



**GREWAL
CENTER**
for Mind Body Medicine



The Grewal Center for Mind-Body Medicine is an Integrative and healing-oriented Functional Medicine practice.

We believe there is no separation between mind, body, and spirit. Our philosophy guides our practice. We cultivate an empathetic and respectful partnership with each patient to help them discover the most effective pathway to health, wellness, and an overall improvement in the quality of their life.

Holistic Treatment Insomnia | Grewal Center for Mind-Body Medicine



There are millions of people who suffer from sleep disorders and psychiatric disorders such as insomnia. Sleep disorders, such as insomnia, make it difficult for people to fall asleep and stay asleep. Poor sleep can be physically, mentally, and emotionally stressful. Listed below is a list of all psychological conditions that Dr. Grewal can help treat with holistic treatment insomnia.

Contact US



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