

Soulspring

The Alpine Ageless protocol
Restore • Recharge • Regenerate





The intent of this program



This is not a cosmetic intervention. It is not a wellness retreat. And it is not a quick fix. The Alpine Ageless Protocol is a **medically guided recalibration of the human system**—designed to restore cellular intelligence, rebuild metabolic resilience, and support long-term healthspan. At altitude, under Swiss medical supervision, your body is given the conditions it needs to **shift from survival mode into regeneration mode**.

Modern stress, inflammation, and accelerated aging do not arise from a single system. They emerge when multiple biological networks fall out of coherence.

This protocol works across five interconnected layers:

- Nervous system regulation
- Endocrine and hormonal balance
- Mitochondrial and cellular energy production
- Immune and inflammatory modulation
- Detoxification and metabolic clearance

Each tier builds progressively—never forcing adaptation, always listening to biological readiness.

The Foundational Concept



Each program is built on a 3-tier signature model

1

Tier 1 | Restore

1 Week | Detox & Rebalance

2

Tier 2 | Recharge

2 Weeks | Cellular Repair & Mitochondrial Enhancement

3

Tier 3 | Regenerate

3 Weeks | Biological Rejuvenation & Longevity Optimization

All tiers are biomarker-driven, physician-supervised, and fully individualized.





To purify, rehydrate, and awaken natural vitality—creating the biological foundation required for deeper regeneration.

This phase focuses on **clearing interference** before introducing intensity.

Core Medical Elements

- Comprehensive medical & longevity diagnostics (Check Medical, HRV, Oxidative Stress Test)
- IV Micronutrient Restoration (B-complex, magnesium, trace minerals, antioxidants)
- Glutathione & Vitamin C infusions for cellular detox
- Nutritional & lifestyle coaching with sleep optimization

Bio-Energetic Therapies

- Personalized Bioresonance Therapy
- Ionic Footbath
- Matrix Detox & Regeneration Therapies

Expected Outcomes

- Improved cellular hydration
- Reduced toxic burden
- Enhanced sleep quality, digestion, and baseline energy



To restore youthful cellular performance, rebuild mitochondrial efficiency, and enhance metabolic resilience. This phase introduces **repair signaling and energy optimization** once detox pathways are open.

Core Medical Elements

- NAD* IV Therapy (progressive dosing under medical supervision)
- Myers+ infusion series
- Phosphatidylcholine & CoQ10 mitochondrial IV support
- Oxidative therapies: IV Ozone infusions
- Regenerative therapies: Stem cells, exosomes, peptides (if medically indicated)
- IHHT (Intermittent Hypoxia-Hyperoxia Training)
- Cryotherapy or Cold Plunge Therapy
- PEMF & Full-Body Photobiomodulation (Red/NIR)
- Personalized nutrition with amino acid and peptide optimization
- Targeted anti-inflammatory and antioxidant nutraceutical protocol
- Optional: PRP facial and micro-needling collagen induction



Bio-Energetic Therapies

- Personalized Bioresonance Therapy
- Matrix Detox & Regeneration Therapies
- Ionic Footbath
- Facial Matrix Detoxification
- Audiocolor
- Neurofeedback
- Shirodhara

Expected Outcomes

- Improved mitochondrial energy and cognitive clarity
- Enhanced collagen synthesis and metabolic stability
- Visible skin radiance and hormonal recalibration

Tier 3 | Regenerate



Biological Rejuvenation & Longevity Optimization

Program Duration: 3 Weeks



To influence biological aging markers, amplify systemic resilience, and support peak physiological performance. This phase is **deep, precise, and data-driven**.

Core Medical Elements

- Full medical longevity panel (DNA methylation, telomeres, microbiome, hormones)
- Advanced NAD* & mitochondrial IV protocols
- High-dose Vitamin C & amino acid infusion cycles (lab-guided)
- Oxidative therapies: IV Ozone infusions
- Regenerative therapies: Stem cells, exosomes, peptides (if medically indicated)
- HBOT (Hyperbaric Oxygen Therapy) blocks
- Red Light Therapy & PEMF synergy protocol
- IHHT + Cryotherapy + Infrared Detox fusion sessions
- PRP for skin/scalp rejuvenation (optional)
- Stem-cell supportive nutrition and peptide formulations (Swissmedic compliant)
- Longevity health coach support
- Medical re-assessment every 4 weeks

Tier 3 | Regenerate



Biological Rejuvenation & Longevity Optimization

Program Duration: 3 Weeks



Bio-Energetic Therapies

- Personalized Bioresonance Therapy
- Bio-Neural Therapy
- Matrix Detox & Regeneration Therapies
- Ionic & Alkaline Footbaths
- Audiocolor
- Neurofeedback
- Shirodhara

Expected Outcomes

- Favorable shifts in biological aging markers
- Peak vitality, focus, and stress resilience
- Improved immune balance, hormonal tone, and skin integrity



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.

The body remembers vitality when given the right nourishment — we simply help it recall its youth

Soulspring Clinic, Woodlands

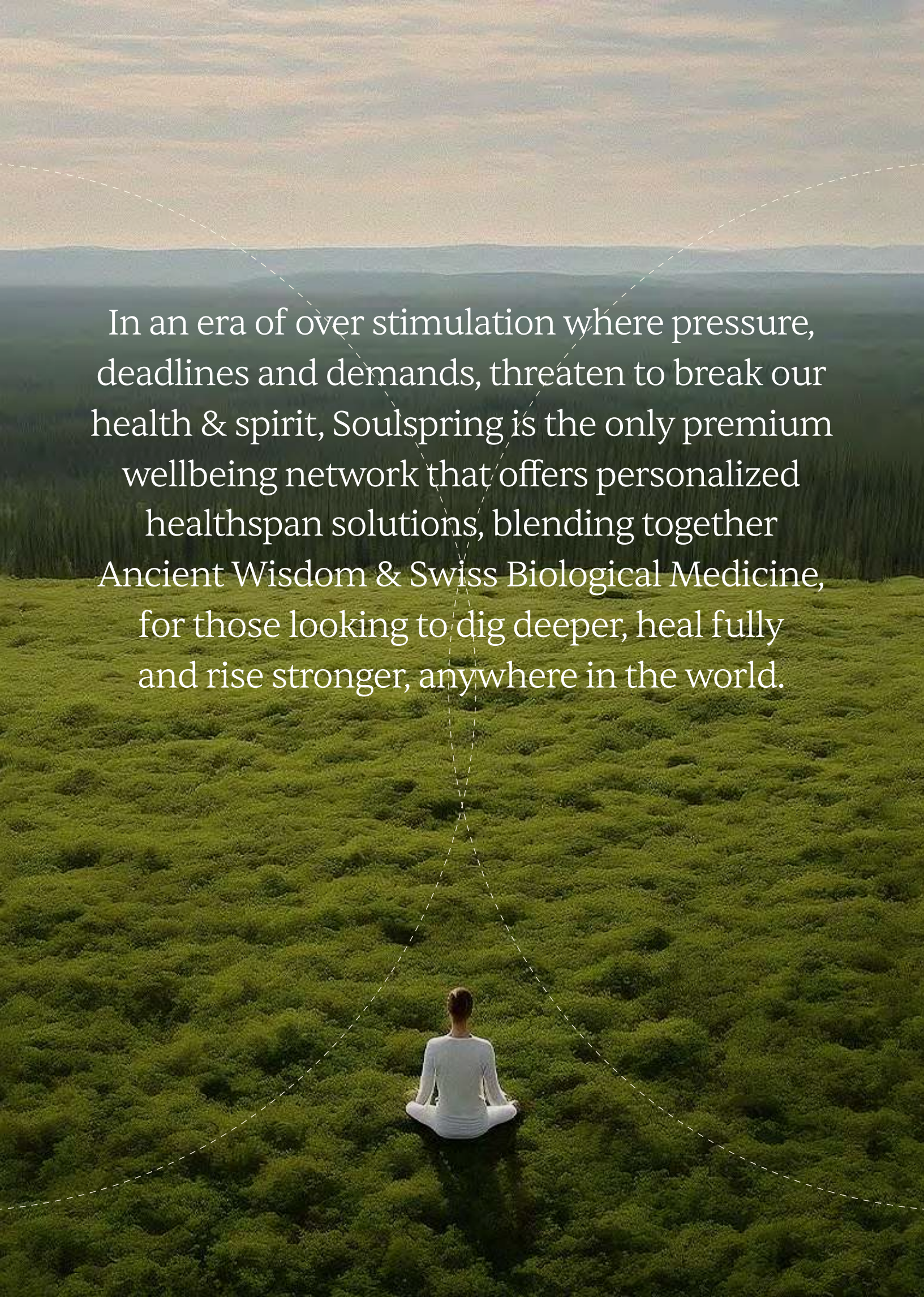
Located in a premier Houston suburb, Soulspring Clinic Woodlands is part of a global network of swiss biological medicine clinics and sanctuaries devoted to understanding what makes each individual uniquely themselves.

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.

25420 Kuykendahl Rd, Ste. D300
The Woodlands, Texas 77375
USA
+1 832 521 1598

www.minervacclinic.us
www.soulspring.world

A person is seen from behind, sitting in a meditative lotus position on a vast, rolling green field. The field is covered in low-lying vegetation and stretches towards a distant horizon under a soft, overcast sky. A large, dashed white circle is superimposed over the entire scene, framing the person and the landscape. The text is centered within this circle.

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