

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.



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PH.D-DNM

BOARD CERTIFIED HOLISTIC HEALTH  
PRACTITIONER, NATUROPATHIC PRACTITIONER  
CERTIFIED WHOLISTIC FULL-SPECTRUM DOULA  
CERTIFIED MENTAL & MATERNAL COMMUNITY  
HEALTH WORKER

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



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Wholistic Health & Wellness Consulting

**Wholistic Doula  
Services**

# My Story

I am a Traditional Midwife and Wholistic Full-Spectrum Doula with an Afro-Latina and Black Indigenous background. I grew up surrounded by natural remedies, medicine women, and spiritual practices rooted in my ancestral culture.

I became a mother at a young age, giving birth to my oldest child at 17. Although I ultimately delivered in a hospital, my experience was profoundly transformed by the presence of a doula. Her attentiveness, support, and encouragement empowered me throughout the birthing process.

This experience, combined with the ancestral ceremonies that followed the births of my children, deeply influenced my journey.

## How I Serve My Community Today:

Over the last 18 years, I have worked in both the mental and physical health sectors, specializing in trauma-informed care. My focus has been on raising awareness about the impact of systemic racism on our communities, with an emphasis on decolonizing medical practices and advocating for the right to access our ancestral healing practices, holistic modalities, and reproductive liberation.

Today, I am traditionally and clinically trained, allowing me to serve my community using evidence-based practices while also incorporating ancestral wisdom and medicine.



## What Is A Full-Spectrum Doula?

A full-spectrum doula provides emotional, physical, and informational support throughout the wide range of reproductive journeys, including fertility, pregnancy, abortion, miscarriage, stillbirth, and postpartum to birthing people.

They offer support that is inclusive and centered on the client's needs, regardless of their personal circumstances. Support can include things like emotional support, care coordination, and help with home care plans, and serve as Reproductive Health and Justice Advocates.

## Supporting Evidence

- 31% increase in the chance of having a satisfying birth
- 9% decrease in the need for pain medication
- 47% decrease in chances of having a C-Section
- 29% lower risk for pre-term birth
- 41 minute decrease in the length of labor
- 89% more likely to start breastfeeding by six weeks
- 46% more likely to attend post-partum checkups

# My Services

- Empowered Childbirth Education & Empowered Parenting Education, 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

