



Dr. Manon Fielding, DC, MS

Digital Nomad Doctor | Holistic Health & Lifestyle Medicine Expert

🌍 Currently based in Europe (Split, Croatia) ✉️ drmanon57@gmail.com 📞 +1 919-758-2268

Professional Summary

Dr. Manon Fielding is a holistic physician, educator, and coach with over 30 years of clinical and teaching experience. A trailblazer in integrative health and tele-wellness, she bridges chiropractic, functional medicine, nutrition, and behavioral science to help women and couples 45+ thrive in midlife and beyond. Now living and working remotely as a Digital Nomad Doctor, Dr. Fielding runs international coaching programs on hormone health, conscious aging, and lifestyle medicine while mentoring healthcare professionals on global, location-independent career paths.

Current Roles & Projects

Founder & Holistic Health Coach — Holistic Hormone Solutions / Conscious Aging Skool (Remote, 2023 – Present)

- Provides global online coaching for midlife women on hormone balance, brain health, and anti-aging.
- Leads signature programs: Holistic Strategies for Eternal Youth, Brain Fog Masterclass, and Eternal Youth Mini Challenge.
- Creates multimedia health education through YouTube, podcasts, and webinars.
- Integrates research, lab interpretation, nutrition, and lifestyle medicine into personalized care.

Previous Clinical & Academic Experience

Atlas Chiropractic of Raleigh — Chiropractor & Wellness Coach | 2022 – 2024

Life University — Adjunct Clinical Faculty | 2015 – 2018

Holistic Chiropractic & Functional Medicine Clinic — Owner & Director | Durham, NC
| 1995 – 2015

- Taught clinical documentation, communication, and lifestyle counseling.
- Directed a multidisciplinary practice combining chiropractic, nutrition, herbal medicine, and emotional wellness.
- Mentored hundreds of interns and patients in holistic approaches to health and healing.

Education

- Doctor of Chiropractic, Life University — Magna cum Laude
- M.S. in Addiction Counseling, Capella University
- B.A. in Psychology, California State University – Los Angeles
- Energy Codes® Life Coach Certification
- Functional Medicine & Integrative Nutrition Training
- Certified Herbalist & Whole Food Nutritionist

Selected Credentials & Core Expertise

- Holistic Hormone & Metabolic Health
- Mind-Body Integration & Energy Medicine
- Telehealth Coaching & Virtual Wellness Education
- Functional Nutrition & Supplementation
- Motivational Interviewing & Behavior Change
- Global Health Advocacy & Digital Nomad Lifestyle Design

Media & Speaking Highlights

- HRT, Natural or Both? – Webinar Series on Integrative Menopause Care (2024)
- Ask Me Anything Aging – YouTube Channel and Podcast Host
- Conscious Reset Podcast – Co-hosted discussions on spirituality, conscious aging, and holistic science
- Featured Speaker: Alternative Career Paths in Health Care (College Guest Lecture 2025)

Professional Mission

“To empower women — and health professionals — to heal naturally, live purposefully, and design freedom-based lives that honor both science and spirit.”