

Integrative Health Miami Highlights Integrative Medicine Approach to Adult Primary Care

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Integrative Health Miami, led by board-certified internal medicine physician Dr. Yeisel Barquin, highlights its integrative medicine approach to adult primary care for residents across the Miami area. The practice structures its model to give adults access to a personal primary care home that combines traditional internal medicine, integrative and functional medicine principles, and attention to mental and behavioral health.

Integrative Health Miami serves adults seeking a long-term relationship with a personal doctor who takes time to understand their health history, concerns, and goals. Its philosophy focuses on the whole person, with appointments intentionally unhurried to explore concerns in depth, review test results, and discuss individualized plans.

Integrative Health Miami?s integrative medicine model combines internal medicine with functional medicine principles, focusing on prevention, lifestyle factors, and identifying possible contributors to health concerns. The practice looks for patterns and contributing factors early, while also providing appropriate medical care for existing health conditions. The team evaluates nutrition, sleep, physical activity, stress, and other lifestyle factors that influence physical and mental health.

Integrative Health Miami provides adult primary care and internal medicine support for chronic conditions, weight management, wellness, and prevention, while considering interconnected health factors. Functional medicine assessments may be used when appropriate to help guide individualized care plans, alongside evidence-informed internal medicine evaluation and management.

The practice emphasizes mental and behavioral health as essential components of its integrative medicine philosophy. Integrative Health Miami recognizes the connection between mind and body and applies this perspective during primary care visits, when clinically appropriate. Team members explore how stress, life changes, and daily routines affect health, and guide patients in developing sustainable habits as part of their care plan. When necessary, the practice collaborates with mental health professionals and other healthcare providers to support coordinated care.

Integrative Health Miami encourages patients to take an active role in their care. The team emphasizes education and shared decision-making, inviting adults to review their lab results, discuss options, and set realistic health goals. The practice aims to build long-term partnerships that support healthier habits, informed decisions, and efforts to improve quality of life over time.

?Dr. Yeisel Barquin is a board-certified internal medicine physician with experience in traditional internal medicine, integrative care, prevention, chronic disease management, and mental and behavioral health support within primary care.

The practice?s philosophy is to support long-term well-being by addressing physical health, emotional balance, and day-to-day demands. By combining internal medicine with functional and integrative methods, Integrative Health Miami offers Miami adults a primary care option attentive to both clinical detail and the broader context of their lives, within an evidence-informed framework.

Integrative Health Miami?s care model is designed for adults managing demanding schedules who value continuity in primary care. Executive medicine is also available as part of the clinic?s services. Within the broader integrative medicine framework, this service supports adults who want efficient access to comprehensive evaluations while still receiving thoughtful, individualized attention from their physician.

Personalized care remains central to every patient interaction at Integrative Health Miami. Dr. Yeisel Barquin takes time to review current symptoms, health history, lifestyle habits, medications, and supplements to help guide a tailored care plan. This emphasis on listening, prevention, and individualized decision-making reflects the clinic?s goal of helping adults pursue better overall well-being through an integrative medicine approach.

Integrative Health Miami is accepting new adult patients who are interested in primary care based on

integrative medicine principles. Adults seeking comprehensive primary care in Miami are encouraged to call the practice, visit the website, or schedule a consultation to review their health history, discuss their goals, and explore whether an integrative medicine approach may be appropriate for their needs.

About Integrative Health Miami

Integrative Health Miami is a medical clinic led by Dr. Yeisel Barquin, a board-certified internal medicine physician. The clinic focuses on integrative and functional medicine principles and preventive care, providing personalized care plans that consider underlying health factors and support long-term health goals.

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Integrative Health Miami

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