



Dr. Keila Roesner ND

Naturopathic Doctor, Menopause
Society Certified Practitioner &
Your Wellness Cheerleader

Dr. Keila is a highly-rated health authority and speaker with 13+ years of experience as a Naturopathic Doctor focusing on women's health and hormones. Her passion is working with women to move beyond feeling "hormonal" through her signature Hormonal to Whole approach to become calm and confident with their health. Keila is an urban homesteader and mama to two tiny feral humans.

EVIDENCE-BASED JUICY WELLNESS CONTENT:

- ✓ Your Hormones in Your 40s
- ✓ The 4 Pillars of Health
- ✓ Go With The Flow: Why Your Menstrual Cycle is Your Superpower
- ✓ How to Sleep Like a Champ

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