

# DR. ELANA ROUMELL



**NATUROPATHIC DOCTOR**



**PODCASTER & INFLUENCER**

# ABOUT ME

**HI, I'M DR. ELANA!  
NATUROPATHIC DOCTOR,  
PODCASTER & INFLUENCER**

I teach moms how to make confident decisions about their families' health and well-being.

I know exactly how stressful and scary it can feel when a kid gets sick. As a naturopathic doctor and mama myself, I've witnessed thousands of parents shift into panic mode when their child has a fever, earache, eczema...and even making vaccine decisions!

People refer to me as the "Doctor Mom". But it is the moms I work with who I help become a "Doctor Mom"!

I started this journey because I hate seeing kids suffer... but what I really truly hate seeing are anxious, scared, and panicked moms when their child is sick or when it comes to making a medical decision for their family.

After a decade of helping moms feel less stressed and worried as I treated their kiddos one-on-one in my practice, I knew there was a way to help even more.

My concept was simple: bring together a community of like-minded mamas and give them the tools, resources, and education to help them feel confident and competent when their kids get sick!

This is how Med School for Moms was born! A place to teach moms how to be "Doctor Moms" with access to the "Doctor Mom" Podcast and Membership program.

Med School for Moms hosts the largest membership group developed by a pediatric naturopathic doctor featuring easy-to-follow protocols, resources, and interviews with medical professionals to help parents confidently navigate the most common illnesses kids face. Moms get access to natural medicines that can help ease symptoms, medicine guides for quick reference and direct support from holistic medical professionals.

We are a village of Doctor Moms who are more calm, competent, confident, and empowered about supporting the health of their children.



# MY MISSION

TO REACH AS MANY MAMAS AROUND THE WORLD SO THEY CAN SAY GOODBYE TO THEIR ANXIETY WHEN THEIR CHILD GETS SICK AND INSTEAD BE A CALM, COMPETENT AND CONFIDENT DOCTOR MOM!

A MOM DESERVES TO FEEL CONFIDENT RAISING A HEALTHY FAMILY.

## INSTAGRAM

@drelanaroumell

150K+  
FOLLOWERS

500,000+  
REACH

32%  
ENGAGEMENT



## AUDIENCE

**AGES**  
25-44

**FEMALE**  
97%

**MALE**  
3%

MOMS WHO ARE PREGNANT  
OR HAVE NEWBORN TO  
SCHOOL-AGED CHILDREN



EMAIL  
SUBSCRIBERS

27,000+



PODCAST  
DOWNLOADS

1.8 MILLION +

# PODCAST GUEST & MEDIA INTERVIEWS

My goal is to empower. To leave a mom feeling less anxious and more relieved. As a mother to three myself I can relate to your audience and be empathetic. I can take a scary topic and provide practical solutions that are workable in a busy mother's life.

My down-to-earth approach coupled with my ability to simplify complex topics is what makes for an engaging and valuable conversation.

## PODCAST/MEDIA TOPICS

- Natural Medicine Alternatives to the Most Common Pediatric Conditions: fever, earache, eczema, allergies and constipation.
- Top Natural Medicines for Back-to-School.
- 4 Interview Questions When Choosing a Pediatrician.
- 3 Tips You Want to Know For Gentle Vaccine Planning.
- Home Remedies for a Sick Kiddo.

## FAVORITE QUESTIONS

- What led you to become a Naturopathic Doctor?
- How to get rid of fever phobia?
- How to avoid antibiotics for ear infections?
- Are there alternatives to steroid creams with eczema?
- Are there alternatives to Miralax for constipation?
- Why should Tylenol be avoided before and after a vaccine?
- How to choose a supportive pediatrician?
- What are your top natural medicines to build a "Doctor Mom" medicine kit?

*...and more!*

**LET'S CHAT ABOUT HOW I CAN BEST SERVE YOUR AUDIENCE!**

# TESTIMONIALS

“Dr. Roumell was such a great guest to have on the podcast because she is full of knowledge on pediatric homeopathic care but also so well spoken. She presents with an unbiased and practical approach that anyone is able to comprehend and implement. It was a joy to have her as a guest.”

- **DR. JEN FRABONI, HOST OF THE OPTIMAL BODY PODCAST**



“Doctor Elana Roumell is a long time colleague who I have respected since I was in school. When it comes to pediatrics she is my golden go to. Her way of weaving in science with practical information for parents is second to none. She’s the best of the best.”

- **DR. CHRISTIAN GONZALEZ, HOST OF HEAL THYSELF PODCAST**

“Dr. Elana is incredible! When I listen to her teach my heart just fills with more and more love for her every time. She has such a gift and I truly adore her. Grateful for her time and expertise. I will absolutely have her back to teach on my masterclass!”

-**SHANNON TRIPP, HOST OF THE LIFE IS A TRIPP PODCAST**



[CHECK OUT MEDIA WHERE DR. ELANA HAS BEEN FEATURED](#)



# GET IN TOUCH

I'd love to work together!

## CONTACT



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