

Holly Valentine, MSN, FNP-C, Serves as Co-Founder and Family Nurse Practitioner at Revolution Wellness

Delivering Patient-Centered Hormone Optimization, Metabolic Health, and Integrative Wellness Care Through a Personalized, Prevention-Focused Approach



Prairieville, Louisiana May 26, 2026 (Issuewire.com) - Holly Valentine, MSN, FNP-C, is a highly respected and compassionate Family Nurse Practitioner with nearly two decades of healthcare experience, specializing in hormone optimization, direct primary care, metabolic health, aesthetics, and wellness medicine. Recognized for her patient-centered philosophy and commitment to individualized

treatment, Holly has dedicated her career to helping patients achieve long-term wellness through prevention-focused, integrative healthcare strategies.

As the Co-Founder and Family Nurse Practitioner at Revolution Wellness in Prairieville, Louisiana, Holly has helped build a modern, wellness-focused medical practice centered on accessibility, continuity of care, and transformative health outcomes. Since launching the practice in 2025, she has played a critical role in developing membership-based wellness programs that focus on hormone optimization, weight management, metabolic health, peptides, aesthetics, and integrative medicine.

In addition to providing direct patient care, Holly oversees clinical operations, provider training, strategic development initiatives, and patient experience programs, helping ensure the practice maintains a high standard of compassionate, innovative healthcare. Her approach emphasizes collaboration, education, and empowering patients to take an active role in improving their overall health and quality of life.

“What I really love is helping patients feel their best, especially through hormone replacement therapy. That’s my passion,” says Holly. “I particularly love helping menopausal women because there aren’t a lot of resources and education available for them. I help with hot flashes, night sweats, mood changes, weight gain, and sexual function.”

She continues, “In traditional healthcare, such as primary care and urgent care, I always felt like I was doing stuff TO my patients. Now in my practice, I feel like I’m actually doing stuff FOR them. We’re working together, working towards common goals together, and they’re invested in their treatment too. It’s not just ‘here’s your script, take this medication, see me in 6 months.’ It’s much more of an active interaction where patients are actively participating in their healthcare and taking control of their lives.”

Before co-founding Revolution Wellness, Holly served as Lead Medical Provider at Rejuvime Medical from 2019 to 2025. During her tenure, she played a major role in the organization’s rapid expansion and operational growth. Under her clinical leadership, the practice expanded from approximately 800 patients across two clinics to more than 6,000 patients across 10 clinics.

At Rejuvime Medical, Holly provided comprehensive hormone evaluations, developed personalized treatment plans, and launched telehealth and metabolic health programs designed to improve patient access and continuity of care. She also created patient retention initiatives that strengthened treatment compliance and long-term health outcomes. In addition, Holly developed a thriving cosmetic injectables practice and became a trusted trainer for providers seeking advanced education in aesthetic treatments, hormone therapy, and emerging wellness therapies.

Earlier in her career, Holly built a strong clinical foundation through extensive work in primary care, urgent care, and critical care medicine. As a Family Nurse Practitioner with Our Lady of the Lake Physicians Group, she managed chronic diseases, performed urgent care procedures, and conducted geriatric home visits while serving as the sole full-time provider in a rural health clinic. Her ability to independently manage high patient volumes and perform procedures such as suturing, splinting, wound management, incision and drainage treatments, and EKG interpretation further demonstrated her versatility and clinical expertise.

During the COVID-19 pandemic, Holly returned to intensive care nursing to support critically ill patients and assist with staffing and leadership responsibilities, reflecting her unwavering commitment to patient care during times of crisis.

Holly earned her Master of Science in Nursing – Family Nurse Practitioner degree from the University of

Louisiana at Lafayette in 2015 after completing both her Bachelor's and Associate of Science in Nursing degrees at Our Lady of the Lake College. She maintains active APRN and RN licensure in Louisiana and holds certification through the American Association of Nurse Practitioners, along with advanced certifications in Botox and dermal fillers through Allergan.

Outside of her professional life, Holly enjoys spending time with her husband, Ryan, and their three daughters. A proud soccer mom and passionate LSU sports fan, she also enjoys outdoor adventures and watching documentaries. Whether in the clinic or at home with family, Holly brings the same energy, compassion, and dedication that have defined her career.

Through her leadership, clinical excellence, and commitment to helping patients achieve optimal health, Holly Valentine continues to make a lasting impact in the evolving fields of wellness medicine, hormone therapy, and direct primary care.

Learn more about Holly Valentine:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/Holly-Valentine>, or through her profile on Revolution Wellness, <https://www.revolutionwellnessla.com/about>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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