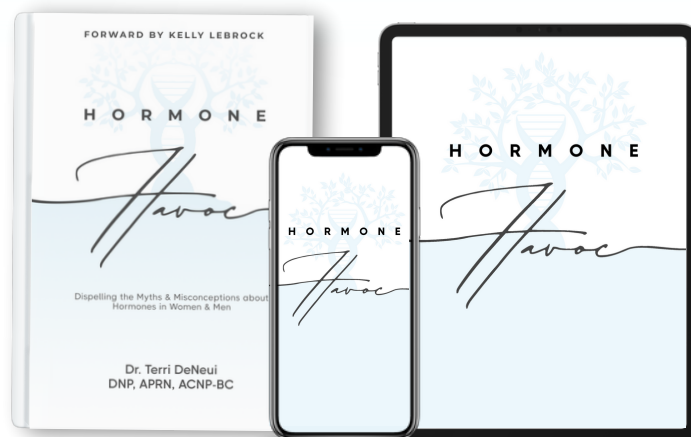




HORMONE HAVOC

MEDIA KIT & INTERVIEW PACKAGE

"The greatest medicine of all is
teaching people how not to need it."
- Hippocrates



drterrideneuinp

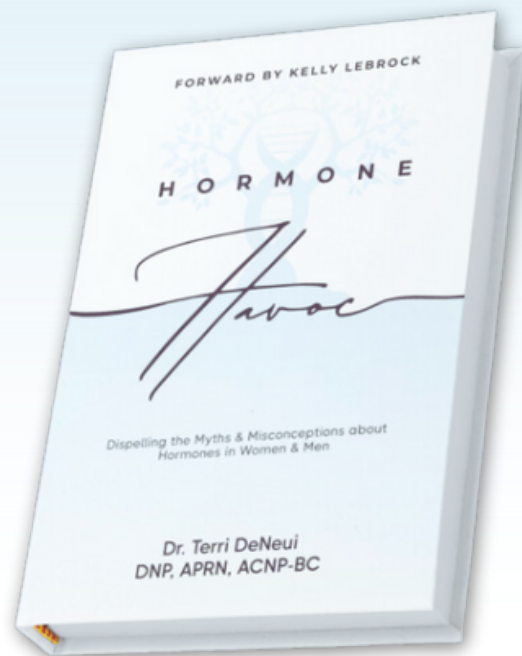


Dr. Terri DeNeui

About the Book

"Hormone Havoc!" empowers individuals to take charge of their health journey by becoming their own hormone advocates.

Like the author herself, the book catalyzes positive change, inspiring readers to make informed decisions and take proactive steps towards a life of vitality by saying "no" to a system that, through fear, misunderstanding, and misrepresentation has led us down a road of complacency.



About the Author

Speaker, Author, and Board-Certified Nurse Practitioner, Dr. Terri DeNeui has extensive training in her hormone health, hormone balance, and total body wellness.

She earned her B.A. in Nursing from Texas Women's University and her Master's and Doctoral degrees at University of Texas at Arlington.

In addition to her training in acute and emergency medicine, she has extended her education to include certifications in Preventive Wellness Medicine, Functional Medicine and Hormone Replacement Therapy.

Normal is not always optimal. Each human is an individual with many different variables that can influence hormone production, hormone receptor activity, hormone metabolism and excretion of those metabolites.

-Dr. Terri DeNeui

BOOK SELL SHEET

Hormone Havoc By Terri DeNeui DNP, APRN, ACNP-BC

Genre: Health & Wellness

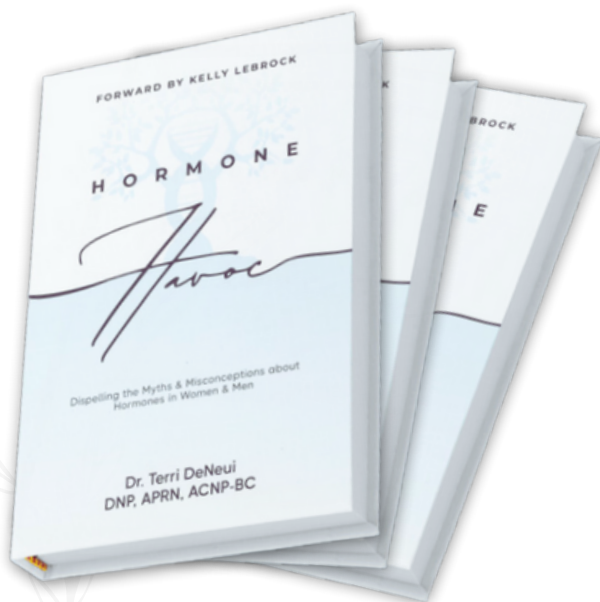
Price: \$25.98 USD (Hardcover)

Pages: 229

ISBN: 978-1961074132

Publication Date: October 10, 2023

Synopsis: Aging and longevity have become the brunt of every joke, particularly in America. Why would anyone want to live longer when all that seems to await the aging population is sickness, disease, and endless hours in a recliner or hospital bed? Dr. Terri DeNeui's years of research and experience in hormone health and the influence of hormone balance on preventing disease and vitality are laid bare in this book. Her insights not only provide hope, but an outright, easy to follow and easy to understand guidebook for achieving true wellness across the lifespan.



Formats Available

- Hardcover
- Paperback
- eBook

Available on:

- Amazon

Nationwide distribution

For more information, please visit: www.hormonehavoc.com

500K

LIVES
IMPACTED

#1

AMAZON
BESTSELLER

15K

PATIENTS
CARED FOR

10+

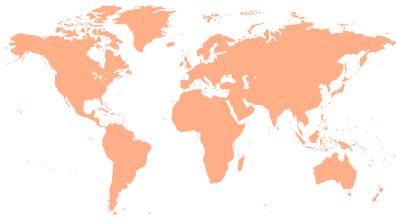
PODCAST
INTERVIEWS

SAMPLE INTERVIEW QUESTIONS

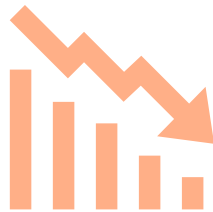
1. What inspired you to write "Hormone Havoc!"?
2. Can you share some of the most common misconceptions about hormone health and how you address them in your book?
3. Can you highlight some of the latest research about hormone health that you address in your book?
4. What are some practical tips or advice you offer in your book for readers looking to improve their overall health?
5. What are the biggest challenges people face when it comes to managing their hormone health? How does your book offer solutions in this regard?
6. Hormone topics can be complex. How do you breakdown these complex concepts to make them more understandable for a general audience?

GLOBAL HORMONE HAVOC

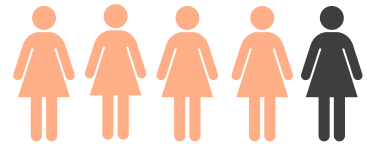
72% of people with hormone imbalance are undiagnosed



25% of all deaths among adults are related to poor dietary choices



2% average decline of testosterone occurs in men year over year



80% of women suffer from hormone health issues in their lifetime

FEATURED IN



5 IMPORTANT IDEAS FROM THE BOOK

1. **Get tested:** Whether you're 25, 32 or 52--comprehensive lab testing can help you establish a baseline or give you insights for treatment and goal setting.
2. **Strive for balance at all ages:** Hormone health isn't exclusively for the middle-aged. Hormone imbalance can happen to anyone at any age.
3. **Mind your gut:** The gut-immune-brain connection is powerful and proven by science. Take steps to care for your gut health, find healing, and maintain balance.
4. **Focus on lifestyle:** Balanced hormones support reduced risk of disease and enhance vitality, but you have to do your part too. Feeling your best makes it easier to manage a healthy lifestyle.
5. **Choose expert support:** Seek the care of practitioners specially trained and certified in hormone health and hormone replacement therapy. Look for practitioners that take whole body approach and manage your symptoms not just lab values. We're all unique--find your optimal.



BOOK REVIEWS



This book breaks down the "why" behind why so many people (myself included) feel the way they do. Wonderfully written and easy to follow! - Christ Holkon



Dr. Terri is able to make this book readable for not only practitioners/providers but the average person. Compelling evidence (finally a book with up-to-date research) on why it's so important to optimize hormone levels. This book dispels a number of common misconceptions about the safety and efficacy of hormone replacement therapy that so many men and women will benefit from.

Well written and informative!! I'll be sharing this with my friends, family and colleagues! - Brianne B



Dr. DeNeui clearly knows her topic and her patients equally well!! This book is written to span the gap between professional and layperson, giving us all access to life-renewing information.

If you wonder what's happened to your energy, your focus or your stamina you're likely to find the answer AND the solution in these pages!! Easy to understand but powerful in its reach, if you don't need this book then someone you love needs it!! - Bob Hamp

| PRESS RELEASE

Southlake, Texas | September 26, 2023 – Over the past 15 years, Terri DeNeui, DNP, APRN, ACNP-BC, a board-certified nurse practitioner and founder of EVEXIAS Health Solutions, has been educating both her patients and fellow healthcare professionals about the new, cutting-edge medical advancements in hormone health while also dispelling common misconceptions surrounding the various treatment options. Now, Dr. DeNeui is set to empower readers to take control of their hormones with the release of her new book, "Hormone Havoc." The Kindle version of the book is now available for purchase on Amazon and a hard cover version will be available in October.

"Hormone Havoc" stems from Dr. DeNeui's deep-rooted passion for helping her patients by advancing the field of hormone health. She recognizes that hormones play a fundamental role in long-term health, the risk of chronic disease, as well as emotional and mental well-being. The book offers real-world tips to achieve and sustain hormone optimization at any age while debunking common myths such as "one-size-fits-all" treatment plans, the belief that hormone therapy is exclusive to women, concerns about increased cancer risks and more.

"When I first started my career as an emergency room nurse, far too often I would see patients come in and out of the ER, suffering from highly preventable conditions and leaving with only prescribed drugs to band-aid the symptoms," expressed Dr. DeNeui. "As someone who has spent the last decade studying and treating patients with these symptoms, I've learned that we need to transform our healthcare model to prioritize disease prevention rather than disease management. This starts with creating a hub that patients and fellow healthcare professionals can reference to uncover the truths about hormone health and treatment options, which is exactly what this book is."

"Hormone Havoc" is not just a book; it's an invitation to embrace the power of hormonal balance and understand the power of hormone therapy. Key highlights include:

Realizing and normalizing the fact that individuals don't have to live with sleeplessness, low energy, diminished libido or mood swings.

Revealing practical methods to shield individuals from chronic illnesses.

Discovering actionable strategies that empower patients to proactively safeguard their health, effectively reducing the risk of chronic diseases and ensuring a healthier, happier life.

Understanding that aging doesn't have to be unbearable. Learning how to maintain youthful vitality, cognitive sharpness and overall wellness as individuals navigate the journey of aging.

(continued >>>)

■ PRESS RELEASE (cont'd)

"In the course of my own journey, I have worked with various practitioners, each contributing their unique expertise. However, it is Terri who has left an indelible mark on my life," said Actor, Philanthropist and Women's Health Advocate Kelly LeBrock. "Through her EVEXIAS Medical Centers and the EVEXIAS Healthcare Solutions providers she has trained, Terri has fostered places where individuals can find solace and healing, allowing them to transcend the chaos of 'hormone havoc' and discover what I call 'hormone harmony.'"

What initially began as a memoir of Dr. DeNeui's life, touching on her bootstrap journey to success, "Hormone Havoc" evolved into a powerful resource that not only reflects her personal experiences, but also serves as a roadmap for others to embark on their own journeys to better hormone health. From first-hand patient encounters to her creation of the EvexiPEL Method, the only patented hormone replacement therapy pellet developed in an FDA-registered facility and formulated with triamcinolone, the book is expected to be nationally appreciated and to serve as a guide for hormone health initiatives within the medical community.

"Hormone Havoc", published by Holland Robinson Agency, is now available for purchase on Kindle through Amazon. The official book launch celebration will take place on November 2 in Southlake, Texas, which will be an exciting opportunity for readers and healthcare enthusiasts to engage with Dr. DeNeui, gain valuable insights into hormone health, and celebrate this significant milestone in the field of healthcare and wellness.

For more details about the official book launch celebration and to stay updated on Dr. DeNeui's upcoming events, please visit HormoneHavoc.com.

About Terri DeNeui, DNP, APRN, ACNP-BC

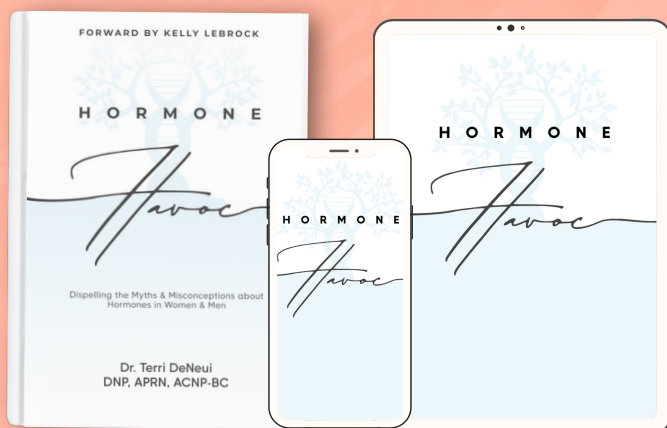
Dr. Terri DeNeui is the Founder of EVEXIAS Health Solutions, Creator of the EvexiPEL Method and owner of EVEXIAS Medical Centers and a board-certified nurse practitioner, nationally renowned speaker, author, and entrepreneur. Her new book, "Hormone Havoc," is the essential guide for patients and practitioners seeking to understand hormone health and achieve true hormone optimization, and truly know why ignoring our hormones has been a detriment to health and quality of life. Dr. DeNeui holds advanced certifications in Hormone Replacement Therapy, Preventive Wellness Medicine, and Functional Medicine. Dr. DeNeui earned her bachelor's degree in nursing from Texas Women's University in Denton, Texas, and achieved both her master's and doctorate degrees in nursing from the University of Texas at Arlington in Arlington, Texas.



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Dr. Terri DeNeui