



**Obesity &
Weight Loss**

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Integrative Health Miami Highlights Whole-Person Obesity and Weight Loss Support for Aventura-Area Patients

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Integrative Health Miami serves Aventura-area residents with obesity and weight loss support that brings together primary care, functional medicine, and mental and behavioral health services. With obesity and related conditions remaining an ongoing health concern, the practice emphasizes a whole-person strategy for patients in Aventura and surrounding communities.

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Led by board-certified internal medicine physician Dr. Yeisel Barquin, the practice approaches weight management as a medical, lifestyle, and behavioral concern. Patients can address weight goals alongside broader health priorities within a consistent primary care relationship designed to support continuity and personalized care over time.

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Dr. Barquin founded Integrative Health Miami to deliver care that considers physical health, lifestyle factors, and mental well-being, recognizing that sustainable change often involves more than a single intervention.

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The clinic's obesity and weight loss services include medical evaluation and guidance around nutrition,

activity, and lifestyle habits, with an emphasis on realistic, long-term weight goals. This may be particularly relevant for patients navigating related concerns such as diabetes, hypertension, or metabolic syndrome.

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For many patients, weight management may be addressed alongside routine checkups, chronic disease care, and preventive services, helping reduce fragmented care and keep key health conversations in one place. The clinic tailors its services for Aventura residents seeking a holistic approach to weight loss and overall health.

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Functional medicine is also part of the clinic's approach, exploring factors that can influence weight and metabolic health over time such as sleep, stress, hormones, nutrition, and environmental influences rather than focusing only on isolated symptoms.

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In addition, Integrative Health Miami offers executive medicine services for individuals who prioritize prevention and personalized planning. This broader set of services allows patients to address weight goals alongside factors such as stress, sleep, and mood in one setting.

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Integrative Health Miami also encourages patients to complement clinical care with local wellness support such as gyms, fitness groups, yoga studios, and healthy-lifestyle resources to help translate medical guidance into sustainable daily routines. By aligning care with everyday life, the clinic helps patients turn clinical recommendations into sustainable actions at work, at home, and in their neighborhoods.

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Integrative Health Miami emphasizes a one-on-one care experience where appointments are designed so patients do not feel rushed, with care tailored to individual needs and priorities. For Aventura-area residents, care may include discussions on diet, movement, sleep, emotional health, and medical risks at each visit. The goal is to support patients as active participants in their health journey and foster long-term lifestyle change.

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Integrative Health Miami is located at 2655 S Le Jeune Rd, Suite 902, Miami, FL 33134. The practice can be reached at (305) 456-6026. Learn more at <https://integrativehealthmiami.com/>.

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About Integrative Health Miami

Integrative Health Miami, led by board-certified internal medicine physician Dr. Yeisel Barquin, provides personalized, prevention-focused care with a holistic approach. Services include primary care, functional medicine, obesity and weight loss management, mental and behavioral health, and executive medicine.

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Integrative Health Miami

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