

TAMMY JEAN TUCKER, D.O.

Arkansas State Medical Board-Certified Family Medicine Physician | Emphasis in Menopause and Hormone Health | Clinic Owner and CEO, Healing Art Centers and Hormone Bliss™

Northwest Arkansas | 479-715-3928 | info@healingartcenters.com | healingartcenters.com | hormonebliss.com

PROFESSIONAL PROFILE

Arkansas State Medical Board-certified family medicine physician with more than 26 years of experience in medical practice and business ownership. Career experience spans conventional medicine, functional and integrative medicine, hormone therapy, regenerative medicine, education, research, media, and healthcare entrepreneurship. Clinical emphasis includes perimenopause, menopause, hormone health, bio-identical hormone replacement therapy, metabolic health, fertility restoration, and whole-person care. Clinic owner and CEO of Healing Art Centers and Hormone Bliss™, founder of Fertility Bliss™, and nationally recognized as the “Menopause Warrior,” “Hormone Queen,” and a health truth-teller.

AREAS OF CLINICAL EXPERTISE

- Perimenopause and menopause care
- Bio-identical hormone replacement therapy (BHRT)
- Female and male hormone optimization
- Functional and integrative medicine
- Metabolic health and weight management
- Fertility restoration and preconception health
- Thyroid and adrenal evaluation
- Regenerative and aesthetic medicine
- Patient education, advocacy, and shared decision-making

CURRENT LEADERSHIP AND CLINICAL ROLES

Clinic Owner, Chief Executive Officer, and Medical Director, Dr. Tammy's Healing Art Centers / Healing Art Centers

Lowell, Arkansas

- Directs an integrative medical practice providing hormone care, functional medicine, regenerative therapies, metabolic health services, and patient-centered wellness programs.
- Leads clinical protocol development, staff education, patient safety, quality improvement, and interdisciplinary care coordination.

Clinic Owner and Chief Executive Officer, Hormone Bliss™

National / Virtual

- Created a hormone education and care program incorporating at-home testing, individualized clinical review, bio-identical hormone therapy education, symptom tracking, coaching, and lifestyle support.

Founder, Fertility Bliss™

National / Virtual

- Developed a natural, science-based fertility education and support platform focused on hormonal balance, cycle literacy, genetics, inflammation, nutrition, and preconception health.

EDUCATION

Doctor of Osteopathic Medicine, University of Health Sciences School of Osteopathic Medicine (now Kansas City University)

1995–2000

Master of Science, Biology, Southwest Missouri State University

1993–1995

Bachelor of Science, Radiography, Southwest Missouri State University, cum laude

1990–1993

Certificate, Radiologic Technology, L. E. Cox School of Radiologic Technology

1987–1989

■ POSTGRADUATE MEDICAL TRAINING

Family Practice Residency and Internship, Tallahassee Memorial	Jun 2000–Jun 2003
Post-Sophomore Pathology Fellowship, Truman Medical Center / University of Missouri–Kansas City	Jun 1997–Jun 1998
Aesthetic Medicine Training, National Procedures Institute	Jun 2004

■ LICENSURE AND CERTIFICATION

Arkansas State Medical Board-Certified, Family Medicine / Family Practice
Registered Radiologic Technologist (R.R.T.)

■ PROFESSIONAL EXPERIENCE

- Baxter Regional Hospital, Mountain Home, Arkansas — Physician
- Northwest Health System, Northwest Arkansas — Physician (2011)
- Hospital practice in the Lake of the Ozarks region, Missouri — Physician
- More than 26 years of medical practice, business ownership, organizational leadership, media coordination, and healthcare program development.
- More than 20 years of experience in television, film, education, public communication, and research.
- Participated in multiple outpatient clinical trials involving diabetes medications, influenza treatment, and shingles treatment.

■ PROFESSIONAL PUBLICATIONS & RESEARCH

- Tucker, T. J., Bardales, R. H., & Miranda, R. N. (1999). Intravascular lymphomatosis with bone marrow involvement: A case report and review of the literature. *Archives of Pathology & Laboratory Medicine*, 123(10), 952–956. DOI | PubMed
- Tomasi, T. E., Hellgren, E. C., & Tucker, T. J. (1998). Thyroid hormone concentrations in black bears (*Ursus americanus*): Hibernation and pregnancy effects. *General and Comparative Endocrinology*, 109(2), 192–199. DOI | PubMed
- Tucker, T. J. (1995). An evaluation of a preventive health management method: Using the Personal Health Guide produced by the Washington Business Group on Health [Master's thesis, Southwest Missouri State University]. Missouri State University BearWorks

■ SELECTED RESEARCH PRESENTATIONS

- Radio interview with KSMU, Springfield, Missouri, discussing graduate thesis research on preventive health in the Springfield metropolitan area.
- Master's thesis oral presentation, Southwest Missouri State University (May 1995): "An Evaluation of a Preventive Health Management Method."
- Poster presentation at the Smithsonian Institution, Washington, D.C. (1994): "Thyroid Hormone Levels in Three Groups of Overwintering Female Black Bears (*Ursus americanus*)."
- Research Day presentation, University of Health Sciences (1996): graduate research on preventive healthcare.
- Second-place research poster, Missouri Academy of Family Physicians 50th Annual Scientific Assembly (1998): "Carbon Monoxide Effect on MA-16-C Mammary Tumors in C3H Mice."
- Poster presentation, Southern Medical Association Conference, New Orleans (1998): "Platelet Transfusion Outcome in 54 Patients in a General Acute Care Hospital"; abstract accepted for publication.

■ BOOKS AND EDUCATIONAL PROGRAMS

- Author of more than 15 commercially available books distributed through multiple retail outlets, including Amazon, spanning health, hormones, menopause, fertility, patient empowerment, and fiction.
- Author, *Fertility Bliss: Your Natural Path to Parenthood*.
- Creator of Hormone Bliss™ clinical education and hormone-balance programming.

- Creator of Fertility Bliss™ natural fertility education and preconception programming.
- Developer of patient education materials, clinical protocols, workshops, digital courses, and public-facing health education campaigns.
- Selected titles include The Belly Brain Solution; Transformation Guide: Better Living; Healthy Ambitions: Tools for Taking Charge of Your Healthcare; A Year in My Life; Balancing Act; The Testosterone Solution; The Cannabis Solution; The Healer Within; Life Flip; 100% Natural Baby; The Healing Before the Healing; Path Out of Pain; and Think Outside the Box.

■ SELECTED HONORS AND AWARDS

- University of Health Sciences Clinical Research Award.
- Missouri Academy of Family Physicians Original Research Award / High Commendation.
- Award for Pathology Clinical Research.
- American Academy of Family Physicians Loan Repayment Award.
- Arthritis Collaborative selection.
- Night Clinic Clinician Award, Tallahassee Memorial Family Practice Residency Program.
- Namesake of the annual “Dr. Tammy Tucker Women in Healthcare Award,” presented through Business and Professional Women.

■ MEDIA, SPEAKING, AND PUBLIC EDUCATION

- Physician, author, television host, podcaster, and health educator with extensive experience translating complex medical topics into clear, practical information for the public.
- Host and creator of The Truth About Health, Wellness and Lifestyle, broadcast on public television stations for more than 10 years and serving audiences across three tri-state regions.
- Featured on FOX, KNWA, NBC, and affiliated television stations as a physician expert and health educator. Podcast episodes and additional health-education programming are available through The Truth About Health, Wellness and Lifestyle YouTube channel.
- Speaker and media commentator on menopause, hormones, aging, fertility, metabolic health, patient advocacy, and healthcare-system reform.
- Writer, producer, host, and health educator for Ask Dr. Tammy, a weekly viewer-question and health-education television program on American Lifestyle Media Channel 22.
- Writer, producer, host, marketer, and coordinator for Healthy Ambitions on XL7TV, featuring weekly programming on prevention, healthy living, disease education, and patient empowerment.
- Interviewed by ABC, CW, CNN, FOX, NBC, KNWA, and affiliated broadcast outlets.
- Print-media consultant, editorial contributor, and blogger for publications including the Baxter Bulletin, Northwest Arkansas Times, Peekaboo Magazine, and You at Your Best.

■ PROFESSIONAL MEMBERSHIPS AND LEADERSHIP

- American Academy of Family Physicians (AAFP)
- American Medical Association (AMA)
- American College of Osteopathic Family Physicians (ACOFP)
- Florida Academy of Family Physicians
- Florida Osteopathic Medical Association
- Arkansas Academy of Family Physicians — Board of Directors

■ SELECTED CLINICAL AND BUSINESS CONTRIBUTIONS

- Built integrated care models combining testing, education, personalized hormone therapy, nutrition, lifestyle intervention, and longitudinal support.
- Created scalable virtual programs to expand access to menopause and fertility education beyond the traditional office visit.

- Developed patient-centered protocols designed to reduce misinformation, improve informed consent, and help patients advocate effectively for their care.
- Led multidisciplinary clinical and administrative teams in patient care, customer service, program delivery, and business operations.
- Advocated publicly for improved menopause education, responsible hormone prescribing, and reform of fragmented “sick-care” systems.

■ SELECTED COMMUNITY AND VOLUNTEER SERVICE

- Teaching assistant, Osteopathic Manipulative Medicine department, University of Health Sciences.
- Volunteer service with City Union Mission, homeless healthcare programs, AIDS conference and community events, sports-physical programs, Score One for Health, Primary Care Day, and Health Track.
- Community health service through Leon and Wakulla County Health Departments, Big Bend Hospice, Neighborhood Health Clinic, and school and college sports-physical programs.
- Medical Explorers counselor and program coordinator, Mountain Home, Arkansas.

■ ADDITIONAL INFORMATION

- Creative interests include writing, original music composition, oil and watercolor painting, and miniature building.
- References available upon request.