

Shabana Parvez, MD, a Naturopathic Physician with Arlington Integrative Medical Center

Get to know Naturopathic Physician Dr. Shabana Parvez, who serves patients in Arlington, Texas.



New York City, New York Mar 14, 2024 ([Issuewire.com](https://www.issuewire.com)) - A trusted naturopathic physician, Dr. Parvez epitomizes the essence of holistic healthcare, and with over 25 years of practice, she is recognized for her exceptional technical skills and compassionate bedside manner. This led her to establish the Arlington Integrative Medical Center, a beacon of integrative medicine that prioritizes lifestyle changes as the cornerstone of health and healing.

At the Arlington Integrative Medical Center, she and her dedicated team advocate for a holistic approach to healthcare, recognizing the interconnectedness of mind, body, and spirit. Emphasizing the importance of lifestyle modifications, they empower patients to take control of their health and prevent, cure, and even reverse disease.

Academically, Dr. Parvez's journey in medicine began with a medical degree from McGill University, laying the foundation for a career marked by diverse training and specialization. Her additional training in general surgery, family medicine, and emergency medicine provides her with a multifaceted perspective on patient care, allowing her to address a wide range of health concerns with proficiency and empathy.

An expert in her field, the doctor is board-certified in emergency medicine by the American Board of Emergency Medicine (ABEM). The ABEM is one of 24 medical specialty certification boards recognized by the American Board of Medical Specialties.

In addition, Dr. Parvez is board-certified in family medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice family medicine and its sub-specialties.

Beyond her formal certifications, she continues to expand her expertise, pursuing a Diploma in Naturopathic Medicine from the College of Medicine and the Healing Arts in Leicester, UK. Additionally, she is certified in contemporary cupping skills and specialized therapies such as Hijama therapy and Leech therapy, enriching her toolkit of healing modalities.

Holding membership status, Dr. Parvez is also an active member of the Academy of Integrative and Holistic Medicine, furthering her dedication to holistic healthcare practices.

The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods. Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. Naturopathic physicians manage and seek to prevent acute and chronic illnesses to restore and establish optimal health.

Speaking several languages, Dr. Parvez is fluent in Spanish, French, Urdu, Hindi, and Arabic.

Learn More about Dr. Shabana Parvez:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/3651755-Shabana-Parvez-Naturopath> or through Arlington Integrative Medical Center, <https://www.arlingtonintegrative.com/about-us>

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