



PRACTICE NEWS

New Clinicians

As we welcome 2019, Comprehensive Wellness is pleased to welcome the addition of several new clinicians to our practice.



Sahar Berjis, RD, MPH

Registered Dietitian

Sahar Berjis is a licensed Registered Dietitian with 17 years of experience in traditional and functional nutrition. She has a Bachelor's degree in Nutrition, and earned her Dietetic License and Masters in Public Health from Tulane University.



Jason Fung, MD

Dermatologist

Born and raised in Hayward, Dr. Jason Fung is an alumnus of Head-Royce School in Oakland, Yale University, and the University of Rochester School of Medicine. He completed his medical internship at Yale-New Haven Hospital and his dermatology residency training at Washington University in St. Louis. Dr. Fung returned to the East Bay in 2004 and has been in private practice ever since.



Kulwinder Singh, MD

Psychiatrist

Dr. Kulwinder Singh is dedicated to providing much needed psychiatric care to adults (age 50 and above) in the community. He is board-certified both in Psychiatry and Geriatric Psychiatry—providing psychiatric services to treat a broad spectrum of psychiatric illness with special interest in cognitive disorders (dementia), mood disorder, anxiety disorder and psychotic disorders.

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SPECIAL OFFER: A NEW YOU IN THE NEW YEAR!

Receive a FREE **Skin Enhancement Duo** (\$258 value) when you purchase 30 units of Botox® and one syringe of Juvaderm® filler! While supplies Last!

Skin Enhancement Duo



This unique, comprehensive system is a complete two-product treatment regimen. Dermal Firming Serum relaxes the appearance of fine lines and wrinkles and prepares the skin for new collagen (re-building). Dermal Filling Serum cosmetically enhances the rebuilding of the skin from beneath and protects the renewed skin from further damage.

Botox® & Fillers

Botox® is used to reduce frown lines, forehead lines, crow's feet and more. Fillers can be used to fill in hollows in the skin, correct wrinkles and to enhance features like the lips. When these two popular treatments are administered by an experienced provider, the result is a natural appearance, which is our goal at Comprehensive Wellness.

JANUARY FEATURE

Winter Wellness Tips

As winter is upon us, Dr. Denise Hilliard offers a few suggestions of things we can all do to help ensure we stay healthy during the winter months.

- Practice frequent **hand washing** (or hand sanitizing!) to prevent spread of germs during cold and flu season. Proper hand washing is our best defense against viruses and bacteria that can make us sick. Hands can be more prone to dermatitis and cracking in colder, drier winter months. With more hand washing and use of alcohol-based hand sanitizers, use of a good hand moisturizer is key.
- Maintain a diet rich in nutritious winter vegetables and fruits, whole grains, and lean proteins. **Healthy, balanced nutrition** is important for maintaining good immune function and can assist in disease prevention.
- **Manage stress** through the practice of mindfulness and daily meditation, maintaining social connections, engaging in fun activities and hobbies, and exercise.
- **Drink plenty of water** and use higher emollient moisturizers to combat dry winter skin. Use of a humidifier indoors may be helpful in winter months.
- Stay active and flexible with **regular exercise** and stretching. Get outdoors in natural daylight if possible. Try some new activities!
- **Get plenty of sleep.** Lowering your room temperature to 60-68 degrees can help you achieve sounder sleep. Daily exercise can also improve sleep quality.
- Remember to **protect your skin and eyes** from harmful UV rays. Choose sunglasses or goggles with 100% UVA/UVB protection. Be mindful of the importance of protecting your eyes from cold winds and bright glare, especially during winter sports and recreation. Use a sunscreen with SPF 30 or greater and reapply every 2-3 hours to maintain protection.
- See your doctor for **regular check-ups.** Call your doctor right away for any physical or emotional symptom that is severe. Cold or flu symptoms that do not show significant improvement in 7-10 days, or those associated with persistent fever, shortness of breath, severe fatigue, or wheezing should be evaluated right away by a physician.



Denise Hilliard, MD is an Internist / Aesthetic Medicine Specialist at Comprehensive Wellness. She has enjoyed practicing in the East Bay Area since 2002. In joining Comprehensive Wellness, Dr. Hilliard has fulfilled a career-long goal of working with other providers in a multidisciplinary care setting. She believes that this type of practice provides an optimal way to foster long-term relationships with patients, helping them to reach their health goals.

Changing Healthcare Landscape

Wednesday, January 16

6:30-8:30pm

Diablo Country Club

Join **Dr. Rebecca Parish**, CEO of Comprehensive Wellness, and **Dr. Dan Carlin**, CEO of Worldclinic, for a discussion on changing the healthcare paradigm. As any patient or loved-one of a patient knows, there are significant changes in the healthcare landscape that are having real effects on our ability to access good care, maintain and build meaningful relationships with our physicians, and control costs. Drs. Parish and Carlin are reframing the discussion of shared risk in healthcare, empowering physician advocacy for patients and incorporating technology with common sense medicine, patient safety and quality care.

Hypnotherapy for Weight Management

Monday, January 21

7:00-8:30pm

Fee: \$75

Hungry for support? Hungry for change in weight? Hungry to feel satisfied with enough food or enough of what you are seeking? Fill yourself with what your body/mind needs as you attain your perfect size. **Rebecca Berke, BCH**, will be offering a group hypnotherapy session for weight management. Each participant will receive:

- Training overview packet
- Digital hypnotherapy recording to reinforce the work we do
- Tools to implement the healthy and happy changes

Mind & Body Reset for the New Year

Saturday, February 9

11:00am-1:00pm

Fee: \$95

Join Rebecca Berke, BCH, and Denise Arline, MA, for this time of Releasing and Renewing!

- Learn mindfulness
- Energy healing techniques
- Setting healthy boundaries
- Tools to support wellness in all area of your life

Align with the season to support your vitality and ground in your goals for the New Year.

Space is limited! Call (925)464-3916 to reserve your spot today!

Rebecca Berke, BCH is a Hypnotherapist and Mindfulness Specialist who has spent decades working with the mind/body connection. She was trained as a leader of Stanford's Healthier Living Workshops for people with chronic disease or illness in 2005, and is a Board-Certified Hypnotherapist. Rebecca works with weight management, smoking cessation, and a variety of habit control issues.

Denise Arline, MA is an Energy Medicine Practitioner, Reiki Healing Master and Holistic Life Coach. Denise holds a Masters Degree in Transformative Healing Arts from JFK University. She completed graduate level training in Intuition and Healing at Intuitive Way, LLC in Walnut Creek. She is a Certified Life Coach from Journey Paths Institute and also a Teaching Coach.

HEALTH & WELLNESS SPOTLIGHT

Sexual Wellness

Are you suffering from decreased interest in sex?

Do you or your partner struggle with achieving orgasm, premature ejaculation or erectile dysfunction?

Do work demands leave you too little time for a healthy love or sex life?

Do you struggle communicating with your partner about your sexual needs and concerns?

Do you feel sexually unfulfilled?

Are you struggling to feel romantic after becoming a parent?

Are you struggling to heal from infidelity?

Have changes in your own or your partner's body or health changed your sexual relationship?

Are alcohol or medications impacting your sex life?

Are you struggling with getting the love or sexual satisfaction you desire while dating?

Is your teen struggling with issues around sexuality, or do you want to make sure they get a better sex education than sex ed and the internet can offer?

Sexual coaching aims to resolve sexual problems and improve relationships. It offers us better tools for communication around sexual issues, a better understanding of sexuality and our bodies, and a deeper connection with our pleasure and with our partners. Specific sexual techniques and exercises will be offered (all sessions are fully clothed). Sexual coaching can help us resolve certain sexual beliefs we may have adopted that do not serve us. It is very effective as long as we are willing to put in a little effort, but the rewards can be life changing.



Renée Hilliard, MD, is a board-certified physician with 23 years of experience in sexual health. She has a background in neuroscience and human development, and she has undergone specialized training in sex, love and relationship coaching. She is now offering customized sexual coaching packages for individuals and couples. No topic is off limits or taboo. Think of sexual coaching relative to sex as personal training is to exercise.

PRACTICE NEWS *(continued)*

New San Ramon Office

Starting in January, several clinicians will also be available for appointments in San Ramon. Our second location is conveniently located adjacent to the San Ramon Regional Medical Center.

5201 Norris Canyon Rd, #330
San Ramon, CA 94583

Please call the office at 925.464.3916 to schedule your appointments.

Global Pelvic Health Alliance



Patty Geraghty, NP is an inaugural member of the Global Pelvic Health Alliance, a multidisciplinary clinical association supporting effective treatment for leaking urine, painful intimacy, a many other conditions. She is sharing her knowledge across specialties, connecting with physical therapists and other specialists in the field.



comprehensive
wellness

Walnut Creek Office

110 La Casa Via, Suite 205
Walnut Creek, CA 94598

San Ramon Office

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Appointments

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www.comprehensivewellness.org



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