



The Ultimate Aspen Experience is a 5-day, full-body “Anti-aging/Stem cell makeover” tailored to you and designed to promote optimal health and longevity from the inside-out.

We start with an in-depth evaluation of your health, then create a custom pathway to your best health using state-of-the-art methods rooted in functional medicine and anti-aging and regenerative medicine. After spending a week with us, our goal is that you experience enhanced energy, reduced symptoms of injuries or medical conditions, in-depth knowledge about your health, and a clear path towards improved longevity for years to come.

Your treatment will consist of a sequence of advanced therapies spanning the course of 5 days personalized to your specific needs. Prior to treatment, you will complete a private consultation with Dr. Gershon and comprehensive blood panels to help indicate a personalized treatment plan. Specialty lab tests completed during your program will be reviewed during follow-up appointments with Dr. Gershon in-office or via telemedicine. You will have access to a Personal Ultimate Experience Concierge who will guide you through the week, helping to coordinate lodging, transportation, and meals.

## Meet Dr. Julian R. Gershon, Jr.



The Ultimate Aspen Experience was created by our founder, Julian R. Gershon, Jr., DO, FAOASM, ABAARM, a world-renowned physician who is triple board certified in family medicine, sports medicine, anti-aging & regenerative medicine and has more than 20 years of experience in regenerative medicine. Dr. Gershon designed the Ultimate Aspen Experience to help his patients reach their peak health from the inside-out, through the most advanced and clinically verified treatments available.

Contact our team to learn more and begin your transformative experience today in the heart of luxurious Aspen, Colorado.

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Pricing begins at \$30,000. Prices may vary depending on selection of procedures. For more information, scheduling, or recommended lodging, please contact us at (970) 201-1332. **Serious inquiries only.**

DISCLAIMER – SOME OF THE THERAPIES IDENTIFIED ON THIS DOCUMENT MAY NOT BE AVAILABLE TO CUSTOMERS.



## The Ultimate Aspen Experience

Give us 1 week and we'll give you back 10 years

Throughout your week with us, you can experience the most advanced and exclusive treatments available, including:

### **Comprehensive Lab Panel**

Two weeks prior to your program, you will complete a blood test that provides comprehensive lab panel results that indicate specific biomarkers of health. This can be completed at a LabCorp location near you and will be fully interpreted during your initial meeting with Dr. Gershon at the start of your program.

### **Specialty Lab Panels**

In addition to a comprehensive lab panel, you will also complete specialty lab panels that dive deeper into your health. These include assessments of micronutrient levels, BioAge and Glycan Age Testing, which provide insight into your body's biological age, and a Galleri® cancer test that screens for a cellular signal shared by over 50 types of cancers.

### **Physical Exam, Review of Systems & Medical History**

Dr. Gershon will perform a thorough physical exam and review of your medical history to gain a full understanding of your health status, using this information, as well as lab panel results, to inform the personalization of your program.

### **Body Composition, Resting Metabolic Rate & VO2 Max Testing**

The proportion of muscle mass to fat mass, as well as metabolic health and fitness endurance are important indicators of overall health. Dr. Gershon will guide you through the results of each of these assessments to help you understand more about your physical health.

### **IV Nutrient Therapy (NAD infusion, Myer's Cocktail, Glutathione infusion)**

Intravenous (IV) therapy infuses fluids directly into the body for optimal absorption of critical vitamins and minerals. Your program includes an NAD infusion, a Myer's Cocktail infusion, and a glutathione infusion – three of the most potent and beneficial infusions available.

### **Extracorporeal Blood Oxygenation and Ozonation Therapy**

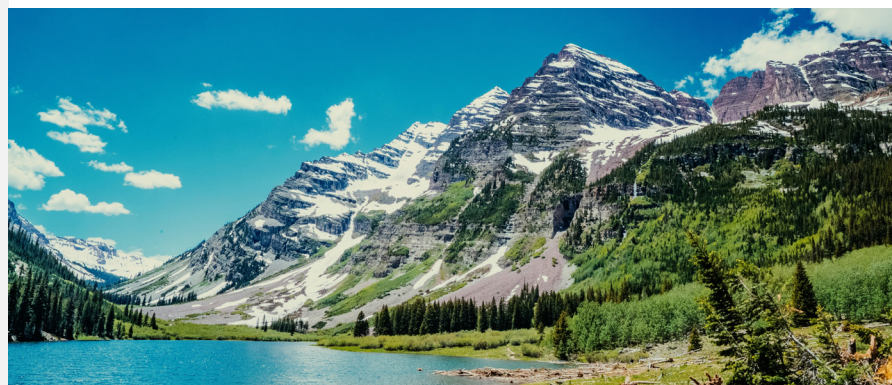
Extracorporeal Blood Oxygenation and Ozonation (EBO2) Therapy is a safe, minimally invasive, intravenous blood filtration protocol that removes excess fats, proteins, petroleum products, free radicals, viruses, and other toxins from your body's venous blood supply. EBO2 uses a blood filtration system similar to dialysis to remove toxins and infuse energy into your body's cells revitalize your immune system which creates an anti-aging effect to improve your overall health.

### **Age Management/Bioidentical Hormone Replacement Therapy (pellets or injections)**

Hormonal imbalances can stem from conditions such as menopause, andropause (low testosterone in men), cortisol imbalance, thyroid disorders, or chronic medication use. Personalized treatment for men and women can help manage and reverse symptoms of hormone imbalance, including weight gain and poor exercise tolerance, low sex drive, mood swings and depression, decreased energy and fatigue, symptoms of menopause in women, and poor concentration or memory loss.

### **Lifestyle Health Coach Assessment & Follow-up (30 & 90 days)**

A healthy lifestyle is paramount to feeling your best. Your program includes a full assessment of your current lifestyle with a certified Lifestyle Health Coach, and a detailed action plan that will help you establish or improve healthy habits, including nutrition, exercise, stress reduction, sleep, emotional wellness, relationships, and other factors personal to your life. Your Lifestyle Health Coach will continue to provide support and accountability after your program ends, with two additional follow-up calls at 30 and 90 days so you can maintain your new habits for long-term health and longevity.



### **Hair Restoration**

Your hair restoration treatment consists of groundbreaking techniques to help support natural hair growth through biological-based approaches. Choose from Platelet-Rich Plasma (PRP) or Regenerative Medicine techniques to stimulate hair follicles to promote natural hair growth without surgery. The powerful combination of nanoparticles, growth factors, micro-RNA, and other components can encourage hair regeneration in as little as 3-6 months. Hair restoration is also supported by advanced laser cap technology that uses powerful light therapy to stimulate hair growth and improve scalp function.

### **Facial Rejuvenation**

We use the body's own healing mechanisms to improve the quality of your skin to reveal tighter, firmer skin while reducing fine lines, wrinkles, sunspots, and color irregularities. Choose from a Platelet-Rich Plasma (PRP) treatment that delicately penetrates the skin's surface to jumpstart the growth of healthier skin, or our advanced regenerative based procedures that use the body's own healing and growth mechanisms to treat wrinkles and aging to reveal a restored, healthy glow.

### **Personal/Stem Cell Therapy**

Utilize the power of your own cells to regenerate new tissue to help joints heal from an injury, reduce inflammation, and fight apoptosis (cell death). Certain stem cells secrete growth factors and peptides that can help support wound healing and differentiate into osteoblasts to regenerate bone tissue. They can also help the body naturally recruit native cells to encourage self-repair that can be applied to a wide variety of orthopedic uses and implications.

### **Cell Banking through American Cell Technology**

Donor cells can be collected and banked for future use. If you require regenerative treatments, you can have access to your bank of adipose-derived stem cells. Using stem cells with your own DNA eliminates the risk of your body rejecting cells or the transmission of infectious diseases when handled by a trusted cell banking company.

### **Lumbar spine injections (Coming soon!)**