

Dr. Richaritha Joy Gundlapalli

Dr. Richa Joy Gundlapalli is a unique mix of Board Certified Physician, Integrative Practitioner, Energy Medicine expert, Certified Life Coach and Social Entrepreneur. Her work around the world has addressed chronic stress and fatigue, brain health, gut issues, mental health issues and DABSEM (Depression, Anxiety, Burnout & Sleep disorders). She has been a sought-after speaker and an avid trainer in the emerging field of energy medicine.

Dr. Joy's practitioner interests are focused on holistic wellness which aims to synthesize the best modalities of Modern Medicine with the wisdom of holistic approaches including Mind Body Medicine. Being passionate about the wholesome wellness of her clients her work extends well beyond the immediate health concerns and encompasses emotional and mental wellbeing, fulfillment in work life, balanced lifestyle, healthy nutritional choices, nurturing relationships and purposeful social contribution. She decided to create an organization committed to offering a synthesized engagement for all aspects of wellness or as Dr. Richa puts it "360 degrees of Life".

Her Integrative Wellness Center has been founded with the vision of empowering the client with wholesomeness of life by offering a transformative synthesis of cutting edge modern medicine modalities with holistic approaches, energy medicine, nutritional medicine and life coaching.