

Meet Dr. Sheila

Dr. Sheila Mary, ND, MD, MPH, DDS is an integrative provider at True Potential Health & Wellness, bringing a comprehensive, whole-person approach to patient care. With a strong background in biomedical sciences, naturopathic medicine, and public health, her clinical philosophy emphasizes prevention, individualized treatment planning, and long-term wellness optimization.

Dr. Sheila Mary completed her naturopathic medical training at Bastyr University, one of the most rigorous naturopathic medical programs in North America, with extensive education in clinical medicine, nutrition, botanical medicine, and lifestyle-focused care. Her approach is rooted in evidence-informed integrative medicine and the Therapeutic Order, supporting the body's natural healing capacity while addressing underlying imbalances.

Clinical Focus Areas

- Hormonal health (thyroid, perimenopause, menopause, adrenal support)
- Women's health and healthy aging
- Metabolic health, including hypertension and lifestyle support for diabetes
- Clinical nutrition and personalized dietary guidance
- Preventive medicine and longevity-focused care
- Whole-person wellness consultations

At True Potential Health & Wellness, Dr. Sheila Mary works collaboratively within a medical and integrative care model to complement hormone therapy, regenerative treatments, and wellness programs. Her goal is to support patients with comprehensive, patient-centered care that promotes balance, vitality, and optimal health across the lifespan.

Dr. Sheila Mary has proudly called the Pacific Northwest home for the past 10 years. She lives with her husband, Ed, and their son, Chris, who is graduating from law school in May 2026. Outside of the clinic, she enjoys writing books, cooking nourishing meals, taking long walks on the beach with her husband, and engaging in thoughtful conversations about politics and global current events with her son.