



Asela Russell, M.D.

Founder, Center for Wellness MD
Board-certified OB/GYN

Asela Russell, M.D., is a forward-thinker when it comes to women's health, operating on the belief that wellness encompasses the physical, emotional, and spiritual arenas of life.

A board-certified OB/GYN physician, Dr. Russell graduated from Duke University School of Medicine. She completed her residency at University of California San Francisco and spent the first two years of her career with Indian Health Service of Fort Defiance, Arizona.

With a reputation for extensive knowledge of hormone health and midlife wellness, Dr. Russell applies more than 25 years of experience in helping women feel great at all ages.

Dr. Russell first sees her role as one of listening to women's concerns and taking them seriously. "The patient knows best what the problem is; my job is to help her find the answers." She brings a questioning mind to every conversation and believes in educating her patients to empower them as active partners in their care.

Dr. Russell founded Center For Wellness, MD after becoming disillusioned with the systems behind the standard practice of medicine. She dreamed of spending less time catering to the insurance industry, and more time tackling the entirety of women's health issues. "After experiencing my own struggles and those of my mother, I understood how challenging it can be to stay healthy in midlife. So I created a place where women can truly find their best way forward."

In addition to her medical practice, Dr. Russell is a member of the American Congress of Obstetrics and Gynecology, the American Medical Association, and the Colorado Medical Society. Once crowned the "Queen of Menopause," she's also frequently invited to speak on hormones, weight loss, and health in midlife.

As a business owner, physician, mother, and aspiring author, Dr. Russell wants every woman to live the fullest life she can. When she's not collaborating with patients or speaking, she devotes leisure time to hiking in the mountains with her dogs or spending time with her family.