

A Word for Women

Greetings,

I am delighted to say "I am a nurse" and have been for over 25 years. My career path has mirrored my own personal journey. Early on, I helped women have natural childbirth. I taught natural childbirth classes and worked as an RN in birthing rooms. Now in midlife myself, I can easily relate to most women's midlife issues. I promote a natural approach to menopause.

I partner with women. I take time to listen. My patients find me compassionate, calm and open. Each woman is different and it is with that in mind that I offer integrated support using traditional medicine and alternative methods of healing. There are many areas to explore during menopause and optimal health has many facets including nutrition, exercise, and mental health. Also included is having a spiritual connection, a good attitude and and passion for life. Midlife is a time of new opportunities.

I truly enjoy educating and empowering women to take charge of their bodies and listen and respond healthfully to the life-altering changes that take place during midlife. I provide information for women to be able to make choices that fit with their values around physical, emotional, spiritual and intellectual needs.

The truth is that PMS, peri-menopause, menopause and post-menopause are much more symptomatic and distressing if you have any type of health deficiency or imbalance. As we work together, the challenges can be offset by tremendous personal growth and vitality as you reach a sense of balance and wholeness!

Debbie Mellen ARNP-BC

Debbie graduated from Barry University in 2000 with a Master's Degree, Cum Laude, as a Family Nurse Practitioner in the Science of Nursing. She became certified as a Family Nurse Practitioner by the American Nurses Credentialing Center in 2001. She is licensed by the state of Florida as an Advanced Registered, Board Certified Family Nurse Practitioner. (ARNP-BC) She has also completed additional certification and has met the qualifications as a Menopause Practitioner by the North American Menopause Society.