



Wholistic Health & Wellness Consulting

YOUR **HEALTH** IN
**GOOD
HANDS**



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 **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.

My Services:

Empowered Childbirth Education & Empowered Parenting Education TM
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
TheShamanicGoddess@gmail.com
704-750-5170



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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

Increased
Breastfeeding Success

Higher Rates
Of Birth Satisfaction

Shorter
Labor Durations

Lower Rates
Of Postpartum
Depression

Lower Risk
Of Having An
Induction

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

**Decolonized Trauma Informed &
Reproductive Liberation**