



ASPEN INTEGRATIVE
MEDICINE

Metabolic Health

(Lean Body Mass, Weight Loss, Energy, Performance, Diabetes, Insulin Resistance)

Oral Supplements:

- 5 Amino 1MQ
- Two Per Day Multiple or Ultimate Detox
- DHEA Complete
- D-ribose

Peptides:

- Lipotrim (2cc) with or without NAD+ (1cc) IM 2-3x/week x 6 weeks
- SS31 or AOD9604
- Sermorelin or CJC+Ipramorelin

Health Coaching:

- One session with Ben Germann, RN from Fifth World Coaching (see fifthworldcoaching.com)

Detox Protocol:

- General Detox and Liver Flush - see aspensintegrativemedicine.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: Ozone IV Therapy with Chelation and NAD+ 4 to 12 sessions; Trehalose (appetite suppression—prebiotic fiber), Magnesium BHB (for appetite suppression), Evodiamine (for fat-burning and appetite suppression), Liver and Gut Stacks