

## Katherine Ahn Wallace, DDS, a Dentist with Aviara Centers

Get to know Dentist Dr. Katherine Ahn Wallace, who serves patients throughout the State of California.



**New York City, New York Jun 28, 2023 ([IssueWire.com](https://www.issuewire.com))** - A dedicated advocate for whole-body wellness and a passionate practitioner in the field of dentistry, Dr. Wallace is the Founder of Aviara Centers, with 4 offices located throughout California.

Embarking on a lifelong journey towards wellness early on, she was raised a vegetarian by health-conscious parents who instilled in her the importance of a healthy lifestyle. This upbringing sparked her curiosity and fueled her determination to understand how lifestyle choices can impact systemic diseases, as well as how adopting a healthy lifestyle can prevent and even reverse the disease process.

Dr. Wallace's pursuit of knowledge led her to pursue a degree in dentistry from the prestigious UCLA School of Dentistry, which she successfully completed in 1993. During her time at UCLA, she also undertook a two-year pediatric dental residency, where she gained invaluable skills in children's dental wellness, craniofacial development, and early orthodontics.

Driven by her commitment to holistic health, Dr. Wallace continued to expand her expertise in advanced Reconstructive Dentistry, Sleep, TMJ, and Orthodontic Therapies. By delving deeper into these specialized areas, she enhanced her ability to diagnose and address the underlying causes of various orofacial and systemic issues, always focusing on promoting overall wellness and improving her patients' quality of life.

Beyond her professional pursuits, she also recognized the profound impact that environmental factors can have on mental and systemic disorders. Understanding how stress, loneliness, abuse, and trauma can compromise one's well-being, she founded OCCares—a non-profit organization dedicated to the vision of Whole Body Wellness. Collaborating with esteemed institutions like UCI and Pepperdine University, OCCares works to educate young individuals on how they can make a positive impact through compassionate leadership.

Through OCCares, Dr. Wallace acts as a mentor to students who are passionate about creating social impact projects. MindfulMealsByKids.org and Recycle-Holics.org are just a couple of the initiatives that have emerged from this mentorship program. Additionally, she spearheads the Aviara Collaborative Care Project, a platform created in partnership with Aviara to further OCCares' mission of nurturing the next generation of social entrepreneurs.

Ultimately Dr. Ahn's comprehensive educational background and passion for helping people inspired her to create Aviara Centers and Aviara Institute.

Aviara Center's Vision is to help patients Breathe, Live, and Smile, and its Mission is to provide integrative solutions for optimal health & beautiful smiles with the support of Aviara's 3 Pillars of Wellness:

- Healthy Airway
- Health Lifestyle
- Healthy Environment

Aviara Institute's Vision is to promote advancements in health care by bridging the gap between medicine and dentistry and its Mission is to educate dental and medical professionals on the critical role optimal airway, lifestyle and environment play in disease prevention and reversal.

**Learn More about Dr. Katherine Ahn Wallace:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2170638-Katherine-Wallace-Dentist> or through Aviara Centers, <https://aviaracenters.com/los-alamitos-ca/our-doctors/dr-katherine-ahn-wallace/> Aviara Institute, [www.Aviarainstitute.com](http://www.Aviarainstitute.com)

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