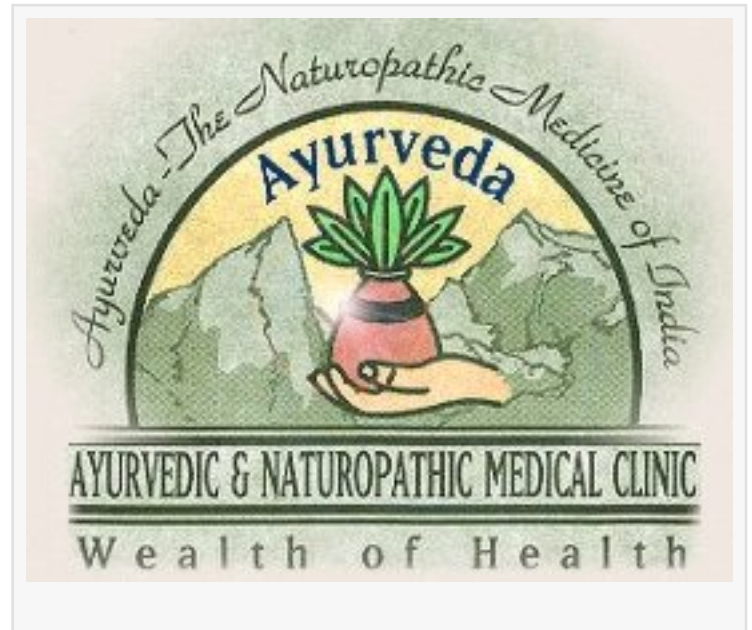


Ayurvedic & Naturopathic Medical Clinic Emphasizes Holistic Family Medicine and Women's Hormonal Health

BELLEVUE, WA, UNITED STATES, October 14, 2024 /EINPresswire.com/ -- The [Ayurvedic & Naturopathic Medical Clinic](#) is proud to highlight the importance of holistic, integrative care in women's health and [family medicine](#). Established in 1989 by Dr. Virender Sodhi, the first licensed Ayurvedic and Naturopathic physician in the United States, the Ayurvedic & Naturopathic Medical Clinic blends the ancient wisdom of Ayurveda with the modern principles of naturopathic medicine to provide comprehensive healthcare solutions that support the well-being of body, mind, and spirit.



With a focus on individual patient care, the clinic's team, which includes Dr. Virender Sodhi, Dr. Anju Sodhi, and Dr. Shailinder Sodhi, offers a wide range of services that address various health concerns. These include integrative family medicine, women's hormonal health, and natural approaches to pain management and rejuvenation, now featuring specialized spa services.

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We aim to help clients not only heal but also feel rejuvenated and balanced in both body and mind.”

Dr. Anju Sodhi

Comprehensive Holistic Services

The Ayurvedic & Naturopathic Medical Clinic offers a variety of treatments tailored to meet each patient's unique health profile. Services include:

- Family Medicine & Preventive Care: Comprehensive healthcare for the entire family, addressing routine check-

ups, chronic disease management, and preventive wellness.

- Women's Hormonal Health: Specializing in menopause, perimenopause, PCOS, and other hormonal imbalances. Treatments incorporate Ayurvedic and naturopathic therapies, along with bio-identical hormone support.

- Cold Laser Therapy: A non-invasive treatment option for pain relief and skin rejuvenation,

promoting natural healing processes.

- Detox & Immune Support: Panchakarma detox therapies and treatments to cleanse and boost the body's defenses.
- Nutritional Counseling & Yoga Therapy: Personalized diet plans and therapeutic yoga to promote physical and emotional well-being.

Spa Services for Relaxation & Rejuvenation

In addition to its medical offerings, the clinic provides a range of spa services aimed at promoting relaxation and enhancing skin health. Spa treatments include:

- [Dosha Balancing Facials](#): Tailored facials designed to align with your Ayurvedic dosha (body constitution), promoting skin balance and vitality.
- LED Light Skin Therapy: This noninvasive option for acne treatment and skin rejuvenation reduces inflammation and stimulates collagen production for clearer, healthier skin.

Special Focus on Women's Hormonal Health

The clinic places a special emphasis on women's hormonal health, offering integrative treatments for conditions like menopause, perimenopause, and PCOS. By combining natural remedies, dietary modifications, and lifestyle support, the clinic helps women regain balance and take control of their health in a supportive and nurturing environment.

The Benefits of Holistic Care

Holistic care at the Ayurvedic & Naturopathic Medical Clinic addresses physical, mental, and emotional well-being. Key benefits include:

- Natural Pain Management: Using non-invasive techniques like Cold Laser Therapy and PRP Therapy.
- Detox & Immune Support: Offering Panchakarma and nutritional counseling to cleanse and strengthen the body.
- Emotional & Stress Management: Therapeutic yoga, body treatments, and personalized dietary plans designed to promote emotional balance and reduce stress.

Why Choose the Ayurvedic & Naturopathic Medical Clinic?

With over three decades of experience, the Ayurvedic & Naturopathic Medical Clinic is a trusted leader in holistic and integrative healthcare. By combining the wisdom of Ayurveda with the science of naturopathy, the clinic offers personalized care that helps patients achieve long-term health and vitality.

For more information or to schedule a consultation, visit www.ayurvedicscience.com or contact the clinic at (425) 453-8022.

About the Ayurvedic & Naturopathic Medical Clinic

Founded in 1989 by Dr. Virender Sodhi, the Ayurvedic & Naturopathic Medical Clinic is a

pioneering leader in holistic healthcare. The clinic provides personalized care rooted in Ayurvedic and naturopathic traditions, offering treatments for the mind, body, and spirit. The clinic's experienced team is committed to helping patients achieve balance and optimal health through natural, integrative approaches.

Dr. Anju Sodhi

Ayurvedic & Naturopathic Medical Clinic

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