

ELEVATE

EVEXIAS
HEALTH SOLUTIONS

DR. TERRI DENEUI

DNP, APRN, ACNP-BC

DISCOVERING
THE CALLING OF
HORMONE THERAPY

PATIENT AND PRACTITIONER **EXPERIENCE**



UNDERSTANDING THE WHY



"We have come to think of disease as tangible illness like heart disease, cancer, and the like. However, when you take a step back and examine a person as a whole being, disease manifests from and/or in three primary forms: the mind, the body, and the spirit (or soul). When it comes to disease and its prevention, we cannot ignore the value of simultaneously nurturing the mind and spirit when trying to achieve optimal health and wellness."

- Terri DeNeui

Dr. Terri DeNeui, DNP, APRN, ACNP-BC was 19 when she decided to become a nurse. At the time, she was a single mom making \$5.25 an hour as a cake decorator and assistant manager of a grocery store. Her career path was one chosen to better support her small family, but it blossomed into a path that has allowed her to help people all over the country feel well again.

Her journey begins with her insatiable curiosity about the human system: “I am a practitioner with a passion for understanding the ‘why’ behind many questions related to the human body,” DeNeui said.

While this desire served her in many ways, it also got her into trouble, especially as she began her nursing career. When doctors she worked with would write an order or prescribe a medication and she was curious why they chose the care path that they did, she realized the doctors did not want to be questioned. Still, her questions lingered, and gradually, she became disillusioned with the way that traditional medicine seemed to insufficiently address patient health.

Then, her disillusionment came to a head one night during her third night shift in a row at the emergency room in a large Metroplex hospital in Dallas-Fort Worth.

She found that every patient coming through the doors was experiencing an emergency health issue resulting from a chronic disease process.

“There was a 57-year-old male with a heart attack secondary to coronary artery disease, a 53-year-old male with complications of uncontrolled type 2 diabetes, a 70-year-old female who suffered a fracture from a fall secondary to osteoporosis, a 65-year-old female with new onset of stroke symptoms, a postpartum female on suicide watch for severe postpartum depression,” said Dr. DeNeui. “I remember thinking to myself, ‘The vast majority of the patients I’ve seen the past three days all have preventable chronic diseases that are causing their admission to the hospital. Why aren’t we doing more for prevention?’”

KEY BENEFITS EXPERIENCED

Rapidly expanding new industry

Opportunities to truly help patients

Work satisfaction as a practitioner

Discovery of her calling

Getting to the root cause of illness

“I had to uncover other ways to approach treating disease processes because the current standard of care—then and now—does nothing to prevent chronic diseases.”



PUTTING PREVENTION FIRST

Eventually, though DeNeui was addicted to the adrenaline rush of the emergency room and of the job she held as an acute care nurse practitioner shortly afterwards, she recognized she was craving something more from her career in medicine. She wanted to cure people, not just treat them in the short-term.

"I had an epiphany: There has to be a better way to prevent emergency issues rooted in chronic disease and allow patients and their families to live healthy, exuberant lives," said DeNeui. "I had to uncover other ways to approach treating disease processes because the current standard of care—then and now—does nothing prevent chronic diseases."

So, DeNeui started a small clinic in a 10x10 suite while continuing to work weekends at the hospital. Then, right on time, a local pharmacist she knew invited her to attend a conference about hormones and their impact on health. Admittedly, she was more excited about the all-expenses-paid trip to Las Vegas than the conference, but it ended up being a life-changing experience.



As someone who never much considered hormones, DeNeui realized that the stigma surrounding hormonal changes, including menopause and andropause, was a key reason medicine was more about slapping a Band-Aid on a chronic issue than addressing it at the root. And, as DeNeui listened to the speakers dive in, she felt called to go into hormone medicine herself.

"I had a moment of clarity, really a Divine whisper, telling me this is what I am supposed to do," she said. "So many of us have found themselves tired all the time, or moody, or mentally foggy, or not sleeping through the night, or having random aches and pains, or struggling to maintain a healthy weight, and we've gone to a healthcare provider only to be given a prescription for an antidepressant, or anxiety medication, or sleeping pills, or just to be told you need to exercise more. But the root cause is likely a hormone imbalance that is quite easy to treat."

“This quote from Hippocrates, ‘The greatest medicine of all is teaching people how not to need it,’ is one of my favorites, and it gets to the foundation of how I now approach patient care...”

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BECOMING A HORMONE THERAPY PIONEER

Shortly afterwards, DeNeui incorporated what she learned about hormones into her own clinic, and eventually furthered her education so she could better help her patients.

DeNeui now holds a masters and doctorate in nursing from the University of Texas at Arlington. And, as her pursuit of higher education gave her the tools and insights into the research to conduct research and write papers of her own, DeNeui also sought out additional education in hormone optimization and integrative health. She completed advanced certifications in Hormone Replacement Therapy, Preventive Wellness Medicine, and Functional Medicine.

In 2008, DeNeui took everything she'd learned and accomplished, plus her passion for preventative medicine, and founded Hormonal Health & Wellness in Southlake, Texas, now called EVEXIAS Medical Centers. While treating men and women with a variety of hormone-related issues at her clinic, she also developed the trailblazing hormone replacement pellet therapy and insertion technique, the EvexiPEL Method. EvexiPEL is now one of the leading forms of pellet therapy in the country, and it's helped thousands of people restore balance in their bodies and truly thrive again.

"This quote from Hippocrates, 'The greatest medicine of all is teaching people how not to need it,' is one of my favorites, and it gets to the foundation of how I now approach patient care," said DeNeui. "At EVEXIAS, we believe in an integrated approach to wellness that includes not only education, but evaluation of the individual patient as a whole rather than just a specific problem that he or she may present."

Now, as the Founder of EVEXIAS Health Solutions and the EvexiPEL Method, DeNeui has the fulfilling career she dreamt about as a single mom all those years ago—and then some. As DeNeui said: "Each of us are born with distinctive gifts and a calling on our lives, and whole-body wellness is fundamental to ensuring a lifetime of sharing those gifts with others. I'm so grateful that my gifts and my calling have ended up contributing positively to the quality of other people's lives."



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