

**Gila B. Varis R.N. L.Ac.**

After 12 years of practice as a registered nurse in areas such as medical and respiratory intensive care and emergency room medicine at Cedar Sinai Medical Center, Gila Varis realized that she was addressing only a partial picture of health care.

Her dedication to health care led her to pursue a Bachelor of Science in Kinesiology at UCLA, followed by a second Bachelor of Science in Nursing. After deciding a more holistic approach in her practice of healthcare was needed, Gila completed four more years of study, earning a Masters degree in Traditional Chinese Medicine. Gila graduated with the highest honors from Yo San University in Santa Monica California.

In Gila's practice as a licensed acupuncturist and herbalist, she accepted an apprenticeship with Matt VanBenschoten, OMD, L.A.c. This experience solidified her knowledge of holistic medicine and provided the platform to integrate Western and Eastern medicine to ensure comprehensive approaches to health, wellness, and the treatment of illness.

Gila's extensive clinical knowledge and experience combined with her sleuth-like nature compels her to delve for answers until she is completely satisfied determining the root cause of a disorder. Persistent in her efforts to create optimal customized herbal formulas that correct, resolve and rebalance the body, Gila also has an endless supply of suggestions that complement and enhance her herbal formulas. She draws from a wide array of natural ingredients to purify the body and the home of toxic conditions.

Gila achieves particularly excellent results with the following conditions:

Respiratory: allergies, chronic sinus conditions; chronic coughs, bronchitis, asthma

Digestive: abdominal pain, gas/bloating, constipation, diarrhea, acid reflux, irritable bowel syndrome, fungal overgrowth.

Dermatological disorders: rash, urticaria, hives, excema, psoriasis, herpes outbreak.

Endocrine: Female hormone imbalance, thyroid conditions

Gila also treats symptoms including insomnia, depression, panic attacks, persistent fatigue, as well as herpes, Ebstein-Barre Syndrome, shingles, peripheral neuropathy, chronic neck and shoulder pain, and chronic, recurrent headaches.