

Ashwin Mehta's Bio:

In accord with our mission statement – To heal the body, mind and spirit of those we touch, Dr. Ashwin Mehta was recruited as the Medical Director of Integrative Medicine at the Memorial Healthcare System in October of 2015. Dr. Mehta trained as a fellow in the Program of Integrative Medicine at the University of Arizona and specializes in Internal Medicine and Sleep. He has served as the member of the Board of Trustees for the international Society for Integrative Oncology and his expertise includes nutrition, exercise, sleep, yoga and mindfulness to achieve wellness in the context of coping with chronic medical conditions. Dr. Mehta's research interests include the use of preventative medicine and positive health behaviors to improve quality of life throughout the spectrum of care.