

"Unlocking the Secrets of Menopause and BHRT



with Dr. Tanya Teggatz

FREE
+limited seats

Register at the link provided below!



Tues, March 4th

5:30 Meet & Greet



Downtown CR
Public Library

6pm Education and Q&A

YOU'RE INVITED!

Join us for a free educational event dedicated to empowering women in perimenopause, menopause, and beyond! Hosted by Dr. Tanya Teggatz from The Teggatz Clinic for Functional Medicine & Medical Acupuncture, this event will dive into everything you need to know about menopause and compounded bioidentical hormone replacement therapy (cBHRT).

Representatives from CarePro Compounding, Toula Yoga, Prairiewoods Spiritual Center, and Natural Grocers will be there—each offering valuable insights and resources to support your well-being.

Whether you're seeking natural solutions, medical guidance, or holistic support, this is your chance to learn, ask questions, and take control of your health journey. Don't miss this opportunity to gather, learn, and thrive together!

MEET:

DR. TANYA TEGGATZ



Dr. Teggatz received her medical doctorate (M.D.) from the Roy G. Carver College of Medicine at the University of Iowa in 1997 and completed a 3-year residency in family medicine at the Cedar Rapids Medical Education Foundation, affiliated with the University of Iowa, in 2000. She received her training in functional medicine through the Institute for Functional Medicine (IFM) and is an Institute for Functional Medicine Certified Practitioner (IFMCP). She has had additional, intensive training in medical acupuncture through the renowned, ACCME-accredited Helms Medical Institute under the direction of Joseph Helms. She is board certified in medical acupuncture through the American Academy of Medical Acupuncture. In addition, she is board certified in Integrative Medicine.

More recently, she has decided to shift her focus to Menopause Medicine to better support women during this pivotal stage of life. Dr. Teggatz completed her training through The Institute of Bioidentical Medicine (IOBIM) in the Menopause Method developed by Dr. David Rosensweet. This method relies on customized hormonal dosing and precise testing, which produces a unique regimen for each patient based on her individual hormone needs. Drawing on her expertise in addressing the root causes of health issues, she now specializes in helping women navigate the challenges of perimenopause and menopause driven by her passion to help women feel like themselves again.