

# A Healthy *New* You



## PSYCHIATRY 2.0

A NEW PARADIGM FOR  
MENTAL WELLNESS



*With*

**ARUNA, MD**  
HOLISTIC PSYCHIATRIST

*Empowering you through education and self-awareness. You can achieve health, harmony, wellness, and vitality....naturally!*

LIVE & VIRTUAL PRESENTATIONS AVAILABLE.  
CONTACT [MEDIA@PSYCHIATRY2.COM](mailto:MEDIA@PSYCHIATRY2.COM).



ELEVATE  
SUCCESS



COHESIVE  
WORKPLACE

BY  
INCREASING

Emotional Resilience

Energy

Engagement

Innovation

Decision-Making

Productivity

Creativity

Collaboration

Communication

Leadership

THE  
BENEFITS

Joyful Employees

Cohesive Environment

Reduced Sick Days

Employee Retention

Reduced Healthcare Cost



## ARUNA, MD

[www.psychiatry2.com](http://www.psychiatry2.com)

[media@psychiatry2.com](mailto:media@psychiatry2.com)

- Holistic Psychiatrist and founder of Trinergy Health in Wisconsin.
- Board-certified in Integrative and Holistic Medicine, with additional training in Functional Medicine and Ayurveda.
- Providing evidence-based, root-cause holistic mental and whole-body wellness solutions.

## KEY ATTENDEE TAKEAWAYS

- Address the 3 Main Root Causes of All Disease
- Framework and Tools to Heal Your Body & Mind
- Easily Implemented Actions & Steps
- Connection to Mind & Gut Health
- Rekindle your Agni – Digestive Fire
- Delicious Digestive Aid Tea Recipe
- Self-Awareness Exercises for “Quieting One’s Mind”
- Complimentary eBook: 7 Simple Steps to Reclaim Your Health & Vitality!

## Client TESTIMONIALS

*“My physical and mental health are both much improved since working with Dr. Aruna. I really feel like I’m getting to the root of my imbalances instead of simply treating symptoms.”*

**L.C.**

*“Aruna, MD helped guide me through a physical, psychological, and emotional reset. I am happier and more productive than I have ever been. I feel very blessed with Dr. Aruna and I would recommend her in the highest regard.”*

**J.D**

*“Exceptional. By far the best mental health care professional I have ever worked with. Very highly recommended.”*

**C.K.**

*“Dr. Aruna is one of the most genuine intelligent human beings I have ever met. I have never felt so positive and optimistic then I did after leaving her office.”*

**C.B.**

*“She was AMAZING in finding out what I needed help with and treating me!”*

**A.B.**