

XFACTOR

PAIGE NYLAND

The EvexiPEL Journey

A dedicated nurse practitioner helping her patients regain their health and happiness through hormone therapy.

HORMONE THERAPY PRACTITIONER EXPERIENCE



Key Benefits
Experienced

A TESTAMENT TO PASSIONATE CARE: PAIGE NYLAND'S JOURNEY WITH EVEXIAS



My favorite thing about working with EVEXIAS is how evidence-based their approach is. There is research to back up the EvexiPEL method and their nutraceuticals and it's freely available to practitioners.

—Paige Nyland

FINDING A HOME IN AESTHETICS AND HORMONE THERAPY

For Ogden, Utah-based nurse practitioner Paige Nyland, her decision to go into medicine was fueled by a lifelong passion for helping others. She wanted to make a difference in people's lives.

"I always knew I wanted to be in medicine from a very young age," said Nyland.

At first, she thought she would become a doctor, but in the early stages of completing her bachelor's degree at Weber State University, Nyland realized that medical school didn't quite feel like the right fit. So, she pivoted toward nursing, ultimately earning her Bachelor of Science in Nursing (BSN).

After earning her BSN, her path took her through a range of experiences, from working as a float pool nurse to working in the emergency room. The pandemic hit while she was working as an ER nurse, and that intense experience made it clear she needed a change.

In 2020, she returned to school to pursue her nurse practitioner degree at The University of Arizona, and two years later she graduated with a Doctor of Nursing Practice (DNP). But it wasn't until Nyland joined Timeless Med Spa and Weight Loss Clinic in 2023 that her passion truly came to life.

Upon graduating, she initially thought she would enter family medicine. However, Nyland

admits that she had always been intrigued by the world of aesthetics, specifically Botox and injections.

"It was always a passion of mine in the back of my head, like, maybe I'll eventually go and do it," Nyland said. "Once I graduated as a nurse practitioner, this job landed in my lap, and I thought, 'Why not give it a try?'"

Since joining Timeless Med Spa, Nyland has found great fulfillment in assisting her patients with weight loss and hormone therapies, and it's reinforced her deep commitment to helping people regain their health through non-invasive treatments.



A PERSONAL CONNECTION WITH DR. TERRI AND EVEXIAS

*The introduction of EVEXIAS into her practice came serendipitously. Nyland had long admired Dr. Terri DeNeui, the founder of EVEXIAS Health Solutions and creator of the EvexiPEL Method, after a friend recommended Paige read Dr. Terri's book, *Hormone Havoc* and follow her on social media.*

"I've been following Dr. Terri for a while. Then, out of the blue, a rep from EVEXIAS walked into the clinic and introduced us to the pellet therapy system," she said.

Initially, Nyland was hesitant about hormone pellet therapy, especially because she had been using other forms of hormone therapy like rapid dissolving tablets and creams with variable success. However, her longstanding admiration for Dr. Terri's approach and the EvexiPEL method convinced her to take a chance.

"Dr. Terri is brilliant, and I knew she had solid research to back everything up. I felt confident integrating EVEXIAS into our clinic," Nyland said.

The training and education offered by EVEXIAS Health Solutions also played a significant role in building Nyland's confidence.

"I love that EVEXIAS is so research driven. They provide the evidence to back up everything they say, which I haven't seen with other companies," she explains.

This access to continuous learning, especially through EVEXIAS Health Solutions trainings and ongoing support she receives through the EVEXIAS practitioner platform, EVEXIAS Online, has given her a sense of empowerment in her practice.



KEY BENEFITS EXPERIENCED

- Confidence in Treatment Methods
- Access to Ongoing Education & Support
- Enhanced Patient Outcomes
- Comprehensive Tools & Resources
- Alignment with Root-Cause Medicine
- Business Growth & Patient Engagement

“

I feel like EVEXIAS truly puts their money where their mouth is. Everything they claim, they back it up with evidence. That's something that sets them apart from other companies.

—Paige Nyland

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THE POWER OF PERSONALIZED CARE: GETTING TO THE ROOT CAUSE

One of Nyland's core philosophies in healthcare is to go beyond just masking symptoms; she strives to understand the root cause of her patients' issues.

“My mission in medicine is to prevent chronic diseases as much as I can and advocate for my patients,” said Nyland.

Nyland's approach to medicine aligns closely with EVEXIAS Health Solutions' philosophy of providing treatments based on evidence, individualized care, and root-cause medicine. Paige is especially passionate about hormone therapy because of its potential to prevent diseases and improve patients' overall well-being.

“I really believe that hormone therapy can help prevent a lot of issues and improve quality of life,” she said.

Her patients, particularly post-menopausal women dealing with weight gain, fatigue and sleep issues, often find relief through hormone therapy and nutraceuticals offered by EVEXIAS Health Solutions.

“Weight gain, fatigue, and trouble sleeping—these are the top three complaints I hear from patients, and I know they're often linked to hormonal imbalances,” she shares.

Nyland has had great success helping her patients with personalized hormone treatments through the EvexiPEL Method as well as EVEXIAS Health Solutions

nutraceuticals. She is able to tailor the dosage and approach based on their symptoms, lab work and goals. For instance, one of her post-menopausal patients came back only three weeks after receiving hormone pellet therapy, reporting significant improvements in both sleep and energy levels.

“She told me that she was able to get more done in her day and had a lot more energy,” Nyland said.



BUILDING CONFIDENCE WITH EDUCATION

As a new practitioner of hormone therapy, Nyland admits that one of her early challenges was feeling overwhelmed by the complexity of hormonal health and hormone treatments.

Right away, EVEXIAS Health Solutions' robust educational support boosted her confidence and knowledge.

"The education provided by EVEXIAS is a game-changer. It gave me the confidence I needed to treat my patients with peace of mind," she says.

This sense of support is a constant in Nyland's practice. Whether she is using the EVEXIAS Health Solutions dosing calculator—which helps her determine the right dose of hormones or nutraceuticals for each patient based on their unique profile—accessing educational materials, administering the EVEXIAS-supplied symptom checklist for patients to determine if they are candidates for hormone replacement or connecting with other providers through EVEXIAS Online, Nyland has the resources to deliver optimal care to her patients.

"The EVEXIAS dosing calculator is amazing. It helps me ensure that I'm recommending the right dosages based on the patient's blood work, demographics, and symptoms," she said.





CREATING LASTING IMPACT

Nyland's work with EVEXIAS Health Solutions has led to positive transformations in her patients' lives. Patient interest in and response to EvexiPEL, in particular, has been overwhelming.

One of her most notable success stories is a male patient who underwent testosterone pellet therapy. Initially, he was not very outgoing, but after starting his treatment, his mood improved significantly.

"He became more social, more energetic, and he wanted to talk with everyone," Nyland said.

Even Nyland's professional team has benefited from her partnership with EVEXIAS: "I've pelleted half my staff, including the clinic owner, and they're all seeing improvements. Better sleep, more energy, and a more positive mood," she said.

A SUPPORTIVE PARTNER IN TRANSFORMATIVE CARE

In her clinic, Paige has embraced EVEXIAS Health Solutions' approach to personalized, science-backed care that empowers both patients and providers.

"What I love most about EVEXIAS is that they provide all the resources I need to treat my patients confidently," she said.

The support she's received has been invaluable in shaping her role as a practitioner, and she continues to see the benefits of hormone therapy in the lives of those she serves.

"I feel like EVEXIAS truly puts their money where their mouth is. Everything they claim, they back it up with evidence. That's something that sets them apart from other companies," Paige said, adding that she believes that this trust in evidence-based medicine has been a key factor in her ability to offer top-notch care to her patients.

Looking forward, Nyland's commitment to learning and growth remains strong. With the support of EVEXIAS, Paige Nyland is more confident than ever in her ability to provide this transformative form of care to her patients.

"I'm always looking for ways to expand my knowledge, whether it's attending EVEXIAS trainings, reading books or listening to Dr. Terri's podcast," she said. "I'm really energized and motivated to give my patients the best possible experience with hormone therapy."





UNLOCK YOUR POTENTIAL WITH EVEXIPEL

PAIGE NYLAND'S STORY

is a testament to the groundbreaking power of innovations.
As a patient, you now have the incredible opportunity
to receive personalized, state-of-the-art treatments.



EVEXIAS Health Solutions

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