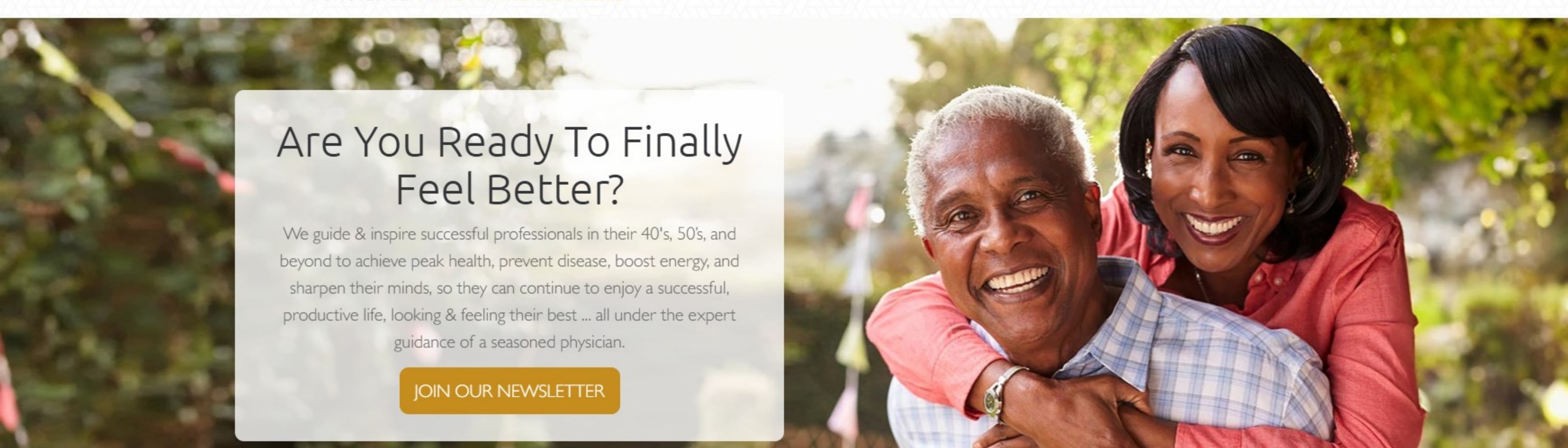
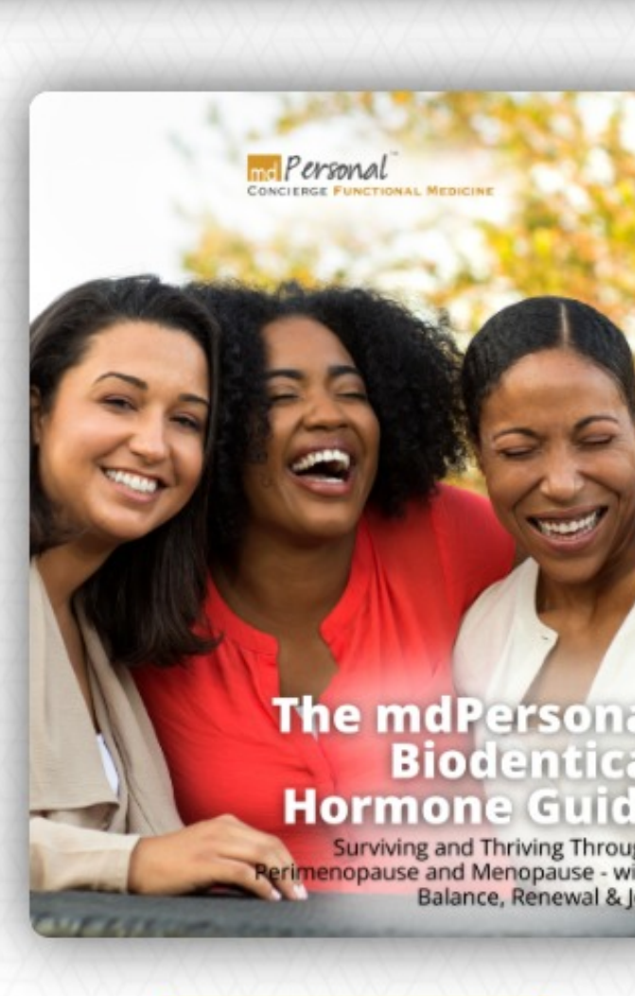


Are You Ready To Finally Feel Better?

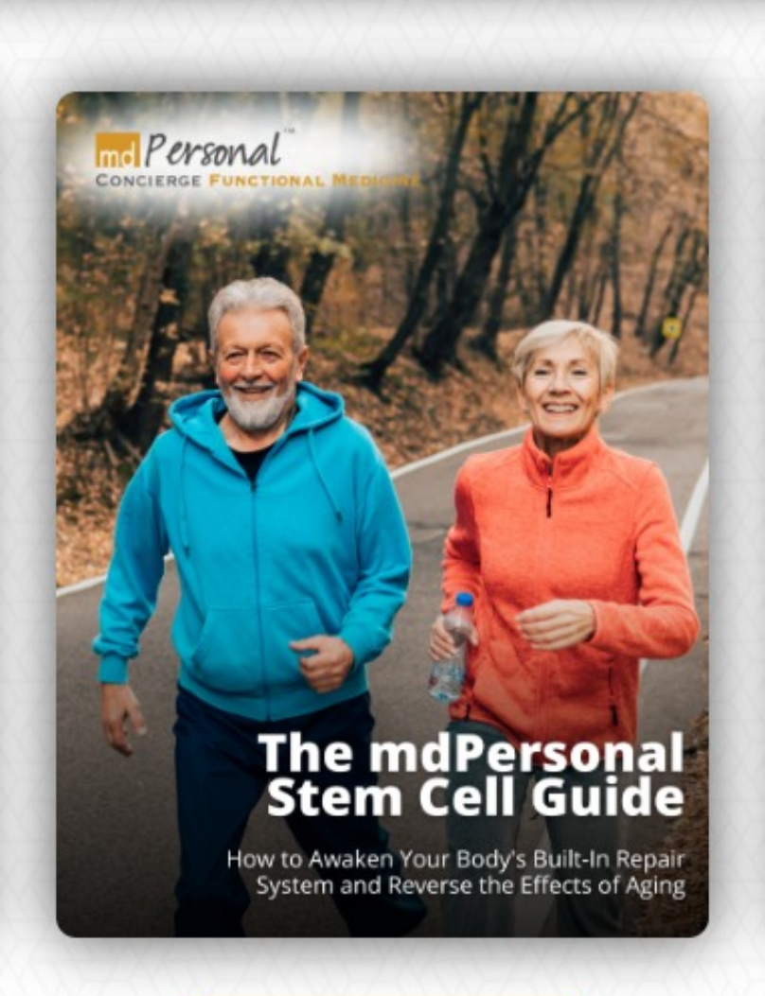
We guide & inspire successful professionals in their 40's, 50's, and beyond to achieve peak health, prevent disease, boost energy, and sharpen their minds, so they can continue to enjoy a successful, productive life, looking & feeling their best ... all under the expert guidance of a seasoned physician.

JOIN OUR NEWSLETTER

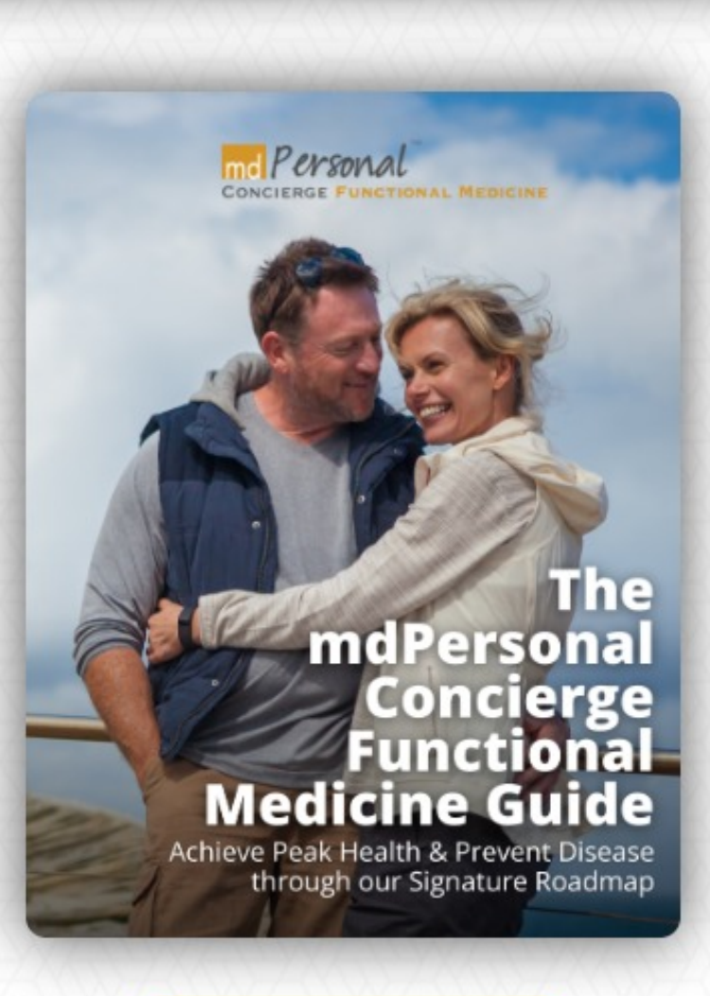
Here's Where to Start: Download Our Free Guides & View Our Videos


mdPersonal Concierge Functional Medicine
The mdPersonal Biodentical Hormone Guide
Surviving and Thriving Through Perimenopause and Menopause - with Balance, Renewal & Joy

DOWNLOAD NOW


mdPersonal Concierge Functional Medicine
The mdPersonal Stem Cell Guide
How to Awaken Your Body's Built-In Repair System and Reverse the Effects of Aging

DOWNLOAD NOW


mdPersonal Concierge Functional Medicine
The mdPersonal Concierge Functional Medicine Guide
Achieve Peak Health & Prevent Disease through our Signature Roadmap

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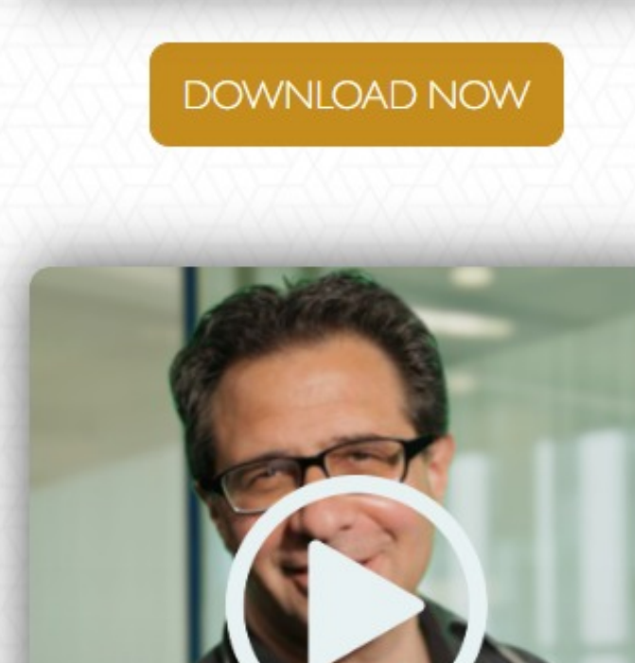
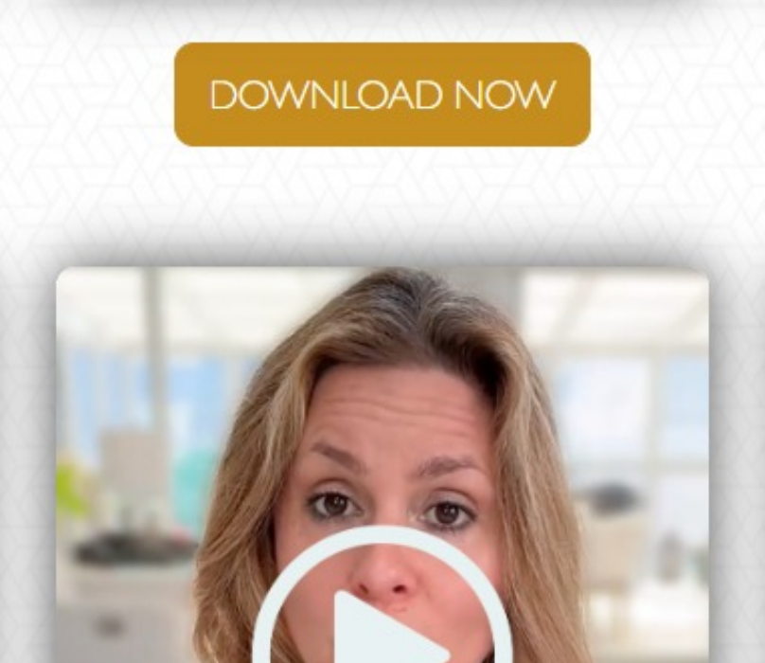

How To Activate Your Body's Regenerative Power With Stem Cell Therapy

WATCH NOW


Discover How To Optimize Your Health & Hormones With BHRT

WATCH NOW

Discover How Hidden Stressors Drain Your Energy, Vitality & Mental Sharpness

WATCH NOW

Are You Struggling With...

Cardiometabolic

- High Blood Sugar
- High Cholesterol
- High Blood Pressure
- Insulin Resistance
- Weight Gain

Hormones

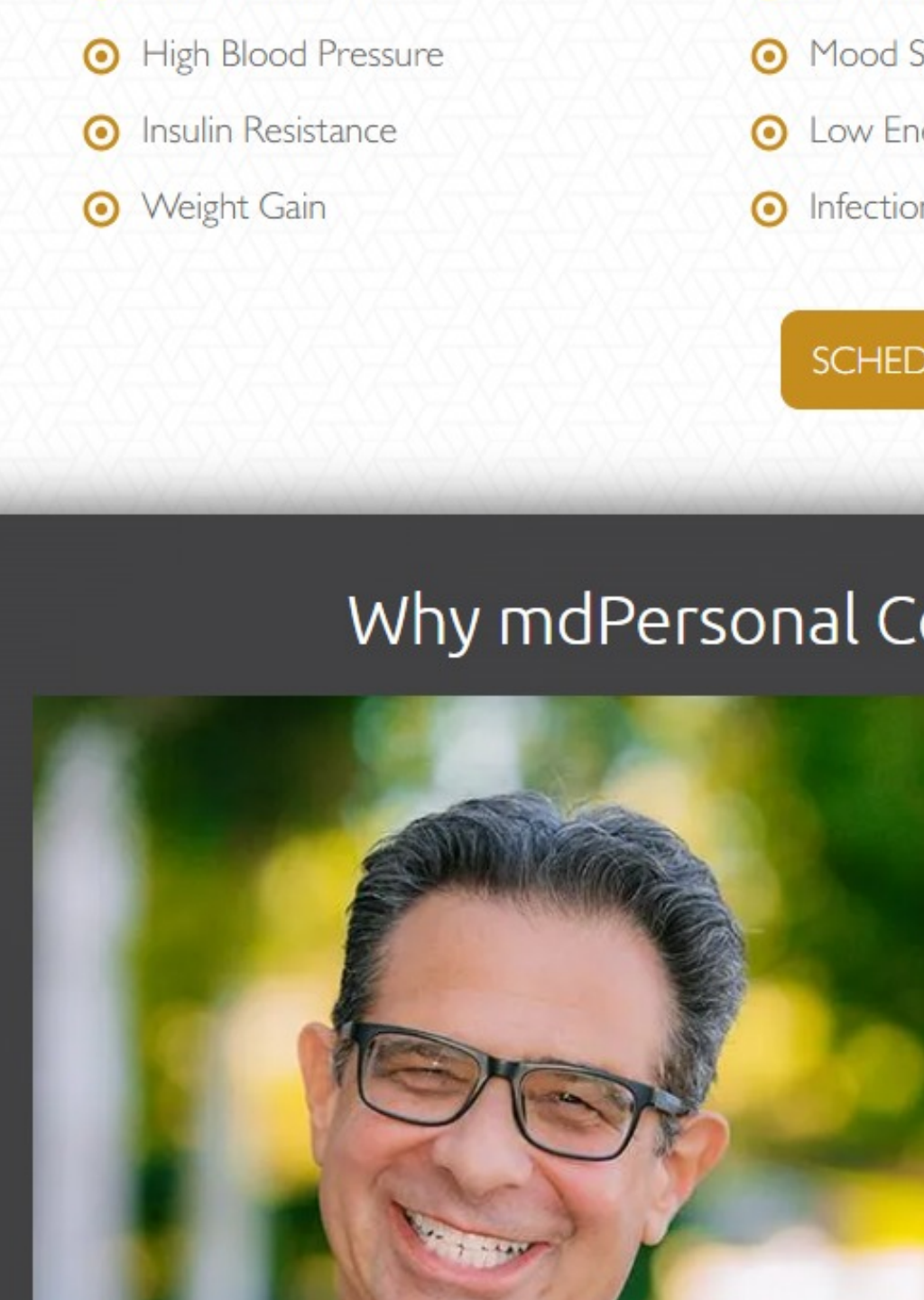
- Hormonal Imbalances
- Adrenal/Thyroid Issues
- Mood Swings
- Low Energy, Fatigue
- Infections, Inflammation, Autoimmunity

Brain Health

- Stress, Anxiety, Depression
- Insomnia
- Headache
- Cognitive Issues
- Poor Memory

SCHEDULE DISCOVERY CONSULT

Why mdPersonal Concierge Functional Medicine?



Dr. Neimark is a board-certified family physician, who attended the Ohio State University College of Medicine where he graduated with honors in 1981 and was elected into the scholastic medical honor society, Alpha Omega Alpha. While completing his internship, Dr. Neimark became disenchanted with traditional medicine's focus on treating the symptoms of disease, rather than dealing with the root cause. This led him to create mdPersonal Concierge Family Medicine in 2005, in order to give patients the extra time and attention needed in order to heal more fully.

Then in 2011, Dr. Neimark completed a two-year post-doctoral training program in Functional Medicine through The Academy of Functional Medicine and Genomics under the personal tutelage of Dr. Charles Gant, M.D., Ph.D. where he became certified in Functional Medicine.

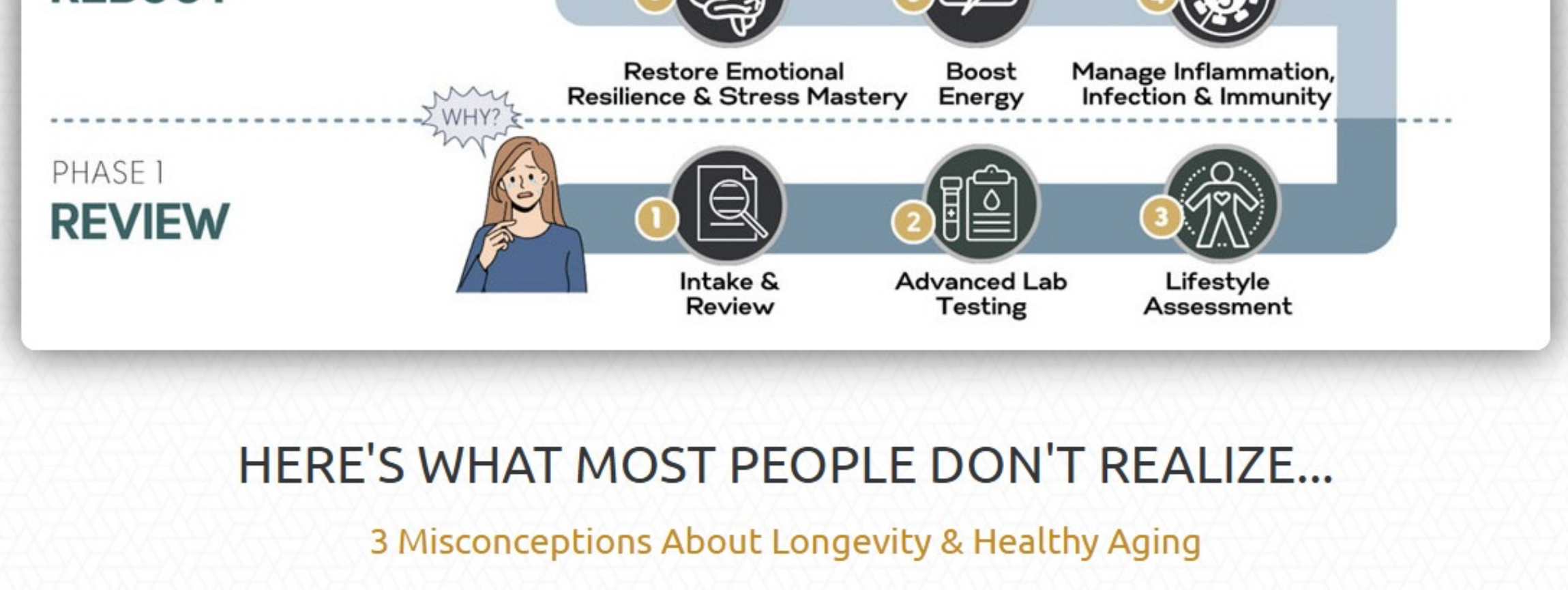
In his quest to help patients heal, he became fascinated with the healing potential of stem cells, which led to his popular TEDx talk in July 2019 on "The Promise of Stem Cell Therapy." Then, in 2024, he expanded his stem cell treatments to include the work of Todd Ovokaitys, M.D. who pioneered the use of the patented SONGLaser to activate a powerful newborn caliber stem cell called the VSEL (very small embryonic like) stem cell, which can turn back the biological clock at the DNA level to improve patients' health, vitality and health span.

Dr. Neimark is in private practice in Irvine, CA, where he serves as the founder and medical director of mdPersonal Concierge Functional Medicine, successfully applying the principles of mind/body health, functional medicine, and stem cell therapies to help his patients overcome illness and work towards optimal health and greater physical and emotional well-being. He also serves on the volunteer faculty at Touro University Medical School, training third and fourth year medical students in family medicine.

LEARN MORE

The mdPersonal Concierge Functional Medicine Roadmap

We guide & inspire successful professionals in their 40's, 50's and beyond to achieve peak health, prevent disease, boost energy and sharpen their mind, so they can continue to enjoy a successful, productive life, looking & feeling their best... all under the expert guidance of a seasoned physician.


PHASE 3
REBALANCE
PHASE 2
REBOOT
PHASE 1
REVIEW
WHY?
1 Intake & Review
2 Advanced Lab Testing
3 Lifestyle Assessment
4 Manage Inflammation, Infection & Immunity
5 Boost Energy
6 Restore Emotional Resilience & Stress Mastery
7 Boost Stem Cells & Balance Hormones
8 Revitalize Gut Health & Nutrient Balance
9 Optimize Detox & Cellular Health

HERE'S WHAT MOST PEOPLE DON'T REALIZE...

3 Misconceptions About Longevity & Healthy Aging

Embrace Preventative Care for Lifelong Health

Why wait for illness to disrupt your life? Investing in preventative medicine is not only cost-effective but also vital for avoiding severe health crises like heart attacks, strokes, or emergency surgeries. By choosing a proactive approach to peak health, you ensure you're not just surviving, but thriving, well into your later years. It's about maintaining quality of life, not just extending it.

Prioritize Your Brain Health for a Brighter Future

Did you know that cognitive decline and memory issues often stem from cumulative, unchecked stressors over time? The good news is that with early detection and innovative regenerative therapies, aging doesn't have to mean cognitive impairment. Protecting your brain health starts today, with steps that not only slow down the aging process but also enhance your mental clarity and longevity.

Test, Don't Guess: The Precision Path to Wellness

Your health is as unique as your fingerprint. Why settle for a one-size-fits-all approach when you can have personalized health strategies? Through advanced cardiac testing, genetic analysis, nutrigenomics and hormonal rebalancing, we pinpoint the exact causes of your health concerns. This precision testing & analysis allows us to craft lifestyle adjustments, ensuring that you live not just longer, but better.

LEARN MORE

Take These 3 Easy Steps To Transform Your Life

I am here to help you heal your body, mind and spirit. If you're ready to boost your energy, sharpen your mind and reclaim your health, please schedule a discovery call below!

1 Schedule a Discovery Call With Our Patient Care Coordinator

In this free 15-minute Discovery Call with one of our team members, you will have a chance to ask all of your questions, and we'll make sure we're the right fit for what you need, and that you're the right fit for our program.

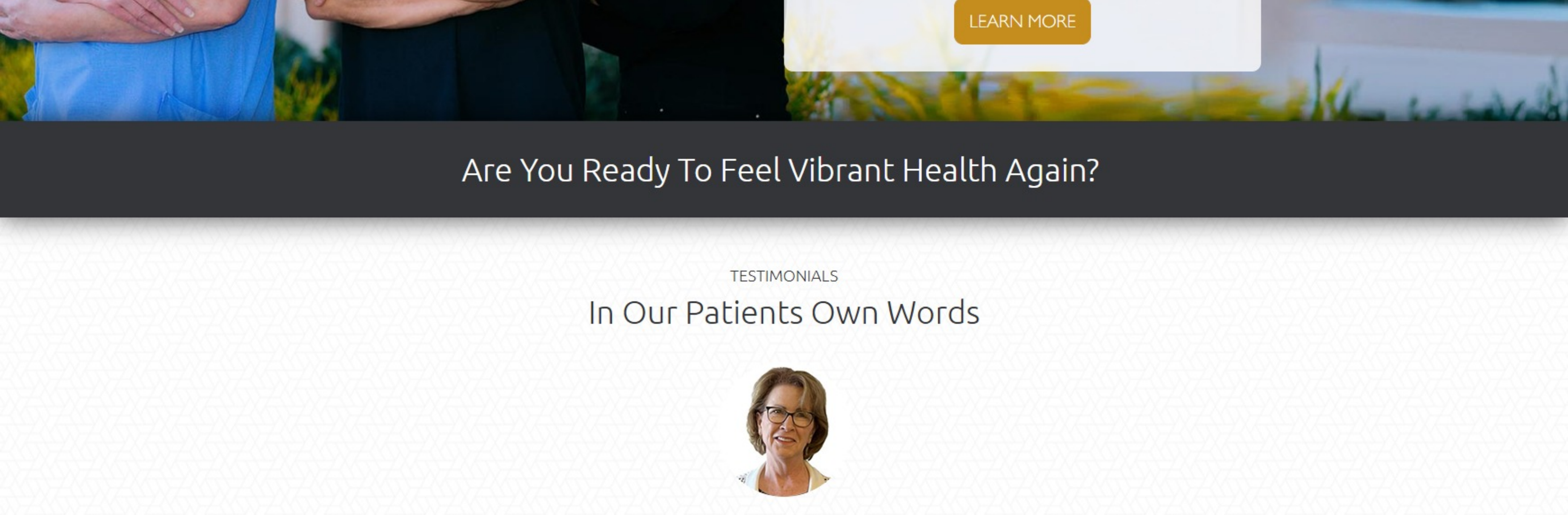
2 Schedule Your Personal Consultation With Our Medical Doctor

In this paid 30-minute personal consultation, our medical doctor will meet with you one-on-one to review your health concerns and recommend a personalized strategy to help you achieve your health goals.

3 Get Started On Your Journey

Once you've had your free 15 minute Discovery Call and your 30 minute personal consultation with our Medical Doctor, if you're interested in working together, we will welcome you into the practice and lay out the roadmap to help you achieve your health goals and empower you on your journey to optimal health.

Congratulations on making the best investment possible - that of your long-term health and happiness. Welcome to your new life!



Meet Our Team

Our collaborative care approach focuses on building lifelong health skills that serve you and your entire family – supported by doctors and health coaches.

We are dedicated to empowering you regarding gut health, detox, weight loss, chronic conditions, metabolic syndrome, diabetes, and obesity – and how to adapt your lifestyle, habits, and environment for optimal wellness that lasts a lifetime.

Can you imagine a life where you feel great every day?

LEARN MORE

Are You Ready To Feel Vibrant Health Again?

TESTIMONIALS

In Our Patients Own Words

"I cannot praise the care I get from Dr Neil highly enough. I've been a patient for over 10 years, even after having moved out of California.. The annual physical is very thorough but is just the start. He provides such clear explanations, complete with great notes on discussion points and follow-up items. He responds quickly and effectively whenever I need him, even if I think the issue is a small one. He knows the latest research, especially in the area of cardiology. His focus is on prevention, and he considers out-of-the-box possible causes of symptoms. He focuses on the whole body rather than seeing things through the lens of a specialist. Surrounding him is a very competent and friendly staff."

Jeri

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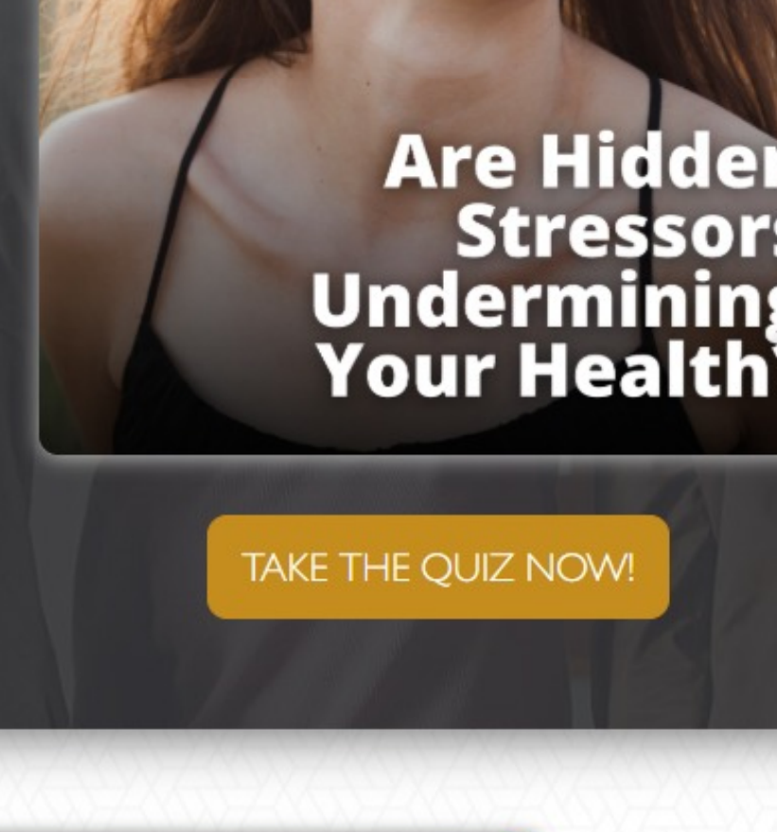
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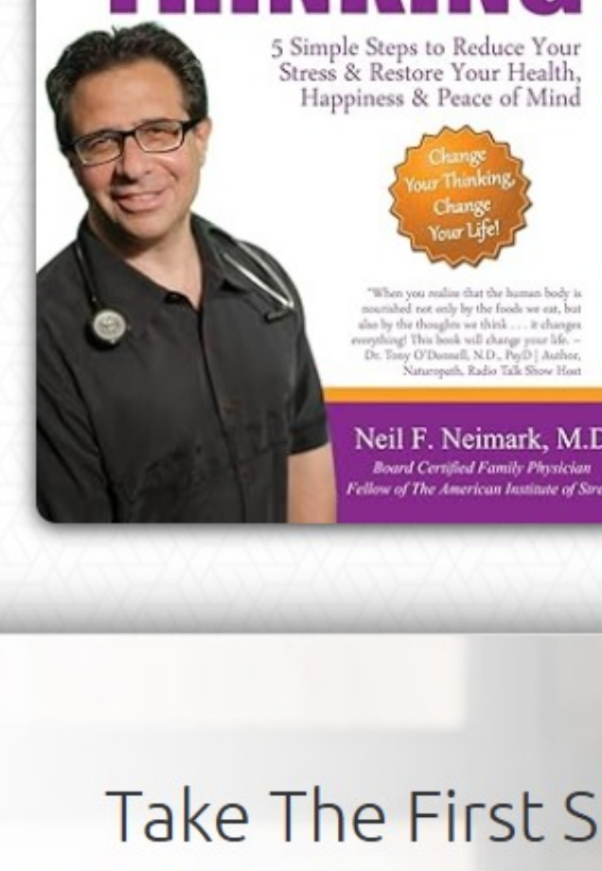
Are Hidden Stressors Undermining Your Health?

TAKE THE QUIZ NOW!

The Promise of Stem Cell Therapy

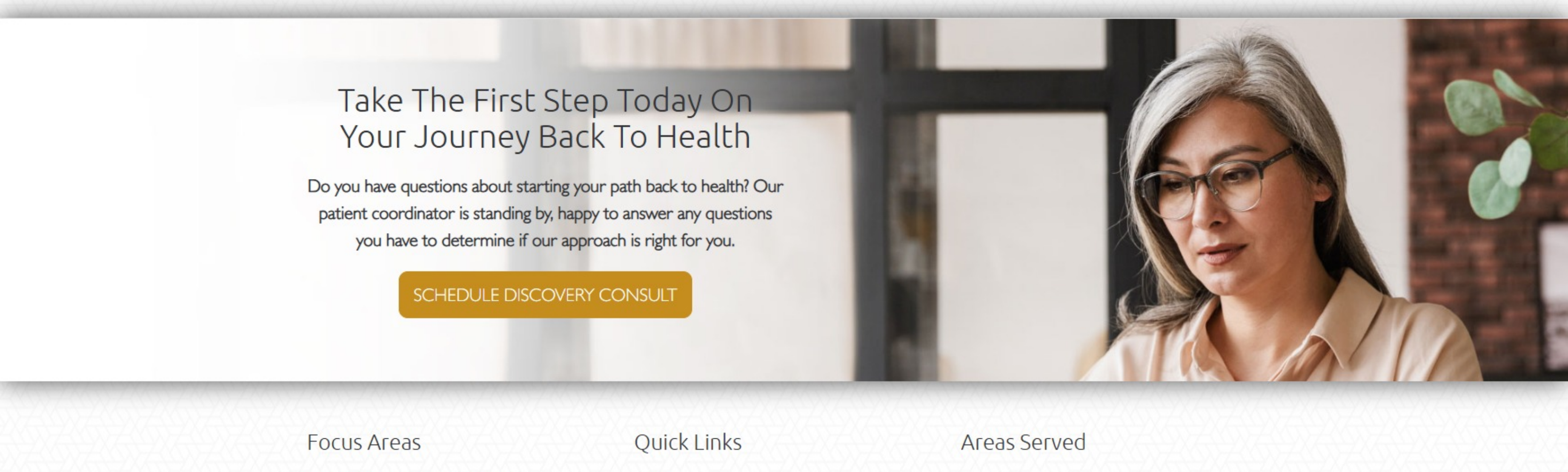
WATCH DR. NEIMARK'S TED X TALK!


DR.NEIL·MD
Mastering Stress Series
THE SCIENCE OF POSITIVE THINKING
5 Simple Steps to Reduce Your Stress & Restore Your Health, Happiness & Peace of Mind
Change Your Thinking, Change Your Life!
Neil F. Neimark, M.D.

Be Ready to Feel Amazing!

Check out The Science of Positive Thinking: 5 Simple Steps to Reduce Your Stress & Restore Your Health, Happiness & Peace of Mind

GET DR. NEIMARK'S BOOK TODAY!



Take The First Step Today On Your Journey Back To Health

Do you have questions about starting your path back to health? Our patient coordinator is standing by, happy to answer any questions you have to determine if our approach is right for you.

SCHEDULE DISCOVERY CONSULT

Focus Areas

- What Is Functional Medicine?
- Autoimmune Conditions
- Chronic Stress and Anxiety
- Chronic Fatigue
- Cognitive Health
- Detox & Weight Loss
- Diabetes & Prediabetes
- Digestive Disorders
- Dyslipidemia
- Heart Disease
- Hormonal Imbalances
- IV Nutritional Therapy
- Longevity and Wellness Optimization
- Metabolic Syndrome
- Regenerative Medicine

Quick Links

- Home
- About
- Blog
- Functional Medicine FAQs
- BHRT FAQs
- Contact Us
- Discovery Consult

Areas Served

mdPersonal Concierge Functional Medicine is located in Irvine, CA, and serves patients throughout Irvine and South California. These areas include but are not limited to Tustin, CA, Costa Mesa, CA, Santa Ana, CA Tustin Foothills, CA Orange, CA Newport Beach, CA Fountain Valley, CA Laguna Woods, CA Lake Forest, CA Garden Grove, CA Laguna Hills, CA Aliso Viejo, CA Laguna Beach, CA Huntington Beach, CA Westminster, CA Santa Ana, CA Anaheim, CA Long Beach, CA Riverside, CA, San Clemente, CA, Dana Point, CA, Anaheim, CA, Yorba Linda, CA, and Brea, CA.

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