

AS SEEN IN VENTURA BLVD magazine

TOP DOCTORS 2019

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WEST COAST WOMEN'S REPRODUCTIVE CENTER

FOUNDER, TINA KOOPERSMITH, MD

Dr. Tina Koopersmith and her team at West Coast Women's Reproductive Center offer clients services such as gynecology, integrative medicine and functional medicine. They also provide consultation services for third-party reproduction.

The team includes Dr. Melanie Landay; dietitian Lori Lichterman; Shirin Peykar, LMFT; Sharee Conrad, who is trained in Reiki, Ayurvedic medicine and acupuncture; and massage therapist DeLeon. In October, naturopathic doctor Stephanie Berg, ND, will also be on staff. The practice also offers classes in meditation, wellness and yoga.

HOW DOES YOUR PRACTICE DIFFER FROM OTHERS?

"In Western medicine, doctors are trained to look for and diagnose disease and treat any illnesses with medicine, surgery or other procedures. At our practice we want to go

deeper into your history and try to uncover why and how you may not be living to your fullest. We want to maximize your health and even reverse disease processes. We believe in the power of the body and mind to heal and are open to using more than the tools of Western medicine. I also realize the power of adjunctive healers to help my patients—we all need a dedicated team."

WHAT IS YOUR FAVORITE THING ABOUT BEING A DOCTOR?

"I get to witness people in their humanity. We are all spiritual beings having a human existence, and sometimes that can be very challenging. I am honored to hold and listen to people when they are hurting and scared and help them grow out of their darkness and back into their light."

HOW WOULD YOUR PATIENTS DESCRIBE YOU?

"I have had numerous patients comment

that their visits are more than a doctor's visit but also a therapy session. I dig deep into the root causes of their history and symptoms and then integrate their social, mental and physical health to better understand them. The best compliment I have received is that I listened and I cared without judgment."

WHAT STEPS DO YOU TAKE TO MAKE WEST COAST WOMEN'S REPRODUCTIVE CENTER A STRESS-FREE ZONE?

"Keeping the office stress-free is essential. We have a back room available to patients and staff that has exercise equipment. We have meditation cushions and coloring books when people need a break. On Friday mornings our amazing massage therapist is available for massages. Daily we have music playing, and I encourage regular dance breaks! I encourage staff cooperation and friendship—being kind to one another and working together as a team is key."

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