

Short Bio / Headshot



Dr. Shelena C. Lalji, M.D. (Dr. Shel)

Wellness and vitality expert Shelena C. Lalji, M.D., “Dr. Shel” helps her patients regain their healthy balance so they can look and feel their best. As a Board-Certified Ob/Gyn, Dr. Shel masterfully restores hormonal balance, introduces patient-specific nutritional supplementation, creates a healthy GI system, reduces stress, and reverses the signs of aging through her complete approach to inner and outer wellness. Dr. Shel is the author of “I Am Woman: Our Journeys to Health, Happiness, and Harmony” as well as a highly sought-after speaker and trainer who focuses on educating Physicians and other practitioners about treating the entire patient...not just their symptoms or test results. Her passion has always been in women’s health and it is evident as she inspires women, through nationwide speaking, media and appearances, to believe they deserve to achieve their goals for complete mind, body and spirit balance in their lives. To learn more, visit www.drshel.com.