



AbsoluteHealth

Presents



Dr. Tammy Soffe, MSN-FNP

- ➥ Compassionate and open-minded approach
- ➥ Deep focus on identifying and addressing the root cause of health issues
- ➥ Patient empowerment through collaboration and education
- ➥ A skilled listener dedicated to truly understanding patient needs
- ➥ Currently working toward Functional Medicine certification

Tammy Soffe, MSN-FNP, is a dedicated and compassionate Family Nurse Practitioner who truly listens to her patients, ensuring they feel heard and understood. Known for her open-mindedness and patient-centered approach, Tammy works to build strong, trusting relationships with each person she cares for. Her patients appreciate her commitment to treating the root causes of their conditions rather than just managing symptoms, enabling them to achieve long-term health improvements.

With a background in nursing and a Master of Science in Nursing (MSN), Tammy initially worked in bedside care before recognizing the limitations of traditional medicine. This realization led her to pursue functional medicine, where she could provide more comprehensive, personalized care. She is currently working toward certification in Functional Medicine through the Institute for Functional Medicine (IFM). By focusing on functional medicine, Tammy partners with her patients to address the underlying causes of illness and work together to slow or prevent disease progression.

Outside of her clinical expertise, Tammy is grounded by her family, her hobbies, and a love for creativity. She has been married for over 20 years, and she and her husband have raised two sons, along with two cats, two dogs, and several aquariums. Tammy also enjoys knitting and other needle crafts, a hobby passed down from her mother-in-law. Her musical tastes vary, but she leans toward rock and metal, which provides a sense of balance in her busy life. At Absolute Health, Tammy feels privileged to continue growing in the field of functional medicine, serving her community with care and dedication.

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