

Soulspring

Stress & Burnout Restoration Protocol
Holistic Medical Protocol for Regeneration & Renewal





Philosophy of Care



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

Each tier is individually designed by a multidisciplinary team of Swiss biological medicine physicians, nutritionists, and integrative practitioners. The approach integrates advanced medical diagnostics, regenerative therapies, and holistic modalities to support recovery from chronic stress, burnout, and nervous system dysregulation.

The focus is not symptom suppression, but restoring coherence across the nervous, endocrine, metabolic, and bio-energetic systems—allowing resilience, clarity, and vitality to re-emerge naturally.

The Foundational Concept



Each program is built on a 3-tier signature model

1

Tier 1 | Restore

Foundational Reset & Nervous System Recovery

2

Tier 2 | Recharge

Neuroendocrine Reset & Cellular Regeneration

3

Tier 3 | Rebirth

Full System Regeneration, Longevity & Executive Rejuvenation

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 Assessment

- Comprehensive stress and metabolic assessment (HRV, cortisol rhythm, sleep quality, nutrient levels)
 - Whole-body bio-energetics evaluation – Check Medical
 - Advanced REDOX testing for cellular resilience and adaptive capacity
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IV Therapies

- Adrenal Restore Drip (magnesium, B-complex, taurine, vitamin C)
 - Mito Balance Infusion (NAD+, glutathione, amino support)
 - Ozone infusions
 - Homeopathic and bio-energetic ampoules (injectable)
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Bio-energetic & Regeneration Therapies

- Personalized bioresonance therapy
- Audiocolor therapy and neurofeedback
- Braintap and LED light therapy
- Shirodhara or neuro-endocrine balancing therapy
- Bio-neural therapy

Tier 1 | Restore



Foundational Reset & Nervous System Recovery

Program Duration: 3-5 Days



Holistic Integration

- Orthomolecular and herbal medicine
 - Guided breathwork and meditation
 - Nutrient-dense, plant-based gourmet cuisine
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Optional Add-ons

- Regenerative IV therapies (exosomes, peptides)
- Inuspheresis
- Hyperbaric oxygen therapy (HBOT)



Diagnosics

- Hormonal and neurotransmitter profiling
 - Gut–brain axis and microbiome analysis
 - In-depth metabolic and mitochondrial testing
 - Whole-body bio-energetics evaluation – Check Medical, HRV
 - Advanced REDOX testing for cellular resilience and adaptive capacity
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IV & Ozone Therapies

- NeuroRegenerative Drip (NAD+, phosphatidylcholine, B12, trace minerals)
- MitoCell Revive (alpha-lipoic acid, CoQ10, amino acids, antioxidants)
- ANS reset (procaine, bicarbonate)
- Revitalise & Regenerate IVs (Myers, multimineral)
- IV ozone therapies



Regeneration & Detox

- Personalized bioresonance therapy
 - Matrix detox and regeneration programs
 - Ionic footbaths and alkaline baths
 - Shirodhara or neuro-endocrine balancing therapy
 - Bio-neural therapy
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Holistic Integration

- Adaptogenic herbal supplementation
- Breath and movement practices
- Personalized sleep restoration plan
- Daily mindfulness and grounding sessions

Tier 3 | Rebirth



Full System Regeneration,
Longevity & Executive Rejuvenation

Program Duration: 7-10 Days



Advanced Diagnostics

- Genomic and epigenetic longevity testing
 - Mitochondrial and telomere length analysis
 - Neurocognitive and hormonal optimization assessment
 - Whole-body bio-energetics evaluation – Check Medical, HRV
 - Advanced REDOX testing for cellular resilience and adaptive capacity
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Advanced IV Therapies

- Cellular Regeneration Infusion (high-dose NAD+, amino acids, glutathione, antioxidants)
 - Stem cell and peptide support (BPC-157, GHK-Cu, exosome infusion)
 - Detox and liver support infusion (glutathione, alpha-lipoic acid, methionine, inositol)
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Regeneration & Detox

- Chelation and ozone therapy
- Personalized bioresonance therapy
- Matrix detox and regeneration programs
- Ionic footbaths and alkaline baths
- Shirodhara

Tier 3 | Rebirth



Full System Regeneration,
Longevity & Executive Rejuvenation

Program Duration: 7-10 Days



Holistic Integration

- Integrative psychotherapy and executive life-balance coaching
 - Sound therapy and energy healing
 - Guided alpine nature immersion and yoga therapy
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Optional Add-ons

- Genetic and hormonal optimization
- Longevity peptide therapy
- Neurofeedback for executive performance
- Post-program lifestyle and medical continuity (virtual)



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.

Burnout is not the end of capacity, but a request for recalibration.

When the system is heard, balance returns

SoulSpring Clinic, Woodlands

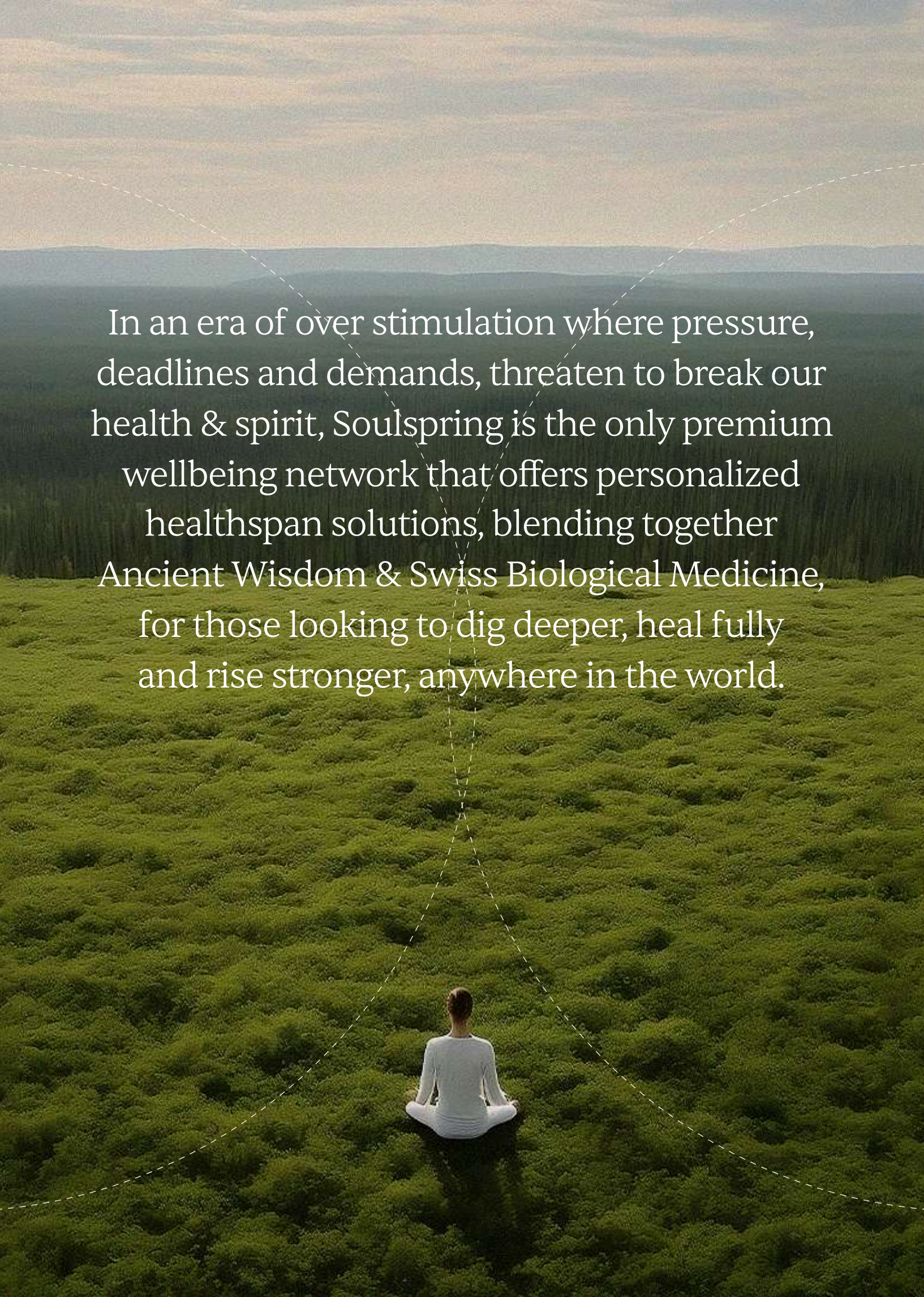
Located in a premier Houston suburb, SoulSpring Clinic Woodlands is part of a global network of swiss biological medicine clinics and sanctuaries devoted to understanding what makes each individual uniquely themselves.

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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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 range of distant, hazy mountains 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.



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