Melissa Smith

Wellness Coach & Vocational Minister



Mission Statement

I am a medical scientist and vocational minister for health and wellness. The purpose of my work is to educate and inform clients about matters related to general wellness and daily practices for healthy living or to provide specific support tailored to the needs of the individual in their healing journey. I am an ecumenical Christian Consultant

Menu of Services IVIERU OF SERVICES

- ∀ Human Body Systems Assessment
- ∇ Health, Lifestyle, and Habit Management
- ∇ Coping with Chronic Illness, Physical Disabilities, and Trauma
- ∇ Mental Disability and Mental Illness Education & Advocacy
- ∇ Autoimmune Illnesses and Components of Immunology Education
- ∇ Relationship Enhancement, Family or Industrial Mediation and Education Services
- ∇ Sex Education, Awareness, and Habits
- ∇ Drug Education and Awareness (prescription, supplements, substances)
- ∇ Pre-surgical Preparedness (especially joint / mobility procedures)
- ∇ Understanding "D-Labels" ADD/HD, OCD, BPD, PTSD, etc.- Neurobiology and Support
- ∇ Suicide Awareness, Education, and Prevention
- ▼ Therapeutic Story Telling and reframing of experiences
- ∇ Utilization of Nontraditional Modalities (aroma, pets, music, art, etc.)
- ∇ Understanding Christian Principles at Work in Science and Healing
- ∇ Understanding Biological Systems and Feedback Mechanisms
- ∇ How to Work with Your Biology to Solve Problems Naturally
- ∇ Private Patient Educator & Advocate for healing
- ∇ Motivational Speaking and Teaching; Healing Services for Groups

Disclaimer: I am a life coach and vocational minister. I am not a licensed medical nor psychological professional. I am an adjunct professional to those service providers and often aid their clients in need of extra support or education. When needed, I will make recommendations for my clients to seek the advice of such professionals when medical or psychiatric diagnoses and treatments are required. My information is never intended to usurp the advice and instructions given by medical and health professionals and is only intended to aid the individual in making positive and healthy choices to enhance daily life and satisfaction in areas of struggle. My encouragement and prayers are always offered free of any charges or obligation.