

Etara Wellness Expands Root-Cause Naturopathic and Functional Medicine Care in Newport Beach

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NEWPORT BEACH, Calif. — Etara Wellness, an integrative health clinic serving Newport Beach and the surrounding Orange County community, continues to expand access to personalized care built around identifying and treating the root cause of chronic health concerns. As a trusted Naturopathic Doctor in Newport Beach, Dr. Rasha El Naggar combines clinical diagnostics with naturopathic principles to help patients move beyond symptom management toward long-term vitality. The clinic also sees patients from nearby Costa Mesa, Irvine, and Huntington Beach.

Dr. El Naggar holds a doctorate from Ain Shams University in Cairo, Egypt, a master's degree in biotechnology from Johns Hopkins University, and completed her naturopathic medical training at Bastyr University in San Diego. That combination of conventional medical education and naturopathic specialization shapes the clinic's approach: every patient begins with an in-depth consultation designed to uncover sub-clinical imbalances before they progress into more serious conditions.

“Many patients come to us after being told their labs are normal, even though they don’t feel well,” said Dr. El Naggar. “Our work is to look deeper, using advanced functional testing to find out what conventional screening often misses, and then build a plan around the whole person rather than a single symptom.”

As a Functional Medicine Practitioner Newport Beach patients turn to for complex, overlapping health concerns, Dr. El Naggar's practice addresses a wide range of conditions through several core service areas. Hormone and adrenal optimization supports patients managing thyroid disorders, menopause-related symptoms, and chronic fatigue. Digestive health services target conditions such as IBS, GERD, and leaky gut through a combination of testing and dietary intervention.

Mental health support draws on the clinic's focus on the gut-brain axis, connecting digestive function

with emotional well-being. The practice also provides weight management support, additional functional lab testing, and IV nutrient therapy, rounding out a coordinated care model for patients managing multiple health concerns at once.

In addition to in-person visits at its Newport Beach office, Etera Wellness offers telehealth consultations across California, extending its services to patients in Huntington Beach, Costa Mesa, Laguna Beach, and beyond who are seeking a naturopathic or integrative approach to care. The care team also coordinates with local specialists when additional support is needed. New and returning patients can schedule a consultation directly through Etera Wellness or learn more about the clinic's full range of services online.

Etera Wellness is located at 20301 SW Birch St., Suite 100, Newport Beach, CA 92660, and can be reached at (949) 828-3020 or info@etarawellness.com.

Etera Wellness is an integrative naturopathic and functional medicine practice based in Newport Beach, California, led by Dr. Rasha El Naggar, MD, MBiotech, ND. The clinic provides personalized, root-cause-focused care spanning hormone health, digestive health, mental health, weight management, and advanced functional lab testing, serving patients throughout Orange County and across California via telehealth. For more information, visit [etarawellness.com](https://www.etarawellness.com).

Etera Wellness

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