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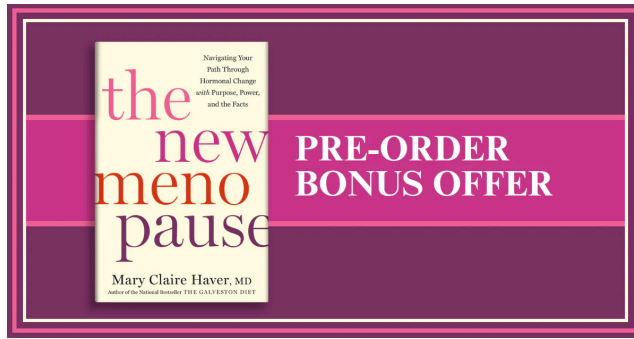
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Meet Our Founder

Dr. Mary Claire Haver is board certified in Obstetrics and Gynecology and is a Certified Culinary Medicine Specialist. She is a Louisiana State University Medical Center graduate and completed her Obstetrics and Gynecology residency at the University of Texas Medical Branch (UTMB).

She is also a Certified Menopause Specialist through The Menopause Society. Dr. Haver was a clinical professor at UTMB and The University of Texas Health Science Center at Houston. Dr. Haver has served as a Hospitalist, Associate Residency Director, and Assistant Professor in her career.

In 2021 she opened Mary Claire Wellness, a clinic dedicated to caring for the menopausal patient. Dr. Haver has amassed over 3 million followers across social media by posting advice for women going through menopause. She understands that menopause healthcare is in dire need of change and is proud to be leading the conversation.

"I'm so excited to share my forthcoming comprehensive book on the science-backed information you need to help you thrive during your hormonal transition and beyond..."

Mary Claire Haver