



Speaker Curriculum Vitae

Shelena C. Lalji, M.D., F.A.C.O.G.

Founder & Medical Director, Dr. Shel Wellness & Aesthetic Center

Founder, Lalji ALS Foundation

Presentation Topics:

- From Grief to Grace, Grit & Gratitude
- The Future of Medicine
- Innovations in Healthcare
- The Young Professional's Journey to Passion & Purpose
- Self-Care Principles: 8 Easy and Vital Steps
- Anti-Aging Secrets: Natural Solutions to Increase Vitality and Prevent Disease
- Hormone Havoc: How Hormones Rule Our Lives and 5 Steps to Balance Them Naturally
- Habits and Hormones: How Our Hormones Affect Our Behavior and How To Achieve More Balance
- Stress is Toxic: How Stress Impacts our Health and the Best Ways to Detox Physically & Emotionally
- From Fatigued to Fabulous in 5 Simple Steps
- Live Your BEST Life in Your 40's and 50's
 - Restore Your Vitality with 5 Easy Steps
- Menopause is a Journey...Ride First Class with Bio-Identical Hormone Replacement
- Take a Time Out...Manage Your Stress

to Feel Your Best

- Lose Weight, Get Energized, and Look Your Best...Naturally
- Fun & Easy Ways to Look 10 Years Younger...NOW
- Longevity Secrets: Fatigued to Fabulous in 5 Steps!!

Background:

Dr. Shelena Lalji, MD, FACOG, is a board-certified OB/GYN, functional medicine physician, author, and internationally recognized speaker with nearly 30 years of experience in women's health, longevity, and integrative medicine. A breast cancer survivor, Dr. Shel transformed her clinical practice to combine conventional diagnostics with personalized protocols in hormones, detoxification, cellular repair, peptide therapy, and regenerative aesthetics —

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pioneering a patient-centered, results-driven approach to whole-person health.

Beyond her clinical work, Dr. Shel serves on multiple **advisory boards for leading**

nutritional, aesthetic, and medical device companies, providing strategic guidance in research, development, and innovation. She is also an accomplished **author of healthcare books and articles**, a **podcast host**, and a sought-after **international speaker**, delivering keynote presentations at major summits and global conferences on topics including resilient leadership, patient-centered innovation, and the evolving landscape of non-clinical healthcare.

Known for her ability to bridge science, entrepreneurship, and human-centered care, Dr. Shel empowers audiences to think boldly, lead with purpose, and transform the future of healthcare. Her work inspires professionals to embrace innovation, cultivate resilience, and make meaningful impact across clinical and non-clinical healthcare fields.

Dr. Shel is an international speaker who has delivered hundreds of talks across global medical, business, technology, personal development, and aesthetic conferences, a small example here:

- “Brain Computer Interface” ALS One Symposium
- “The Caregivers’ Journey” Neurodegenerative Webinars
- “The Integrative Approach to ALS” CCALS
- Multiple talks on Cancer and Related “Skin Regenerating Science” The Aesthetics Show
- “Nutritional & Wellness Aspects of Bio-Identical Hormone Replacement Therapy” PCCA
 - “Traditional to Integrative Medicine” PCCA International Conference.
 - “Weight Gain and Inflammation as a Result of Food Sensitivities and an Unhealthy GI Tract” A4M (American Academy of Anti-Aging Medicine)
- “Gluten Intolerance: Fact or Fiction,” A4M Conference
- “Natural Causes of Hair Loss”
- “Take a Time-Out: How to Reduce Stress and Improve Your Health” Prime Living Women’s

Symposium

- “Stress, Adrenal Fatigue, & Effects on Women’s Health”.
- “The Integrative Approach to Balancing Women’s Hormones”. HIS (Integrative Healthcare Symposium)
- “A Woman’s Journey” AAPI Conference. ● “Transform Your Practice with Prescription Skincare” The Aesthetics Show
- “Dames, Distress, and DIM” IHS ● “Aging Skin and the Hormone Effect” PCCA International Conference
 - “Effective Consulting and Marketing Strategies to Build Your Practice”
 - “Implementing Advanced Diagnostic Testing in a Concierge Practice,” SpectraCell National Nutritional Conference
 - “Aesthetic Success- Work Smarter, Not Harder” The Aesthetics Show.
 - “Adding Skincare Products for Your Patients” The Aesthetics Show.
- “Integrative Approach to Health & Aesthetics” BTL

Audience:

- Healthcare Experts and Innovators interested in making a lasting impact ● Individuals interested in current medical trends, longevity, empowerment, and optimal lifestyles
- Medical providers who have the desire to introduce integrative wellness, innovation, technology, and authenticity to their practices and for their patients ● Women and men who want to focus on creating a healthy balance to improve overall health, happiness, and harmony in their lives
 - People who wish to practice self-care, heal, and deal positively with trauma

Published Books:

- “I AM WOMAN: Our Journeys to Health, Happiness, and Harmony”. Lalji, Shelena, C., M.D. April 2012

As Seen on:

- PBS NBC CBS KHOU ● People Magazine Elite Daily

Technical Certifications & Affiliations: •

- F.A.C.O.G. Board Certified Ob/Gyn • MD degree: Emory University School of Medicine
 - Bachelor of Arts in Psychology and Religion: Emory University
 - A4M: American Academy of Anti-Aging •
- ASLMS: American Society for Laser Medicine and Surgery
- AMA: American Medical Association •
- ABOG: American Board of Obstetrics and Gynecology
- ACOG: American Congress of Obstetrics and Gynecology
- TMA: Texas Medical Association

Some of her Awards:

- Houston Business Journal “Women Who Mean Business” 2025 Winner
 - Top 50 Women in Houston Award •
 - Steed Society: Top 25 Women of Houston Award Nomination
- Most Interesting Medical Aesthetic Leaders
- NAWBO: Stars Award Finalist
- “Power Couple Award” at the International Financial and Leadership Summit by the Texas Women Empowerment Foundation
- “Outstanding Professional” awarded by the Houston Asian Chamber of Commerce
- Houston Woman Magazine: “Houston’s 50 Most Influential Women”
- Women’s Chamber of Commerce of Texas: Blazing Star

Board Positions:

- University of Texas Dell Medical School Board of Neurology and Neurosurgery
- American Cancer Society Leadership Council
- The Partnership for Baylor College of Medicine

For more information, please visit:

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