

# Holistic 10X Health System®

A premium performance and longevity program designed to restore energy, optimize recovery and support whole-body vitality.



01

Personalized biology

02

Doctor-led review

03

Regenerative tools

04

Puerto Vallarta retreat

# What this service is



## The Holistic 10X Health System® is a premium, all-in-one performance and longevity protocol.

It combines advanced diagnostics, regenerative therapies and natural detoxification into a custom roadmap for energy, recovery, clarity and long-term vitality.

Personalized longevity care in Puerto Vallarta

1

Biology-first plan

2

Clinical evaluation

3

Tailored protocol

### Best fit

People seeking doctor-led solutions for fatigue, hormones, inflammation, recovery and healthy aging.

### Not the right fit

People looking for a quick fix, a generic supplement plan or a low-commitment wellness product.

Important: every protocol is confirmed after medical evaluation and individualized recommendations.

# How the evaluation flows

Before treatment, patients complete a complimentary telemedicine evaluation to confirm fit, timing and next steps.



## What you'll clarify on the call

- Which modules are relevant and why
- What labs or history matter most
- What travel/treatment rhythm could look like
- What the expected investment range is



## Why patients choose 10X

A coordinated, doctor-led path for people who want more energy, faster recovery, deeper detox support and a personalized longevity strategy.

# Core modules at a glance

The final treatment plan is personalized. These modules can be combined based on patient biology, goals and medical review.



## Diagnostics

**Genetic + blood testing**

Blueprint for detox, inflammation, nutrient and oxidative-stress patterns.



## Oxygen

**EWOT / HBOT**

Supports oxygenation, recovery, stamina and inflammation balance.



## IV Nutrients

**NAD+, Vitamin C, Glutathione**

Direct nutrient delivery for cellular energy, immunity and antioxidant support.



## Peptides

**Targeted repair signals**

Customized protocols for recovery, repair and resilience.



## BHRT

**Hormone optimization**

Bioidentical hormone support for clarity, energy and balance.



## Detox

**Plasmapheresis + detox packs**

Advanced detox options for environmental burden and whole-body renewal.



## Regeneration

**MUSE cells, exosomes, NK cells**

Regenerative signaling and immune support for tissue renewal.

**Your care team combines the right modules into a personalized sequence based on goals, health history and medical review.**

# Location, rhythm & investment



Programs start at

**\$15,000 USD**

Final investment depends on protocol, duration and selected therapies. Financing options are available.

1

## Airport

Fly into PVR, serviced by major US, Canadian and European airlines.

2

## Clinic

Plaza Marina, Local B-10 — minutes from the airport and hotel zone.

3

## Patients

Visitors come from the United States, Canada, Europe and Mexico.

4

## Rhythm

Some plans are intensive 1–2 week immersions; others are spaced over months.

**A premium medical-grade health experience in a retreat-like Puerto Vallarta setting.**

# Prepare for the advisor call

Use the call to confirm fit, understand the likely evaluation path and clarify what a personalized plan could involve.



1

## Clarify goals

Energy, recovery, hormones, detox, longevity, performance or specific symptoms.

2

## Share context

Relevant history, medications, lab results and prior treatments.

3

## Ask sequence

Which modules might come first and why.

4

## Discuss logistics

Travel timing, treatment rhythm and expected budget.



HOLISTIC  
BIO SPA®

## Patient Advisor call

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[Schedule your advisor call](#)