Dr. Arvin Jenab is a Naturopathic Doctor at the Susan Samueli Center for Integrative Medicine at UC Irvine Health. He serves as the Medical Director of Naturopathic Medicine and the Director of the Naturopathic Residency Program at SSCIM, overseeing the residents’ post-graduate training at the center.

He completed his undergraduate studies at McGill University in Montreal, Canada, and completed naturopathic medicine training at the Canadian College of Naturopathic Medicine in 2000, after which he has been in private practice while holding various academic and administrative positions at accredited institutions.

Dr. Jenab specializes in integrative management of chronic illnesses ranging from digestive issues, stress & mood disorders, cancer, chronic fatigue, and stress related disorders. He recognizes that achieving health is a process that involves numerous factors that influence health, including lifestyle, diet, stress, environment, as well as emotional and psychological factors. He describes integrative medicine as whole-body, system-based medicine that utilizes a range of effective and appropriate conventional and alternative methods to treat illness and promote wellness.

He works directly with medical residents and patients and is actively involved in research and education. Dr. Jenab continues to be very active in developing new programs that help increase access to integrative medicine by underserved communities across Orange County.