

Global Summit on Heart and Cardiovascular Care  
&  
International Conference on Obesity and Weight Management  
October 16-17, 2024 | Las Vegas, USA

Joint Event



## Vivek Gupta

Mindful Wellness  
USA

### Empowering Sustainable Weight Management: A Mindful and Evidence- Based Approach

#### Abstract:

**Background:** Obesity and weight management are prevalent health issues that affect millions of people worldwide. The International Conference on Obesity and Weight Management, scheduled for October 2024, offers a platform to explore innovative solutions that can address these challenges on a global scale.

**Aim:** The aim of this presentation is to share the insights and experiences of Mindful Wellness, a medical wellness clinic that provides a comprehensive, biopsychosocial approach to weight management, integrating evidence-based medical interventions with holistic mindfulness practices.

**Methods:** Mindful Wellness is a pioneering clinic that combines pharmacological, nutritional, and behavioral health techniques to help patients achieve sustainable lifestyle changes and improve their health outcomes. The clinic's model is rooted in patient empowerment and continuous support, rather than quick fixes or rigid prescriptions. The presentation will showcase the clinic's successes and learning points, illustrated by patient outcomes and program analytics that demonstrate significant improvements in health markers and overall well-being.

**Results:** The presentation will highlight the positive impact of Mindful Wellness's model on patients' weight management, as well as their physical, mental, and emotional health. The presentation will also discuss the operational aspects of implementing such a model in various health settings, emphasizing the importance of compassionate healthcare delivery and patient engagement.

**Conclusion:** The presentation will conclude by emphasizing the need for a shift towards more empathetic and sustainable practices in managing obesity globally. By aligning medical expertise with holistic care, we can enhance patient engagement and achieve better health outcomes, paving the way for a healthier future.

## Biography

**Vivek Gupta** is a dedicated wellness professional and advocate for holistic health, specializing in mindful practices that promote mental, emotional, and physical well-being. As a leader at Mindful Wellness, he is committed to empowering individuals and communities in the USA to achieve a balanced and mindful lifestyle. Vivek combines traditional wellness approaches with modern techniques to create personalized wellness programs, helping his clients to live healthier, more fulfilling lives.