

**Shira Miller, M.D. is Southern California's Concierge Holistic Menopause Physician for men and women.**

Dr. Miller is board-certified in internal medicine and has been practicing integrative, functional, alternative, holistic, nutritional, wellness, age management, and anti-aging medicine since 2006. Prior to opening her own private practice, Dr. Miller worked as a clinical research consultant at Children's Hospital Oakland Research Institute, as an urgent care physician at the VA Oakland Outpatient Clinic, and as an integrative doctor at San Francisco Preventive Medical Group, Cenegenics, and the Hall Center. She has been a member of the American College for Advancement in Medicine (ACAM) since 2005, and on its board since 2009.

*"I work with many physicians and Dr. Miller is one of the best doctors I know. She really takes the time to listen and communicate with her patients."*

Sam Sheldon  
Owner and Pharmacist  
Compounding Pharmacy of Beverly Hills

## Get your sparkle back!



The Integrative Center for Health & Wellness is conveniently located in the neighborhood of Beverly Hills, near Cedars-Sinai Medical Center and the Beverly Center:

562 S. San Vicente Blvd.  
Los Angeles, CA 90048  
Office visits by appointment only.  
Call to schedule your consultation today!

310-734-8864  
[info@shiramillermd.com](mailto:info@shiramillermd.com)  
[www.shiramillermd.com](http://www.shiramillermd.com)  
[@shiramillermd](https://www.instagram.com/shiramillermd)  
[www.facebook.com/menopusedoctor](https://www.facebook.com/menopusedoctor)  
Facebook's Most Popular Menopause Doctor

*"It's wonderful having Dr. Miller in town. When I refer my patients to her I know they will receive both outstanding medical care and VIP treatment."*

Dr. Bijan Pourat  
Cardiologist  
Beverly Hills, CA

**Shira Miller, M.D.**

Southern California's  
Concierge Holistic Menopause Physician

**Open the door to a luxurious menopause.**



## You are at the top of your game. Why not stay there?

Menopause causes hormone deficiencies which accelerate the aging process, make you feel old, and increase your risk of chronic diseases. Shira Miller, M.D., founder and medical director of The Integrative Center for Health & Wellness, is one of the leading national experts on menopause, male menopause, bio-identical hormone replacement therapy, and the Wiley Protocol. Her unique concierge wellness and anti-aging practice uses a cutting-edge, science-based, holistic approach to help you stay happy, healthy, and productive as you age.

*When Mother Nature quits, I'm here to help you keep your mind, body, and sex life healthy as you age!*

Shira Miller, M.D.

*I didn't know how bad I felt until I felt better!*

Georgianna, age 50  
Medical Office Manager  
Arcadia, CA

### A Luxurious Menopause

Concierge medical care has become increasingly popular as people seek doctors who make time to really listen, answer questions, and be accessible. The model continues to evolve as motivated individuals turn to specialists like Dr. Shira Miller, while keeping their primary care doctor. Dr. Miller helps patients with perimenopause, menopause, postmenopause, or male menopause, maximize their health and well-being and reduce their risk of chronic diseases as they age. Her personalized treatment programs consist of lifestyle modification, nutrition optimization, detoxification, exercise, supplements, and cutting-edge bio-identical hormone replacement therapies. You don't have to dread your menopause—it can be luxurious.

### How Does It Work?

Your journey begins with a complimentary phone interview with Dr. Miller. Then, prior to your one-on-one consultation, comprehensive blood testing will be performed, which includes hormone, vitamin, and mineral levels. Next, you will spend two hours with Dr. Miller, in a relaxed, private, and unhurried environment, going over your complaints and/or goals, past medical history, physical exam, body fat analysis, nutrition, blood test results, and have a thorough discussion about your problems and recommended treatment options.

During your consultation, there will be no interruptions. You will receive the attention you deserve and have all of your questions answered. After your consultation, Dr. Miller will be extremely accessible to you. She will continue to coach and doctor you to better health. She will personally coordinate your care and respond to emails and phone calls within 24 hours, usually sooner.

Unlike typical insurance-based medicine, patients pay an affordable annual or monthly fee. You won't have to deal with compromising your privacy, insurance forms, or complicated eligibility requirements. All of the attention will remain focused on you, your health and well-being.

Call to schedule your consultation today!

*I'm just so happy to feel like a normal person again. The hot flashes were crazy. I couldn't sleep. The covers went on and off, for years. My poor husband, I kept thinking it would go away by itself.*

Julie, age 60  
Accountant  
Sherman Oaks, CA