

AS SEEN IN

natural awakenings

HEALTHY LIVING HEALTHY PLANET

Health & Wellness DREAM TEAM PROFILES

Transformational Medicine

DR. DEEANN SABER

2028 E Prince Rd, 85719 • 520-209-1755 • TFMND.co



Summary/services offered:

I've been dedicated to providing transformative care for over 15 years. My main focus is on thyroid health and endocrinology, addressing issues like adrenal and hormone imbalances, as well as gut health. I also specialize in pain management using advanced ozone therapies, such as joint injections, which can repair tendon and ligament injuries and even help patients avoid surgery.

When we named our practice Transformational Medicine, it was with the intention of offering life-changing care—and I truly believe we achieve that. By listening to our patients and guiding them through transformative journeys, we help them optimize their hormones, repair their liver, improve sleep and energy, achieve healthier skin, maintain a proportional weight, and ultimately lead a pain-free life.

What drew you to this profession?

My journey into alternative medicine began while I was working in the former Soviet Union, leading tour groups. I was fascinated by the medical spas where people could take time off to receive water therapies, acupuncture, massage and various treatments as part of their vacation. This holistic approach inspired me, though replicating it here in the U.S. comes with challenges like liability and infrastructure.

How does your work differ from others in your profession?

What sets my practice apart is my diverse background in functional medicine, massage therapy and shamanic practices. This allows me to assess my patients holistically—mind, body and spirit. With our functional medicine training, we conduct in-depth analyses of test results to uncover underlying health issues.

What should someone expect from working with you?

New patients can expect a two-hour comprehensive visit, which includes a detailed history, a thorough examination, and an extensive set of lab and hormone tests. We partner with trusted testing groups like Dutch, Vibrant America and Doctor's Data to ensure precision and quality.

What changes do you have planned for 2025?

As for 2025, we're excited to introduce two innovative machines: EmSella and EmSculpt. These technologies provide transformative body changes, such as pelvic floor strengthening and muscle building without intense workouts. They're especially valuable for our older patients, most of whom are over 50, to enhance core and overall strength. Additionally, we've launched two new programs: a three-month metabolic reset with hands-on weekly support and the year-long TFM Longevity Program for sustained wellness.

What is most important for *Natural Awakenings*' readers to know?

The most important thing for *Natural Awakenings* readers to know is that we are here, inclusive and responsive. We pride ourselves on supporting our patients' needs and making their wellness journey a priority by responding to inquiries within 24 hours—something we know is uncommon in many other practices. *See ad, page 35.*