

Biography – Dylan Q. L. Jawahir

Dylan Quinn Lorenzo Jawahir, L.Ac., L.M.T. is a gifted practitioner of the art of natural medicine. He studies and enjoys sharing the philosophies of Traditional Chinese Medicine (TCM) to promote a balanced, more natural, healthy lifestyle. He incorporates an integrated approach of treating the mind, body, and spirit for true vitality and healing.

Dylan Jawahir was born in Trinidad and Tobago in 1976. His family came to the United States in the late 1970's to give their children a better opportunity and a larger variety of career paths to choose from. In 1994, Dylan attended the University of Florida in Gainesville where he studied engineering. With a penchant for understanding the design of systems, he also had the ability to reduce the complex structures down into their simplest elements. At the end of his college career, Dylan had received a degree in Electrical Engineering, a degree in Computer Engineering, a minor in Sales Engineering and a minor in General Business.

In 2000, after completion of his university studies, Dylan found himself in San Diego, California working as an engineer. Growing increasingly disenchanted with the long work hours, the high stress levels, poor habits and lifestyle associated with his new career, Dylan changed gears. As a victim of a high-tech dot com company bust, he was laid off along with a multitude of other engineers in 2003. Seeing an opportunity where others may have seen misfortune, Dylan decided to enroll in massage therapy school at the Pacific College of Oriental Medicine, San Diego (PCOM). At first, a couple of massage classes were just to pass the time between jobs. But, always willing to finish what he started, Jawahir spent 8 months learning to use his mind and hands to treat the human body rather than electronic devices. He graduated from PCOM with his massage therapy degree in 2004. Dylan found the massage studies so intriguing and powerful, he decided in 2006 to return to Pacific College to enroll in the acupuncture program. In 2010, he was awarded a Master's of Science in Traditional Oriental Medicine.

Dylan holds a black belt in Tae Kwon Do. He has completely rebuilt a classic Toyota Land Cruiser 4x4 truck. He meditates regularly and practices Qi Gong, routinely. Mr. Jawahir is a passionate writer, speaker, and promoter of TCM, natural health and wellness. Dylan shares his life with a wife Stephanie, son Gavin, and two dogs, Frodo and Duncan. He lives in the San Diego area.