



ASPEN INTEGRATIVE  
MEDICINE

## Gut/Immune Healing

(Bloating, Colitis, Inflammation, Autoimmune, Chronic immune, Skin Rash)

### *Oral Supplements:*

- BPC 157/TB4: 1 pill/day
- DHEA: (15mg for female, 25 mg male): 1 pill/night
- Adrenergize: 1-2 pills/am
- Biocomplete 3 (or comparable probiotic): 1 pill 2x/day with food

### *Injectable Peptides (see instructions: [shorturl.at/2CYiP](https://shorturl.at/2CYiP)):*

- TA1 (Thymosin Alpha 1)/Complex Thymulin: 0.5cc 3x/week
- Recommended add-on: Lipo-Trim: 2cc 3x/week \$200 extra

*Coaching:* One health coaching session with Ben Germann, RN ([fifthworldcoaching.com](https://fifthworldcoaching.com))  
or one personal training session with David James ([oneaboveconcierge.com](https://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:* Iv Vit C Iv Therapy X 8-12 Sessions; Larazotide (for leaky gut), Activated Charcoal (bedtime only X 2 mos), Magnesium Glycinate 400mg /day (If no diarrhea), Gut Repair (Researched Nutritionals), Pectasol, Trehalose (Prebiotic Fiber), Sermorelin or CJC+Ipamorelin, Thymulin (thymus support) or Thymus PMG, IL37 (chronic viral), Pnc-27 (active cancer) or Epithalon (cancer prevention)

*Recommended Add-On Testing:* MTHFR (L620), Food Allergies IGE (P112), Advanced Intestinal Barrier Assessment (Precision-Analytics), ANA screen, TNF alpha, IL6, MMP, Spectracell Micronutrient Analysis, EnviroToxin Complete with Organic Acid Testing (Mosaic), Dutch Test, Intellixdna Genomic Profile, GI Maps Microbiome, 11 Hormone Saliva Panel

### *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