

X FACTOR

DANIELLE TWOREK

The EvexiPEL Journey

A vibrant, energized life
through personalized
care and empowered
health partnership

HORMONE THERAPY PATIENT EXPERIENCE



**Key Pellet
Benefits
Experienced**

A woman with short dark hair, smiling, is walking on a paved sidewalk. She is wearing a strapless top with a vibrant floral pattern in shades of orange, red, and green, paired with light blue jeans that have a distressed, ripped design at the knees. She is also wearing white sandals with thick, braided straps and carrying a small brown leather handbag. The background is filled with lush green foliage and trees, with some pink flowers visible. The scene is brightly lit, suggesting a sunny day.

IT'S MORE THAN DAILY STRESS

In 2022, Danielle Tworek, wasn't feeling like herself. A lifelong exerciser, her daily hourlong workouts weren't doing much for her physical or mental health anymore. She was irritable and tired all the time.

"I'm trying to keep up with my workouts and my work schedule, and I have a toddler. That's what I thought it was," said Tworek.

Around this same time, Tworek was promoted at work, transitioning from contract work to a member of the executive team. For decades, Tworek has worked in the medical industry, particularly with integrative therapies, and prior to that, had earned her B.S. in nutrition, worked as a personal trainer and weight loss consultant, and written about health and wellness for a variety of high-profile companies.

Objectively, Tworek knew what hormone imbalance looked like. She had written about it for years. Still, when it came to her own body, she was adamant that her adverse symptoms were just the result of an overpacked schedule.

"It's hilarious because I've written so many times that people think their issues are from 'the stress of daily living,'" said Tworek. "And I still thought that I needed to be overweight and sluggish to have a hormonal balance, and those things didn't align for me. So, I was like, 'It's not that.'"

As Tworek grappled with what it



"The type of medicine that EVEXIAS teaches practitioners is integral to our healthcare freedoms.

In this model, patients can truly partner with their practitioner and get the individualized care they need to live not just a longer life, but a long, healthy life full of energy and connection."

- Danielle Tworek

She continued to wake up in the middle of the night unable to go back to sleep, she struggled with libido, and she continued to fly off the handle at the “silliest little things,” like her husband not putting the liner back in the trashcan, or her daughter refusing to brush her teeth.

“My daughter, age 5, had a friend over and the little girl was playing with her mom’s phone,” said Tworek. “She was playing with the video and recording everything. We didn’t know she was recording, and I was yelling at my husband about something. The toddler told her Mom, ‘wow, she sounds really angry.’ I was like, my gosh, a three-year-old can hear how angry I am.”

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A WAKE-UP CALL

EVEXIAS hosts practitioner training and education events every six weeks on how to transition their practice to incorporate integrative therapies, and right around the time she was feeling her worst, Tworek attended a peptide therapy training as part of her job. The next week, she made an appointment at EVEXIAS Medical Centers.

“When I put it in front of me and really looked at the science, I saw how much the science behind peptides and nutraceuticals had evolved since I went to school for nutrition,” said Tworek. “When I was in school, these therapies were shunned as pseudoscience—especially in academia. There’s so much stigma that we must unravel because technology and research keep marching forward—things change.”

At EVEXIAS Medical Centers, the first step to treatment is to get current labs done, so you and your practitioners have a full picture of your health. When Tworek got her initial blood work back, she was

aghast. Her testosterone was nearly zero and she was extremely deficient in Vitamin D.

“I was very surprised,” said Tworek. “But I told the nurse practitioner, let’s try to start me on supplements, get my nutrition backup, focus on things that will help me sleep better, before I go the HRT pellet route.”

Even after all these years working in the hormone replacement industry, she was a little nervous about taking on the commitment of HRT, which often requires lifelong treatments. So, Tworek started on a variety of supplements and peptides, including EVEXIAS ADK, to get her vitamin D levels up and promote bone health, EVEXIAS Synapsin, a bioavailable liposomal tablet that helps with cognition and mood, and Metabolic Code QuiCalm, which harnesses adaptogenic herbs to manage cortisol, a stress hormone that can cause fatigue, among other issues.

After 12 weeks on her new regimen, Tworek felt better but still wasn’t feeling like her vitality was back. So, she decided to add in pellet therapy.



MAXIMIZING HER INDIVIDUALIZED TREATMENT

In addition to her regimen of nutraceuticals and peptides, Tworek began testosterone pellet therapy and micronized progesterone in January 2023.

It took some time to get her pellet therapy dialed in, still Tworek is adamant: A few speedbumps along the way are normal when it comes to medicine as highly personalized as this, and as long you advocate for yourself and work with your EVEXIAS provider, you will reap pellet therapy's myriad of benefits.

Tworek knows this first-hand. After a few 10-week rounds of pellet therapy, Tworek felt better, but not optimized. This isn't uncommon, as each person may metabolize their pellets at different rates. On average, females must return for more pellets every eight to ten weeks, while males must return two to three times a year. But, depending on your level of activity, life stress, and other factors, you may need to up your dose periodically. That's why Tworek says it's imperative you pay attention to how you're feeling and share your experiences with your practitioner.

"You as the patient have to take as much ownership of your health and how you feel as your doctor," said Tworek.

As you are working to achieve optimization and you recognize your pellet dose is losing effectiveness long before the end of the treatment cycle, EVEXIAS clinicians may "boost" your dose between appointments as part of the treatment. This boost option exemplifies two cornerstones of the EVEXIAS therapeutic approach: Listen to the patient's experience and treat based on how they're feeling, not just based on their labs or conventional wisdom.

In most cases, one or two investigatory boosts get the patient to the right dose. But, when Tworek was boosted and still didn't feel optimized, she was baffled. She finally pulled aside Terri DeNeui, DNP, APRN, ACNP-BC, Founder of EVEXIAS Health Solutions and creator of the EvexiPEL Method, at an event in late 2023.

"I was just like, 'I've been doing this now for 10 months and I'm not feeling how I expected. Is there something wrong with me?'" said Tworek, who has remained highly active throughout her experience with pellet therapy.



KEY BENEFITS EXPERIENCED

- **Mood stabilization**
- **Clearer cognition**
- **Sleep improvement**
- **Restored libido**
- **Improved energy**
- **Providers that listen**
- **Individualized, responsive therapies**



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Dr. Terri has 15 plus years of experience and is a leading innovator in the space. Dr. Terri mentioned other cases she had encountered like Danielle's, stating, 'Yeah, their lifestyles are like yours. You're probably burning through your pellets with your workouts and how busy and energetic you are. She goes, 'you probably are one of those females that needs a higher dose.'"

Tworek took this information back to her practitioner and they agreed on trying the next level up for her dose. Within two weeks, Tworek felt like a new person.

"When you work with EVEXIAS practitioners, you can adopt the mindset that you finally have a partner in your health. These expert certified providers are trained to partner with their patients to achieve optimal health and that's exactly what my practitioner did for me," said Tworek.

LIFE WITH PELLET THERAPY

With her pellet therapy dose achieving optimization and leveraging peptides and nutraceuticals, Tworek finally feels more like she did in her thirties, getting better results from her workouts and "taking on the world" in her daily life. Her sleep, libido, mood, and ability to handle her stress are much better, too.

"My daughter is just about to turn six, and I was not well for most of her life. I see some of my anxiety and anger in her because kids model behavior. I'm happy to undo some of that now," said Tworek. "Also, my workouts finally work again. My muscle tone has come back! And I can go to bed, sleep through the night, and feel refreshed when I wake up."

While she says, "life still happens," the whole treatment plan gives her the energy to take on the bad days and put a healthy lifestyle as a priority. She's felt so restored by the treatment, EVEXIAS' therapies have piqued the interest of her family, too. Tworek's husband recently started treatment at EVEXIAS Medical Clinics, along with her cousin and she's referred a few neighbors as well. For Tworek, it's about health freedom.

"EVEXIAS is trying to transform healthcare. This mission is to make this the mainstream concept because if you're on a fixed income and you're retired, this isn't covered by Medicare, it's not covered by Medicaid. But how much better would my parents live in their retired years if they had access to this?" said Tworek. "It should be accessible to more people. And that's what that's something we're working towards."



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UNLOCK YOUR POTENTIAL WITH EVEXIPEL

DANIELLE'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
treatment.



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