

I N F I N I T Y
Health & Wellness
HOLLYWOOD HILLS | LAGUNA BEACH
C A L I F O R N I A



INFINITY HEALTH & WELLNESS

Welcome

Mission Statement

Our Approach

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Menu of Services

WELCOME

If you're dealing with problems such as anxiety, depression, addiction or compulsions -- or if you know someone like this and want to help, we are glad you're here. If you're feeling out of step with your body, mind and spirit or can't remember the last moment of serenity in your life, we are glad you're here. If you feel like a visitor in your own home or business and are merely going through the motions of life, we are glad you're here.

Many people experience periods where their lives are lived at less than optimal levels. Often, these are temporary setbacks which resolve themselves or we take obvious corrective action on our own to make changes. Sometimes, it is difficult to sort through the contributing factors to arrive at a plan of action.

We can help.

At Infinity Health & Wellness, our team will provide a solution where constructive and measurable change can happen. We furnish the tools to help you achieve the life you deserve. Our methods utilize evidence-based medical data to provide the services we offer. We have the expertise to assist in optimizing your life; body, mind and spirit.

Come and experience the difference.

MISSION STATEMENT

The purpose of Infinity Health & Wellness is to bring the tools for optimum living to individuals who want to improve their overall quality of life. We can help you gain freedom from addictions and compulsions – manage stress and depression --- or deal with a variety of lifestyle issues facing highly successful people today. Our services and the customized methods of delivery are intended for discerning individuals who require an uncompromised level of personalized attention to address challenges of body, mind and spirit.

OUR APPROACH

Each client is viewed as a wholly unique individual who requires a distinct menu of services. Busy executives who need to stay abreast of business developments while they recover emotional, physical or spiritual equilibrium can be helped in our Program. Wealthy or prominent individuals who cannot be confined in an institutional setting because of security/ privacy concerns or personal preference can find relief in a private and secluded environment free from prying eyes.

The journey begins with a thorough emotional and physical **diagnostic process**, followed by a comprehensive **treatment plan** and meticulous **after-care plan**. We will help identify and address core, secondary as well as other problems affecting the overall quality of the individual's life experience.

The diagnostic process can encompass our exclusive Age Management Consultation which includes a battery of tests designed to measure hormone and enzyme levels as well as other age-markers to help ensure the body's efficiency and help clients age more gracefully over time.

The treatment plan may include one-on-one psychotherapy with our highly qualified therapists and individual counseling for nutrition, body image or other issues. We work with an exclusive team of specialists to meet client needs.

The after-care plan takes into consideration the potential difficulty of returning to life at home or the office after a period of profound personal growth and change. It may be hard to adjust to using the new-found tools gathered under our care. If necessary, we can provide live in companions to assist in this re-orientation process. Additionally, since many of our clients are referred by their primary physicians or psychotherapists, we will work diligently with these professionals to transition the individual back into their home environment. Our goal is to foster your independence in your own optimized life.

OUR PEOPLE

Infinity Health & Wellness brings together the expertise of one of the country's leading addiction treatment providers with a unique, holistic approach to lifestyle management.

Our team combines people from a variety of specialties including physicians, nutritionists, psychologists, addiction specialists, aestheticians, and even cosmetic surgeons. Many have worked together as part of a health and wellness team for a number of years.

Please meet our most valued asset --- our People:

[Peter Belesis, LAC](#)

[W. Michael Carragher III, MD, DO](#)

[Michael Dow, PsyD, MFTI](#)

[Jen Katz, CN, MTA](#)

[Tony Mills, MD](#)

[Bobby Pourziaee, DPM](#)

[Dr. Sam Saleh, DDS, BDS](#)

MENU OF SERVICES

Infinity Health & Wellness will provide each client with a customized menu of services depending on the needs of each individual. Following is just a sample of services available.

Acupuncture and Chinese Medicine

The cornerstone of traditional Chinese medicine is the recognition that health is not simply freedom from disease, but rather that health is maintaining balance within ourselves and creating equilibrium with the environment around us.

Addiction Counseling

The service includes medical detoxification under the careful supervision of a trained professional (if necessary) followed by individual sessions with an accredited addiction specialist.

Aesthetic Medicine

A branch of medicine focused on satisfying the aesthetic desires and goals of clients. We use a variety of professionals to help make our client's exterior appearance match the newfound serenity of their spirits.

Age Management Medicine

Age Management Medicine is a proactive, preventative approach to healthcare focused on preservation of optimum human function and quality of life. It makes every effort to modulate the process of aging prior to the onset of degenerative aging.

Family Program

Your family or close loved ones may be invited to participate in a two day interactive program to help them recognize ways to optimize their lives. Oftentimes, this is an essential part of recovery; to set up healthy boundaries and re-orient the family structure in a more constructive way.

Fitness Training/Physical Therapy

The interrelatedness of structure and function is a key component of health. We recognize and understand how musculoskeletal wellness affects overall health and how one operates in the environment. We pride ourselves on our comprehensive approach to physical fitness and therapy.

In-Home Companions

Live in companions are available to help ease the transition back home. Companions help keep clients on track with after-care plans to ensure the maximum long term benefit from the Program.

Massage

Research studies have shown that massage is beneficial for a number of conditions, including: anxiety, musculoskeletal injuries, immune support, sports overuse, alcohol/drug withdrawal, and self-esteem. Our highly skilled massage therapists will treat your individual needs.

Meditation

Meditation can help to turn down the volume of the voice inside our head (the one that's always worrying about the future or dwelling in the past) so that we can start living in the here and now. When we are able to do this, there are physical, psychological, and spiritual benefits.

Nutrition and Supplementation

Since each client is unique, there is no one perfect diet to follow. Our nutritionist will develop a highly individualized food plan focused on nourishing the body with all that it needs to maintain optimal health and promote longevity as well as attaining individual goals.

Personal Assistants

While Infinity Health & Wellness will provide a liaison to assist clients by phone 24 hours a day, some may require an even higher level of personal attention. For those individuals, a Personal Assistant is available.

Pilates

Pilates is gentle on the joints, so there is little worry of over stressing an already stressed body. Pilates also develops the smaller muscle groups that work to support joints and bony structures

Psychotherapy

Whether you struggle with depression, anxiety, addiction, or simply want to create your most ideal self, psychotherapy will change the way you think, feel, and act. We will gladly work with your current treatment professional to design the optimal plan for you.

Yoga

The benefits of yoga have been known for many generations. Increased flexibility and a general feeling of well being are often experienced. Clients may select one-on-one or group classes.