

# Dr. Aminah Dean

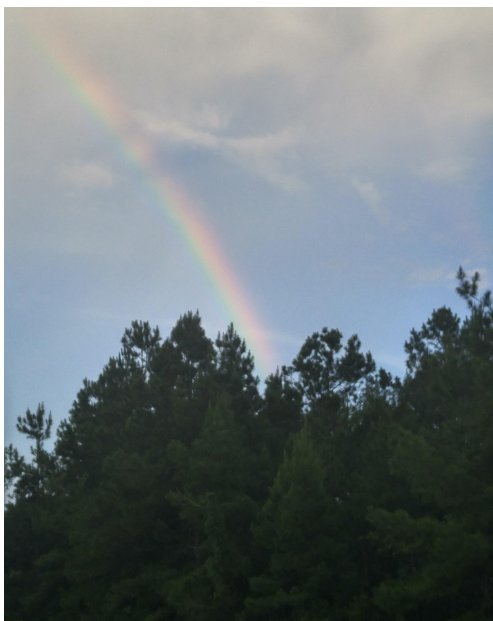
Naturopathic Doctor, Energy Worker, Speaker

Dr. Dean and her programs lay the groundwork for healing by connecting the mind & body.



## Reduce Stress, Increase Health: Learn How to Uncover the Peace Within

She has successfully treated hundreds of patients during her years of practice, and has been a keynote speaker for a non-for-profit organization at a health fair for teens, and volunteers at urban health fairs assisting with free diagnostic screenings. She has led nutritional workshops for the general public at a religious organization, created and led a series of healthcare workshops at a private elementary school, and created nutritional supplementation wellness packages.



### Presentations, keynotes & workshops:

- ▶ Integrate healthy eating in everyday living
- ▶ Detox the Chaos: Free your Mind and your Body follows, not your average detox program
- ▶ Get the Hassle out of the Hustle
- ▶ How to Stay Wonderfully Well in Winter: maintaining good health during the cold and flu season
- ▶ Trying to Fly with Bricks? Learn to release the things that weigh us down so we can soar through life
- ▶ Feeding the Mind: Food, herbs and other essentials that boosts the functioning of the brain
- ▶ Easily Create Medicine with 10 Herbs to Grow Yourself: Common Ailments from infancy to elderly

Book Dr. Aminah Dean for your next speaking event

Contact info

DeanWellness@gmail.com | 919-391-8994 | AbsoluteSerenity.org

## Testimonials

*"Dr. Dean's seminar was beneficial to my congregation as she discussed and demonstrated the usefulness of herbs, vitamins and homeopathic supplementation. She talked about our overall health and how we could improve and maintain a healthy lifestyle. As it was the winter season, she zeroed in on how to keep healthy during this season. We enjoyed the on hands experience she provided. Dr. Dean used concepts that were easy to understand and assimilate into our lives."*

**– Pastor Willie Ruffin, Community Church of God 7th Day**

Aminah shares her nature based wisdom and words in transformational programs for:

- Students
- Corporations
- Churches
- Private Groups



Dr. Aminah Dean is what some might call a natural healer. Her philosophy of life has led her to experience several varied fields of study for over 20 years; including psychology, Native American medicine, herbology and naturopathy. She utilizes this diversity to create a unique, holistic healing style that can conform to the individual or group.

Dr. Dean strongly believes that all dis-ease begins at the energetic level and subsequently manifests as physical challenges. She combines her intuition & extensive medical knowledge to uncover the "root of the dis-ease" within a person; treating all aspects of the physical, emotional and energetic challenges.

Dr. Dean holds a BS in Psychology from Hampton University and a Doctorate in Naturopathic Medicine from Univ. of Bridgeport College of Naturopathic Medicine. She also trained as a Flower Essence Practitioner, Individual Counselor & Hypnotherapist.

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