



TIER 1 HEALTH AND WELLNESS



**Mike Sharp
Joins Tier 1
Team**

We are delighted to welcome Mike Sharp to the Tier 1 Family! Mike is a native of Chattanooga and obtained his Associates Degree in Business Administration at Virginia College. Mike proudly served our country for six years in the Army's Airborne Infantry while stationed in Vicenza, Italy. Mike is a Health and Fitness enthusiast who enjoys competing in Men's Physique Shows Classic Physique. He is currently preparing for the Chattanooga Fitness Expo which takes place on June 6, 2020 at the historic Tivoli Theatre in downtown Chattanooga. Mike also enjoys the many outdoor activities that Chattanooga has to offer such as hiking, fishing, and running. Mike will be a tremendous asset in the Tier 1 Dispensary as well as assisting Emily with coordinating patient care needs! Welcome aboard Mike! We are proud to have you as a part of our team!

Celebrating Our 1st Year in Chattanooga!

We are truly humbled by the support and growth that Tier 1 has experienced since relocating our practice to Chattanooga, TN. Although Tier 1 Health and Wellness has been in operation for over a decade, February 7th marks the first anniversary of the opening at our new location. We are proud to be a part of the business community in Chattanooga and of the team that we have assembled thus far. We would like to thank each and every one of our patients, many of which, have been with us since the beginning when we operated out of an exam room within Dr. Nichols' Spine and Sports practice. We have been amazed by the distances that individuals seeking to optimize their health will travel-Qatar, Australia, England, India, Puerto Rico, and many places all across the US. Seeing their commitment and sacrifice, drives us even harder to continue providing the most cutting-edge care in preventive medicine available anywhere in the world.

[Doctor's Round Table Set for February 13th on YouTube](#)

Dr. Nichols and **Dr. Howell** will be appearing on the Jay Campbell Podcast on You Tube Thursday February 13 at 3PM EST to share their knowledge and expertise on medical literature regarding testosterone optimization and provide updates on exciting advances being made at the Tier 1 Center for Research.

Heart Disease: Not Just a Man's Disease

Fast Fact: Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute!

Maintaining estradiol levels after menopause is key in the prevention of heart disease. Estradiol helps to prevent the development of plaque inside the blood vessels as well as maintain bone mineral density.

Maintaining testosterone levels helps to lower LDL (bad cholesterol) while increasing HDL (good cholesterol). It is also a vasodilator, so it opens blood vessels, and reduces blood pressure. Furthermore, testosterone reduces body fat further reducing one's cardiovascular risk.

Adequate activity, healthy nutrition, avoiding smoking, as well as stress management will also reduce risk factors associated with cardiovascular disease and are the key lifestyle factors implicated in prolonging health.

At Tier 1, we can give you the tools, but the onus is on you to use them wisely!

**Wear Red on
Friday Feb 7**



Last Year's **Highlights**

- Adopted Advanced MD as our new EMR System
- Dr. Nichols featured on Optimized Forever with Jay Campbell
- Dr. Nichols obtained medical licenses in CA, AL, & FL
- Dr. Nichols joined the TOT Revolution Weekly Doctor's Roundtable
- Established the Tier 1 Center for Research and brought on Dr. Scott Howell as the Clinical Research Director
- Chattanooga Chamber of Commerce declares March 21 Tier 1 Health and Wellness Day
- Dr. Nichols, Angie Nichols, and Dr. Howell were invited to join the expert panel for the Doctor's Roundtable hosted by Dr. Steven Devos of Belgium
- Each member of the Tier 1 Team appeared on multiple podcasts on You Tube and on Let's Chatt, a local television station midday show
- Angie Nichols appeared with Dr. Neal Rouzier on Dr. Devos' You Tube channel and she began a Women's Wellness Series
- The Tier 1 Dispensary began operation
- Dr. Howell became a part of the World Link Journal Club
- Dr. Howell and colleagues published one literature review on the effects of coconut oil on the cardiometabolic profile and another literature review on Tribulus in the management of men's health.
- Dr Nichols became certified to perform PRP treatments for facial rejuvenation, joint injections, and erectile dysfunction
- Dr. Howell published a Sport Science textbook on Integrated Periodization along with colleagues Dr. Hoffman and Dr. Bompa
- Revolutionary treatments for ED offered and medical esthetics added
- Dr. Howell completed a six-year study on androgen toxicity and presented the findings to his peers
- Dr. Howell and Dr. Nichols conducted the first primary research study at Tier 1 with a collaboration with Dr. Neal Rouzier
- Dr. Howell and Dr. Nichols started writing a textbook on Men's Health that will change the landscape of hormone optimization
- Dr. Nichols and Dr. Howell initiated a plan to setup a Tier 1 podcast to address a variety of topics in hormone optimization and preventative medicine-Big names are coming soon.