



An Alternative Approach to Mental Health: *Renew Ketamine Infusion*

By Ryann Smith Groseclose

Tanya Dall, MD, and Justin Yanuck, MD, of Renew Ketamine Infusion are on a mission to help people suffering from various mental health disorders and chronic pain with a clinically proven alternative medicine called Ketamine.

Though their business opened in San Juan Capistrano in 2022, for the last decade Dr. Dall and Dr. Yanuck have utilized this revolutionary therapy. During the COVID pandemic there was a large uptick in patients who needed mental health assistance. Dr. Dall explains, "Emergency rooms were filled with psychiatric patients, many of whom were supposedly on medications to 'control' their psychiatric problems. Yet, they still had profound mental health symptoms necessitating emergency care. Being faced with this reality, in combination with the sense of purpose/clarity going through a pandemic gives, we decided we could no longer sit by and not at least try to become a part of the solution. Psychedelics, and more specifically Ketamine, have been around for

decades, and the evidence behind their use for helping patients who do not respond to traditional therapy is truly incontrovertible."

Dr. Yanuck continues, "Our comfort with using this medication, almost daily, in the emergency room (for an alternative reason), and this knowledge of the expansive evidence supporting its use, led us to pursue this field and open Renew Ketamine Infusion. We want to provide people a way to safely receive this powerful medication in order to heal from within and not just have their feelings altered."

Dr. Dall and Dr. Yanuck share, "Our biggest inspiration is the people we get to work with. Our patients come to us with years of suffering, yet they still have hope that there can be a way to improve their lives. Their strength and openness drive us to provide the best service possible. It is rewarding to guide our patients through what is often quite a profound experience, and to make them feel comfortable, safe,

and supported. Seeing our patients taper off their medications and start to feel better without the need for recreational or prescribed drugs is our ultimate goal. We help people heal from within, rather than simply providing a Band-aid solution to the problem."

Their personal and business mantra, "Just let go," also happens to be the final instruction they give to each patient before their infusion. Their mission is to provide a safe, controlled environment to deliver individualized treatment regimens with a neuroplastic medication in combination with psychotherapy to support patients through their journey of healing. In that vein, the doctors firmly believe that while Ketamine itself is a crucial tool in the healing process, an integrated psychotherapy program is just as important. Unlike most Ketamine clinics that might recommend working with a therapist, they require it and provide access to experts qualified to work with Ketamine Assisted Psychotherapy.

Dr. Dall and Dr. Yanuck want the San Juan community to know that they are happy to discuss in depth what they do and how it works for patients. They share, "Please don't hesitate to reach out to learn more. We know there is a lot of misinformation in this space, so if you want to talk with us to learn more about the field and what we do, let us know. We want to educate the community about psychedelics and their emerging role in medicine, and we enjoy the opportunity to be able to dispel any misinformation and to talk about a subject that is of the utmost importance to us."

The best way to reach them is to email renewketamineinfusion@gmail.com or call **949-503-1414** and leave a voicemail with your return number.



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Ketamine Infusion



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