



Wholistic Health & Wellness Consulting

# YOUR HEALTH IN GOOD HANDS

My **Wholistic Doula Services** are designed to support, educate, and empower parents through every phase of their journey – mind, body, and spirit. Following the tradition of our ancestors, I serve my community throughout all stages of their lives.

At The Shamanic Goddess, I blend evidence-based care, holistic practices, ancestral knowledge and intuitive support to help you experience a grounded, confident, and sacred transition into parenthood.



**Dr. Deilen Michelle Villegas, Ph.D-DNM**  
Board Certified Holistic Health Practitioner,  
Naturopathic Practitioner  
Certified Wholistic Full-Spectrum Doula  
Certified Mental & Maternal Community  
Health Worker

## My Services:

Empowered Childbirth Education &  
Empowered Parenting Education <sup>TM</sup>  
Birthing Rights & Advocacy

Personalized Birth Plan Design  
Assistance & Preparation for  
Unexpected Changes

Antenatal, Labor & Delivery, and  
Post-Partum Care and Support

Holistic Nourishment Guidance and  
Mental Health Support (Post-Partum  
Blues and Depression Evaluations)

Referrals to Community Resources &  
Support Groups

Holistic Techniques to Support  
Emotional, Mental, Physical and  
Spiritual Well-Being

**[www.TheShamanicGoddess.com](http://www.TheShamanicGoddess.com)**  
**[TheShamanicGoddess@gmail.com](mailto:TheShamanicGoddess@gmail.com)**  
**704-750-5170**



## Wholistic Health & Wellness Consulting



### **Additional Training and Certifications:**

Traditional Midwife & Midwife Assistant  
Holistic Herbalism  
Clinical Hypnotherapist  
Nationally Certified IV Technician  
Healthcare Provider: Basic Life Support -  
CPR/AED, Emergency First Aid, Bloodborne  
Pathogens  
NRP Certification: Neonatal Resuscitation  
Program

**Member of:** North Carolina Doula Organization  
& Black Herbalist Collective

## Doula Benefits

Less Likely  
To Have A Cesarean  
Section

Shorter  
Labor Durations

Increased  
Breastfeeding Success

Lower Rates  
Of Postpartum  
Depression

Higher Rates  
Of Birth Satisfaction

Lower Risk  
Of Having An  
Induction

**Rooted In Sacred Ancestral Wisdom,  
Spirituality & Medicine**

**Decolonized Trauma Informed &  
Reproductive Liberation**