

Richmond Academy of Medicine

New Member Announcement

**Richmond Academy of Medicine
is pleased to welcome**

Tushar Shah, MD

Dr. Shah completed medical school and earned his MBBS from Government Medical College in India in 1992. He completed his family practice residency at The Brooklyn Hospital Center in 1999 and has worked as a family physician for the past 20 years.

He has special interests in Alternative and Complementary medicine for treatment and healing. Over the past 10 years, he has incorporated holistic approach and principles of eastern medical philosophy of Ayurveda, mindfulness, yoga and meditation to address chronic disease treatment, pain management and mental health problems. His treatment approach involves patient engagement, empowerment and teaching positive attitude to promote better health by creating Mind, Body and Spirit Connection.

Dr. Shah has worked with Bon Secours Good Health Express urgent care in Glen Allen since 2014. He is also working as a medical consultant at Veritas Collaborative, an eating disorder clinic in Richmond. He brings his vast clinical experience with holistic approach to help patients suffering with eating disorders to help understand healing of mind, body and spirit in collaboration with other specialists in the field.

Dr. Shah practices yoga and meditation on regular basis and also guides his patients to build a healthy, balanced and fulfilling lifestyle incorporating this ancient wisdom with modern medicine.

**Please join us in welcoming
Dr. Tushar Shah
to the Richmond Academy of Medicine**

Bon Secours Good Health Express
9851 Brook Road
Glen Allen, Virginia 23059
(804) 893-8702

Content for this announcement was provided by Dr. Shah.



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Physician & Practice Announcements: A RAM Member Benefit

The Richmond Academy of Medicine is the area's largest local medical society providing services to more than 2,400 members living and/or working in the Greater Richmond Metro Area. Practice & Physician Announcements are provided at no cost as a service to our members.

For more information, contact *Kate Gabriel* (622-8133 | kgabriel@ramdocs.org)