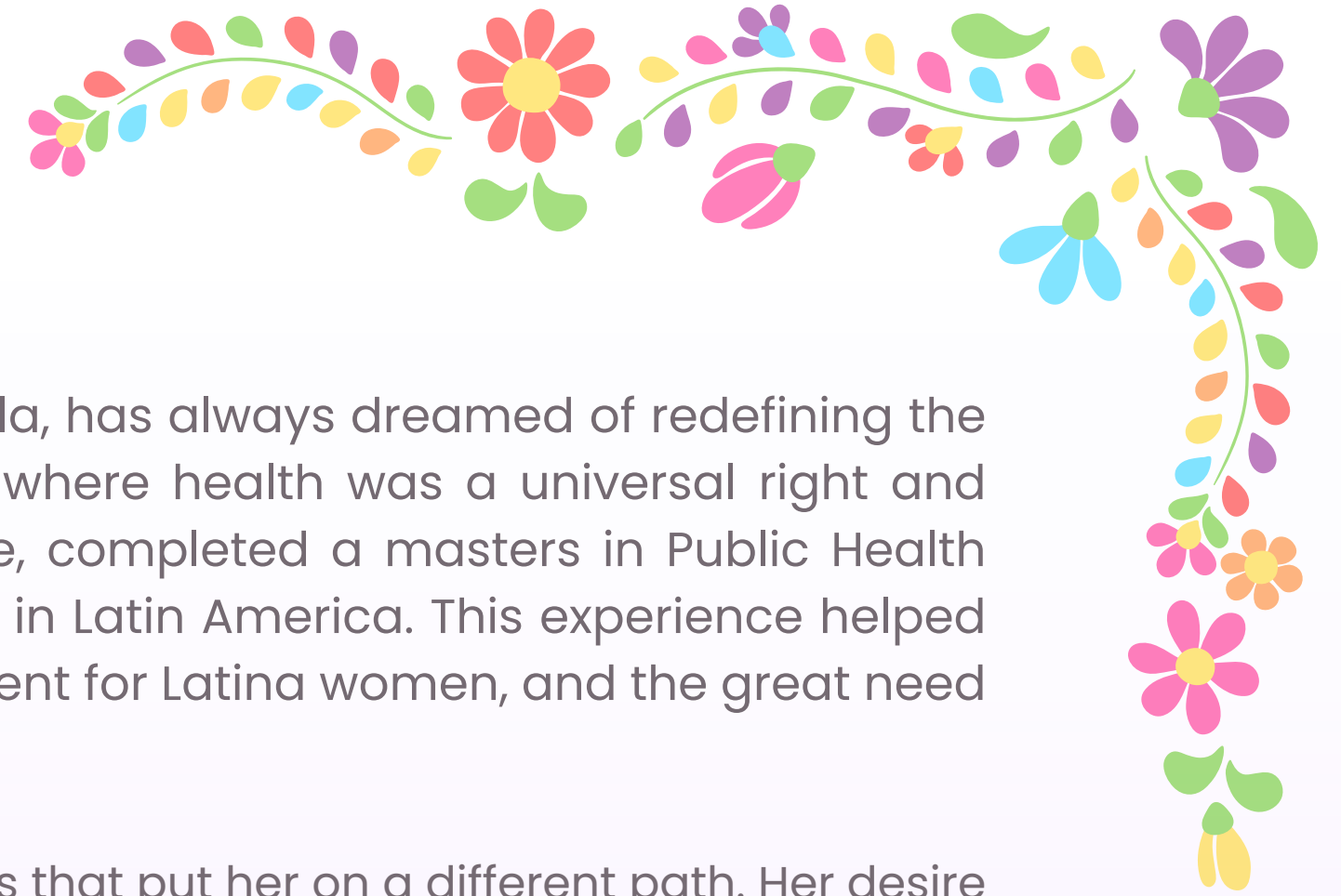




Our
Story



Our *Founder*

Dr. Daniela Martinez Valenzuela, has always dreamed of redefining the health system in her home country of Mexico. Her vision was a place where health was a universal right and access to high-quality healthcare was equitable. She studied medicine, completed a masters in Public Health Administration, and had the opportunity to work for a women's program in Latin America. This experience helped her discover her passion for working in the field of health and empowerment for Latina women, and the great need for these kinds of programs on a global level.

When she immigrated to the United States, she faced barriers and inequalities that put her on a different path. Her desire to work on the administrative side of health instead of seeing patients in a clinic meant she didn't fit into the conventional profile of a physician and had to forge her own way. She studied energetic medicine and integrative medicine and realized that incorporating western science with eastern wisdom enhanced that vision. Later, she decided to do a Masters program called "Health Care Transformation" at the University of Texas, and it was during this program that the idea for Aldea was born.

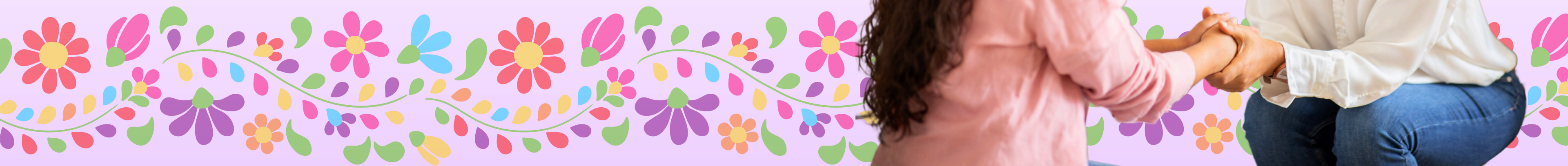
When Dr. Martinez Valenzuela and her masters cohort discovered that one of the primary causes of death for women was intimate partner accidents/violence, they decided to focus their research efforts on finding the root causes of this violence and the needs of survivors. Their findings highlighted the urgency of creating a preventative program designed exclusively for Spanish-speaking women, something that Dr. Martinez Valenzuela had been dreaming about for years.



When she graduated from her masters program in 2021, she decided to design Bilanx and Aldea.

Bilanx is an innovative health care model developed by Dr. Martinez Valenzuela that revolutionizes the way we think about health and healthcare. The Bilanx model integrates the 3 types of health (physical health, mental health, and social well-being) and the 8 subfactors of health (physical, intellectual, emotional, spiritual, occupational, financial, social, and environmental) in order to be able to fully understand and more effectively prevent or treat illness and health conditions

Aldea is the first organization of its kind to implement Bilanx. It is a unique program focused on preventative healthcare and holistic human development for Spanish-speaking women that would reduce the incidence and recurrence of intimate partner violence. Dr. Martinez Valenzuela formed a team of professional women who want to give back to the community and understand the importance of a cohesive, multidisciplinary working group. Friends, professional colleagues and members of the community make up this team of specialists who all believe that empowering Hispanic women and helping them heal on their path to transformation is what will ultimately save their lives.





ALDEA

If you'd like to learn more about Bilanx, you can email **Dr. Martinez Valenzuela.**

You can read more about our founder in the book Brave Women Stand, where she participates in telling her inspirational story.