

X FACTOR

JENNY HEAFEY

The EvexiPEL
Journey

What do you want
the last decades of
your life to look like?



Key Pellet
Benefits
Experienced

HORMONE THERAPY PATIENT EXPERIENCE





MISERABLE AND DISMISSED

Ten years ago, EVEXIAS Health Solutions' Executive Vice President Jenny Heafey was working with Maricopa County Public Health in her home state of Arizona, and not feeling like herself.

“What do you want the last decades of your life to look like? Do you want to be energetic? Do you want to be free of disease and illness? Do you want to live with vitality, or do you want to rely on multiple medications? Do you want to be arthritic? Do you want to not be able to move well or to do the things that you enjoy doing? This can make the difference.”

– Jenny Heafey

“I’m 35 years old, I’d get up in the morning and go downstairs, grab a cup of coffee, be in my kitchen, forget why I was in my kitchen, and just this massive brain fog and forgetfulness,” said Heafey.

Heafey was also waking up exhausted and experiencing extreme fatigue throughout her day and dependent on coffee and energy drinks just to get through.

“I wanted to take a two, three o’clock nap in the afternoon. I had no energy, started gaining some weight, had some depression, and all these symptoms really kind of hit me at once,” Heafey said.

As if that wasn’t bad enough, Heafey’s libido was virtually nonexistent, and the consistent lack of physical and emotional intimacy was taking a major toll on her marriage. She was baffled; why wouldn’t she have any desire for her husband at all?

Miserable, and looking for answers, she did what anyone would do – she booked a visit to her gynecologist. Heafey explained her symptoms to her doctor, specifically expressing concern about her hormone levels.

"I remember my doctor asking me if I was still having a menstrual cycle. I said, yes. Then she immediately said, 'Well, it can't be your hormones,' because I had suggested maybe I have a hormone problem. I felt defeated and dismissed," said Heafey.

Still, Heafey pressed the issue with her doctor, requesting she order a hormone panel. She agreed and they followed through with the bloodwork. On the day that Heafey received the results, Heafey was sitting upright, erect, excited. She was convinced she was going to hear she had a hormonal imbalance.

"I was so excited because then it would validate that I'm not going crazy in my brain. A lot of women are told, 'Oh, it's normal, you're busy, you have three children, you have a professional career, blah blah blah,'" said Heafey.

But things didn't go as expected. When Heafey's doctor told her that her labs were normal, Heafey's posture collapsed, and she began to cry. What else could be wrong?

"She's like, you know, maybe you're just going through a season. And, you know, and I appreciate what she was trying to do. But ultimately, I left that day with a script for Prozac, and SSRI for depression."



KEY BENEFITS EXPERIENCED

- **Responsive, affirming care**
- **Efficacious therapies**
- **Restored energy**
- **Enhanced libido**
- **Improved memory**
- **Stabilized mood**
- **Epilepsy management**



AN AFFIRMING SECOND OPINION

Even with a script in hand, Heafey felt dismissed and misunderstood; she knew she didn't need medication for depression. So, she set out to get second opinion.

Luckily, Heafey knew Dan DeNeui, Chief Executive Officer at EVEXIAS Health Solutions, from a previous professional role. The two became friends during their time working together, so Heafey decided to reach out and see if he could ask Terri DeNeui, DNP, APRN, ACNP-BC, his wife, and the creator of the EvexiPEL Method and the founder of EVEXIAS Health Solutions, to look over her bloodwork.

Terri agreed, and quickly, it was confirmed that Heafey was absolutely dead-on about her body: She had a hormonal imbalance, and her gynecologist

hadn't checked her hormone levels as she had promised.

"I remember having a conversation with Terri and she's like, 'Yep, I want to definitely see you. But we need to get some new labs.' And I'm like, 'What do you mean? And she's like, 'Well, all your labs aren't here. Where are all your hormone labs?' I'm like, 'Well, they're there.' And she's like, 'No, no.'" Everything was missing," Heafey said.

This time around, both Heafey and her husband, Robert, got their labs done on Terri's recommendation. Terri believed that the care would change Heafey's life, so why not bring her husband along for the ride, too? Sure enough, both of their results revealed testosterone deficiencies.



"Terri goes, 'Jenny, you don't have a Prozac deficiency. You have a testosterone deficiency.' I was truly hypothyroid, which wasn't even detected at my doctor's office. My TSH was through the roof and the testosterone lab was eight out of a normal range of 8-80. So, because I was in the reference range, they said I was normal, but basically all that meant was I felt like a 70-year-old woman as a 35 year-old," said Heafey.

Heafey's husband was low on testosterone too, so right then and there, they both received their first hormone replacement pellet insertions.



PATIENT TURNED EXECUTIVE VICE PRESIDENT

Within a week of her pellet insertion, Heafey was popping out of bed without an alarm clock and had energy for the entire day. At the three-week mark, all signs of fogginess, low motivation, and depression vanished. By week five, Heafey's libido began to come back.

"It was like someone who completely flipped a switch," said Heafey. "Once my libido started waking up, everything else started coming into play too, because my mood was better. I had more energy. I had more motivation. My

relationship with my husband was better."

Heafey was a changed woman, and her husband, too, was noticeably less irritable. Astonished at the change, they committed to get the therapy going forward, but this was about 2018, right around the time EVEXIAS Health Solutions officially launched, when EVEXIAS therapies were still confined to the state of Texas. To get care, the Heafeys were flying or driving to Texas every four months.

The inconvenience got Heafey, who'd previously worked in public health and served as a CEO of her own wellness company, thinking. "I'm like, 'Okay, I love this therapy. And I know that this therapy will be great in Arizona,'" she said.

So, Heafey pitched herself to Dan DeNeui and became an EVEXIAS practice development specialist, helping to establish practices in Arizona specifically. For four years, Heafey helped recruit over 70 Arizona-based practices to become EVEXIAS partners.



"I recruited practices into the EvexiPEL method, which is broken down into how we how we dose our patients and the treatment plans that we create that're individualized for every single patient. It also includes creating efficiencies in the practice's office and streamlining their processes, from the moment the patient walks to how they're screened, to the patient education," said Heafey. "So, it's both a medical and a business solution that we provide."

Heafey was such a sales superstar, she was promoted to Executive Vice President of EVEXIAS Health Solutions in 2022. In this position, Heafey oversees all sales teams and territories in the western region as EVEXIAS Health Solutions grows and makes its name as one of the most innovative companies in the field.

"I've really been able to have a front seat to seeing Dan and Terri's vision, and then some, come to life," she said. Now, thanks to the inroads she helped make in Arizona, Heafey and her husband receive their pellets at a clinic just five minutes away from their home in Gilbert, AZ.

"There is a genesis to every illness and disease, and if you can find that genesis, you can find the root cause and attack it from a lot of different angles,

- Jenny Heafey

ADDRESSING THE ROOT CAUSE OF DISEASE

As Heafey has evolved, she's continued to thrive using EvexiPEL and documents her passion for EvexiPEL therapies regularly on her Instagram.

"The big picture is the quality of your life long-term. Like, what do you want the last decades of your life to look like? Do you want to be energetic? Do you want to be free of disease and illness? Do you want to live with vitality, or do you want to rely on multiple medications? Do you want to be arthritic? Do you want to not be able to move well or to do you know, just the things that you enjoy doing? This can make the difference."

Heafey's also found that her experience with EveiPEL has completely changed the way she approaches the health of her family. In October 2022, when Heafey's eleven-year-old daughter was diagnosed with epilepsy. At the time, a doctor advised that the preteen go on heavy duty drugs, but Heafey remembered that ill-fated Prozac script she was given years ago.

"Doctors learn to treat an issue with a drug, and they do not learn how to really understand how we got there in the first place," said Heafey. "I'm not against temporary medication. We've had enough medical advances in this country that there are some great interventional medications that can help for periods of time. So, that's not the message that I ever

want people to hear. But when I was suffering, in my heart, I knew that I didn't want to be on Prozac for the rest of my life," said Heafey.

Instead of immediately starting on her daughter's drugs, some with severe side effects, Heafey once again turned to functional medicine. Overseen by an EVEXIAS practitioner, her daughter started on a regimen of peptides, nutraceuticals, and made some lifestyle changes.

Since starting with these treatments, Heafey's daughter hasn't had one seizure. For Heafey, it's yet another affirmation of the power of the holistic medicine EVEXIAS offers.

"There is a genesis to every illness and disease, and if you can find that genesis, you can find the root cause and attack it from a lot of different angles," she said. "Your body is brilliant. There are some genetic predispositions, but what we always say is that genes may load the gun but everything else your lifestyle pulls the trigger."



UNLOCK YOUR POTENTIAL WITH EVEXIPEL

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



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