



ASPEN INTEGRATIVE
MEDICINE

Metabolic Health

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

Oral Supplements:

- 5 Amino 1MQ: 1 pill/day first 2 weeks, then 2pill/day
- Ultimate Detox or 2-Per Day: 2-3 pills 2x/day
- DHEA Complete or 7-Keto DHEA Metabolite: 1 pill/day at bed
- D-ribose or Trace Minerals: 1 pill before workouts or w/ fruit

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):

- SS31 or AOD9604: 0.5cc 3x/week
- CJC/Ipamorelin or Sermorelin: 0.5cc 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: 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

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