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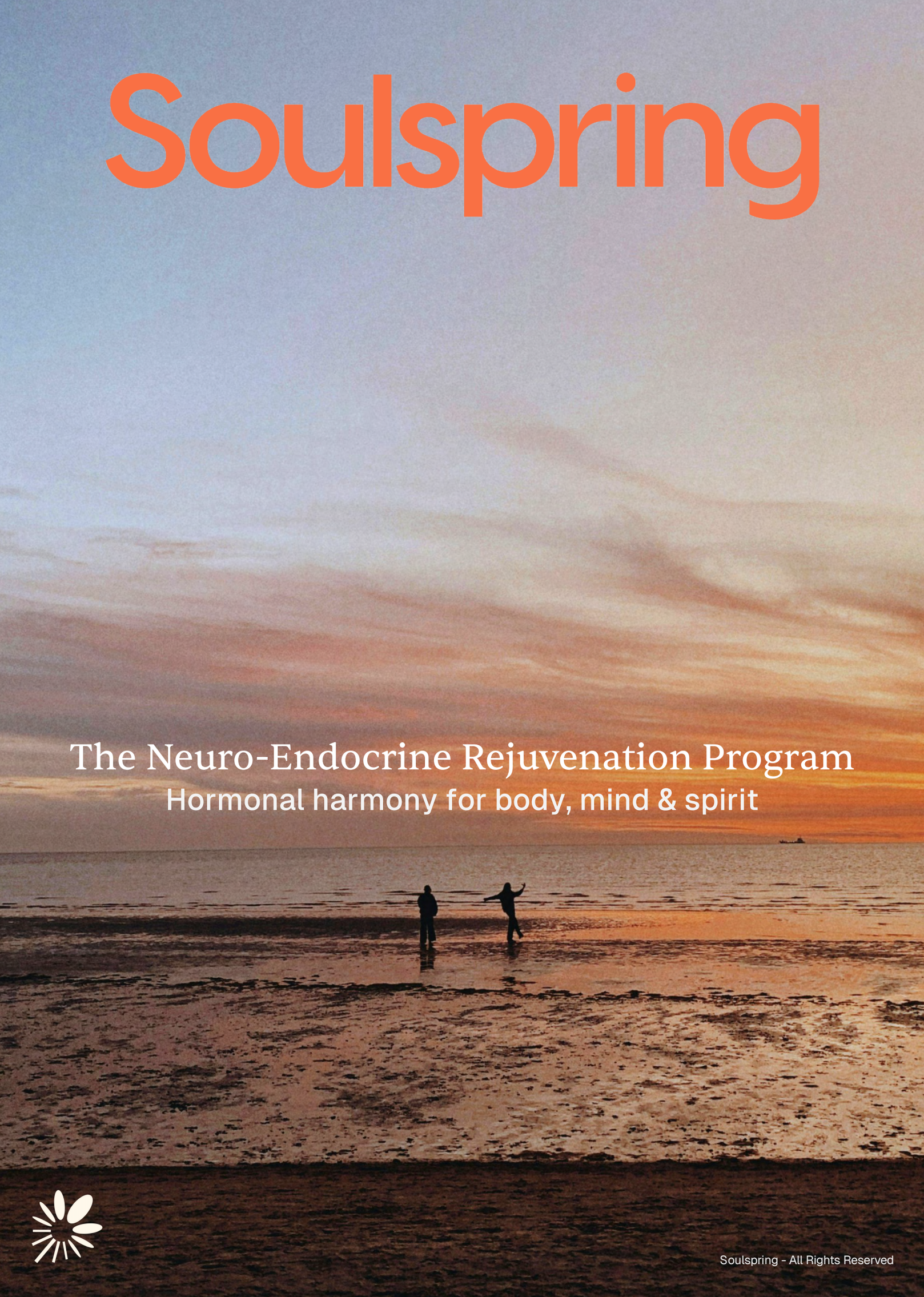

The Neuro-Endocrine Rejuvenation Program

Hormonal harmony for body, mind & spirit

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Welcome to Your Program

This guide is designed to support you during the **Neuro-Endocrine Rejuvenation Program**. It explains the structure, flow, and intent of the therapies you will experience, while allowing space for rest, reflection, and integration.

Every element of this program is **physician-guided, bio individualized**, and continuously refined through diagnostics and clinical insight. While the therapies remain precise, your experience is intentionally gentle, progressive, and adaptive.

This is not a schedule to complete. It is a guided recalibration of how your system learns to restore balance.

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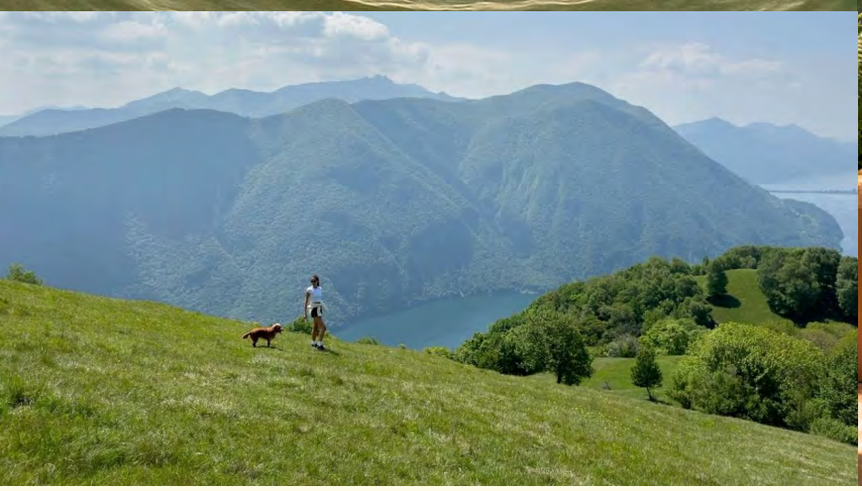
The Foundational Concept







Each program is built on a 3-tier signature model

1 **Tier 1 | Neuro Endocrine Reset**
Stabilize · Detoxify · Re Synchronize

2 **Tier 2 | Neuro Endocrine Renewal**
Restore · Optimize · Rebuild

3 **Tier 3 | Neuro Endocrine Mastery**
Transform · Rejuvenate · Thrive

All tiers are medically supervised, biomarker-driven, and completely individualized to your biological profile and lifestyle.

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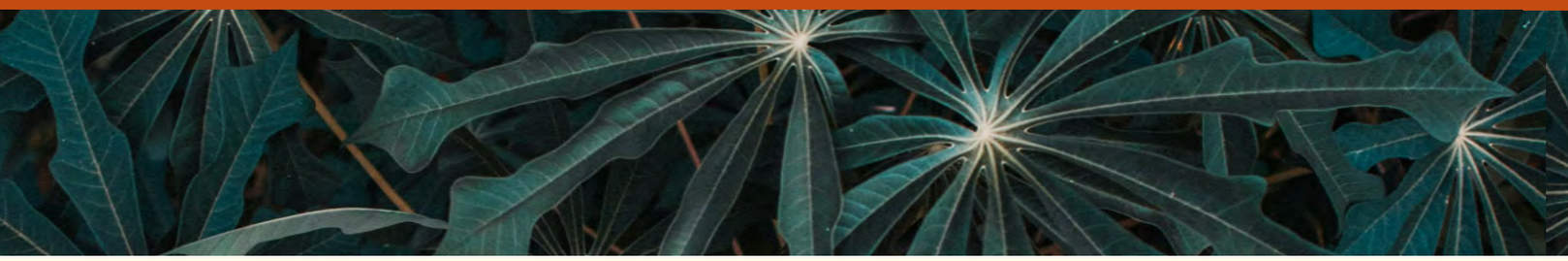
Tier 1 | Neuro Endocrine Reset

Stabilize · Detoxify · Re Synchronize

Program Duration: 3 Days



Clinical Consultation & Diagnostics

During this phase, we establish a clear biological baseline through:

- Comprehensive hormonal assessment
  - Thyroid panel (TSH, FT3, FT4, antibodies)
  - Adrenal axis evaluation (cortisol rhythm, DHEA S)
  - Sex hormones (testosterone / estrogen / progesterone, SHBG)
  - Metabolic and insulin resistance markers
- Advanced laboratory testing
  - REDOX balance testing (oxidative stress & antioxidant capacity)
  - Inflammatory and metabolic markers
- Neuro endocrine & stress profiling
  - HRV based nervous system assessment
  - Circadian and cortisol rhythm evaluation
- Whole body bio energetic evaluation
  - Check Medical systems assessment

IV & Infusion Therapies (2–3 sessions)

Therapies are selected based on your diagnostics and daily response:

- Vitamin C & Glutathione infusion (adrenal and hepatic support)
- Magnesium, B complex & trace minerals (neuro hormonal balance)
- Additional proprietary IV protocols guided by laboratory and REDOX findings

Optional (where clinically appropriate):

- Peptide and exosome based endocrine regeneration
- Stem cell derived therapies

Therapies are performed in a bio-individualized way and may change according to the diagnosis and requirements of each person.

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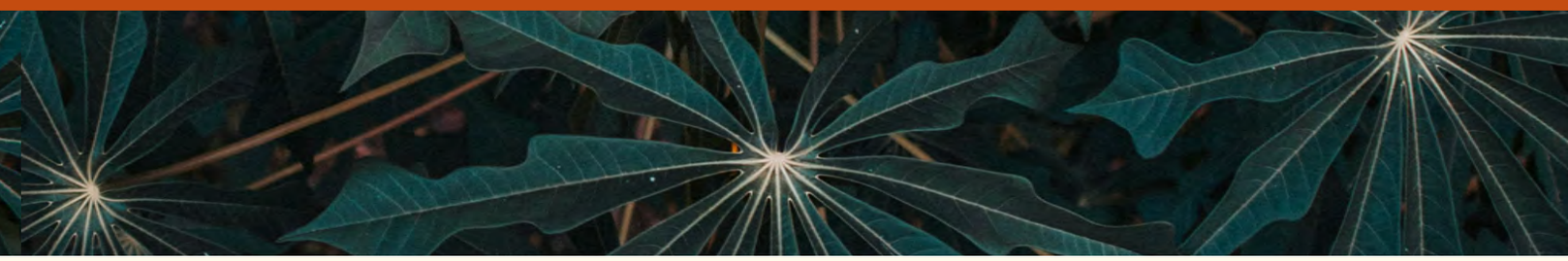
Tier 1 | Neuro Endocrine Reset

Stabilize · Detoxify · Re Synchronize

Program Duration: 3 Days



Neuro Regulatory & Bio Energetic Therapies

- Bioresonance & matrix detox therapies
- Neurofeedback & audio color therapy
- LED light therapy & Braintap
- Shirodhara — neuro endocrine balancing therapy
- Specialized bio neural modulation

Supporting Therapies & Integration

- Hormone supportive supplements & herbal adaptogens
- Mindfulness and guided breathing
- **ayam® meditation app**
- Gentle movement (restorative yoga or alpine walk)
- Lymphatic detox massage

Common experiences: improved sleep quality, calming of the nervous system, early energy stabilization.

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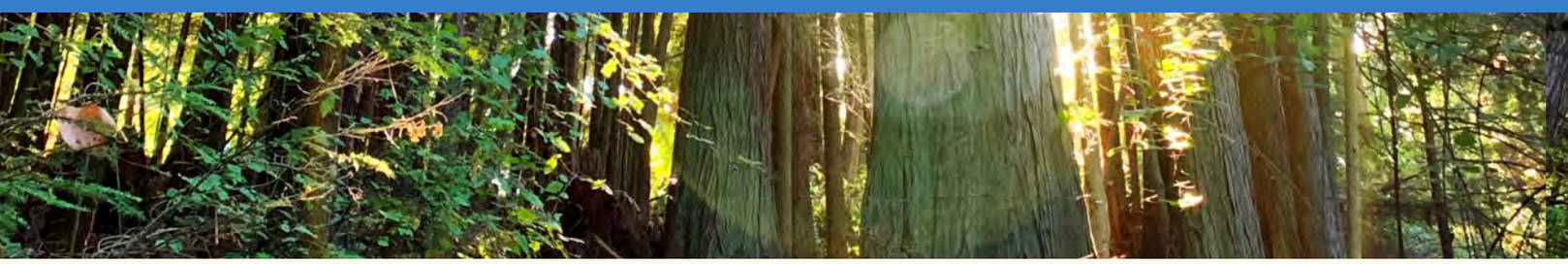
Tier 2| Neuro Endocrine Renewal

Restore · Optimize · Rebuild

Program Duration: 5 Days



Advanced Diagnostics & Functional Intelligence

- Expanded hormonal and metabolic profiling
- Inflammatory, mitochondrial, and oxidative stress assessment
- Advanced REDOX testing for cellular resilience
- Cardio metabolic evaluation (thyroid autoimmunity, insulin sensitivity)
- Bio energetic endocrine mapping and systems correlation

Personalized IV & Regenerative Therapy Rotation

- NAD* and mitochondrial optimization infusions
- Amino acid hormone support formulations:
  - Men: L Carnitine, Zinc, Arginine
  - Women: Glycine, Taurine, Inositol
- Peptide therapy supporting endocrine signaling and tissue repair
- IV ozone therapy for REDOX balance and metabolic regulation
- Additional proprietary IV and regenerative protocols guided dynamically by findings

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Neuro Endocrine & Bio Energetic Integration

- Bioresonance and matrix regeneration therapies
- Neurofeedback guided stress axis recalibration
- Shirodhara — neuro endocrine harmonization
- Bio energetic ampoules and homeopathic injections

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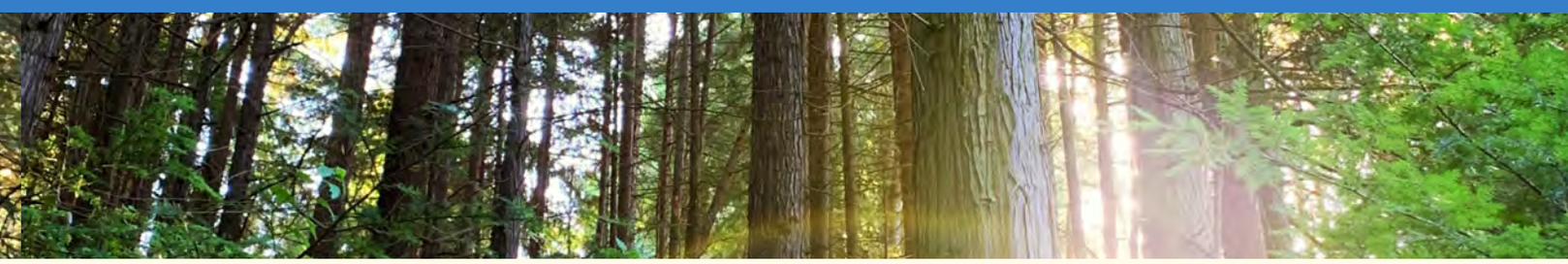
Tier 2| Neuro Endocrine Renewal

Restore · Optimize · Rebuild

Program Duration: 5 Days



Lifestyle & Hormonal Optimization

- Nutrigenomic consultation and hormone aligned nutrition blueprint
- Circadian rhythm and sleep optimization
- Mindfulness, breathwork, and emotional regulation practices
- Light movement and fascia focused bodywork
- Lymphatic detox massage

Common experiences: improved metabolic clarity, emotional steadiness, hormonal adaptability.

Therapies are performed in a bio-individualized way and may change according to the diagnosis and requirements of each person.

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Tier 3| Neuro Endocrine Mastery

Transform · Rejuvenate · Thrive

Program Duration: 7 Days



Advanced Longevity & Hormonal Profiling

- Full genome hormonal and longevity risk analysis
- Epigenetic testing for neuro hormonal evaluation
- Gut–hormone–brain axis assessment
- Longitudinal REDOX, inflammatory, and metabolic biomarker tracking

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Full Spectrum Regenerative Therapy Rotation

- Advanced IV protocols including:
  - High dose Vitamin C
  - NAD* and Glutathione
  - Phosphatidylcholine and Alpha Lipoic Acid
- Peptide and exosome based endocrine regeneration
- Stem cell derived therapies (where clinically appropriate)
- Proprietary regenerative and REDOX modulating protocols, refined throughout your stay

Therapies are performed in a bio-individualized way and may change according to the diagnosis and requirements of each person.

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Tier 3| Neuro Endocrine Mastery

Transform · Rejuvenate · Thrive

Program Duration: 7 Days



Mind-Hormone-Spirit Integration

- Neuro biofeedback for emotional and hormonal coherence
- Trauma informed nervous system recalibration
- Hormone conscious mindfulness and embodiment practices

Optional Immersive Enhancements

- Hyperbaric Oxygen Therapy
- Inuspheresis — advanced detoxification and regeneration
- Personalized longevity and at home hormone optimization blueprint

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Your program is not defined by how much is done, but by **how deeply your system is allowed to recalibrate.**

Rest is part of the therapy. Integration is part of the medicine.

True hormonal harmony does not come from force.
It emerges when the system is listened to.

Soulspring Clinic, Woodlands

Located in a premier Houston suburb, Soulspring Clinic Woodlands is part of a global network of swiss biological medicine clinics and sanctuaries devoted to understanding what makes each individual uniquely themselves.

At Soulspring, healing is designed — not prescribed. We combine breakthrough medical technologies with the insight of elite integrative physicians and practitioners, creating deeply personalized therapeutic journeys that move beyond symptom management toward lasting systemic balance.

Rooted in science, guided by nature, and refined through experience, Soulspring represents a new expression of wellbeing — created for those who seek depth, precision, and care that evolves with them.

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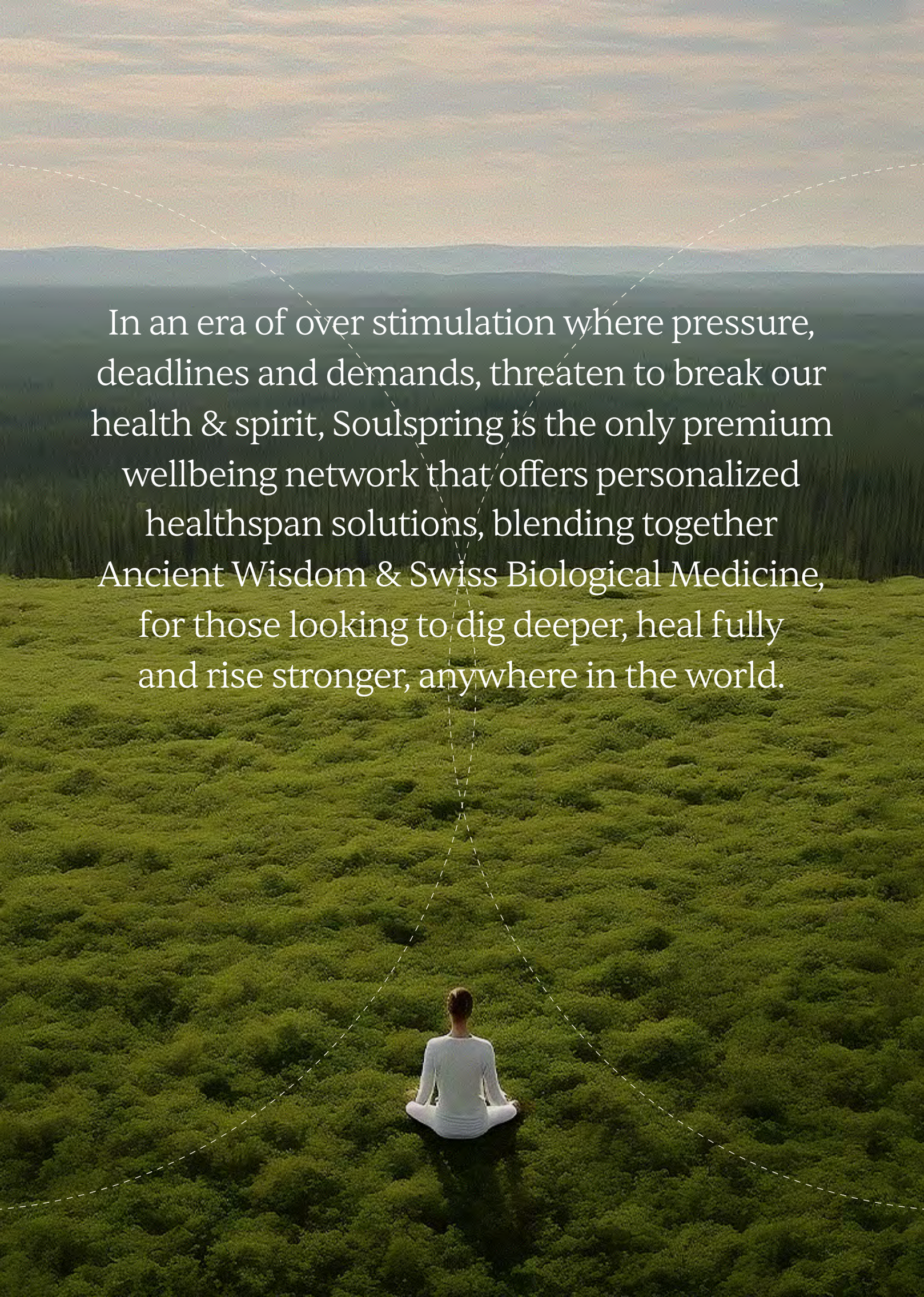

In an era of over stimulation where pressure, deadlines and demands, threaten to break our health & spirit, Soulspring is the only premium wellbeing network that offers personalized healthspan solutions, blending together Ancient Wisdom & Swiss Biological Medicine, for those looking to dig deeper, heal fully and rise stronger, anywhere in the world.



www.soulspring.world