



ASPEN INTEGRATIVE
MEDICINE

Liver Detox

(Alcohol Use, Fatty Liver, Fatigue, Brain Fog, PMS, Perimenopause, Heavy Periods, Dysmenorrhea, Belly Fat, Dementia, Exposure to Heavy Metals, Petrochemicals, Xenoestrogens, Polyester, Bamboo, Plastics)

Oral Supplements:

- Ultimate Detox: 1 to 4 pills 2x/day
- EDTA/ALA Liposomal 1 tsp/day or R-ALA Liposomal: 1 packet per day
- Activated Charcoal: 2 pills (bedtime only)
- Magnesium Glycinate: 400mg/day

Peptides:

- Lipo MIC: 1 cc IM 5x/week x 6 weeks

Health Coaching:

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

Detox Protocol:

- General Detox and Liver Flush - see 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: \$2500 with labs, \$1500 without labs

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)