



Hosted by Damla Aktekin



Featuring Sheila Botelho

## CONVERSATIONS WITH HEALERS



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**In this Conversations With Healers episode, my guest is Sheila Botelho, a Certified Integrative Nutrition Health Coach, sustainable and cyclical self-healing enthusiast, mother and a compassionate guide for women who are looking to redefine their relationship with themselves and their health. Sheila and I touched upon:**

- the cyclical nature of our healing needs,
- investing in our well-being before the menstruation phase, peri-menopause or menopause, or periods of loss hit us so that we have our wells full by the time cycles of life find us,
- the need for prioritizing self-healing and self-care during periods of grief,
- noticing how we feel and taking action on things and areas of our lives where we don't feel as well as we could,
- and being open to our paths changing and evolving as healers.

Sheila and I mentioned these two books in our conversation: **Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington**, and **The Female Brain by Louann Brizendine**.

**My favorite healing nugget from Sheila is** “I would think I had to go 90 miles an hour every single day, even the week before my cycle, even while my period was happening. The body is actually telling us: you know what you need to slow down, you can chill out, you can get extra rest, maybe you don’t even need to work out today.”

**You can find out more about Sheila and her work** [at her website](#) and download her free gift ‘Simplify Your Wellness Plan – 3 Steps to Streamline Your Self-Care’.

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With love and light,

Damla

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