


Dr. Nicole N. Woods, PhD, DNM, LMT

Holistic Health Expert | Speaker | Wellness Strategist | CEO of Healthy Lifestyle Solutions, LLC

 hls.solutions | nicolenwoodsphddnmlmt.com

 nwoodsnd@gmail.com |  (888) 778-9351

About Dr. Nicole

Nicole N. Woods, PhD, DNM, LMT, is a holistic health expert, published author, and dynamic speaker with over 20 years of experience in integrative wellness and natural medicine. As CEO of Healthy Lifestyle Solutions, LLC, she leads transformative wellness programs, including biometric testing, corporate events, private spa experiences, and health retreats.

A strategic and inspiring communicator, Dr. Woods empowers diverse audiences to take control of their well-being through actionable mind-body-spirit strategies, blending science, practical guidance, and holistic lifestyle solutions. Licensed in multiple states as a massage therapist, she has shared her expertise through public speaking, media appearances, and community education initiatives.

Speaking Topics Include

- Holistic Healing for High Performers | The Overachievers Mindset
- Natural Solutions for Stress, Inflammation & Burnout
- Mind-Body Wellness for the Workplace
- Biometric Testing & Preventative Care
- Creating a Lifestyle of Longevity & Graceful Aging
- Auto-Regulated Stress Management: Self-Efficacy & Self-Preservation
- Neuro-linguistic Programming & Mindful Meditation
- Eat Right For Your Blood Type
- *Custom topics available upon request*

Media Features & Notable Achievements

- Published Author – Auto-Regulated Stress Management | 2025
- Guest Speaker / Hiking Guide – W.A.I.H. Walk With A Doc | 2024
- Guest Speaker – Real Chicks Rock Health, Healing & Wellness Podcast | 2024
- Guest Speaker – Spelman College: Virtual Wellness Lunch & Learn | 2020

- Graduate Participant – World Congress of Quantum Medicine | 2013
- Published Author – Deep Within These Eyes | 2012
- Guest Speaker – WAEC 860AM, Holistic Health | 2008
- Leadership Award Recipient – Xavier University School of Medicine | 2007
- Master of Ceremonies – Xavier University SOM White Coat Ceremony | 2006
- Outstanding Academics Award Recipient – Sanford Brown College | 2004

Book Dr. Nicole

Interested in booking Dr. Nicole for your next event, retreat, or podcast?

Visit: www.nicolenwoodsphddnmlmt.com or email nwoodsnd@gmail.com

Please include:

- Organization / Event Name
- Preferred Date(s)
- Topic or Type of Engagement
- Contact Information