

## **Dr. Christine Dao: A Visionary Leader in Integrative Medicine**

Christine Dao, DAIM, Dipl. OM, LAc, FMP, Founder and Medical Director, Dao Integrated Health – Livermore & Alameda, CA



**New York City, New York Mar 10, 2025 ([IssueWire.com](https://www.issuewire.com))** - Dr. Christine Dao, a distinguished Doctor of Acupuncture and Integrative Medicine (DAIM) and Licensed Acupuncturist, is the visionary behind Dao Integrated Health. With locations in Livermore and Alameda, California, Dr. Dao is dedicated to integrating Functional Medicine, Traditional Chinese Medicine, advanced nutrition strategies, and proven mind-body techniques to provide comprehensive, patient-centered care.

### **A Personal Journey from Patient to Practitioner**

Dr. Dao's passion for holistic medicine is deeply rooted in her own health struggles. As a competitive swimmer in her teenage years, she battled severe asthma, chronic abdominal pain, and recurring injuries. Despite being prescribed multiple medications and inhalers, her symptoms persisted. A chance encounter with an Osteopathic Doctor in a grocery store introduced her to the benefits of selenium, proper hydration, and dietary changes, leading to an unexpected improvement in her health and inspiring her to pursue a career in medicine.

Initially set on attending medical school upon completing her College general education, Dr. Dao took a detour into the technology sector during Silicon Valley's tech boom. During this time, she deepened her understanding of mind-body healing, studying Zen meditation at the SF Zen Center, training in Pranic Healing with Stephen Co, and earning a Master Certification in Neuro-Linguistic Therapy with Tim & Kris Hallbom. However, her journey took a profound turn when she developed Long Hauler Syndrome following Epstein-Barr Virus (Mono) and H1N1 a year after the birth of her daughter. The experience left her with chronic fatigue, brain fog that affected her ability to work, and widespread pain. Her doctors kept telling her it was only stress and in her head, pushing her to seek answers beyond conventional medicine.

### **Expertise in Functional Medicine and Acupuncture**

In 2010, after being laid off from technology sales during the recession, Dr. Dao made the pivotal decision to dedicate herself fully to healing. She pursued a Master's Degree in Oriental Medicine and later earned a Doctorate in Acupuncture & Integrative Medicine from the Acupuncture & Integrative Medicine College in Berkeley, CA. During this time, she worked with integrative doctors who used advanced lab testing, ultimately uncovering her underlying conditions, including chronic Lyme infections, HHV-6, Hashimoto's Thyroiditis, and Hypermobility Syndrome— and later correctly diagnosed as Hypermobility Ehlers-Danlos Syndrome (hEDS). In 2021, she was diagnosed with Mast Cell Activation Syndrome, initially misdiagnosed as asthma as a teenager.

Determined to bridge the gap between Eastern and Western medicine, Dr. Dao began her studies in Functional Medicine and Nutrition at Functional Medicine University (FMU) in 2018, expanding her expertise in chronic illness management, nutrition, and advanced diagnostics.

### **A Holistic Approach to Patient Care**

At Dao Integrated Health, Dr. Dao combines her extensive knowledge of Functional Medicine, Traditional Chinese Medicine, Japanese-style acupuncture, and Neuro-Linguistic Therapy to provide holistic, patient-centered care. She specializes in treating chronic pain, autoimmune disorders, and

complex health conditions, addressing the root causes rather than just the symptoms. Her compassionate approach ensures that every patient feels heard, supported, and empowered on their healing journey.

Committed to lifelong learning, Dr. Dao continually collaborates with leading experts in integrative medicine to refine her skills and offer cutting-edge treatments. Her personal experience with chronic illness allows her to connect with patients on a deeper level, providing not just medical expertise but also empathy and understanding.

For those seeking a transformative approach to wellness, Dr. Christine Dao offers a unique blend of medical knowledge, personal experience, and innovative healing strategies.

### **Learn More about Dr. Christine Dao:**

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1257419-Christine-Dao-Acupuncturist> or through Dao Integrated Health, <https://www.daointegratedhealth.com/dr-christine-dao>

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