

Longer Bio for Shira Miller, M.D.

Shira Miller, M.D. is Southern California's Only Concierge Holistic Menopause Doctor and is the founder and medical director of [The Integrative Center for Health & Wellness](#), a concierge holistic medical practice based in Los Angeles, CA. She is an integrative medicine doctor that loves helping women (and men) who are struggling with the woes of aging--in a relaxed, private, attentive, and convenient environment. Every patient is a VIP and is treated like it.

Dr. Shira Miller is board-certified in Internal Medicine, and since 2006 she has been practicing integrative, functional, alternative, holistic, nutritional, wellness, age management, and anti-aging medicine. Prior to opening her own private practice, Dr. Miller worked as a clinical research consultant at Children's Hospital Oakland Research Institute, as an urgent care physician at the VA, and as an integrative doctor at San Francisco Preventive Medical Group, Cenegenics, and The Hall Center. She has been a member of ACAM (The American College for Advancement in Medicine - the voice of [integrative medicine](#)) since 2005 and on the board since 2009.

Dr. Miller's unique approach is to treat the causes underlying her patients' complaints, not just cover the symptoms. And, to prescribe treatments which consist of lifestyle optimization, nutrition and exercise, and replenishing substances that are naturally found in the human body.

For example, during the aging process, both men and women lose their natural ability to produce hormones. The decline in estradiol and progesterone in women leads to perimenopause, menopause and postmenopause. In men, the decline of testosterone leads to andropause or male menopause. The symptoms associated with all these conditions range from lack of energy, depression, anxiety, insomnia and brain fog, to muscle atrophy, aches and pains, fat gain, vaginal dryness and painful intercourse in women, erectile dysfunction in men, low sex drive, and hot flashes. In addition, these hormone deficiency states are associated with an increased risk of diabetes, metabolic syndrome, heart disease, osteoporosis, and dementia.

Many times the above symptoms are either disregarded ("You're just getting older") or they are covered up, one by one. For example, sleeping pills are prescribed for patients with insomnia, anti-inflammatory agents for patients with muscle aches, antidepressants, anti-anxiety medications or therapy for patients with depression and anxiety, Viagra for men with erectile dysfunction, Fosamax for osteoporosis, and so on. These approaches, although they may be helpful in the short-term, do not address the primary problem, allow the underlying condition to worsen, and expose one to unnecessary side-effects.

Dr. Miller takes a different, more integrative and holistic approach. She sees each symptom as one's body signaling that something is wrong or missing, and then looks for the unifying underlying cause. When a hormone deficiency state is the primary problem, which is very

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common in women and men who are 45 years old and above, Dr. Miller uses bioidentical hormone (hormones which are identical in molecular structure to those naturally produced by humans) replacement therapy to treat the hormone deficiency state and its symptoms. The result is healthy and happy patients, full of vitality.

Dr. Miller is currently accepting new patients and is available for speaking engagements. To find out more, please call 310-734-8864.

Shira Miller, M.D.

The Integrative Center for Health & Wellness – A Concierge Holistic Medical Practice

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To view short bio and CV of Dr. Shira Miller, please go to the Media Kit at www.shiramillermd.com.