

The Change Issue

PLUS!

Local happenings,
community events,
and more...

Living

MAGAZINE

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EDITION

Mirvana Acupuncture

A NATURAL PATHWAY
TO BETTER HEALTH AND QUALITY OF LIFE



Dr. Patel



“If there’s one message to share with people about acupuncture, it’s that it is not scary or painful, and it really works as a treatment or co-treatment for a variety of ailments.” – **Dr. Sonya Patel**

PICTURED L-R: LIZ HERNANDEZ (MARKETING COORDINATOR), KATIE AGRUSO (OFFICE MANAGER) & DR. SONYA PATEL (OWNER)

Dr. Sonya Patel

Embraces the Synergies of Conventional Modern Medicine and Ancient Eastern Wisdom

BY ANNETTE BROOKS PHOTOGRAPHY BY KELLEY SWEET PHOTOGRAPHY

Dr. Sonya Patel never dreamed she’d see an acupuncturist let alone earn a Doctor of Acupuncture and Oriental Medicine (DAOM) degree after completing years of rigorous study. But it turns out her experiences in childhood and as a young adult set her destiny.

At age 13, Dr. Patel began suffering with migraines. After undergoing acupuncture treatments her migraines subsided and she became a believer. When she was in college, she once again turned to acupuncture for pain relief.

“I was in a freak accident where a vehicle crashed into a building I was in and ran over me, and I was Life Flighted to Memorial Hermann.

Thanks to acupuncture which helped relieve my pain, I continued my studies and graduated valedictorian and on time without a wheelchair,” Dr. Patel says.

INCLUSIVE APPROACH

Many now know what Dr. Patel discovered decades ago—that acupuncture can effectively treat and manage

a variety of problems, including pain, infertility, insomnia, anxiety, and much more. In fact, acupuncture is no longer an exotic curiosity for millions of people in the U.S. today, and it’s now widely accepted among the medical community.

While some consider acupuncture and Chinese medicine an alternative to Western medicine, Dr. Patel embraces the synergies and works in collaboration with medical doctors. This has earned her recognition and relationships with some big names in health-

“Whether your goal is to move without pain, to alleviate stress, to have more energy, or to become a parent, I can support you in achieving optimal health.” – **Dr. Sonya Patel**

care, including New York’s Memorial Sloan Kettering Cancer Center, MD Anderson Cancer Center, and Memorial Hermann Health System. She is boarded in reproductive acupuncture and has earned oncology certification for acupuncture from top-ranked Memorial Sloan Kettering.

Dr. Patel currently does research with the integrative medicine department at MD Anderson. “We’re studying the dry mouth side-effects of cancer treatments, and how to develop a protocol that helps cancer patients maintain their oral health and not lose their taste buds.”

She also works with Memorial Hermann in physical therapy and rehabilitation, helping patients gain functional mobility without medication.

HELPING PATIENTS CONCEIVE

Dr. Patel treats people of all ages and walks of life with acupuncture, including celebrities, musicians, and athletes, and addresses a host of health-related problems. One area she’s especially interested in is infertility, which led her to become one of Houston’s first to be credentialed in fertility acupuncture.

A recent patient has this to say about her experience with Dr. Patel. “I came to Mirvana because I suffer with polycystic ovary syndrome. After my first failed IVF cycle, I decided to try acupuncture. It helped me to stay calm and relaxed. After my frozen embryo transfer, I received my first positive pregnancy! Sonya is one of the most caring human beings I have ever met. She cares about her patients and always goes the extra mile!”

Are you ready to discover the myriad benefits of acupuncture for yourself? Schedule an appointment at award-winning Mirvana Acupuncture & Chinese Herbs, a BBB Pinnacle Award winner and the recipient of numerous Living Magazine Best Of



MEET SONYA PATEL, DAOM, FABORM

Dr. Patel was born in England and grew up in Sugar Land. Actively involved in the community, she worked 18-hour shifts with volunteers after Hurricane Harvey, regularly volunteers at local charities and community groups, and often involves Mirvana Acupuncture & Chinese Herbs in sponsoring events.

Her ten-year-old daughter, Mira, a budding entrepreneur, has developed natural bath and body products for kids called Little Lotus. Sold at Mirvana, these products are made by a local manufacturer with stringent quality control and safety standards, with Mira’s creative input.

- Bachelor’s degree from the University of Houston in nutrition and food science
- Doctorate in Acupuncture and Oriental medicine (DAOM)
- Certified by the National Certification Commission for Acupuncture & Oriental Medicine
- Graduate of the American College of Acupuncture & Oriental Medicine
- Doctorate degree from the American College of Traditional Chinese Medicine/California Institute of Integral Studies, San Francisco
- Fellow of the American Board of Oriental Reproductive Medicine
- Published in medical journals with leading doctors from MD Anderson Cancer Hospital, Baylor College of Medicine, Memorial Hermann, and more in the acupuncture and nutrition fields
- Recognized by Memorial Sloan-Kettering to treat cancer patients for side effects without inhibiting their medical regimen

READ HER FULL BIO ONLINE FOR MORE DETAILS.

Readers’ Choice awards from 2014 to 2018, for Best Pain Management and Best Acupuncture in Fort Bend County.

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Acupuncture works by activating the body’s own self-healing ability. Hundreds of clinical studies on the benefits of acupuncture show that it successfully treats conditions ranging from musculoskeletal problems (back pain, neck pain, and others) to nausea, migraine headache, anxiety, depression, insomnia, infertility, and more.