

INFLUENTIAL WOMEN OF IOWA



As the owner of Iowa's premier functional medical clinic, Dr. Stephanie Gray has never been afraid to venture out as a first in her field.

Her clinic was the first of its type to administer hormone pellets in 2013, one of the first in the state to offer IV ozone therapy, and the first (and only) in Cedar Rapids to offer Emsculpt and Emsella body contouring. And while she easily stands out as a pioneer, her main goal is to do everything possible to help patients on their journeys back to wellness.



"Whether it's hormone imbalances, mysterious illness, mood disorders, chronic disease, or more, I want my patients to know there's always a better way for those who feel left behind by traditional medicine, and we truly believe this at Integrative Health and Hormone clinic," she says.

Although her clinic treats men and women of all ages, Stephanie and her team specialize in helping women in midlife who feel like their bodies have betrayed them. An expert in hormone replacement therapy and in nutraceutical supplements, Stephanie hosts Your Longevity Blueprint, a top 1% podcast that empowers listeners with out-of-the-box insights from global health experts.

"Using anti-aging and functional medicine, we can change the trajectory of our patients' lives and



of their families' lives, too," she says. "The feeling received when we can play a part in their journey is invaluable."

