

Sheila Mary, D.D.S, M.D., MPH

My name is Sheila Mary, and it's an honor for me to serve the community that welcomed me few years ago, and that I am proud to call my new home.

I was born and raised in Haiti.

I graduated in 1996 from the State University/Dental School of Haiti with a Doctor in Dental Surgery (D.D. S.) degree, in 2001 from the State University/Medical School with a Medical Doctor (M.D.). In the same year, I entered Theological school and, I spent the following 2 years working full-time as a volunteer minister in several rural areas of Haiti, specializing in women health education, women professional development, and marriage and family counseling. While I no longer see myself as a conventional minister, I have kept the same passion that led me to that field in the first place: The passion to help people achieve the best version of themselves on this earth and in this lifetime.

When I immigrated in the U.S in December 2003, starting a new life in a foreign country was one of the most challenging things that I ever had to do in my life. Among other challenges, to survive financially, I had to use all my skills and qualifications to do jobs such as housekeeping, home health aid, nursing assistant, dental assistant, hygienist, substitute teacher, etc. During that period of time, I also took a Volunteer Health Advisor training with The Cambridge Health Alliance in Somerville, Massachusetts. In 2016, after a 7 years career as a Registered Dental Hygienist in Florida, I was able to fulfill a long-time goal and entered Bastyr University.

Currently, I am an Integrative Health Coach at 5 Elements Health Alliance, a coaching company that I founded in January 2020. I graduated with a Master's in Public Health in June 2020. And I expect to graduate with a Doctorate in Naturopathic Medicine in June 2022.

On a more personal note, I am a loving and devoted wife, mother, stepmother, daughter, and friend. I enjoy family time, long walks on the beach with my husband, I love to dance, I love to cook, and I love making silly dance videos with my husband. I also enjoy long conversations with my son.

Did I say that I love to cook? Oh yes, I do. And I have been told by many that I am very good at it.