HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Executives: Your Wellness Matters

"Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded.

Nooshin K. Darvish, ND, ABAAHP

December 4, 2017

> *"Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of usefulness...." ~Abdu'l-Baha, Paris Talks p. 109.*

Executive Wellness benefits mind, body, and spirit (and your success in business).

Executive Wellness. Initially, when I first heard the phrase, I thought to myself, "How privileged! These individuals not only have status in the community but they also receive special benefits."

I soon came to realize that "Executive Wellness" is not a privilege but a requirement if those in organizational management and leadership positions are expected to do their job right and positively influence the rest of their company and society at large. Naturopathic medicine offers so many avenues for stress reduction and improved health and wellbeing.

Stress affects your ability to perform at peak potential.

Whether you are the CEO of a startup or a large company or the owner of a small business; whether you are managing 200 people or one; or you are the CEO and manager of your household–the stressors that your body, mind, and soul incurs over time impact your performance, your creative productivity, your capacity to achieve your potential, and your day-to-day interactions.

Stress impacts your work and family life, as well as your health and your mental and spiritual well-being. As a busy executive, taking care of yourself plays a vital role in leadership that is also healthy and sustainable.

© 2026 Holistique Medical Center · Bellevue, WA

Your wellness matters. Your health matters. Without your health and wellness, the impact you have on others, your employees, your clients, other companies, the community, to name a few, diminishes. Without your health and wellness, your capacity to achieve your potential and the gifts you possess to share with the world gradually dissolves.

Naturopathic medicine offers avenues for stress reduction and improved health and wellbeing.

It begins with evaluating and balancing your hormones, addressing points of stress in your life, improving your nutrition and habits, strengthening your heart and mind — all factors that affect your job performance.

It continues with being proactive in preventing future health concerns; and optimizing your wellness, physically, mentally, emotionally and spiritually.

A commitment to your wellness ultimately creates mental clarity and focus, opens doors to unsought territories and opportunities, increases productivity, allows you to express and practice your passion, and improves all types of relationships. Most of all, your wellness positively influences your self-confidence, joy, and happiness.

Holistique offers comprehensive, targeted, and cutting edge wellness programs for executives of all types.

At Holistique, we understand the pressures, demands, responsibilities and needs of our executive clients. We specialize in improving the quality of health and wellness of our executive patients.

Our evaluations are comprehensive, holistic, and targeted. Our treatments personalized to your needs with genuine care and compassion. We utilize cutting-edge technology, laboratory testing, and comprehensive examinations to detect inflammatory and aging processes within the body BEFORE disease sets in.

Through personalized non-invasive, evidence-based integrative and naturopathic treatments to reverse the inflammation and slow down the aging process, we are able to help optimize your wellness and health; and reduce disease risk. With the Holistique programs and staff in your corner, you become ‘agents of transformation’ for your company, community, family and self!

Learn more about Executive Wellness services at Holistique by calling our office at (425) 451-0404 or drop us a message. We look forward to hearing from you.

© 2026 Holistique Medical Center · Bellevue, WA

Medical disclaimer: This article is for educational purposes only and reflects the clinical perspective of Holistique Medical Center. It is not a substitute for individualized medical advice, diagnosis, or treatment. Consult a qualified healthcare provider before starting any new therapy or making changes to your health regimen.

Statements on products, services, and certain therapies offered and discussed on this site are not approved by the U.S. Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent disease.

Holistique Medical Center and IV Lounge, Bellevue, WA · Call or text (425) 451-0404 · holistique.com/contact-us

© 2026 Holistique Medical Center · Bellevue, WA