

West Eastern Health Welcomes Lauren Marchefka and Launches Integrative Mental Health Services

Nocatee, Ponte Vedra, FL – October 23, 2024 – West Eastern Health is proud to announce the addition of Lauren Marchefka, a highly skilled and experienced board-certified family nurse practitioner, to our team of healthcare professionals. Lauren brings a wealth of expertise in integrative mental health, expanding our services to offer a more comprehensive, holistic approach to mental wellness.

With Lauren's arrival, West Eastern Health is launching Integrative Mental Health Services, providing patients with personalized care that blends traditional, evidence-based treatments with holistic therapies. This unique approach addresses the whole person—mind, and body—to deliver optimal mental health outcomes.



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Harmony in Mental Health

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About Lauren

Lauren is passionate about working with patients to uncover the root causes of mental health challenges and specializes in treating conditions such as mood disorders, stress, hormonal imbalances, and nutritional deficiencies. She integrates cutting-edge techniques like psychedelic-assisted therapy, and functional nutrition with mindfulness practices and breathwork to create individualized care plans.

“We are thrilled to have Lauren Marchefka join West Eastern Health,” said Dr. Paulus, CEO and Founder of West Eastern Health. “Her expertise and passion for integrative healthcare aligns perfectly with our mission to provide comprehensive, patient-centered care. With her leadership, our Integrative Mental Health Services will provide patients with innovative and effective treatment options for lasting mental and emotional well-being.”

The launch of Integrative Mental Health Services at West Eastern Health underscores the growing demand for personalized, holistic care options in mental health. This service is designed for patients seeking to improve their mental wellness through a combination of scientifically proven therapies and holistic practices.

Lauren’s background in anti-aging and regenerative medicine, psychedelic-assisted therapy, Maharishi Ayurveda, and East-West medicine ensures patients receive integrative, compassionate care tailored to their unique needs. She is honored to offer a safe and supportive environment to help individuals thrive mentally, emotionally, and physically.

About West Eastern Health

West Eastern Health is a leading mental healthcare provider dedicated to offering integrative, patient-focused care. Our team of skilled professionals combines traditional and holistic treatments to provide comprehensive care solutions, including mental health services, ketamine therapy, nutritional guidance, and wellness support. We aim to empower patients to take control of their health and achieve long-term well-being.

For Media inquiries reach out to:

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