



Reham Garash

Integrative Medical Doctor



P. +966 535553374
rgarash@embracinghealth.online

EDUCATION

- **College of medicine at Jagiellonian University.**
Krakow, Poland.
Doctor of medicine degree. May 2020
- **Drexel University.**
Philadelphia, USA.
Master's of Science in Biomedical Science. School of Biomedical Sciences and Engineering. May 2016
- **Queens University of Charlotte.**
Charlotte, NC. USA.
Bachelor's of science in Biology major- Pre-medicine concentration, Philosophy minor. May 2014

HONORS

- **Founding Member of Saudi Wellness Association SAWA** 2022
- **Dean's list,** Jagiellonian University 2016-2020
- **Magna Cum Laude Honor.** Queen's University. 2014
- **Dean's list,** Queens University. 2010-2014

FELLOWSHIP

- A4M Fellow at the Anti-Aging Metabolic and functional Medicine (FAAMFM). The American Academy of Anti-Aging and metabolic Medicine, in affiliation with George Washington university.
- International Diplomat of LifeStyle Medicine. American college of lifestyle medicine. **To be completed Dec 9, 2022.**

WORK EXPERIENCE

- **Founder of Holistic Online Platform** Since April 2020
A wellness online platform spreading awareness and providing services in holistic medicine with a focus on functional medicine, Ayurveda and life coaching
Services:
 - One-to-one consultations • Workshops / courses • Corporate Wellbeing • Public Speaking
- **The wellness programs manager at the international medical center in Jeddah** Since March 1, 2021
 - Developed and delivered Wellness and healing programs and webinars
 - Developed medical health education & pathways from illness-to-wellness per disease condition to empower patients with integrative healing approaches.
 - Managed health & wellness patients and community educational campaigns.
- **Holistic & Lifestyle Medicine Clinical Consultations** March 21, 2021 until now

RESEARCH EXPERIENCES

- **Community wellbeing free education clinic at the international medical center.** Barriers to wellness cross sectional study. December 2022
- **Master's Thesis,** Drexel University College of Medicine, Philadelphia, USA "The dynamics of macrophage phenotype switching in response to inflammatory and non-inflammatory stimuli" May 2016
- **Biomaterials and regenerative medicine laboratory.** Drexel University. Philadelphia, USA. Jan 2015- May 2016

PUBLICATIONS

Garash, Reham; Bajpai, Anamika; Marcinkiewicz, Brandon; Spiller, Kara "Drug Delivery Strategies to Control Macrophages". Experimental Biology and Medicine. Philadelphia, USA. May, 2016.



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INVITED GUEST SPEAKER

- **Physician burn-out and wellbeing. 7 th international Family medicine conference.** Saudi Arabia. **November 16, 2022**
- **Holistic oral health.** King Saud university. Dentistry college grand rounds. **Feb 23, 2021/May 20, 2022**
- **Wellness in the post-covid era. 6 th international Family medicine conference.** Saudi Arabia. **Dec 15, 2021**

CERTIFICATIONS & CONTINUING EDUCATION

- **GeneKeys Guide certificate of contemplation.** GeneKeys. **September 2022**
- **Dharma coaching institute. Soul purpose and spiritual life coach.** **September 2022**
- **Jay Shetty certified life coach.** **September 2022**
- **HeartMath Clinical Certification for Stress, Anxiety and Self-Regulation.** **June 2022**
- **Active Deep Learner eXperience, FIRST facilitation method for education design.** SEGA group. **June 2022**
- **Healing From the Core®. Body work therapy.** Suzanne Scurlock. **March 2022**
- **Functional medicine cardiometabolic advanced module.** Institute of functional medicine. **January 2021**
- **Functional medicine immunology advanced module.** Institute of functional medicine. **January 2021**
- **Functional medicine Bioenergy advanced module.** Institute of functional medicine. **July 2020**
- **Functional medicine advanced Hormones module.** Institute of functional medicine. **July 2020**
- **Functional medicine in clinical practice (AFMCP).** Institute of functional medicine. **May 2020**
- **Master ayurvedic digestion and nutrition.** 500 hours certification. Joyful Belly of Ayurveda. North Carolina college systems. **2022**
- **Meta-Health. Advanced clearing energetics practitioner.** Richard Flook. **September 2021**
- **Rapid transformational therapy & hypnosis by Marisa Peer.** **December 2021**
- **Emotional freedom practitioner . ACEP** **November 2021**
- **iDiscover Core level 1 & 2 leadership, career development, mental resilience and practical emotional intelligence training .** London. **November 2021 / February 2023**
- **Advanced clearing energetics practitioner.** Richard Flook. **Sept. 2021**
- **Chopra Certifications: Health instructor certificates.** **Sept. 2021**
- **Jay Shetty certified life coach.** **Sept. 2021**
- **British board certificate in meditative breathing.** **July 2021**
- **Tobacco treatment specialist program certificate. University of Massachusetts medical school.** **March 2021**
- International medical center, Jeddah.
- **Integrative pediatric neurology.** The University of Arizona College of Medicine. Tucson, USA. **Feb. 2021**
- **KI Gastrointestinal course.** Kharrazian institute. **Jan. 2021**
- **Integrative Ayurveda for health care professionals.** Maharishi Ayurveda. **June 2020**
- **Advanced life support (ACLS)#c048f3db705f**
- **Women's Health & Hormones Part I: Hormonal Balance and Stagnation.** Dr Claudia Welch.
- **Women's Health & Hormones Part II: Srotorodha & The 6 Therapeutic Principles.** Dr Claudia Welch.
- **Enchanting beauty: Ayurvedic skin and beauty care.** Ayurvedic healing institute. **2020**
- **Alchamy through Ayurveda.** Wisdom school. Acharya Shunya. **Sept. 2020**
- **Integrative vedic counseling. American institute of vedic studies.** **Sept. 2020**
- **Ayurvedic assessment & Pulse diagnosis.** Sevanti institute. **July 2020**
- **Brain-Gut axis: anxiety and mental health.** AIHM. **June 2020**



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Brain and the soul: the future of psychiatry. AIHM.

June 2020

Ayurveda. University of Arizona.

May 2020

Nutrition&Cancer. Integrative medicine center. The University of Arizona College of Medicine. Tucson, USA.

August 2018

Tissue Engineering Certificate. Drexel University.

May 2016

Holistic health certificate. Hawthorn university.

May 2015

Regenerative medicine summer course. University of Utrecht. Utrecht, Netherlands.

July 2015

Bio-fabrication summer course. University of Utrecht. Utrecht, Netherlands.

July 2015

Principles of Development in Biology. University of Pennsylvania, Preleman school of medicine. Philadelphia, USA.

May 2015

Molecular Biology summer workshop. New England Biolabs. Smith college. Northampton, MA. USA.

August 2015

DESIGNED & DELIVERED LECTURES

- Women and Hormones. Holistic approach to healing hormonal imbalances.
- Overcoming fatigue using a holistic approach.
- Ageless beauty. Ayurvedic wisdom to age beautifully.
- Leaky gut protocol. How to reset your gut health?
- Achieving mind-body-soul balance using the ayurvedic wisdom.
- Covid and immunity. Top methods for immune resiliency.
- ReBalance corporate wellness program.
- Tobacco treatment corporate wellness program.
- Weight loss corporate wellness program.

LICENSURE EXAMS

- American board of anti aging & regenerative medicine (ABRAAM) at A4M** June 2022
- United States Medical License Exam** Step 2 CK May 2019
- Saudi License Medical Exam** April 2019
- United States Medical License Exam** Step 1 July 2018

VOLUNTEER EXPERIENCES

- IGH advisory board member and conference speaker. Dubai wellness and hospitality conference.** May 2023
- Government hospital in Panadura, Sri-Lanka.** 2012
 - Shadowed physicians and nurses in surgical, pediatric, emergency and women's health departments (100 hrs)
 - Established an Isolation room at the hospital's pediatric ward via multiple fundraising efforts.
 - Participated in the medical Camp event by measuring blood pressure and glucose levels for 400 medically underserved patients under physicians' supervision in an impoverished town
 - Donated needed medical equipment, machines, and furniture.
- Served at an orphanage in Tacloban city, Philippines.** 2012
 - Cared for children's emotional and physical needs.
 - Initiated "A Human for Humanity" Project (2012-2014); which is a sponsorship program that sponsored kids in Philippines to complete their education, and sponsor their families to secure main needs such as food and healthcare, funded small business startups.

CLINICAL ELECTIVES

- King AbdulAziz university hospital. KAU. Jeddah, KSA.** Feb-March 2021
 - Emergency medicine. (90 hours)
- UCLA university hospital. University of California at Los Angeles.** Jan-Feb 2020
 - Allergy & Immunology (90 hours)
 - Integrative East-West medicine (60 hours)



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CLINICAL ELECTIVES

- **UNC University Hospital. University of North Carolina at Chapel Hill, NC, USA** Oct-Dec 2019
 - Pulmonary Medicine (120 hours)
 - Pediatrics Endocrinology (120 hours)
- **Strong Memorial Hospital. Rochester university. New York, USA** August-Nov 2019
 - Medical Intensive care unit (60 hours)
 - Pediatrics Neurology (60 hours)
 - Adults Hematology (60 hours)
 - Pediatric Cardiology (60 hours)
- **National guard Hospital. King Abdulaziz Medical City. Jeddah, KSA** July-August 2018
 - Hematology and oncology rotation (120 hours)
- **Graz Hospital_ Pediatric's summer fellowship. Graz, Austria.** July 2017
 - Pediatric's cardiology, NIQU, pulmonology, ambulatory care (180 hours)

CONFERENCES

- **Integrative Medicine Summit 2021** presented by the Andrew Weil Center for Integrative Medicine. Virtual event 2021
- **23rd WONCA Europe conference For family medicine.** Krakow, Poland. 2018
- **MIRACM-McMaster internal medicine conference.** Krakow, Poland. 2018
- **American Association for Cancer Research Conference.** Philadelphia, PA. 2015
- **Symposium on complex tissue and tissue engineering - Drexel university.** Philadelphia, PA. 2015
- **Symposium on Fibrosis- University of Pennsylvania.** Philadelphia, PA. 2015
- **AMSA Medical Student Association Conference.** Huston, TX. 2012