



TIER 1

HEALTH AND WELLNESS

Tier 1 Center for Research

Dr Keith & Angie Nichols have established a research center in response to a lack of knowledge and understanding of the many safe, longterm health benefits of HRT among most practitioners. The pair will be conducting research in collaboration with Dr. Scott Howell, a highly respected researcher, and other cutting edge leaders in the field to provide unbiased, evidence based studies to further understanding of the many of HRT. Dr Nichols will also be working to prove his theory of Testosterone Resistance Syndrome also termed Type 3 Hypogonadism.



Telemedicine

Beginning this month, Tennessee will join the Interstate Medical Licensure Compact. Telemedicine removes barriers, that prevent access to patients seeking specialty care closer to home. It will allow greater convenience for patients living within and outside of the state. Patients will receive access to a HIPPA compliant portal through our new EMR system, Advanced MD, allowing face to face encounters via a home computer or mobile device with Dr. Nichols and Angie Nichols.



Announcing Relocation

We are excited to announce a number of exciting changes taking place at Tier 1 Health and Wellness!

Dr. Nichols will be closing his Spine & Sports practice February 1, 2019 in order to devote himself full time to Tier 1 Health and Wellness, the true passion he shares with his wife, Angie. Over more than a decade, Dr. Nichols has dedicated countless hours studying and reviewing the most current evidence based literature, which has led to him becoming an internationally recognized leader in the field of Preventive Medicine. With patients from all over the US and abroad seeking Dr. Nichols' expertise in optimizing their hormones, it has become necessary to relocate near an airport to better serve those unable to get treatment in the specialty of Preventive Medicine closer to home. The new location for the office is 2120 Northgate Park Lane Suite 402 Chattanooga, TN 37415, and provides easy access to Chattanooga Metropolitan Airport, also known as Lovell Field.

Tier 1 You Tube Channel for Men & Women

Tier 1 Health and Wellness now has it's own You Tube Channel. Dr. Nichols will be presenting educational lectures and hosting exceptionally knowledgeable guests to provide valuable knowledge and insight to help our patients optimize their current as well as long-term health.

Angie will be hosting a Women's Wellness podcast series focusing on female wellness during the reproductive as well as menopausal years.



TOT Revolution Weekly Doctor's Roundtable

You may watch Dr Nichols discussing important advances in HRT, and other preventive medicine topics aimed at assisting men to age strong and age healthy with other leading hormone specialists each Wednesday on The TOT Revolution Doctor's Roundtable on You Tube hosted by Jay Campbell.

Dr. Nichols has developed a theory for which he is becoming well known on Testosterone Resistance Syndrome, and the phenomenon that he has termed Type 3 Hypogonadism. As a result of Dr. Nichols' extensive knowledge in an emerging field of biology that focuses on toxins in the environment, and the role they play as endocrine disrupting chemicals or EDC's he has become a highly sought after international speaker on the subject.

Angie Nichols, RN has received notable recognition in her own right for growing and expanding their practice form a sole proprietorship operating out of an exam room at Dr Nichols's Spine and Sports Institute into an elite cutting edge preventive medicine practice. Although, educating and assisting men and women for over a decade on their journey toward hormone optimization, Angie will now be focusing primarily on promoting wellness for women as there is a significant lack of resources and a great deal of misinformation on hormone optimization for pre, peri, and post-menopausal women. Angie has a special interest in Polycystic Ovarian Syndrome or PCOS, the most common yet under diagnosed endocrine disorder of reproductive age women.

We would love for patients to visit us at the new office anytime that you are in the Chattanooga area. We will be hosting an open house, and ribbon cutting ceremony once we are settled into our office. Once the date is set, invitations will be sent. Our main office number will remain the same, 931-200-0200.

****Care for current patients will be uninterrupted as patients will continue to have blood work performed at the Quest or LabCorp facility that is most convenient. All patients may utilize telemedicine to avoid travel if that is most convenient through Advanced MD, our new HIPPA compliant electronic medical record system. Soon patients will receive an email with instructions to access the patient portal allowing access to records and an electronic communication system to request appointments or send messages to Dr. Nichols and Angie. **We ask that all messages for Dr. Nichols and Angie be sent via the patient portal. Regular email and social media do not meet HIPPA compliant regulations, and may not be checked in the most timely manner.**