

"Care works best  
when the nervous  
system feels safe."  
- Dr. Stacey Denise

Dr. Stacey Denise,  
Menopause Specialist

*Dr. Stacey Denise, MD*

**The Neuroaesthetic MD™**

Physician | Neuroaestheticist | Menopause & Midlife Health Expert

A physician redefining menopause care through sleep, sensory regulation, and neuroaesthetic design.



*Dr. Stacey Denise, MD*  
The Neuroaesthetic MD™

## ABOUT DR. STACEY

Dr. Stacey Denise is a board-certified surgeon turned lifestyle medicine physician, neuroaestheticist, and menopause specialist. Her work centers the nervous system as the foundation of health for midlife women navigating perimenopause and menopause.

She integrates sleep science, neuroaffirming care, nutritional genomics, and sensory-based design to address sleep disruption, weight changes, stress physiology, and medical dismissal. Her approach is especially attuned to the lived experiences of Black women, autistic and high-masking women, and those impacted by medical gaslighting.

As the creator of the Neuroaesthetic Reset™ and Color Reset Method™, Dr. Stacey translates neuroscience into care people can feel, not just understand. She is also the founder of Ceyise Studios, advancing representation-safe and nervous-system-aware environments.

## KEYNOTE & WORKSHOP TOPICS

- 1 SLEEP, MENOPAUSE, AND THE NERVOUS SYSTEM
- 2 NEUROAFFIRMING CARE FOR AUTISTIC AND HIGH-MASKING WOMEN
- 3 BLACK WOMEN, MENOPAUSE, AND MEDICAL GASLIGHTING
- 4 NUTRITIONAL GENOMICS AND THE CIRCADIAN BODY
- 5 NEUROAESTHETICS: HOW ENVIRONMENT SHAPES HEALING



# AUDIENCE SNAPSHOT

## FOCUS

SLEEP, MENOPAUSE,  
NEUROAESTHETICS,  
NEUROAFFIRMING  
CARE

## REACH

GLOBAL LISTENERS  
(25+ COUNTRIES)

## PLATFORM

YOUTUBE  
SPOTIFY  
APPLE PODCAST  
AMAZON MUSIC  
IHEART

AGES

30-55

EPISODES

16+

COUNTRIES

25+

## FUN FACTS



Fun Fact #1  
I go to the movies  
just to eat  
popcorn



Fun Fact #2  
I did a 360 degree  
trip around the  
planet.



Fun Fact #3  
I had my 1<sup>st</sup> art  
exhibition in  
2024.



Fun Fact #4  
I from graduated  
high school at  
16.



Fun Fact #5  
I have Irish twin girls.



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@drstaceydenise



www.drstaceydenise.com



hello@drstaceydenise.com

## AREAS OF EXPERTISE

Menopause • Sleep & Circadian Health • Nutritional Genomics • Neuroaesthetics • Neuroaffirming Care

## INVITE DR. STACEY DENISE TO SPEAK OR CONSULT

KEYNOTES • PANELS • MEDIA COMMENTARY

GROUNDED IN MENOPAUSE CARE, SLEEP SCIENCE, NEUROAFFIRMING PRACTICE, AND NEUROAESTHETICS.

SCAN TO REQUEST SPEAKING OR MEDIA.



WWW.DRSTACEYDENISE.COM



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## The Neuroaesthetic MD™

Dr. Stacey Denise is a board-certified surgeon and The Neuroaesthetic MD™, known for translating neuroscience, sleep science, and nutritional genomics into care that people can feel. Her work centers neuroaffirming, menopause-informed approaches that honor sensory processing, lived experience, and medical dignity, particularly for Black and high-masking women. She brings clinical clarity, cultural fidelity, and nervous-system-first insight to every room she enters.

