

Mina Pashayi, DC

Chiropractor | Functional Medicine Practitioner

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- 🌐 www.myhealworks.com
- 📍 Marina Del Rey, CA

As a holistic Chiropractor, I have experience in the non-profit and private sector, specializing in integrative medical care and managing my private practice. I offer high quality patient care, guiding people to discover the root cause of their pain in the areas using the biospsychosocial approach.

EDUCATION

Doctor of Chiropractic
Summa cum laude
Dean's List
Southern California University
of Health Sciences, 2021

Bachelor of Arts
Urban Studies
University of California San
Diego, 2010

TRAININGS & CERTIFICATIONS

**INSTITUTE FOR FUNCTIONAL
MEDICINE**
Applying Functional Medicine
in Clinical Practice, 2019
Advanced Practice Module:

- Immune, 2021
- Cardiometabolic, 2021
- Hormones, 2021
- Bioenergetics, 2021
- Gastrointestinal, 2021
- Environmental, 2021

**NEURO-EMOTIONAL
TECHNIQUE**
Basic Training, 2022

APPLIED KINESIOLOGY
ICAK-USA, 2018-2019

YOGA TEACHER TRAINING,
2008

EXPERIENCE

Chiropractor

Private Practice · October 2022 - Present

- Utilize a patient-centered approach, incorporating various techniques such as chiropractic adjustments, soft tissue therapy, acuscope, neuro-emotional technique, and functional medicine to help patients achieve optimal health and wellness.
- Develop and implement individualized treatment plans based on a thorough understanding of the patient's medical history, lifestyle, and specific health goals.
- Continuously pursue continuing education opportunities to expand knowledge and expertise in the latest chiropractic techniques and functional medicine practices to provide the highest level of care to patients.

Chiropractor

Mission City Community Network · July 2022 - Present

- Diagnose and treat musculoskeletal conditions of the spine and extremities using manual techniques such as spinal adjustments, mobilizations, soft tissue therapies, and therapeutic exercises.
- Develop personalized treatment plans based on individual patient needs and goals, incorporating lifestyle modifications and nutritional counseling as necessary.
- Communicate effectively with patients and other healthcare professionals to ensure coordinated care and optimal patient outcomes.

Yoga Teacher

Spiritual Heart Yoga Center · June 2022 - Present

- Instruct and guide students through Kundalini Yoga kriyas, meditations, and pranayama techniques to cultivate physical, mental, and emotional balance and well-being.
- Create a safe and supportive learning environment where students can explore their physical and spiritual capabilities and deepen their understanding and experience of Kundalini Yoga.

Global Health Fellowship- Project Alajuelita in Costa Rica

Foundation for the International Medical Relief of Children · 2011 - 2012

- Developed a 6 week Adolescent Pregnancy Prevention Program in Costa Rica Partnered with NGOs to fundraise \$10,000 to cover cost of program
- Worked in an acute care medical clinic, providing free care to refugees