

EIRINI BEIKOUSI

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EXPERT INFANT CARE™

Gentle, regulation-focused support for infants, centered on nervous system function, feeding, comfort, sleep, and early developmental stability. Provides calm, non-invasive care with strong assessment, clear professional boundaries, and consistent follow-through in care-sensitive environments.

EDUCATION

Boston University
Boston, Massachusetts

Sciences

- Biology
- Chemistry
- Cell Biology
- Organic Chemistry

Psychology

- General Psychology
- Abnormal Psychology
- Psychology of Personality
- Psychology of Development

Mathematics & Analysis

- Calculus
- Quantum Analysis
- Economic Statistics
- Quantitative Analysis

Business & Economics

- Business Law
- Microeconomics
- Macroeconomics
- Commercial Banking
- Financial Accounting
- Managerial Accounting
- Economics: Labor & Unions
- Marketing & Public Relations

GRADUATE COURSEWORK & ADVANCED STUDY

- Advanced Nutrition
- Ancient Herbal Medicine

WELLNESS PRACTICE EXPERIENCE

- Long-standing wellness professional with over three decades of independent practice supporting individuals and families in high-responsibility, care-sensitive environments
- Skilled in maintaining calm, structured presence during periods of stress, transition, and recovery
- Strong foundation in observation, assessment, documentation, and continuity of care
- Experienced in setting clear boundaries, managing schedules, and maintaining reliable follow-through
- Adept at coordinating care across providers, family members, and external professionals
- Trusted for discretion, judgment, and consistency in long-term, relationship-based work

PROFESSIONAL EXPERIENCE

Natural Health Services - Wellness Professional & Founder
1994 - Current

- Founded and led a long-standing independent wellness practice providing individualized, compliance-sensitive services to adults, families, and organizations over multiple decades
- Delivered long-duration, relationship-based wellness support requiring discretion, reliability, and sustained professional presence
- Maintained full responsibility for client assessment, program design, documentation, scheduling, and continuity of care
- Worked closely with physicians, therapists, specialists, and allied providers to coordinate care plans and support stability during periods of health transition and recovery
- Applied strong observational skills to monitor physical, cognitive, and stress-related patterns, adjusting support approaches as needed
- Built durable systems for recordkeeping, follow-through, and long-term accountability in regulated and care-sensitive environments
- Known for calm, steady engagement with clients during periods of stress, vulnerability, or significant life transition
- Established clear professional boundaries while maintaining trust-based relationships with clients and families
- Managed all operational aspects of practice delivery, including scheduling, documentation standards, privacy considerations, and

- Autonomic Nervous System Regulation
- Behavioral Medicine
- Emotions & Memory Engrams
- Endocrinology and Toxicology
- Enzymatic Nutritional Therapies
- Environmental Systems
- Genetics & Environment
- Health Psychology
- Immune Dysregulation
- Life-Stage & Nutrition
- Mind-Body Medicine
- Neuro-Endocrine stress pathways and chronic illness
- Nutrition for Women
- Nutritional Therapies
- Pediatric Nutrition
- Psychoneuroimmunology
- Psychophysiology
- Resources for Nutritional Healing
- Stress & Disease
- Stress, Behavior, Illness, Psychosomatic Relationships
- Stress Immune Response
- Vitamin & Mineral Therapies

client communication

- Supported clients navigating complex health, lifestyle, and recovery needs through consistent, non-intrusive guidance
- Demonstrated a reputation for discretion, sound judgment, and continuity across long-term engagements
- Experience translating complex health information into practical, supportive guidance appropriate for non-clinical settings
- Practice emphasized safety, stability, and sustained functional improvement

Natural Health Services - Corporate Wellness Expert

- Developed individualized wellness programs for adult clients based on medical history, lifestyle factors, and functional goals.
- Coordinated with physicians, therapists, and allied providers to align care plans and ensure continuity.
- Maintained detailed records and communication to support consistency, follow-through, and informed decision-making.
- Built long-term professional relationships grounded in trust, discretion, and reliability.
- Monitored client progress and adjusted programs as needed to support functional improvement and long-term stability.

National Volleyball League-NVL - Wellness Professional

- Founded and led a multidisciplinary wellness practice providing individualized functional and integrative care.
- Supported health and performance initiatives involving coordinated assessments, injury management workflows, and recovery programs.
- Worked within multidisciplinary teams to execute standardized protocols under time, performance, and operational constraints.
- Applied structured assessment, documentation, and follow-through methods to support program consistency.

Northern Essex Community College - Adjunct Faculty

- Designed and delivered CEU coursework for Registered Nurses in health and wellness-related subject areas.
- Developed curriculum aligned with continuing education standards, scope-of-practice considerations, and patient-care relevance.
- Created course materials and assessments supporting practical application in clinical and care settings.
- Maintained documentation and instructional standards required for accredited continuing education programs.
- Applied diverse instructional methodologies to maintain engagement and retention.
- Evaluated and revised course materials to improve learning outcomes.