



ASPEN INTEGRATIVE  
MEDICINE

## Endocrine Health

(Hormone Balance, Perimenopause, Post-Menopausal Weight Gain)

### *Oral Supplements:*

- Trace Minerals
- Ultimate Detox
- DHEA (10mg for female, 25 mg for male x 2 months)-for cortisol high
- Adrenergize (for low cortisol)
- Shilagit (Zuma) with baking soda

### *Peptides:*

- Lipotrim (2cc) with or without NAD+ (1cc) IM 2-3x/week x 6 weeks
- Sermorelin or CJC+Ipramorelin
- FOX04-DRI (males), Oxytocin (females)

### *Health Coaching:*

- One session with Ben Germann, RN from Fifth World Coaching (see [fifthworldcoaching.com](http://fifthworldcoaching.com))

### *Detox Protocol:*

- General Detox and Liver Flush - see [aspenintegrativemedicine.com/protocols](http://aspenintegrativemedicine.com/protocols)

### *Concierge Care:*

- 2 months of follow up care with physician by phone or email

### *Labs:*

- Core Wellness Labs: CBC, CEA, CMP, Cortisol, CPK, CRP, DHEA-S, Estradiol, Folic Acid, HbA1C, IGF-1, Iron-total, Lipid panel, Progesterone, Testosterone (T +F+ SHBG), Thyroid Panel (TSH, T3 Free, T4 Free), Vit B12, Vit D (25 hydroxy)
- Estrone (for women), PSA (Men), Insulin, APOB, EBV IgG, GGT, OxLDL
- Urine Heavy Metals with Essential Elements

*Program takes 6-8 weeks to complete*

**Base Price: \$3000 with labs, \$2000 without labs**

*Recommended Add-On Treatments:* DIM (Zhou nutrition), Tryptophan, NAD+ injections, IV Ozone/Glutathione/Chelation x 4-12 sessions (metal detox), IV Phosphatidylcholine x 4-12 sessions (deep detox)