

## America's Best in Medicine Profiles Desiree Mitchell, LPN, ND, HHP: Bridging Traditional Nursing and Holistic Healing

Quartzsite Healthcare Professional Brings More Than Three Decades of Experience in Integrative Wellness, Patient Advocacy, and Community-Based Care



**Quartzsite, Arizona May 14, 2026** ([IssueWire.com](https://www.IssueWire.com)) - Desiree Mitchell, LPN, ND, HHP, is redefining patient-centered care through a deeply compassionate and multidisciplinary approach that blends traditional nursing with holistic and integrative healing practices. With more than 30 years of experience across clinical nursing, hospice and home health care, program development, executive leadership,

domestic violence advocacy, and naturopathic wellness, Desiree has dedicated her career to helping individuals heal physically, emotionally, mentally, and spiritually.

As a Registered Nurse and Doctor of Naturopathy, Desiree believes true wellness requires more than symptom management alone. Her philosophy emphasizes treating the whole person by integrating evidence-based medical care with complementary modalities such as herbal medicine, nutrition, energy healing, mind-body therapies, midwifery, and trauma-informed care. Through every stage of her career, she has remained committed to patient advocacy, education, and empowering individuals to actively participate in their own healing journeys.

Desiree's extensive clinical background includes work in acute care, rehabilitation, surgical nursing, pediatrics, long-term care, chronic disease management, and end-of-life support. She has developed specialized expertise in home health and hospice nursing, where she has provided compassionate care to patients and families navigating some of life's most difficult moments. Her clinical skill set includes wound care, IV therapy, medication management, ventilator and tracheostomy care, case management, and patient and family education.

Beyond direct patient care, Desiree has also demonstrated exceptional leadership in community health and program development. During her time with the Parker House Project in Ashland, she served as Interim Executive Director and Program Director, where she created and developed a transitional housing and rehabilitation program from the ground up. Her responsibilities included grant writing, policy development, donor relations, staff management, and coordination with law enforcement agencies and social service organizations. Her work helped provide structure, support, and resources for vulnerable individuals seeking stability and recovery.

Desiree also expanded her vision for holistic wellness through the founding of Sacred Awakenings and Our Sacred Awakenings, organizations focused on providing education and support in herbal medicine, holistic healing, parenting, recovery, meditation, nutrition, and family wellness. Through workshops, wellness programs, and individualized support, she combines traditional nursing knowledge with integrative health strategies designed to help people create healthier, more balanced lives.

"What I enjoy most about practicing nursing is being able to truly listen to my patients and spend quality time with them," Desiree shared. "So many people don't feel heard, and it's important to me to slow down, listen, and help them understand ways they can integrate better health into their already busy lives."

Her dedication to listening and building meaningful patient relationships has become a defining characteristic of her work. While working in hospital settings, Desiree was often recognized for spending extra time with patients—something she views not as a flaw, but as an essential component of healing and compassionate care.

Today, Desiree remains focused on advancing education in mental health, integrative medicine, and holistic healthcare practices. She is especially passionate about reducing stigma surrounding mental health challenges and empowering individuals through knowledge, self-awareness, compassion, and accessible wellness education.

Through her unique blend of clinical expertise, leadership, and holistic healing practices, Desiree Mitchell continues to make a lasting impact on patients, families, and communities seeking a more compassionate and comprehensive approach to health and wellness.

## Learn more about Desiree Mitchell:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/desiree-mitchell>

## America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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