



## Shelia Manning, ND

**Specialty:** Naturopathic Medicine

✔ Welcoming new patients

### **GOSHEN CENTER FOR CANCER CARE**

200 High Park Ave, Goshen, IN 46526 [Directions](#)

**574-364-2888**

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### **GOSHEN RETREAT WOMEN'S HEALTH CENTER**

1135 Professional Dr, Goshen, IN 46526 [Directions](#)

**574-364-4600**

### **About Me**

Shelia Manning, ND, is a naturopathic medicine resident at Goshen Center for Cancer Care. Dr. Manning also offers natural support and preventive care to patients at Goshen Retreat Women's Health Center. She specializes in naturopathic therapies to treat the whole person, not just the disease. Her therapies minimize side effects, optimize treatment outcomes and assist the body's natural healing process.

Away from patient care, Dr. Manning indulges in baking yummy vegan cupcakes and veganizing classic recipes. She also enjoys playing in the woods, reading, riding her motorcycle and learning how to become a proper Hoosier.

### **Philosophy of Care**

Dr. Manning forms a therapeutic alliance with patients to enhance their innate healing abilities. Her approach to care begins with teaching patients about healthy lifestyle strategies and encouraging them to become engaged and active in their health. Through shared decision-making, Dr. Manning helps patients make the best choices for themselves, based on their goals, preferences and values.

### **Research/Clinical Interest**

- Preventive care
- Foundations of health – sleep, stress management, movement, nutrition

### **Education**

Education and training:

Doctor of Naturopathic Medicine

Bastyr University | Kenmore, WA

Bachelor of Science in Psychology

Old Dominion University | Norfolk, VA

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