



Integrative Health Miami Expands Focus On Women's Wellness

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Integrative Health Miami is expanding its focus on women's wellness for adults in and around Aventura, FL. This reflects growing interest in personalized, integrative primary care that addresses women's health needs across adulthood.

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Led by Dr. Yeisel Barquin, the practice offers comprehensive, relationship-based care. This focus emphasizes prevention, early identification of health concerns, and long-term wellness for women in North Miami, Aventura, and nearby communities.

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The practice's women-centered focus emphasizes more time, continuity, and collaboration in primary care. Integrative Health Miami's model centers on extended visits and individualized treatment plans. The practice takes a holistic, evidence-informed approach to primary care that considers physical, emotional, and lifestyle factors.

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This approach may appeal to women balancing work, family, and preventive health goals who want more time and continuity in primary care. By structuring longer, in-depth consultations, the practice is designed to

give women more time to discuss both immediate and long-term health priorities in one setting.

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Dr. Barquin, a board-certified internal medicine physician who incorporates functional and integrative approaches and focuses on mental and behavioral health within primary care, founded Integrative Health Miami to provide patients with a more comprehensive, integrative primary care option. Her clinical focus includes women's health, metabolic health, chronic disease management, disease prevention, and support for mental and emotional well-being within a primary care setting.

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By integrating these areas into a coordinated plan of care, the practice aims to support women in communities such as Aventura with more continuous, personalized care. This model is designed to support patients through different phases of life, including early adulthood, midlife transitions, and aging, with an emphasis on continuity and rapport.

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For many women in the Aventura area, women's wellness can include addressing overlapping concerns such as weight changes, hormonal transitions, stress-related symptoms, and risk factors for chronic disease. Integrative Health Miami helps patients review possible contributing factors, health history, and symptoms as part of a cohesive care plan. These plans may include nutrition guidance, lifestyle changes, and other physician-guided recommendations based on each patient's individual needs.

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The practice emphasizes careful evaluation of changes that may affect cardiovascular and metabolic health, as well as quality of life. This approach supports women who want to take a more proactive role in their health and value time for education and prevention.

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The practice underscores the importance of addressing mental and behavioral health along with physical concerns. This has become especially relevant for women managing high stress in their personal and professional lives. Integrative Health Miami offers individualized support for stress, mood concerns, and anxiety-related symptoms within a primary care setting, with referral to or coordination with mental health specialists when appropriate.

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The aim is to support more coordinated care across physical and mental health needs in one primary care setting. By treating emotional well-being as part of overall health, not a separate concern, the practice aims to create a more coordinated patient experience. This unified approach can help women in and around Aventura better understand how sleep, stress, nutrition, and activity interact with chronic conditions and daily life, and support more informed decisions about their care.

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In addition to women's wellness, Integrative Health Miami offers a range of integrative primary care services for adults. These include chronic disease management, weight management, executive medicine, and support for mental and behavioral health. Patients receive care plans that may include lifestyle guidance,

nutrition support, and other individualized recommendations based on their health goals and history. The practice offers direct physician access and longer visits. This supports a stronger relationship and lets care plans adjust as needed.

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Integrative Health Miami serves patients across the Miami area, including those near Aventura seeking women's wellness-oriented primary care with an integrative focus. The practice combines conventional internal medicine with integrative and functional medicine principles in a primary care setting.

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To learn more about women's wellness and related primary care services in Aventura, FL, call (305) 456-6026 or visit the website, <https://integrativehealthmiami.com/>.

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About Integrative Health Miami

Integrative Health Miami is an internal medicine and integrative primary care practice based in Miami, Florida, founded by board-certified internal medicine physician Dr. Yeisel Barquin. The practice provides primary care, functional medicine, women's health, obesity and weight management, chronic disease management, mental and behavioral health, and executive medicine services for adults.

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For more information about Integrative Health Miami, contact the company here: Integrative Health Miami Dr. Yeisel Barquin (305) 456-6026 drbarquin@eudaimoniamiami.com 2655 S Le Jeune Rd #902, Miami, FL 33134, United States

Integrative Health Miami

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