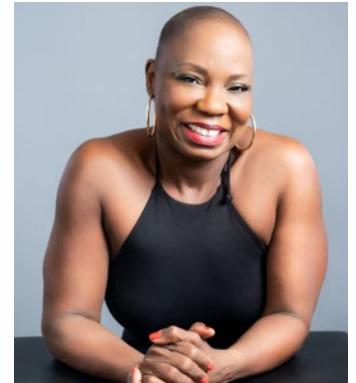


Dr. Arianna Sholes-Douglas, MD, FACOG

Owner, Tula Wellness and Aesthetics, PLLC

Arianna Sholes-Douglas, MD, FACOG has dedicated much of her 30-year career in practicing medicine to helping women through all the stages of life. After focusing the first twenty years of her practice on managing high-risk pregnancies, she retired from obstetrics and for the past 10 years has focused on treating women as they enter the menopause transition. Dr. Sholes-Douglas is the founder of Tula Wellness and Aesthetics, a medical practice in Tucson, Arizona, focusing on women's health and regenerative aesthetics. She is the author of the best-selling book, *The Menopause Myth: What your mother, doctor and friends haven't shared about life after 35*.



Dr. Sholes-Douglas is double-boarded in Maternal-Fetal medicine and Obstetrics and Gynecology. She specializes in integrative women's health, intimate wellness, and hormone replacement therapy. She incorporates integrative and functional medicine with conventional medical therapies to promote healing. She is a fellow of the American College of Obstetrics and Gynecology, and a diplomate of the American Board of OB/GYN and Maternal-Fetal Medicine.

She completed her undergraduate degree in biology at Washington University in St. Louis, Missouri, then earned her Doctor of Medicine at Meharry Medical College in Nashville, Tennessee. She completed her residency and Maternal-Fetal Medicine fellowship at UCLA School of Medicine. She later graduated from the Integrative Medicine Fellowship at the University of Arizona, a program founded by Dr. Andrew Weil. She has appeared on the Discovery Health Channel and served as the "Woman's Doctor" on Baltimore's NBC news affiliate. Her writing is published on DrWeil.com, Fit Pregnancy, Good Housekeeping, and Essence Magazine.

In 2016, she was awarded first place in the Outstanding Women's Health category by Inside Tucson Business. In 2020, she received Southern Arizona's Woman of Impact Award and Inside Tucson's Business Women of Influence Award: Business Owner of the Year. She received the 2022 Enterprising Women of the Year Award. She, her husband, and their two children live in Tucson, Arizona.

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