



Pure Health & Healing — NATURAL MEDICINE —

Shelly Meier is a naturopathic practitioner, aromatherapist, and wellness consultant dedicated to helping people move beyond symptom management and toward true, root-cause healing. She is the founder of Pure Health & Healing Natural Medicine, a practice focused on supporting the body's natural ability to restore balance through personalized, holistic care.

With over a decade of experience in aromatherapy and six years in naturopathic practice, Shelly integrates natural therapies, detox support, energy work, and nutrition-based approaches to help clients improve overall health and quality of life. Her work is grounded in the belief that real healing happens when the physical, emotional, and environmental contributors to illness are addressed together.

Shelly's journey into natural medicine was shaped by both personal and professional experience, including raising a child with autism and working closely with families searching for answers beyond conventional care. That experience fuels her commitment to compassionate, individualized treatment and to creating a space where people feel heard, supported, and empowered in their healing process.

Pure Health & Healing Natural Medicine serves as both a wellness clinic and an educational resource, offering consultations, therapeutic services, and carefully selected products designed to support long-term health and vitality.

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