
BELLA LAUREN, AP DOM

PROFILE

Dr. Bella Lauren is a dedicated practitioner and educator with expertise in Oriental Medicine, Herbalism, Midwifery, and Massage Therapy, specializing in women's wellness from menarche to menopause. With over 25 years of experience, she integrates holistic approaches to support women throughout their reproductive journeys, advocating for optimal well-being at every life stage.

As a Doctor of Oriental Medicine, Dr. Bella combines acupuncture, herbal medicine, and traditional Chinese therapies to manage hormonal imbalances, fertility challenges, and menopausal symptoms. She focuses on treating the root causes of health issues, promoting balance and harmony within the body.

A retired midwife with 20 plus years of experience, Dr. Bella now supports women as a Doula, providing compassionate care during pregnancy, childbirth, and postpartum. She empowers women through education and informed decision-making.

As a skilled herbalist, Dr. Bella formulates custom herbal remedies to complement her treatments, enhancing natural healing and wellness. Her therapeutic massage techniques address menstrual discomfort, pregnancy-related pains, pelvic disorders, menopausal complaints and stress management, promoting relaxation and overall well-being.

Committed to ongoing professional development, Dr. Bella remains at the forefront of holistic and integrative women's health care. Her extensive training and certifications underscore her dedication to her practice.

EXPERIENCE

AGAPE HEALING ARTS; JUPITER, FL ~ 2012 - PRESENT

CEO and Co-Founder of Agape Healing Arts Health and Wellness center, Acupuncture Physician, Doctor of Oriental Medicine, Midwife, Massage Therapist, Hypnobirthing Instructor, Womens Wellness Educator

THE ARVIGO INSTITUTE, LLC ~ 2011 - JULY 2024

Certified Practitioner and Educator

OB/GYN OFFICE DR. LOPEZ PALM BEACH COUNTY, FL ~ 2007-2012

Midwife and assistant to doctor in clinic for Women's Health Issues

VARIOUS CHIROPRACTORS OFFICES AND SPA SETTING 2000-2008

Admirals Cove Blue Water Spa ~ 2006-2008 Massage therapist in Spa setting

Siegal Chiropractic Clinics Palm Beach Gardens, FL ~ 2003-2006 Massage Therapist and CBE Educator

New Life Chiropractic Ft. Lauderdale, FL ~ 2000-2003 Massage Therapist and CBE Educator

EDUCATION

AMERICAN COLLEGE OF CLINICAL THERMOLOGY, ALBUQUERQUE, NM

Certified Clinical Thermography Technician Level 1 & 2, 2020-2022

BROWN UNIVERSITY SCHOOL OF PROFESSIONAL STUDIES, PROVIDENCE RI

Mindfulness-Based Stress Reduction (MBSR) Foundations Teacher, 2019-Present

PERISTEAM HYDROTHERAPY INSTITUTE, NEW YORK, NY

Certified Peristeam practitioner, 2018

TRANSFORMATIONAL BREATH FOUNDATION

Certified Transformational Breath Facilitator®, 2017

TAMI LYNN KENT, MSPT PORTLAND, OR

Certified Practitioner Level I & 2 Holistic Pelvic Care™, 2016

THE ARVIGO INSTITUTE, ANTRIM, NH

Arvigo Advanced Pregnancy Practitioner (AAP), Arvigo Certified Self Care Teacher (ACSCT)

Certified Arvigo Practitioner (CAP), Arvigo Spiritual Healing Practitioner (ASHP), 2011-2023

UPLEDGER INSTITUTE INTERNATIONAL, PALM BEACH GARDENS FL

Advanced studies in Craniosacral therapy & Lymphatic Therapy, 2015 - Present

ATLANTIC INSTITUTE OF ORIENTAL MEDICINE, FORT LAUDERDALE, FL

Acupuncture Physician (AP) Doctor of Oriental Medicine (DOM)

Master of Oriental Medicine ~ Bachelor of Health Science, 2002-2007

ACADEMY OF HEALING ARTS, LAKE WORTH, FL

Professional Massage License & Certification LMT, 2000

MIAMI-DADE COLLEGE, MEDICAL CAMPUS

Licensed Midwife (LM) ~ Professional License & Certification

AA, AS Midwifery 1997-1999