

Soulspring

The Cardio Rejuvenation Protocol
A Holistic Cardio Care Program: Your Heart, Elevated





Philosophy of Care



The Cardio Rejuvenation Protocol is designed for individuals who wish to go beyond conventional cardiology and engage the heart as a living, adaptive system—interwoven with metabolism, nervous regulation, vascular integrity, cellular energetics, and emotional coherence.

At SoulSpring, cardiovascular health is not approached as the management of risk markers alone, but as the restoration of rhythm, resilience, and systemic balance.

This is not a performance plan or a checklist of interventions.

It is a guided recalibration of how the cardiovascular system restores balance, adapts to stress, and sustains vitality over time.

The Foundational Concept



Each program is built on a 3-tier signature model

- 1 Tier 1 | Reset**
Rebalance · Detoxify · Revive

- 2 Tier 2 | Renewal**
Energize · Rebuild · Regenerate

- 3 Tier 3 | Eternal Heart Program**
Transform · Rejuvenate · Thrive

The journey unfolds in three progressive tiers, each building on the previous one. Care is guided by physicians and adapted continuously to how your body responds, ensuring precision, safety, and depth at every stage.



Medical Consultation & Diagnostics

- Comprehensive cardiac and metabolic blood testing
 - Oxidative stress assessment
 - Whole-body bio-energetic evaluation (Check Medical)
 - Neuro-cardiac stress and HRV assessment
 - Advanced REDOX testing for cellular resilience and adaptive capacity
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IV & Ozone Infusions (2-3 Sessions)

- Glutathione and Vitamin C infusion
 - Magnesium and B-complex for rhythm balance
 - Cellular detox IV with alpha-lipoic acid
 - IV ozone therapy for enhanced oxygen utilization
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Bio-Energetic & Neuro-Integrative Therapies

- Bioresonance and matrix detoxification
- Audio-color therapy and neurofeedback
- LED light therapy and BrainTap
- Shirodhara or neuro-endocrine balancing therapy
- Specialized bio-neural modulation



Supporting Therapies

- Targeted supplements and herbal tinctures
 - Guided breathing and mindfulness practices
 - AYAM meditation app integration
 - Gentle movement (restorative yoga or alpine walks)
 - Lymphatic detox massage
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Optional Holistic Enhancements

- Neuro-regenerative therapies (IV exosomes, peptides)
- Homeopathic and bio-energetic injections
- Inuspheresis detoxification
- Hyperbaric oxygen therapy (HBOT)



Advanced Diagnostics

- Expanded cardiometabolic testing
 - Oxidative and inflammatory load assessment
 - Whole-body bio-energetic evaluation
 - Neuro-cardiac stress and HRV analysis
 - Advanced REDOX testing
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Personalized IV & Ozone Therapy Rotation

- NAD* and CoQ10 mitochondrial infusion
 - EDTA chelation therapy for microcirculation support
 - Amino acid cardio blend (L-Carnitine, Taurine, Arginine)
 - IV ozone therapy
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Personalized IV & Ozone Therapy Rotation

- Bioresonance and matrix detoxification
- Audio-color therapy and neurofeedback
- LED light therapy and BrainTap
- Shirodhara or neuro-endocrine balancing therapy
- Specialized bio-neural therapy
- Neuro-regenerative IV therapies (exosomes, peptides)
- Bio-energetic and homeopathic injections

Tier 2 | The Alpine Cardio Renewal



Energize · Rebuild · Regenerate

Program Duration: 5 Days



Supporting Therapies

- Precision supplementation and herbal support
 - Nutrigenomic consultation and personalized dietary blueprint
 - Guided mindfulness and breathwork
 - AYAM meditation app
 - Gentle movement and lymphatic massage
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Optional Enhancements

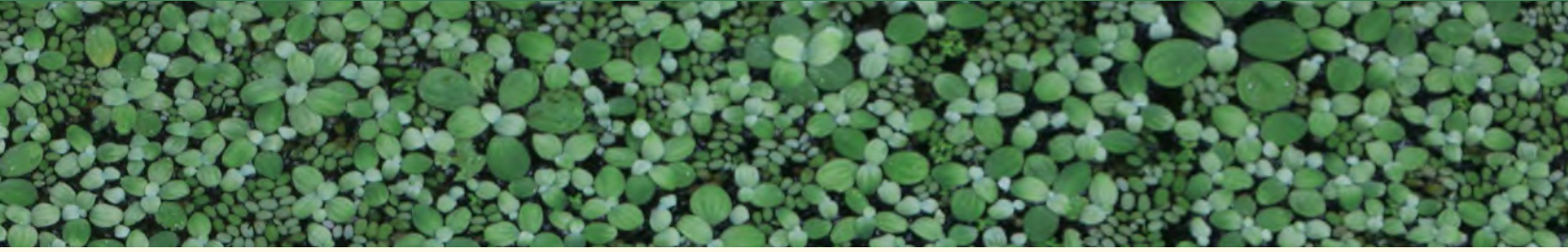
- Inuspheres detoxification
- Hyperbaric oxygen therapy sessions

Tier 3 | The Eternal Heart Program



Transform · Rejuvenate · Thrive

Program Duration: 7 Days



Includes All Tier II Services, Plus

- Full-genome cardiac risk and longevity profiling
- Full-spectrum IV therapy rotation including:
 - High-dose Vitamin C
 - NAD* and Glutathione
 - Phosphatidylcholine and alpha-lipoic acid
- Optional stem cell and advanced exosome therapies

Optional Enhancements

- Hyperbaric oxygen therapy
- Inuspheresis detoxification
- Heart–mind coherence therapy
(neuro-biofeedback and mindfulness coaching)



Clinical Environment & Therapeutic Setting

Medical Technology & Innovation

- AI-assisted cardiac analytics
- Vascular and metabolic imaging
- Bioelectrical impedance and metabolic age analysis
- Precision IV compounding with pharmaceutical-grade ingredients
- Integrated ozone, cryotherapy, and HBOT suites



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 heart does not function in isolation. When systemic balance is re-established, cardiovascular resilience and longevity naturally improve.

Soulspring Clinic, Woodlands

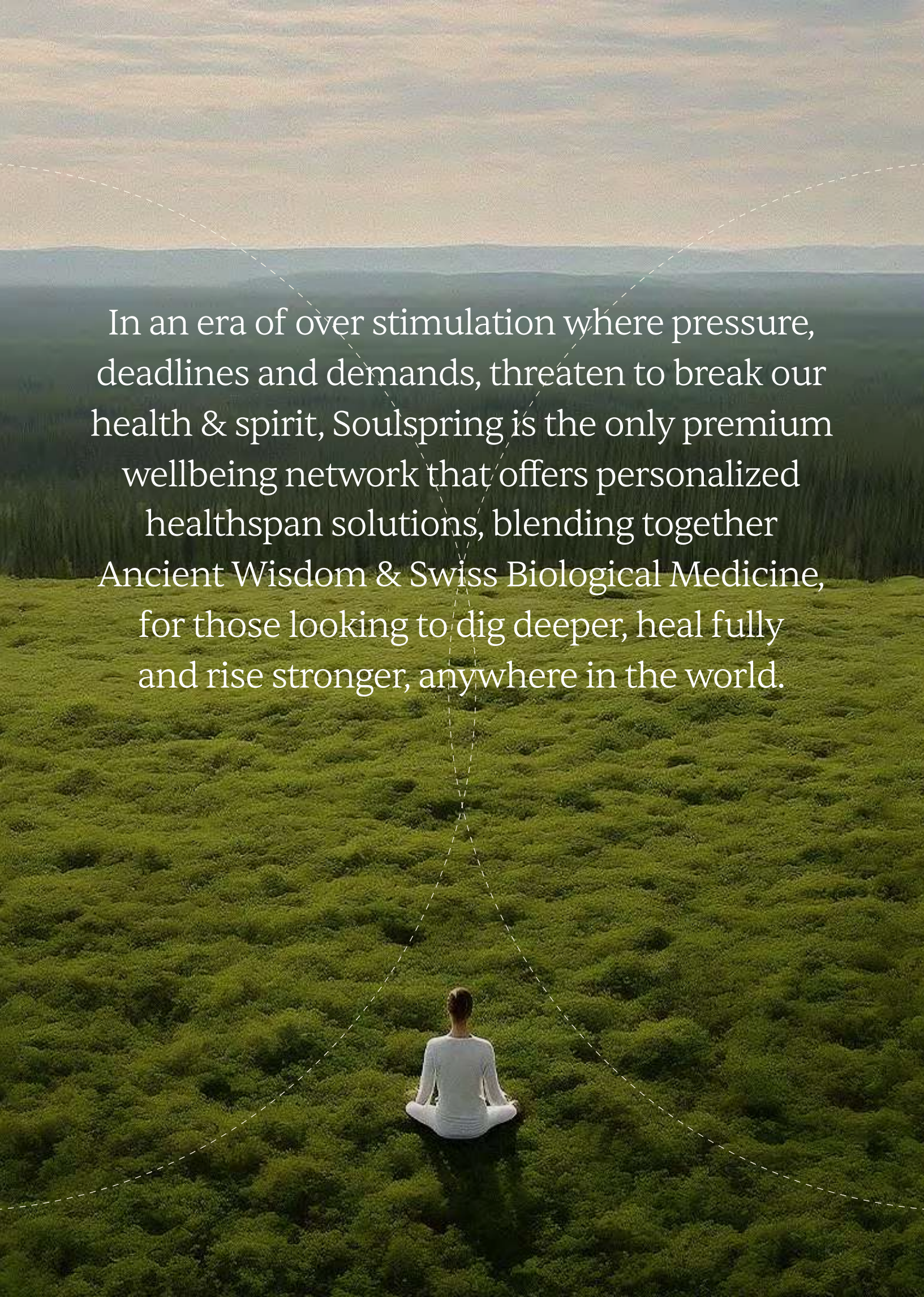
Located in a premier Houston suburb, Soulspring Clinic Woodlands is part of a global network of swiss biological medicine clinics and sanctuaries devoted to understanding what makes each individual uniquely themselves.

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, hazy horizon under a cloudy 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