



Olivia Soave

Olivia Soave is a Primary Health Care Nurse Practitioner, founder of NOW Health Clinic Inc., and Medical Director of DermaVis Cosmetic Clinic in Aurora, Ontario. She specializes in women's and men's health, bioidentical hormone replacement therapy (BHRT), metabolic optimization, and longevity-focused medicine. Known for her precise, diagnostic-driven approach, Olivia bridges conventional medicine with advanced hormonal and preventive strategies to help high-performing individuals reclaim energy, resilience, and long-term vitality.

Her clinical focus includes stress physiology, perimenopause and menopause, androgen balance, cardiometabolic risk reduction, and proactive longevity care. Olivia challenges the idea that "normal" lab results equal optimal health. At her clinic, they read between the lines of normal, identifying subtle physiologic shifts and emerging patterns so patients can understand exactly what is happening in their bodies and get to the root of the problem before dysfunction becomes disease.

She works with ambitious professionals navigating demanding careers who refuse to accept burnout, brain fog, or hormonal chaos as inevitable. Through both clinical practice and speaking engagements, Olivia equips audiences with clear, science-informed strategies to protect their foundation and extend health span—not just lifespan.