

Dr. Deilen Michelle Villegas, Ph.D., DNM

Author | Holistic Health Expert | Trauma Recovery Specialist



With over 18 years in the medical field and advanced certifications in trauma care, natural medicine, and integrative health, she is the author of groundbreaking books that began releasing this year, including Rewired for Resilience, Rooted In Wisdom, and Encoded in The Stars. Her work centers on liberating the voices, bodies, and spirits of Black and Brown communities through storytelling, somatic healing, and soul remembrance.

AS SEEN IN

BRAINZ
Magazine

ABS

FUZIA

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SIGNATURE TOPICS

- ✓ Trauma-Informed Healing
- ✓ Holistic Wellness and Self-care
- ✓ Quantum-Spiritual Integration
- ✓ Being Your Authentic Self
- ✓ Breaking Generational Cycles

LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions.

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🌐 www.DrDeilenMVillegas.com



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BRAINZ.



Meet Dr. Deilen Michelle Villegas,

Traumatologist, Metaphysician and Visionary in Holistic Health and Integrative Medicine for Mind-Body-Spirit Wellness.

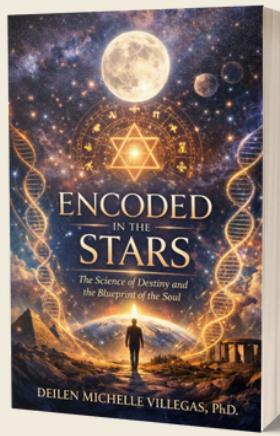
Deilen Michelle Villegas, PhD, DNM, is a Doctor of Organizational Leadership, and Natural Medicine and Metaphysical Sciences. She is a Clinical Mental Health Counselor, and Integrative Medical Practitioner, and certified in 12 distinct modalities.

Testimonials

"Dr. Villegas is magnetic on stage."

"She doesn't just speak, she transmits truth. Her presence is powerful, her message is transformative, and the way she weaves storytelling into deep healing wisdom left our audience in awe."

"Deilen's keynote was unforgettable. She made complex concepts about emotional healing accessible and relatable, and her storytelling style created such a safe, empowering space for reflection."



Author of published books coming out this year, and 6 available eBooks available on her website.

Founder of The Shamanic Goddess, LLC, a multidimensional wellness sanctuary and educational platform committed to mind-body-soul healing, trauma recovery, ancestral integration, and conscious leadership.

Improving Physical & Mental Health

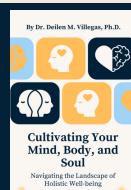
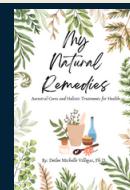
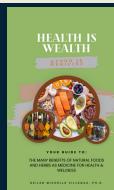
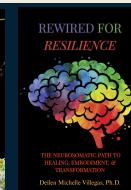
Dr. Villegas will teach you how to integrate nutritional foods, herbal medicine, and somatic practice into your life to improve your overall mental, emotional, and physical health.

She will share with you how she's helped hundreds of patients and clients reduce or eliminate pharmaceuticals to improve their sleep, mood, focus, and overall well-being, and she will share nature's medicines for overcoming adverse events.



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Biography

Dr. Deilen Michelle Villegas

Deilen Michelle Villegas, PhD, DNM, specializes in integrative medicine and ancestral healing practices to address stress, trauma, and promote holistic well-being.

She began her journey in healthcare over 18 years ago as a clinical medical assistant and has since advanced to become a multiple Board Certified Naturopathic Practitioner.

Metaphysician
Traumatologist
Sexologist
Integrative Medicine
Specialist
Somatic Mind-Body
Practitioner
Clinical Hypnotherapist
Clinical Herbalism
Developer of The H.E.M
Experience
Advocacy and
Preventative Care



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Dr. Deilen Michelle Villegas is a Board-Certified Naturopathic Practitioner, Doctor of Philosophy in Natural Medicine, Metaphysician, and Spiritual Alchemist who bridges science, soul, and ancestral wisdom into a unified path of transformation. With over 18 years of experience in healthcare—spanning Internal Medicine, Pediatrics, OB/GYN, Oncology, Triage, Mental Health, and Urgent Care—Dr. Villegas offers a rare fusion of clinical insight and spiritual truth.

She is the Founder and CEO of *The Shamanic Goddess, LLC*, a multidimensional wellness sanctuary and educational platform committed to mind-body-soul healing, trauma recovery, ancestral integration, and conscious leadership. Her life's work centers on helping individuals reclaim their power, rewire their minds, heal their nervous systems, and remember who they truly are at the soul level.

With credentials in Natural Medicine, Complementary & Integrative Health, Sexology, CBT, NLP, Hypnotherapy, Herbalism, Somatic Therapies, and more, she blends ancient teachings with applied neuroscience and quantum biology to offer grounded, science-backed spiritual teachings.

Her work honors both the mystic and the modern. She believes healing is not just a personal act—it is a revolutionary one. Her mission is to help others not only survive, but thrive in alignment with their highest timeline.