

DR. Atousa Mahdavi's Bio

Health and wellness expert, Speaker
and Author

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Dr. Atousa Mahdavi obtained her Doctorate degree in Chiropractic medicine in 1994 and 2 years later became a Board Certified Qualified Medical Examiner followed by a Board Certification in Integrative Medicine. She is a certified Ayurvedic health practitioner and Ayurvedic Yoga Therapist as well as a certified Hatha yoga Master teacher. She established her private practice in Beverly Hills California in the field of holistic medicine in 1995 and has been the CEO and the founder of Beverly Hills Chiro Med since. She is a health and wellness expert and speaker, with more than 25 years of hands on experience in a clinical setting, utilizing body-based practices such as physiotherapy, structural alignment, manipulative therapies and alternative holistic practices including functional medicine, Ayurvedic medicine, nutritional therapies and mind-body therapies such as Yoga and Meditation. She is currently serving as an advisory board member on the Board of the American Association of Integrative Medicine. With a holistic approach and a profound understanding and knowledge of the human system and the mechanics of wellness and health, she has helped many of her patients and clients gain optimal health and wellbeing. With an extensive training in India in the field of yogic sciences, she has mastery in transmitting yoga and meditation making her programs highly sought after and attended by many from all walks of life. Treating the whole person is fundamental in her approach for attaining balance and wellbeing both physically and spiritually. When she speaks hearts open and minds are inspired.