



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

- **Dean's list,** Jagiellonian University 2016-2020
- **Magna Cum Laude Honor.** Queen's University. 2014
- **Dean's list,** Queens University. 2010-2014

FOLLOWSHOP

- Anti-Aging Metabolic and functional Medicine (FAAMFM). The American Academy of Anti-Aging and metabolic Medicine, in affiliation with George Washington university. To be completed February 2022.
- International Diplomat of LifeStyle Medicine. American college of lifestyle medicine. **To be completed Dec 9, 2021.**

WORK EXPERIENCE

- **Founder of Holistic Online Platform** Since April 2020
A wellness online platform spreading awareness and providing services in integrative medicine with a focus on functional medicine and Ayurveda.
Services:
 - One-to-one consultations • Workshops / courses • Public speaking
- **The wellness programs manager at the international medical center** Since March 1, 2021
 - Initiated the collaboration between IsDb and IMC .
 - Lead the development and the delivery of corporate wellness programs.
 - Developed and delivered Wellness community programs and webinars
 - Developed medical health education & pathways from illness-to-wellness per disease condition to empower patients with integrative healing approaches.

PUBLICATIONS

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

RESEARCH EXPERIENCES

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

CERTIFICATIONS & CONTINUING EDUCATION

- **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



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- o **Joyful Belly. School of ayurvedic diet & digestion.** To be completed Dec. 2022
- o **Master ayurvedic digestion and nutrition.** 500 hours certification. Joyful Belly of Ayurveda. North Carolina college systems. To be completed Nov. 2022
- o **Rapid transformational therapy & hypnosis by Marisa Peer.** To be completed Dec. 2021
- o **Emotional freedom practitioner . ACEP.** To be completed Nov. 2021
- o **iDiscover Core, leadership, career development, mental resilience and practical emotional intelligence training . London.** To be completed Nov. 2021
- o **Advanced clearing energetics practitioner.** Richard Flook. Sept. 2021
- o **Chopra Certifications: Health instructor certificates.** Sept. 2021
- o **Jay Shetty certified life coach.** Sept. 2021
- o **British board certificate in meditative breathing.** July 2021
- o **Tobacco treatment specialist program certificate. University of Massachusetts medical school.** March 2021
International medical center, Jeddah.
- o **Integrative pediatric neurology.** The University of Arizona College of Medicine. Tucson, USA. Feb. 2021
- o **KI Gastrointestinal course.** Kharrazian institute. Jan. 2021
- o **Integrative Ayurveda for health care professionals.** Maharishi Ayurveda. June 2020
- o **Advanced life support (ACLS)#c048f3db705f**
- o **Women's Health & Hormones Part I: Hormonal Balance and Stagnation.** Dr Claudia Welch.
- o **Women's Health & Hormones Part II: Srotrodha & The 6 Therapeutic Principles.** Dr Claudia Welch.
- o **Enchanting beauty: Ayurvedic skin and beauty care.** Ayurvedic healing institute. 2020
- o **Alchamy through Ayurveda.** Wisdom school. Acharya Shunya. Sept. 2020
- o **Integrative vedic counseling. American institute of vedic studies.** Sept. 2020
- o **Ayurvedic assessment & Pulse diagnosis.** Sevanti institute. July 2020
- o **Brain-Gut axis: anxiety and mental health.** AIHM. June 2020
- o **Brain and the soul: the future of psychiatry.** AIHM. June 2020
- o **Ayurveda.** University of Arizona. May 2020
- o **Nutrition&Cancer. Integrative medicine center.** The University of Arizona College of Medicine. Tucson, USA. August 2018
- o **Tissue Engineering Certificate.** Drexel University. May 2016
- o **Holistic health certificate.** Hawthorn university. May 2015
- o **Regenerative medicine summer course.** University of Utrecht. Utrecht, Netherlands. July 2015
- o **Bio-fabrication summer course.** University of Utrecht. Utrecht, Netherlands. July 2015
- o **Principles of Development in Biology.** University of Pennsylvania, Preleman school of medicine. Philadelphia, USA. May 2015
- o **Molecular Biology summer workshop.** New England Biolabs. Smith college. Northampton, MA. USA. August 2015

DESIGN & DELIVERY OF WORKSHOPS

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

INVITED GUEST SPEAKER

- o Holistic oral health. King Saud university. Dentistry college grand rounds. Feb 23, 2021

LICENSURE EXAMS

- o **United States Medical License Exam** Step 2 CK May 2019
- o **Saudi License Medical Exam** April 2019
- o **United States Medical License Exam** Step 1 July 2018



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VOLUNTEER EXPERIENCES

- **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)
- **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