



## Take a New Approach to Your Healthcare

When you're young, "old" seems like a faraway place that will never happen to you. Then suddenly, you wake up 30 years older, stressed, tired, moody, not able to sleep, and your body always aches. Is there any way to go back to the "you" you used to be?

**L**eah is a married 37-year-old with two kids, her own business, and weight struggles. She's tired, achy, and anxious all the time. Leah has a great life, but every day she wakes up and wonders if she will ever *feel well* again. "I'm too young to feel like this, but I've tried everything: fad diets, clean eating, fasting, detoxes, and everything in-between. This is it. This is the rest of my life," she believes.

"I hear this a lot in my practice. For women, it's usually after the birth of their second child. For men, it usually begins to creep up in their late 40s or early 50s," says Chief Medical Officer Terri DeNeui, DNP, APRN, ACNP-BC. "These feelings of 'unwell' or 'getting old' can happen to anyone at any age. In most cases, it's a hormone imbalance or hormonal decline."

For decades, hormones got a bad rap as the field of medicine didn't understand their role. Instead of being identified as pivotal to optimal health and well-being across the lifespan, hormones were relegated as a problem among women past their prime.

Even as hormone replacement therapy (HRT) emerged for treating symptoms in postmenopausal women, research on the therapy followed a misguided path and was quickly sensationalized as risky and unsafe.

In 2009, the release of findings from the Women's Health Initiative (WHI) study put HRT on the map, but not as a beacon of hope and relief for symptoms of menopause. Instead, the study—poorly designed and focused on synthetic hormones—wrongfully concluded that all hormones were bad, and hormone therapies are dangerous.

"Well-meaning physicians stopped recommending HRT because the study

appeared to show a link between hormones and an increased risk of stroke, Alzheimer's disease, osteoporosis, heart attacks, and breast cancer. Unfortunately, the results were misinterpreted, and clinical studies have debunked that myth definitively," explains Dr. DeNeui, founder of EVEXIAS Health Solutions and author of the book "Hormone Havoc," as well as a recognized thought leader in hormone optimization and preventive medicine.

In decades since the WHI, research has evolved and so has the perception of many key experts in the fields of science and medicine—including some at the forefront of the WHI. Today, HRT is recognized as a viable treatment for women facing any stage of menopause, or those enduring other disorders, such as thyroid dysfunction, sleepless nights, depression, and difficulty losing weight.

### Shifting the Perception of Healthcare

Many serious problems that lead to hospitalization, lower quality of life, mental health issues, and more, can be prevented or greatly alleviated by optimizing vital hormone levels. With billions being poured into reactive, sick care, it's time to embrace a different perspective.

"When hormone levels are optimized, patients reclaim their energy to exercise or play with their kids. We see people come off their diabetes and blood pressure medications. We see marriages on the brink of divorce become whole again—and that's not just in my clinic," Dr. DeNeui shares. "At EVEXIAS Health Solutions, we educate practitioners on hormone health and integrative solutions that will help their patients prevent disease and safely achieve optimized health. By training



practitioners, we're not limited to my clinic, instead we're impacting people all over the nation, and very soon, the globe."

### Jump Start Your Life

Men and women of all ages, who seek integrative solutions and a preventive approach to their health, are experiencing significant relief from common issues many doctors believe are "normal aging"—depression, anxiety, irritability, sleeplessness, fatigue, chronic pain, and low libido.

"I urge people to include hormone health in their total health picture," concludes Dr. DeNeui. "The effort required to find a practitioner who takes your symptoms seriously and is highly trained in optimizing hormone levels, is worth it as you pursue a longer, happier, and healthier life filled with meaning and loving relationships."

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