



ASPEN INTEGRATIVE
MEDICINE

Endocrine Health

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

Oral Supplements:

- Trace Minerals: 1 pill/day
- Ultimate Detox or 2-Per Day: 2-3 pills 2x/day
- DHEA (15mg for female, 25 mg for male): 1 pill per day
- Adrenergize: 1 pill/day
- Shilagit with baking soda: 1 serving with 1 tsp at bedtime in water

Injectable Nutrients (see instructions: shorturl.at/2CYiP):

- Lipo-Trim: 1.5cc 3x/week
- NAD+: 0.25cc 3x/week

Injectable Peptides (see instructions: shorturl.at/2CYiP):

- CJC/Ipamorelin or Sermorelin: 0.5cc 3x/week
- FOX04-DRI (males) or Oxytocin (females): 15 units 3x/week

Coaching: One health coaching session with Ben Germann, RN (fifthworldcoaching.com)
or one personal training session with David James (oneaboveconcierge.com)

SECA Body Composition Analysis x 3

Concierge Care: 2 months of follow up care with physician by phone or email

6-8 Week Program Price: \$2000

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)

Recommended 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