



Welcome Cherry Garcia to Your Comprehensive Two-Month Celler Precision Health Program

This document outlines every aspect of your customized, precision-based health protocol. It includes detailed instructions for your products and a daily lifestyle guide to ensure you achieve the best possible results in the fastest amount of time. The main goal of these next two months is to upgrade your health from your starting health score of D+ to your potential new health score of an A-. We will provide you with every tool along the way to ensure precision and efficacy as you become stronger and better.

Your Health Goals

Your three main goals for starting this treatment were:

Goal #1

Aggressively manage and improve cardiovascular health to reduce near-term risk.

Goal #2

Restore hormonal balance to improve energy, vitality, and libido.

Goal #3

Reduce systemic inflammation and bolster the immune system to address chronic stress and viral load.

This two-month program aims to achieve these goals while also improving other aspects of health that may be contributing to hidden stress in your body and accelerated aging. Thank you for letting us be the one to help manage your health.

Program Summary

Products

Item	Description	Quantity
Tesamorelin	Injectable peptide to stimulate growth hormone production.	2 Vials
DHEA	100 mg capsules to support testosterone and estrogen production.	1 (60-day supply)
Cherry Garcia Nutraceutical Blend	Custom-formulated blend for stress, testosterone, energy, detoxification, and inflammation.	1 (2-month supply)
Dr. Sleep	Comprehensive formula to improve sleep quality.	2 (1-month supply each)
Dr. NAD	Formula designed to boost cellular NAD+ levels for energy and longevity.	1 (2-month supply)
Thymosin Alpha-1	Injectable peptide to modulate and balance the immune system.	2 Vials
BPC-157	Daily capsule to accelerate gut healing and reduce inflammation.	1 (60-day supply)

Treatments

Treatment	Description	Quantity
High-Dose Vitamin C IV Therapy	Intravenous infusion for antiviral and anti-inflammatory support.	4 Sessions
EB00 (Extracorporeal Blood Oxygenation and Ozonation)	Advanced systemic detoxification and blood purification therapy.	1 Session

Lifestyle Protocols



Diet

Protocol: Anti-Inflammatory Elimination Diet

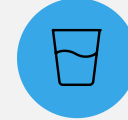
Reason: To remove sources of inflammation (e.g., eggs, gluten, dairy), heal the gut, and calm the immune system.



Exercise

Protocol: Resistance Training (3x/week) & HIIT (2x/week)

Reason: To naturally boost testosterone and growth hormone, improve insulin sensitivity, and strengthen cardiovascular health.



Hydration

Protocol: 100oz (approx. 3 liters) of filtered water daily

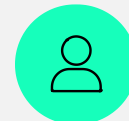
Reason: Critical for detoxification, cellular communication, and kidney function.



Sleep

Protocol: 7-9 hours nightly with consistent sleep hygiene

Reason: Essential for hormonal balance, tissue repair, and cortisol regulation.



Stress Reduction

Protocol: Daily box breathing, meditation, nature exposure, and a pre-sleep digital detox

Reason: To lower high cortisol levels and calm the "fight-or-flight" nervous system response.

Detailed Instructions

Product: Tesamorelin (Peptide)

What It Is:

An injectable peptide that stimulates your pituitary gland to produce and release your body's own growth hormone (GH).

Instructions & Frequency:

Inject 50 units subcutaneously (SQ) in the abdomen, 5 nights per week (e.g., Mon-Fri) before bed.

Why You Are Taking It:

To provide a strong stimulus for increasing overall GH levels, which is critical for managing cardiovascular risk.

How to Maximize Results:

Inject at least 2 hours after your last meal for best absorption.

What to Expect:

Improved sleep depth, better recovery from workouts, and optimized metabolic health.

How to administer

Product: DHEA (Supplement)

What It Is:

The most abundant circulating hormone in the body, which serves as the direct parent to your sex hormones, testosterone, and estrogen.

Instructions & Frequency:

Take one (1) 100 mg capsule daily.

Why You Are Taking It:

To help rebuild your hormonal cascade, which is a foundational element of your protocol.

How to Maximize Results:

Take consistently at the same time each day, preferably in the morning.

What to Expect:

Support for hormonal balance, which can contribute to improved energy and vitality.

Product: Cherry Garcia Nutraceutical Blend (Supplement)

What It Is:

A custom-formulated blend of 8 ingredients, including Ashwagandha, Tongkat Ali, Turmeric, and Resveratrol, providing targeted support for your most pressing health needs.

Instructions & Frequency:

Take as directed on the label.

Why You Are Taking It:

This blend is designed to lower cortisol, increase free testosterone, support detoxification, reduce inflammation, and provide cardiovascular protection.

How to Maximize Results:

Take with food to enhance absorption of fat-soluble components.

What to Expect:

A synergistic effect supporting stress reduction, hormonal health, and reduced inflammation.

Product: Dr. Sleep (Supplement)

What It Is:

A comprehensive formula containing Magnesium, Zinc, L-Theanine, Ashwagandha, and Melatonin, designed to help you fall asleep faster and enjoy more restful sleep.

Instructions & Frequency:

Take as directed, 30-60 minutes before bedtime.

Why You Are Taking It:

To calm the nervous system, lower cortisol, and regulate your internal body clock to improve sleep quality.

How to Maximize Results:

Combine with your pre-sleep digital detox and wind-down routine to signal to your body that it's time for restorative rest.

What to Expect:

An easier transition to sleep and the ability to achieve deeper, more restorative sleep stages.

Product: Dr. NAD (Supplement)

What It Is:

A formula containing Nicotinamide Riboside (NR), Resveratrol, and Apigenin designed to recharge your cells by boosting NAD+ levels.

Instructions & Frequency:

Take 2 capsules daily in the morning with food.

Why You Are Taking It:

To support cellular energy and activate "longevity genes" called sirtuins.

How to Maximize Results:

Pair with a healthy diet and exercise, as these lifestyle factors also support cellular energy production.

What to Expect:

Support for cellular repair and energy, contributing to overall vitality.

Product: Thymosin Alpha-1 (Peptide)

What It Is:

An "immune system balancer" that works to modulate your immune system, either by boosting a weak response or calming an overactive one.

Instructions & Frequency:

Inject 50 units (1.5 mg) subcutaneously into abdominal fat, twice per week in the morning.

Why You Are Taking It:

To directly address immune exhaustion, evidenced by low T-cell counts, and to help manage the chronic viral load from Epstein-Barr Virus.

How to Maximize Results:

Administer on the same two days each week to maintain stable levels in your system.

What to Expect:

A more balanced immune response, helping to reduce the burden of chronic inflammation and infection.

How to administer

Product: BPC-157 (Body Protective Compound) (Supplement)

What It Is:

A peptide, often called the "super-repairman," that accelerates the healing of various tissues, especially the gut lining.

Instructions & Frequency:

Take one (1) 500 mcg capsule daily on an empty stomach, 30 minutes before food.

Why You Are Taking It:

To reduce gut-driven inflammation and support healing of the gut lining, which is a key part of calming systemic inflammation.

How to Maximize Results:

Take it first thing in the morning with a glass of water and wait at least 30 minutes before consuming anything else.

What to Expect:

Support for gut health, which can lead to reduced food sensitivities and lower overall inflammation.

Treatment: High-Dose Vitamin C IV Therapy

What It Is:

An intravenous infusion of potent antiviral and anti-inflammatory support.

Frequency:

One session per week for the first four weeks of your program.

What to Expect (During & After):

The intravenous infusion lasts between 90-180 minutes. It's important to be well-hydrated before your session.



Sample Day: Friday

Subject: Your Daily Protocol for Friday

Today's Focus: Metabolic Optimization Friday - Finish the week strong by fueling your body's hormonal and cardiovascular systems.

1

Friday Morning Routine (6:00-8:00 AM)

- **Stress Reduction:** Complete a 5-minute Box

2

Friday Midday Routine (12:00-2:00 PM)

- **Hydration:** Drink 30oz of filtered water before

Treatment: EBOO (Extracorporeal Blood Oxygenation and Ozonation)

What It Is:

The most advanced protocol for systemic detoxification and revitalization. EBOO is a process where blood is continuously drawn from one arm, run through a special filtration system where it is ozonated and oxygenated, and then returned to the other arm.

Frequency:

One session during your 2-month protocol.

Relevance to Your Program:

This therapy provides a profound "reset" of your internal environment by cleansing the blood of inflammatory mediators and pathogens, maximizing the efficacy of all other interventions in your protocol.



8 Week Outlook

Phase 1: Week 1 - Program Initiation & Foundation

- Begin all daily supplements (DHEA, Custom Blend, Dr. Sleep, Dr. NAD, BPC-157)
- Begin all peptide therapies (Tesamorelin 5x/week, Thymosin Alpha-1 2x/week)
- First High-Dose Vitamin C IV Therapy Session
- Implement all lifestyle adjustments: Anti-Inflammatory Diet, Hydration, Exercise Schedule, Stress Reduction, and Sleep Hygiene

1

2

Phase 2: Weeks 2-4 - Adaptation & Detoxification

- Continue all daily supplements and peptide protocols
- Weekly High-Dose Vitamin C IV Therapy Sessions (Weeks 2, 3, 4)
- Undergo your scheduled EBOO Therapy Session

3

Phase 3: Week 4 - Mid-Point Review & Adjustment

- Mid-Point Health Assessment & Consultation to review progress
- Continue all daily supplements and peptide protocols

4

Phase 4: Weeks 5-7 - Optimization & Acceleration

- Continue all daily protocols with any adjustments made during your review
- Focus on consistency with your diet, exercise, and lifestyle habits

5

Phase 5: Week 8 - Final Assessment & Future Planning

- Final Health Assessment & Progress Review
- Develop a long-term health maintenance plan with your clinical team

Expanded Lifestyle Protocols

Anti-Inflammatory Elimination Diet

This diet is designed to remove common inflammatory triggers and support gut healing.

Foods to Avoid

- Gluten (wheat, barley, rye)
- Dairy products (milk, cheese, yogurt)
- Eggs
- Refined sugar and artificial sweeteners
- Processed foods and oils
- Alcohol
- Caffeine (limit to 1 cup before noon)

Foods to Enjoy

- Lean proteins (wild-caught fish, grass-fed meats, organic poultry)
- Healthy fats (avocados, olive oil, nuts, seeds)
- Non-starchy vegetables (leafy greens, broccoli, cauliflower, peppers)
- Limited fruits (berries are best)
- Gluten-free grains in moderation (quinoa, rice)
- Herbs and spices (especially anti-inflammatory ones like turmeric)

Meal Planning Tips

- Prepare meals in advance when possible
- Aim for 3 balanced meals daily with protein at each meal
- Include healthy fats with each meal to support hormone production
- Stay hydrated between meals
- Consider intermittent fasting (12-14 hour overnight window) if approved by your healthcare provider

Exercise Protocol

Your exercise program is designed to naturally boost hormones, improve cardiovascular health, and enhance metabolic function.

Resistance Training (3x/week)

Purpose: Build lean muscle, boost testosterone, improve insulin sensitivity

- **Monday:** Upper Body Push (chest, shoulders, triceps)
- **Wednesday:** Lower Body (legs, glutes)
- **Friday:** Upper Body Pull (back, biceps)

Guidelines:

- Focus on compound movements (squats, deadlifts, presses)
- Aim for 3-4 sets of 8-12 reps per exercise
- Rest 60-90 seconds between sets
- Gradually increase weight as you get stronger

Active Recovery (Daily)

Purpose: Enhance circulation, reduce stress, support overall well-being

- Daily walking (aim for 7,000-10,000 steps)
- Light stretching or yoga
- Outdoor activities in nature when possible

Guidelines:

- Prioritize movement throughout the day
- Break up periods of sitting with short walks
- Use active recovery on rest days from more intense exercise

HIIT (High-Intensity Interval Training) (2x/week)

Purpose: Boost growth hormone, improve cardiovascular health, burn fat

- **Tuesday & Thursday:** 20-30 minute sessions

Sample HIIT Workout:

- 5-minute warm-up
- 30 seconds high intensity (sprint, bike, row) at 85-95% effort
- 90 seconds recovery at 40-50% effort
- Repeat 8-10 times
- 5-minute cool-down

Sleep Optimization Protocol

Quality sleep is essential for hormonal balance, recovery, and overall health.

Create an Optimal Sleep Environment

- Keep your bedroom cool (65-68°F)
- Ensure complete darkness (use blackout curtains if needed)
- Minimize noise (consider a white noise machine if necessary)
- Use your bed only for sleep and intimacy
- Invest in a comfortable mattress and pillows

Develop a Relaxing Bedtime Routine

- Begin 60-90 minutes before your target sleep time
- Avoid screens (phones, tablets, TV) for at least 60 minutes before bed
- Engage in calming activities (reading, gentle stretching, meditation)
- Take your Dr. Sleep supplement as directed
- Consider a warm bath or shower to help lower core body temperature

Establish a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day (even weekends)
- Aim for 7-9 hours of sleep each night
- Set alarms for both bedtime and wake time

Manage Daytime Habits That Affect Sleep

- Limit caffeine to before noon
- Avoid alcohol within 3 hours of bedtime
- Exercise regularly, but not within 2-3 hours of bedtime
- Get natural sunlight exposure during the day
- Manage stress through regular relaxation practices

Stress Reduction Protocol

Managing stress is crucial for hormonal balance, immune function, and cardiovascular health.



Box Breathing

Frequency: 2-3 times daily, especially morning and before bed

Method:

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts
- Repeat for 5 minutes

How-To Guide



Nature Exposure

Frequency: Daily, 20-30 minutes minimum

Options:

- Walking in parks or natural areas
- Gardening or yard work
- Sitting by water (ocean, lake, river)
- Forest bathing (mindful time in wooded areas)



Mindfulness Meditation

Frequency: Daily, 10-20 minutes

Benefits:

- Reduces cortisol levels
- Improves focus and mental clarity
- Enhances emotional regulation
- Supports immune function

Guided Meditation



Digital Detox

Frequency: Daily, especially 60+ minutes before bed

Guidelines:

- Turn off notifications when possible
- Designate phone-free times and zones
- Use "do not disturb" settings
- Replace screen time with reading, conversation, or relaxation

Welcome to Your Doctor in Your Pocket

A Lifestyle Management Operating System (LMOS) that provides with the most comprehensive guide health for your new era in health. By opting in to our LMOS, you understand that you are activating the Lifestyle Management Operating System (LMOS) and giving us consent to send personalized guidance, reminders, and content directly to your personal devices. This is how your program integrates seamlessly into your daily life, delivering the specific instructions you need, exactly when you need them, to ensure you master your new protocol.

This is more than just enabling notifications; you are making the decision to carry a dedicated health expert with you everywhere you go. You are transforming your device into a powerful tool for your personal wellness journey, giving you a direct line to the support and direction required to achieve your goals. With four scheduled reminders throughout the day we will alert you on how to not only manage your new lifestyle protocol but also master it.

Four reminders will be sent at specific times throughout the day, starting in the morning and ending before bed, with detailed instructions on how to maximize your program, which includes diet, exercise, stress reduction, and hydration, along with how to take your products. We won't just inform you; we'll direct you. Links to meal suggestions along with local restaurant and delivery services are just one example of how in-depth your protocol can go. Unclear how to exercise? We have you covered with links to videos and explanations to take the hassle out of trying to find them on your own. Not sure how to do your shot? We also provide instructional videos and constant updates on what's new in the world of wellness.

Ready to begin? Check the box and sign below to officially put your Doctor in Your Pocket and unlock your full potential. Please see the example below of how one of your days would look.

 [] Yes, I want the Doctor in my Pocket!

Digital Signature: _____

Sample Day: Friday

Subject: Your Daily Protocol for Friday

Today's Focus: Metabolic Optimization Friday - Finish the week strong by fueling your body's hormonal and cardiovascular systems.

1

Friday Morning Routine (6:00-8:00 AM)

- **Stress Reduction:** Complete a 5-minute Box Breathing session. ([How-To Guide](#))
- **Mindset:** Today's focus is on your goal to reduce **Critical Cardiovascular Risk**. Fact: The Resveratrol in your nutraceutical blend helps provide cardiovascular protection by activating longevity genes.
- **Hydration:** Drink 40oz of filtered water before 12:00 PM.
- **Supplements/Medications:**
 - Take 1 BPC-157 capsule on an empty stomach.
 - Administer your Thymosin Alpha-1 injection. (Scheduled for twice a week).
 - Take 2 Dr. NAD capsules with breakfast.
 - Take your "Cherry Garcia Nutraceutical Blend" with breakfast.
 - Take 1 DHEA 100 mg capsule with breakfast.
- **Nutrition:** Eat breakfast following your Anti-Inflammatory Elimination Diet guidelines (no eggs, gluten, dairy, sugar).
 - **Meal Idea:** A smoothie with a high-quality pea protein powder, spinach, berries, chia seeds, and unsweetened almond milk.
 - **Local Option:** Check out the smoothies at Pura Vida in Miami Beach.
- **Lifestyle:** Get 20-30 minutes of direct morning sunlight exposure.

2

Friday Midday Routine (12:00-2:00 PM)

- **Hydration:** Drink 30oz of filtered water before 6:00 PM.
- **Nutrition:** Eat lunch following your Anti-Inflammatory Elimination Diet guidelines.
 - **Meal Idea:** Large salad with mixed greens, grilled wild-caught salmon, avocado, cucumber, bell peppers, and an olive oil vinaigrette.
 - **Local Option:** Explore the salads at Cava in Miami.
- **Stress Reduction:** Perform a 5-10 minute mindfulness meditation. ([Guided Meditation](#))
- **Lifestyle:** Spend at least 20 minutes outdoors in a natural setting.

3

Friday Evening Routine (6:00-8:00 PM)

- **Hydration:** Drink 30oz of filtered water.
- **Nutrition:** Eat dinner following your Anti-Inflammatory Elimination Diet guidelines.
 - **Meal Idea:** Grass-fed steak with a side of roasted broccoli and a sweet potato.
 - **Delivery Option:** Search for "Paleo" or "Whole30" options on Uber Eats, as they often align with your elimination diet.
- **Exercise:** Complete your scheduled Resistance Training session (Upper Body Pull).
 - **How-To Guide:** [Example Upper Body Pull Workout](#)
 - **Local Gym:** Anatomy, Equinox, or other local gyms with free weights and cable machines.

4

Friday Bedtime Routine (9:00-10:00 PM)

- **Wind-Down:** No screens for at least 60 minutes before bed.
- **Supplements/Medications:**
 - Take your Dr. Sleep supplement.
 - Administer your Tesamorelin injection (Scheduled for Mon-Fri).
- **Mindset:** Wind down with a guided meditation for sleep. (Link: 10-Minute [Meditation for Sleep](#))
- **Goal:** Aim for 7-9 hours of quality, restorative sleep.

Your Guide on Administration

Guide: How to Perform a Subcutaneous (SubQ) Self-Injection

This guide is for medications injected into the fatty tissue just under the skin.

Instructional Video: How to Give a [Subcutaneous Injection](#) (YouTube)

01

Gather Supplies

You will need your medication vial, a new sterile syringe, two alcohol pads, and a sharps disposal container.

02

Wash Hands

Thoroughly wash your hands with soap and water.

03

Prepare the Vial

Remove the cap from the vial. Vigorously wipe the rubber stopper on top with an alcohol pad and let it air dry.

04

Draw the Medication

- Pull back the syringe plunger to the line matching your prescribed dose.
- Insert the needle through the center of the rubber stopper and push the air from the syringe into the vial.
- Turn the vial and syringe upside down. Pull the plunger back to draw your exact dose of medication into the syringe.
- Check for large air bubbles. Gently tap the syringe to make them rise, then push the plunger slightly to expel them.

05

Select & Clean the Site

Choose an injection site, such as your abdomen (at least 2 inches away from the belly button) or the top of your thigh. Clean the area with a new alcohol pad in a circular motion and let it air dry.

06

Administer the Injection

- Gently pinch about a 1-inch fold of skin at the cleaned site.
- Insert the needle at a 90-degree angle (or a 45-degree angle if you have very little body fat) into the pinched skin.
- Release the pinch. Slowly push the plunger all the way down to inject the medication.
- Wait a few seconds, then smoothly pull the needle out.

07

After the Injection

Immediately place the used syringe into your sharps container without recapping it. You can apply gentle pressure to the site with a cotton ball if needed, but do not rub it.

Disclaimer: These instructions are for educational purposes. Always follow the specific guidance provided by your healthcare provider. If you have any questions or concerns, contact your clinical team.



**Welcome to the new
era of your health!**