

# PALM LIVING

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**Meet Shelly  
Stauber:**  
An Adventure of  
Self-Discovery  
and Healthy  
Living in SWFL

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# Meet Shelly Stauber

## An Adventure of Self-Discovery and Healthy Living in SWFL

By Sydney Van Dreason | Photos by Ashley Roper, Grind & Press Photography and Shelly Stauber

**W**hen Shelly Stauber and her mother, Betty, moved from Philadelphia to Naples in December 2004, they had no idea what this new chapter of their lives held for them. Almost 20 years later, Naples has proven to be the perfect place for Shelly and her loved ones to continue their journeys of self-discovery, self-awareness and bonding.

A graduate from American University with a degree in international relations and international marketing, Shelly began her professional career in advertising. Her first job after graduation was for an advertising agency where she assisted with marketing efforts for various clients. When she moved to Florida, she continued working in the advertising field as a marketing manager for a small local company. She was responsible for 12 national and international branding awareness campaigns.

After several years in that role, Shelly felt like it was time for her to begin a new journey, so she decided to start her own small marketing consulting business.



"I helped other small business owners with their marketing efforts and felt so fulfilled knowing I was making a positive impact on my clients' lives," she said.

Within five years of moving to Naples, Shelly found growth in her career and was getting involved in her community. It was at a local vegan food club meeting where she met her partner, Joshua Ellsworth, for the first time 15 years ago. At the time, Shelly was a young newly-wed, and Joshua was also in a relationship. After only a few months of living there, Joshua moved to California with his son, but he and Shelly stayed friends and stayed in touch from time to time over Facebook.

Over the next decade, much changed for Shelly. At the end of 2011, she decided to close her marketing consulting business in preparation for the arrival of her daughter.

"While my clients were sad to see me go, they all supported my decision and wished me the very best life has to offer," Shelly said. "Lili Zahava Cariot made her grand appearance in the evening of

January 18, 2012, and for the next six years, she and I embarked on a heart-centered journey of self-discovery, self-awareness and a bond so deep that I am honored to call her my best friend and confidant."

After Shelly and Lili's father separated at the end of 2017, Shelly felt a spark ignite within her to make a powerful and positive impact in the world.

"My amazing mother, Betty, was the one who inspired me to share my passion for regenerative nutrition and wellness, along with my gift for creating healing and delicious culinary creations, with our beautiful SWFL community!" she said. "Therefore, I began the new year of 2018 offering my services as The Medicinal Gourmet, private chef and regenerative health and food coach, speaker and educator. I tailor programs for people living with certain health conditions, like cancer or hormonal issues, to name just a few, to help them use food as medicine. Every client relationship begins with a complimentary consultation to develop a personalized, full-service approach, including customized recipe creation, grocery shopping, meal planning and prep and mindfulness exercises, including breath work, yoga, meditation and nature therapy. It truly is a fun-filled and empowering mind, body and spirit connection that I simplify for my clients. I also offer food preparation and cooking instruction for all ages, from children to seniors, as well as private speaking engagements, workshops and presentations that are inspiring, educational and uplifting."

With her new career, Shelly felt empowered about her work and the passion that she was able to bring to Naples and SWFL.

"I am truly living the life I was meant to live: inspiring, empowering and educating anyone who wishes to learn how to harness the healing powers of food, thereby revolutionizing their relationship with food!" she said.

Shelly's own relationship with food extends beyond her job as well.

"My hobbies include growing some of our own organic fruits, veggies and herbs in our garden and spending time quietly in nature while meditating. I also like whipping up new and fun recipes while Lili taste tests them and provides me with honest feedback," Shelly said. "I have volunteered my time speaking and educating parents, children and the elderly on the benefits of eating mindfully, healthily and joyfully while reconnecting them with where our food truly comes from...the Earth! I am now also involved with The BluZones Project as a newly-appointed Ambassador for SWFL where I am helping to raise awareness surrounding action steps for long-term well-being via The Power 9."

Shelly also likes reading self-growth, spiritual and fantasy books



Shelly's daughter, Lili Zahava Cariot.  
Photo Courtesy of Shelly Stauber



Shelly and Joshua  
Photo Courtesy of Shelly Stauber

and traveling. This past summer, Shelly went to Europe to visit family and had fun tasting a variety of cuisines, visiting historical and cultural landmarks and ziplining through the forest. She enjoys immersing herself in other cultures, listening to wise elders' life experiences and applying those lessons to daily life.

"We travel anywhere that resonates with us," Shelly said. "We tend to travel to Europe most summers to visit my father and his wife in

Budapest, Hungary, along with Belgium, France and England where our relatives reside. We also travel domestically, exploring all that this beautiful country has to offer."

Shelly's appetite for learning, positivity and peace came in handy when the pandemic began in 2020. When the world went into lockdown in March 2020, she posted an uplifting message on Facebook. The post happened to catch the attention of someone special from Shelly's past.

"Joshua happened to see it in his news feed. He sent me a private message, after not having communicated for over a decade, asking me how I am and if we could please reconnect and catch up," Shelly said. "I remember the smile that swept across my face and heart while reading his request and I happily obliged! We exchanged phone numbers and began speaking, followed thereby with FaceTime video chats. The moment I saw his smiling eyes, it was as if my cellular memory kicked in and my heart was overflowing with love and gratitude for this sweet man who reached back out to me!"

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from Greek mythology to works from authors like William Shakespeare, Charles Dickens and Mark Twain.

“She is a very talented and eloquent storyteller and writer,” Shelly said, “She reads at a high school level, is trilingual (English, Hebrew and French) and is an amazingly compassionate soul who listens without offering advice unless requested. She is a loyal and supportive friend to her peers and has an imagination that leaves you yearning for more!”

Lili also takes lessons and performs with Kidz Act, the youth theater of The Naples Players, as well as participates in private voice lessons, gymnastics and horse riding and care-taking lessons.

Shelly and Lili have lived in Palm River Estates since July 2010, and they love and appreciate the quietude and family-oriented feel of it. Since moving here, the community has been authentic and uplifting to this mother and daughter team.

Since reconnecting, Joshua and Shelly have spent the last three years growing their love and making memories together.

“My fondest shared memory is when we took a road trip summer of 2020 from Eugene, Ore., where Joshua was then living, to Northern California with his two cattle dogs, Rosebud and Half-Step. We stopped at Stout Grove in Jedediah Smith Redwoods State Park to

explore nature's wonders, the old growth redwoods and the streams where cattails were sprouting from deep within the marshes, while listening in awe to the variety of birds singing their joyous songs. It was a magical space to be in with Joshua, and it is embedded in my heart and cells!”

Joshua and Shelly love to include Lili (11) in their adventures as well!

“Two summers ago when Joshua, Lili and I were in Oregon’s Willamette National Forest, Lili had a ferocious desire to jump from the top of a waterfall. She stood at the top, observing other kids courageously leaping down, oscillating between taking that step and then stepping back over and over again, until finally Joshua’s older son took Lili’s hand and jumped down with her! She shrieked joyfully all the way down and emerged from the water stating, ‘I want to do it again!’ We spent the next several hours picnicking in a beautiful shady spot and jumping in over and over again until we were so tired and had to call it a day,” Shelly remembers.

Lili is currently a sixth grader at Naples Classical Academy. She loves drawing, singing, acting, climbing trees, writing and telling short stories. Her favorite subject in school is literature; she loves to read, and her school focuses on the classics ranging



“We love how safe and quiet Palm River is and its proximity to Delnor-Wiggins State Park, which is our preferred beach in Naples,” Shelly said. “We also love and appreciate how friendly and kind our neighbors are to one another and that many of us are on a first name basis! After Hurricane Ian blew through, I was overwhelmed by the level of help and care that was extended between our neighbors! Additionally, we truly enjoy all of the joyful kids that reside here....they keep us young at heart!”

Shelly loves to help contribute to the Naples community through both her nutrition and wellness expertise and her participation with the neighborhood’s board meetings and newsletters.

“We are delighted to be your neighbors and appreciate the warmth and kindness you share with us!” she said.

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