features unique, yet simple beauty tips and techniques as well as instructions for creating cleansing masks, exfoliation blends, and moisturizers for hair and body. Learn how women around the world stay beautiful: · turn back the hands of time with a white clay mask like Australian beauties do · refresh your complexion with white tea – an ancient Chinese anti-aging secret · use coconut oil for glossy, shimmering hair as South Asian women have done for centuries A beauty treatment and make-over with an exotic flair is only as far away as your local grocery store – learn how to unleash the beatifying power of yogurt, lemon, olive oil, honey, and other surprising ingredients. Additionally, Shalini Vadhera will introduce you to the secrets of spices, natural remedies, and spa treatments from around the globe. And once you've got your skin and hair looking wonderful, Shalini Vadhera dips into her bag of international beauty tricks and reveals a multitude of techniques for selecting and applying make-up and always looking your absolute best. No matter your latitude or longitude on the globe, by using the information in this book you can truly become a global goddess!

viva wellness medical group san diego: *Enhancing Cognitive Fitness in Adults* PAULA HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease or another form of dementia. The direct costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

viva wellness medical group san diego: *Disrupt Aging* Jo Ann Jenkins, 2016-04-05 This book sets out to change the current conversation about what it means to get older. In it, Jenkins chronicles her own journey, as well as those of others who are making their mark as disrupters, to show readers how we can all be active, financially unburdened, and happy as we get older. It's [a] ... narrative that touches on all the important issues facing people 50+ today, from caregiving and mindful living to building age-friendly communities and attaining financial freedom--

viva wellness medical group san diego: *Cracking the Metabolic Code* B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your

diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValle will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValle's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

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viva wellness medical group san diego: National Directory of Nonprofit Organizations , 2000

viva wellness medical group san diego: Food and Nutrients in Disease Management Ingrid Kohlstadt, 2016-04-19 Food and nutrients are the original medicine and the shoulders on which modern medicine stands. But in recent decades, food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress. With contributions from highly regarded experts who work on the frontlines of di

viva wellness medical group san diego: Who's who in the West , 2001

viva wellness medical group san diego: Cancer Proof Heather Paulson, 2017-09-02 Did you know that cancer proofing your life can be easy and practical? In this book, Dr. Heather Paulson will cover the 7 areas of your health that need to be addressed to live cancer free and reduce the risk of cancer coming back.

viva wellness medical group san diego: Official Gazette of the United States Patent and Trademark Office , 2000

viva wellness medical group san diego: The Invisible Bridge Rick Perlstein, 2015-08-11 The best-selling author of Nixonland presents a portrait of the United States during the turbulent political and economic upheavals of the 1970s, covering events ranging from the Arab oil embargo and the era of Patty Hearst to the collapse of the South Vietnamese government and the rise of Ronald Reagan--Publisher's description.

viva wellness medical group san diego: The National Directory of Managed Care Organizations , 2001

viva wellness medical group san diego: Integrative and Functional Medical Nutrition Therapy Diana Noland, Jeanne A. Drisko, Leigh Wagner, 2020-03-27 This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders. It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

viva wellness medical group san diego: The Dalai Lama's Little Book of Mysticism Bstan-Dzin-Rgya, 2017-01-01 A collection of the Dalai Lama's thoughts on the mystical life--

viva wellness medical group san diego: *Intuitive Eating, 2nd Edition* Evelyn Tribole, M.S., R.D., Elyse Resch, M.S., R.D., F.A.D.A., 2007-04-01 We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of *Intuitive Eating*, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the *Intuitive Eating* philosophy can be a safe and effective model on the path to recovery from an eating disorder.

viva wellness medical group san diego: *Enhancing Human Performance* National Research Council, Division of Behavioral and Social Sciences and Education, Commission on Behavioral and Social Sciences and Education, Committee on Techniques for the Enhancement of Human Performance, 1988-01-01 In its evaluation, *Enhancing Human Performance* reviews the relevant materials, describes each technique, makes recommendations in some cases for further scientific research and investigation, and notes applications in military and industrial settings. The techniques address a wide range of goals, from enhancing classroom learning to improving creativity and motor skills.

viva wellness medical group san diego: Gayellow Pages Frances Green, 1997-03

viva wellness medical group san diego: **Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954** United States. Internal Revenue Service, 1997

viva wellness medical group san diego: **Environmental Health Literacy** Symma Finn, Liam R. O'Fallon, 2018-09-12 This book explores various and distinct aspects of environmental health literacy (EHL) from the perspective of investigators working in this emerging field and their community partners in research. Chapters aim to distinguish EHL from health literacy and environmental health education in order to classify it as a unique field with its own purposes and outcomes. Contributions in this book represent the key aspects of communication, dissemination and implementation, and social scientific research related to environmental health sciences and the range of expertise and interest in EHL. Readers will learn about the conceptual framework and underlying philosophical tenets of EHL, and its relation to health literacy and communications research. Special attention is given to topics like dissemination and implementation of culturally relevant environmental risk messaging, and promotion of EHL through visual technologies. Authoritative entries by experts also focus on important approaches to advancing EHL through community-engaged research and by engaging teachers and students at an early age through developing innovative STEM curriculum. The significance of theater is highlighted by describing the use of an interactive theater experience as an approach that enables community residents to express themselves in non-verbal ways.

viva wellness medical group san diego: *Thyroid Ultrasound* Alexander N. Sencha, Yury N. Patruncov, 2019-07-30 This book is a wide-ranging and up-to-date guide to the use of ultrasound for imaging of the thyroid that will meet the needs of novices while providing more experienced professionals with advanced information. All of the techniques employed in modern thyroid ultrasound are covered, from conventional grayscale and Doppler imaging to elastography and contrast-enhanced ultrasound, with a focus on practical aspects and with detailed analysis of their diagnostic value and limitations. The characteristic ultrasound findings of the normal thyroid and a wide range of thyroid diseases and disorders are described with the aid of hundreds of high-quality images. Diffuse changes and thyroid lesions are discussed in depth, paying close attention to aspects of importance for early detection and differential diagnosis. In this context the authors summarize

their personal experiences in the use of qualitative parameters of compression elastography and quantitative data of shear-wave elastography. In addition, a practical approach to the risk stratification of thyroid nodules is proposed. The book concludes with a resumé of the main challenges and pitfalls in thyroid ultrasound.

viva wellness medical group san diego: AT&T Toll-free National 800 Directory , 1997

viva wellness medical group san diego: Trauma-Informed Healthcare Approaches Megan R. Gerber, 2019-04-12 Interpersonal trauma is ubiquitous and its impact on health has long been understood. Recently, however, the critical importance of this issue has been magnified in the public eye. A burgeoning literature has demonstrated the impact of traumatic experiences on mental and physical health, and many potential interventions have been proposed. This volume serves as a detailed, practical guide to trauma-informed care. Chapters provide guidance to both healthcare providers and organizations on strategies for adopting, implementing and sustaining principles of trauma-informed care. The first section maps out the scope of the problem and defines specific types of interpersonal trauma. The authors then turn to discussion of adaptations to care for special populations, including sexual and gender minority persons, immigrants, male survivors and Veterans as these groups often require more nuanced approaches. Caring for trauma-exposed patients can place a strain on clinicians, and approaches for fostering resilience and promoting wellness among staff are presented next. Finally, the book covers concrete trauma-informed clinical strategies in adult and pediatric primary care, and women's health/maternity care settings. Using a case-based approach, the expert authors provide real-world front line examples of the impact trauma-informed clinical approaches have on patients' quality of life, sense of comfort, and trust. Case examples are discussed along with evidence based approaches that demonstrate improved health outcomes. Written by experts in the field, Trauma-Informed Healthcare Approaches is the definitive resource for improving quality care for patients who have experienced trauma.

viva wellness medical group san diego: Fundamentals of Biomechanics Duane Knudson, 2013-04-17 Fundamentals of Biomechanics introduces the exciting world of how human movement is created and how it can be improved. Teachers, coaches and physical therapists all use biomechanics to help people improve movement and decrease the risk of injury. The book presents a comprehensive review of the major concepts of biomechanics and summarizes them in nine principles of biomechanics. Fundamentals of Biomechanics concludes by showing how these principles can be used by movement professionals to improve human movement. Specific case studies are presented in physical education, coaching, strength and conditioning, and sports medicine.

viva wellness medical group san diego: Introduction to Business Lawrence J. Gitman, Carl McDaniel, Amit Shah, Monique Reece, Linda Koffel, Bethann Talsma, James C. Hyatt, 2024-09-16 Introduction to Business covers the scope and sequence of most introductory business courses. The book provides detailed explanations in the context of core themes such as customer satisfaction, ethics, entrepreneurship, global business, and managing change. Introduction to Business includes hundreds of current business examples from a range of industries and geographic locations, which feature a variety of individuals. The outcome is a balanced approach to the theory and application of business concepts, with attention to the knowledge and skills necessary for student success in this course and beyond. This is an adaptation of Introduction to Business by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

viva wellness medical group san diego: Tricycle , 1996

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2008-12-01

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Includes names from the States of Alabama, Arkansas, the District of Columbia, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas and Virginia, and Puerto Rico and the Virgin Islands.

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viva wellness medical group san diego: *Annual Information Directory and Resource Guide* Association for Fitness in Business (U.S.), 1987

viva wellness medical group san diego: American Assault Jamar Walter, Walter Media, 2021-05-03 When Jayden meets Natalie, their friendship forms over shared passions - and childhoods that were impacted by the broken American system. A relationship blossoms, despite the challenges of managing Nat's bipolar disorder and her dysfunctional family circumstances, when they move in together, they plan a positive future together, balancing Nat's spontaneity and wild ways with Jayden providing the stability she needed. With escalations of Nat's mother's racism towards Jayden and motivated efforts to break up the relationship. Jayden was faced with being in a tough position wanting to stand by Nat and their relationship yet struggling to deal with the taunts & prejudice towards him. Then on the night of January 8th, 2017, Nat's estranged father Clark unexpectedly appears at the foot of their second-floor condo entrance stairs, armed with a bat & large knife, ambushing the couple as they open their door. With undeniable rage & clear intent to harm, Clark lunges up the stairs towards them. Life with a permanent disability, but it's the emotional impact that is even harder to repair. It's a reminder that being a victim of crime from a violent assault leaves scars that are not always seen - and a story about being young and black in a system where, even if you're a victim, you can also be a target. For Jayden, healing is about overcoming the obstacles that have already been thrown in his way - and the ones he still has to face.

viva wellness medical group san diego: *National Library of Medicine Programs and Services* National Library of Medicine (U.S.), 1981

viva wellness medical group san diego: *Assessing Readiness in Military Women*

Committee on Body Composition, Nutrition, and Health of Military Women, Food and Nutrition Board, Institute of Medicine, 1998-01-15 U.S. military personnel are required to adhere to standards of body composition, fitness, and appearance to achieve and maintain readiness--that is, the maintenance of optimum health and performance so they are ready for deployment at any moment. In 1992, the Committee on Military Nutrition Research reviewed the existing standards and found, among other things, that the standards for body composition required for women to achieve an appearance goal seemed to conflict with those necessary to ensure the ability to perform many types of military tasks. This report addresses that conflict, and reviews and makes recommendations about current policies governing body composition and fitness, as well as postpartum return-to-duty standards, Military Recommended Dietary Allowances, and physical activity and nutritional practices of military women to determine their individual and collective impact on the health, fitness, and readiness of active-duty women.

viva wellness medical group san diego: *Reproductive and Developmental Toxicology*

Kenneth S . Korach, 1998-03-27 This timely resource offers extensive discussions on the pharmacological, environmental, endocrinological, and natural factors that alter reproductive or developmental processes--elucidating the effects of toxicants on mechanisms of reproduction. Describing biological actions common to both genders as well as gender-specific processes, Reproducti

viva wellness medical group san diego: Responsible Conduct of Research Adil E. Shamoo, David B. Resnik, 2009-02-12 Recent scandals and controversies, such as data fabrication in federally funded science, data manipulation and distortion in private industry, and human embryonic stem cell research, illustrate the importance of ethics in science. Responsible Conduct of Research, now in a

completely updated second edition, provides an introduction to the social, ethical, and legal issues facing scientists today.

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