



Melissa J Smith is a Christian wellness coach and vocational minister from Roanoke County, VA. She is widowed and has two sons, age 24 and 18. As a trained medical microbiologist and neurophysiologist she uses knowledge of the human body and its functions to help clients. For over 12 years she has helped individuals in learning how the body works and helped them to develop life plans to achieve goals in health and wellness. Nine years ago, she started her own professional consulting firm, Fisherwoman Biology Services, whose mission is to educate, inform and help clients develop specific behavior strategies for success. She works with all age groups from young adults to the elderly and has consulted with parents who struggle to understand a child's diagnosis and who want to develop a proactive approach developing a positive mental attitude and specific coping strategies which target problem areas.

Since then, she has met a variety of clients. Some struggle with serious issues related to their emotional wellness in coping with a "disability" and/or mental illness. Others face issues of a physical nature. From chronic illness and understanding medication to lowering cholesterol and losing weight, Melissa meets the individual where they are and carefully tends to their needs until their goals are met. She advises clients on behavior choices to avoid and what choices to make that enhance their cellular biology to improve wellness, energy, and mood. She offers natural and creative solutions to enhance daily life.