

# NEWPORT WELLNESS GROUP

**W**ith an integrative medicine practice that helps transform patients' lives using innovative approaches and integrative interventions, Dr. Shohre Mehvar, OMD, LAc started Newport Wellness Group before the word "wellness" was trending.

"We think of wellness as preventive healthcare, especially when it comes to stress reduction," says Dr. Mehvar. "Research has found that men are 50 percent more vulnerable to the effects of stress when they examined how stressful events translated into depression 25 years later!" In fact, the prevalence of visits to primary care providers due to a stress-related component ranges from 60 to 80 percent."<sup>2</sup>

Dr. Mehvar specializes in the management of pain, specifically due to sport injuries, post-operative pain, IBS, back pain, fibromyalgia, and more. The practice also treats mental and emotional issues for depression and anxiety during life's most stressful times. With a holistic approach to wellness, Dr. Mehvar offers a comprehensive weight loss program to help you look and feel your best. It's no surprise that Yelp reviews are overwhelmingly positive:

"My experience with Dr. Mehvar has been a blessing."

"Dr. Mehvar is amazing. She has helped me manage my pain in all areas of my body. My gut pain, chest pain, bone pain, with nervous system regulation, and overall wellbeing. I always look so forward to seeing her. Highly recommend."

"After 2.5 months, I've lost 30 pounds."



This patient lost 80lbs and kept it off for 4 years



From left: **Shohre Mehvar, OMD, LAc, Shabnam Pourhassani, DACM, LAc, QME, FABORM, C.Ht.**

Newport Wellness Group also features the comprehensive care of Dr. Shabnam Pourhassani, DACM, LAc, QME, FABORM, C.Ht. Dr. Pourhassani provides Integrative Primary Care virtually, from the comfort of your home. In addition, she offers limited in-person appointments for treatments that include:

- Cosmetic acupuncture for worry
- A unique combination of acupuncture\*and hypnosis to enhance sports performance, public speaking and for relaxation to reduce the severity of stress. She treats children & adults.



Before Acupuncture for Worry Lines



After Acupuncture for Worry Lines

## CALL TO SCHEDULE A CONSULTATION

**Dr. Shohre Mehvar**  
949.514.7675 | NewportWellnessGroup.com

**Dr. Shabnam Pourhassani**  
949.309.7359 | AcupunctureInsteadOfSurgery.com

180 Newport Center Dr Ste 145  
Newport Beach, CA 92660

REFERENCES

1. Assari S and Lankarani MM (2016) Stressful Life Events and Risk of Depression 25 Years Later: Race and Gender Differences. Front. Public Health 4:49. doi: 10.3389/fpubh.2016.00049  
2. Nerurkar A, Bitton A, Davis RB, Phillips RS, Yeh G. When physicians counsel about stress: results of a national study. JAMA Intern Med. 2013 Jan 14;173(1):76-7. doi: 10.1001/2013.jamainternmed.480. PMID: 23403892; PMCID: PMC4286362.

\*Disclaimer: Do you need to ask your MD about acupuncture? No, Licensed acupuncturists have legal rights as primary care providers in the state of California. Results vary, and each patients requires a consultation and evaluation prior to any treatment is provided.