

FACTOR

RACHEL FLEMING

The EvexiPEL
Journey

Her treatment
transformed her
into an enhanced
version of herself
with a stable mood,
better sleep, and
newfound energy!

HORMONE THERAPY **PATIENT EXPERIENCE**



*Key Pellet
Benefits
Experienced*



SOMETHING IS OFF



"This isn't like a Botox or a filler. My hormone pellets are a medical necessity. If I don't have it, I am depressed and I don't feel good. Why should anyone feel like that if there's an easy solution?"

- Rachel Fleming

Rachel Fleming, based in Burleson, TX, has been on a journey to reclaim her health and wellness for nearly a decade.

Working in escrow at a title company, Rachel's life is busy and demanding, and she's always been proactive about maintaining her health. But like many women, as she entered her 40s, Rachel began experiencing hormonal changes that impacted her quality of life in ways she hadn't anticipated.

Rachel first sought out hormone therapy nearly nine years ago when she started to feel subtle but persistent changes in her body.

"I noticed shifts in my energy levels, mood, and sleep quality," she explains. "There were days I'd feel irritable for no reason, and I was dealing with sleep disturbances. I'd wake up at 2 a.m. and couldn't fall back asleep because my mind was racing. And then there were the hot flashes and a drop in sex drive."

Married for over 30 years, Rachel's relationship was strong, but her health challenges started impacting her intimacy with her husband.

"I had no desire, and it wasn't anything he was doing or not doing. It was purely a lack of sex drive on my end," she said.



GIVING HRT A GO

Initially, Rachel tried several hormone replacement therapies (HRT) to manage her symptoms.

She began trying hormone pellets from another brand, hoping they would provide a consistent release of hormones to stabilize her mood, energy, and sleep. However, she quickly found that the treatment had its drawbacks.

"I dealt with a lot of side effects from those pellets," she said. "Every time I had a pellet inserted, the area would be sore for two or three days afterward, and I would always have a bruise. I would also get little scar tissue lumps wherever they were putting the pellet in. If you think about it, they are putting those pellets in a different spot every time, so I ended up with lots of little scar tissue bumps on my rear."

Most alarmingly, Rachel also experienced a pellet extrusion with this brand of pellet. "It just came out," she said.

After dealing with these challenges, Rachel thought she would try experimenting with testosterone cream. Unfortunately, the cream didn't absorb well and had little impact on her symptoms.

"The only real change I noticed with the testosterone cream was that the hair on my legs grew faster," she joked. "So, I went back to the same brand of pellets."





A BETTER PELLET CHOICE

In April 2024, Rachel's daughter encouraged her to try the EvexiPEL Method. Rachel figured it was worth a shot, especially since her previous treatments had not provided relief.

"I decided to go for it because I trusted my daughter's recommendation and wanted to see if EvexiPEL could really make a difference," Rachel says.

Since starting with EvexiPEL, Rachel has experienced a transformation in her health. Unlike her previous treatments, the EvexiPEL Method provided a smooth and consistent release of hormones without the discomfort and side effects she dealt with in the past.

"With EvexiPEL, I don't get any bruising, swelling, or pain, and there are no lumps or extrusions. The area where the pellet is placed doesn't feel sore at all—I don't even notice it's there," she said.

Fleming has had great success with a combination of estrogen and testosterone pellets, as well as oral progesterone. She also takes DIM (diindolylmethane), an EVEXIAS Nutraceutical, which helps with the breakdown and absorption of hormones, ensuring a slow and steady release.

"EVEXIAS' DIM has been great," she said. "I was ordering [DIM] off Amazon, but with the EVEXIAS brand DIM my pellets are lasting longer."





Fleming's love of EVEXIAS goes beyond her pellets and nutraceuticals – it also comes down to her relationship with her EVEXIAS clinic, EVEXIAS Medical Center in Southlake, TX. Rachel also raves about the attentive and responsive care she receives from staff and providers.

"They're really easy to talk to, and they make you feel like you're chatting with a friend, not a healthcare provider," she said. "The staff is always checking in to see if I need refills on my prescriptions or any of their nutraceuticals. They're thorough, from making sure I get my vitamins to arranging bloodwork if necessary. They also helped arrange for me to go to a lab closer to home for testing, which is convenient."

EVEXIAS Medical Centers itself has become a welcoming place for Rachel. She loves how it's beautifully decorated and how they play Dr. Terri's podcast in the waiting area.

"I also love that when they weigh me, it's not just about the number on the scale. They use a machine

that provides a full overview of my body fat percentage, muscle mass, and water levels, and they print out the results for me to take home so I have a comprehensive view of my health," she said.

WELL WORTH IT

The benefits of her EVEXIAS treatments extend beyond physical health; they've had a positive impact on her emotional well-being and relationships as well.

"About a week after getting my pellet, I feel like myself again. My energy levels go up, my mood stabilizes, and my sex drive returns," she says. "My husband and my coworkers notice the difference! And they can tell when it's time for my next pellet because I start getting really irritable."

While Fleming pays for her EVEXIAS treatments out of pocket, she believes the investment— which comes out to about \$5 a day — is well worth it.



KEY BENEFITS EXPERIENCED

- **Enhanced mood**
- **Restored sex drive**
- **Improved sleep**
- **Providers who listen and respond to patient needs**
- **Instructive and accommodating staff**
- **Lab testing, nutraceuticals, and other prescriptions easy to access**
- **Quality she trusts**





"I wish insurance would cover this because it's not a luxury—it's a necessity for me," she emphasizes. "This isn't like a Botox or a filler. My hormone pellets are a medical necessity. If I don't have it, I am depressed and I don't feel good. Why should anyone feel like that if there's an easy solution?"

Fleming has recommended EvexiPEL to friends and family, particularly women friends who are dealing with hormonal imbalance symptoms similar to those she had before EvexiPEL. "I have a friend I work out with who was struggling with another brand of pellets. She'd had issues with her body rejecting the pellet, and she was having to get steroid shots to deal with the reactions it was causing," said Fleming. "I told her to try the EvexiPEL Method because I really trust their quality and care."

Reflecting on her journey, Fleming feels grateful for the support and relief EVEXIAS has provided.



"This treatment has allowed me to feel like an enhanced version of myself—my mood is stable, my sleep is improving, and I'm able to stay active and engaged in my life," she says.

For Fleming, EVEXIAS has been more than a clinic; it's a community that understands her needs and supports her health journey.

"The EVEXIAS team goes above and beyond to make sure I'm taken care of, and they really listen," she says. "Plus, I don't have any pain or bruising when the pellet is inserted. I've never had one of the pellets come out and I no longer have those scar tissue lumps at all. Working with EVEXIAS has just been, all around, a very pleasant experience."

UNLOCK YOUR POTENTIAL WITH EVEXIPEL

RACHEL'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.



FIND A PROVIDER

near you and start your journey
to optimal health today

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