



ASPEN INTEGRATIVE
MEDICINE

Liver Detox

(Alcohol Use, Fatty Liver, Fatigue, Brain Fog, PMS, Perimenopause, Belly Fat, Exposure to Toxins)

Oral Supplements:

- Ultimate Detox or 2-Per Day: 1 to 4 pills 2x/day
- R-ALA Liposomal: 1 packet per day
- Activated Charcoal: 2 pills (bedtime only)
- Magnesium Glycinate or Neuromag: 2-3 pills/day

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

- Lipo-Trim: 1-1.5cc 3x/week
- NAD+: 0.25cc 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 x3

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

6-8 Week Program Price: \$2000

Recommended Add-On Treatments: NAD+ Injections, IV Ozone/Glutathione/Chelation X 4-12 Sessions (Metal Detox), IV Phosphatidylcholine X 4-12 Sessions (Deep Detox), Chol-Support (If High Cholesterol or Fatty Liver), Milk Thistle (If Damaged Liver), Phosphatidylcholine (If Fatty Liver), Two Per Day Multiple, Trace Minerals, Extreme Hydration Formula, TA1 (Thymosin Alpha 1)

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