

NH EXECUTIVE PHYSICAL

A LIFE CHANGING PROGRAM

BEYOND YOUR ROUTINE PHYSICAL

- Precision medicine
- Genomics
- Advanced technology
- Functional age
- Personalized Rx plan
- Track/monitor results
- Cutting-edge therapies
- Reassessments of data



STEP 1: DATA COLLECTION (DAY 1)

- ****Advanced Genetic Testing:** Predicts disease and recommends a diet based on your DNA.
- ****True Biological Age:** Reveals how fast you are aging. We then provide the roadmap to reversing it.
- ****Advanced Hormonal Testing:** Comprehensive assessment of growth hormones, sex hormones and functional hormones.
- **Advanced Cardiac Analysis:** Measures heart age and identifies any risks of blockage and heart attack.
- **Central Artery Pressure:** Measures the pressure around the heart and softness of the blood vessels.
- **Blood Vessel Age**
- **Intracellular Vitamin Analysis:** Comprehensive analysis of amino acids, B vitamins, minerals, essential fats and antioxidants.
- **Immune Function**
- **Blood Inflammation Assessment**
- **Insulin Resistance and Diabetes Risk**
- **Liver Toxicity, Fatty Liver, Lipotoxicity**
- **Food Inflammation Test**
- **Toxin Fat**
- **Comprehensive Metabolic Function**
- **Iron**
- **Thyroid Function**
- **Kidney Function**
- **Liver Function**

**Available only in the Platinum package.

NOTE: Exact therapies and services are subject to change based upon your specific needs, which are determined by labs and Dr. Habib's recommendations.

STEP 2: FOLLOW-UP (AFTER 3 WEEKS)

- **Comprehensive Consultation With Dr. Habib:** Extensive follow-up on all data.
- **Create a Health Plan That Will Predict, Prevent and Prolong:** Recommend optimal foods based upon your food sensitivities and recommend nutritional supplements that target the depletions in your body.
- **Create a Meal Plan**
- **Organ Specific Vitamins** (for 1 month)

STEP 3: CUSTOMIZED IV VITAMIN THERAPY

- **IV Vitamin Therapy** (weekly for 4 weeks)

STEP 4: FINAL ASSESSMENT AND FUTURE PLAN

- **Discuss Epigenetic Testing Results**
- **Discuss Maintenance Programs**
- **100% Consolidation of All Data**
- **Recap Your Total Health Plan**



703-724-4000
www.NextHealthMed.com