

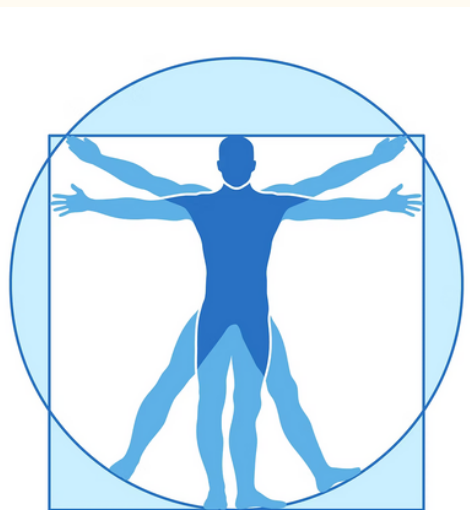
WELCOME TO OUR

Monthly Newsletter

we look forward to improving your healthspan!

HEY, HOW ARE YOU?

An Office Update



What does Aspire Functional Medicine do?

Aspire Functional Medicine is a full-service Family Medicine clinic focused on integrating the best of lifestyle medicine, standard allopathic medicine, and novel therapeutic approaches to achieving optimal health.

Our Vision is to help our patients maximize not only their lifespan, but also their healthspan. Your healthspan is the period of life where you are healthy and feel good.... after all, who wants to live a long life if you aren't able to enjoy it? Our goal is to meet you and your family where you stand in your pursuit of optimal health and provide support, guidance, and therapeutics to help you reach your Aspirations!

What do we offer?

We will help to identify individual needs in nutrition, exercise, sleep, hormones, and any potential added benefits from pharmacology to improve health and wellbeing. Please read on to review the services we provide.

With this goal in mind, we are moving to a Membership based model to help you obtain healing in a more affordable and successful approach.





Thank you note from Dr. Fondren



Before I get started, please read this in it's entirety. I know it's a lot, but it's important information. I want to thank all of my patients, colleagues, employees and family members who have supported our practice since we opened our doors to serve the public in a manner that is outside of the norm in the current healthcare system. I am humbled every day that I have the opportunity to work with such an amazing group of individuals, at the number of people who want to work with us to improve their health, and at the community that has been growing around our office. There are very few offices where, when you walk into the waiting room, the patients are interacting, sharing information, and truly care about helping each other feel better. This is truly a community that we are growing, not just a medical office. I hope that with the upcoming changes in our business model we are better able to serve your pursuit of health optimization in a manner that will be both affordable and achievable for as many people as possible. Our goal is to develop a business plan that allows us to offer cutting edge therapies that are typically only available through high-end concierge models to as many people as possible. The transition to a membership model will allow us to significantly decrease prices on services offered in the office, increase our staffing so that we operate more effectively and efficiently, and add new services and treatment options that we feel will offer significant value to our patients. It is also the original vision I had for the clinic but was not able to implement when we first opened due to the impact of opening a clinic in the middle of the Delta wave of COVID. Joining as a member will not be required, but it will offer you significant discounts. The goal of the model we have developed is to not only encourage people to take advantage of the services offered by our office, but also for it be financially sustainable, because what we are doing now is not. I have had multiple people in the medical field tell me that we will have to raise our membership and services prices to remain in practice, but our goal is to keep the costs as low as possible. We do recognize that we may have to raise prices in the future therefore we are offering a limited number of "Founders" membership options where, for a one-time fee, you will be able to lock in the current rates as long as you remain a patient at our practice. If you would like to purchase one of these options but cannot afford to do so in one payment, please reach out and we can discuss payment options. The membership options are listed at the end of this email/newsletter and require a minimum of a six month commitment. We will be re-evaluating our pricing at that time and will adjust rates moving forward as necessary, however, if you sign up for a membership prior to November, your rates will not be adjusted for at least 12 months (assuming they need to be adjusted, our goal is to maintain current pricing). I hope you find it informative and helpful in understanding the new membership options and also enjoy the information provided regarding our staff updates and services descriptions. Our goal is to communicate with you at least once a month in order to keep you updated on changes in the office, highlight different services in detail, and discuss supplements and products that we think are particularly beneficial. We would also like to hear from you about what you would like to have included in the newsletters. I know that was a lot, my kids tell me every time I open my mouth it's like a lecture, but thank you for reading through it. I appreciate y'all more than you will ever know!

Luke Fondren, DO

New Team Member Alert

With the expansion of services and growth in our community we have added a few members to our staff.

THIS IS ANAVIC, OUR NEW DOCTORS ADMINISTRATIVE ASSISTANT!

Anavic Pascarella has been brought to us by her husband's career with the United States Coast Guard. She holds a bachelors in Radiologic Science and Healthcare Administration from The Univeristy of South Alabama. She has experience managing urgent cares, trauma hospitals and outpatient centers. She began her career in healthcare in 2009. She speaks both English and Spanish.



THIS IS AMANDA, OUR NEW FRONT DESK COORDINATOR!

My name is Amanda Brinkman. I was born and raised in Mobile, Alabama. I have my Associates degree in Accounting and am pursuing my Bachelor's Degree in business with a completion date of Summer 2026.

I have always been a pretty healthy person for the last 13 or so years with staying away from processed foods and such and being on the more natural side of things. I believe God created our bodies to heal themselves if we give our bodies what they need and the environment to do so in. But this last year I have had my own health scare. I had to make some tough decisions on whether to use only conventional treatment or treat my body from the inside out on a deeper molecular level. I feel better than I've ever felt and have confidence in my body to do what it needs to do. I am so thankful and blessed to have the opportunity to work in an environment that I believe in and have experienced first hand the services offered here for years and integrating a healthier lifestyle for myself and my family.



Employee Spotlight

OUR NURSE PRACTIONER, KATHRYN THOMPSON WELCOMES A NEW BABY GIRL



Born March 24, 2025
Ryan Clarie Hutchinson
20 inches
8.15 lbs

AN INDUSTRY FIRST FOR MOBILE BECOME A MEMBER

BASIC PLAN

Two Bi-Annual 45min visits per year
All Well Child Appointments & Sports Physicals
Phone Consultations*
10% off all supplements
Discounted Hormone Plan - \$25 per adult/month & \$150 initial evaluation

\$50 per adult/month
\$15 per child/month
\$150 max per family/month

** CHILD PRICE IS ONLY AVAILABLE IF AT LEAST ONE ADULT IS A MEMBER

[JOIN NOW](#)

CORE PLAN

Quarterly 45min visits per year
All Well Child Appointments & Sports Physicals
Phone Consultations*
10% off all supplements
50% off 2 Therapies per month- HOCATT, IV Ozone
30% off PNOE
50% off Carol AI (Reduced Exertion High Intensity Training protocol)
50% off Laser Aesthetic Maintenance Treatment
25% off Health Coaching, Lebowitz, Injury Recall Technique, Pulsed Electromagnetic Field Therapy, Vibe Plate
\$30 off Nutritional IV pricing
25% off IV Ozone Packages of 8
50% off HOCATT Packages of 10
25% off Sauna Packages*
15% off IASIS Packages
Discounted Hormone Plan - \$25 per adult/month & \$150 initial evaluation

\$90 per adult/month
\$150 per couple/month
\$25 per child/month
\$250 max per family/month

** CHILD PRICE IS ONLY AVAILABLE IF AT LEAST ONE ADULT IS A MEMBER

[JOIN NOW](#)



HEALTH OPTIMIZATION PLAN

Quarterly 45min visits per year
Phone Consultations*
20% off all supplements
50% off 4 Therapies per month - HOCATT, IV Ozone
Free PNOE Quarterly and Health Coaching 2x a month
Free Carol AI (Reduced Exertion High Intensity Training protocol) 2x/week
50% off Laser Aesthetic Maintenance Treatment
25% off Lebowitz, Injury Recall Technique, Pulsed Electromagnetic Field Therapy
Free Vibe Plate & Blood Flow Restriction
\$30 off Nutritional IV pricing
25% off IV Ozone Packages of 8
50% off HOCATT Packages of 10
Free Sauna 2x/week
50% off IASIS Packages
Discounted Hormone Plan - \$25 per adult/month & \$150 initial evaluation

\$250 per adult/month

[JOIN NOW](#)

HORMONE PLAN

Core plan +
30 Min Bi-Annual Hormone Visits instead of Quarterly Visits

\$75 per adult/month

[JOIN NOW](#)

FOUNDING MEMBER

One Time \$500 fee
Membership Package Pricing will never increase as long as membership remains active
Only 100 available

**LOCKS IN
2025 PRICING
FOR LIFE**

[JOIN NOW](#)

*Six Month Membership Minimum Commitment., Phone consults differ from full telehealth visits, Total price of Nutritional IVs are based on cost of nutraceuticals, Supplement discounts apply in person or online at Fullscript, Sauna package purchases must be used within 6 weeks or 12 weeks

Pricing

Visit Costs

- Member – if needed outside of included visits in plan
 - Physician visit – \$175
 - Nurse Practitioner visit – \$125
 - Hormone visit – \$150
- Non-Member
 - Physician – \$225
 - Nurse Practitioner – \$175
- “Founders” membership option – \$500 one time fee
 - Pricing will never increase as long as membership remains active – currently only 100 available
- Hormone Visits (Non-member)
 - First visit/New Patient – \$265
 - Second visit/Labs reviewed and medication prescribed – \$185
 - Third visit/Symptom check in and possibly lab review – \$150
 - All Follow ups after third visit – \$150



Services

- Blood Flow Restriction
 - \$15 add-on for IV or Sauna
- Carol AI
 - \$50 per month for two REHIT visits per week
- Food Sensitivity Screening (Lebowitz Technique)
 - \$100 per session
- Injury Recall Treatment
 - \$40 per session
- Food Sensitivity and IRT combined
 - \$120 per session
- Health Coach
 - \$75 per session
- HOCATT
 - \$150 per 30 minute session
 - Package of ten for \$1,000
- IASIS
 - Sold in packages – \$1,500 per 12, \$2,340 per 15, \$4,000 per 40
- IV Therapy
 - Ozone – \$150 per session or Package of eight for \$800
 - Nutraceutical-cost varies based on type of supplement.
- PNOE
 - \$200 – \$350 depending on services/evaluation requested for initial evaluation, \$200 for repeat evaluations
 - Quarterly annual package \$600
- Ozone Therapy (insufflations, injections, topical)
 - \$20 per insufflation or \$25 for combination ear and sinus insufflation
 - \$20 per ounce of ozonated olive oil
 - \$2/minute for limb bagging
 - Joint injections
 - Prolozone \$150 each
 - Ozone \$75 each
 - Dental Injections
 - \$100 for 3 teeth
 - \$25 per tooth after first 3 teeth
- PEMF
 - \$2/minute
- Sauna
 - \$1 per minute
 - Packages must be used in 6 or 12 weeks respectively
 - Six 30 minute sessions for \$150
 - Twelve 30 minute sessions for \$250
 - Unlimited monthly sessions for \$250 per month
- Targeted Red Light Therapy (LLLT)
 - \$3/minute, will be creating packages for pain relief and aesthetics
- Vibration Plate
 - \$1 per minute

Optimize your health today
HAVE ANY QUESTIONS ABOUT THE MEMBERSHIP?

Membership model will begin November 2025



251-308-4990 | aspirefunctionalmedicine@gmail.com

WWW.ASPIREFUNCTIONALMEDICINE.COM

Our Services Explained

PNOE

PNOE IS A PORTABLE METABOLIC ANALYZER THAT MEASURES OXYGEN CONSUMPTION, CARBON DIOXIDE PRODUCTION, HEART RATE AND OTHER INDICATORS TO ASSESS METABOLIC HEALTH AND FITNESS LEVELS WITH CLINICAL PRECISION. IT PROVIDES PERSONALIZED INSIGHTS INTO METABOLISM, FAT AND CARBOHYDRATE UTILIZATION, AND EXERCISE EFFICIENCY THROUGH BREATH ANALYSIS. THE DEVICE IS USED BY ATHLETES, COACHES, AND HEALTH PROFESSIONALS TO OPTIMIZE TRAINING, NUTRITION, AND OVERALL WELLNESS.

Men'sHealth FITNESS HEALTH GEAR GROOMING TRAINING LAB

Fitness

This High-Tech Breath Test Gave Me Insights on How to Hack My Health

I tried PNOE, a service that gives you a next-level VO2 max test and more, so that I can understand how my body performs.

READ MORE



CAROL

THE CAROL BIKE IS AN AI-POWERED STATIONARY BIKE THAT DELIVERS PERSONALIZED, HIGH-INTENSITY REDUCED EXERTION HIIT (REHIT) WORKOUTS, PROVIDING THE CARDIOVASCULAR BENEFITS OF A 45-MINUTE RUN IN UNDER 9 MINUTES WITH JUST 40 SECONDS OF INTENSE EFFORT. ITS ADVANCED AI ADJUSTS RESISTANCE IN REAL-TIME BASED ON YOUR FITNESS LEVEL, ENSURING OPTIMAL WORKOUTS FOR ALL AGES AND ABILITIES, BACKED BY PEER-REVIEWED SCIENTIFIC RESEARCH.

WITH A STURDY, COMMERCIAL-GRADE DESIGN AND INTEGRATION WITH APPS LIKE PELOTON AND ZWIFT, IT OFFERS EFFICIENT, VERSATILE, AND TIME-SAVING FITNESS SOLUTIONS FOR HOME USE.

HOCATT

THE HOCATT™ WELLNESS SYSTEM, DEVELOPED BY SIGNATURE HEALTH LTD, IS A STATE-OF-THE-ART PERSONAL OZONE STEAM SAUNA THAT INTEGRATES 10 ADVANCED TECHNOLOGIES, INCLUDING HYPERTHERMIC OZONE AND CARBONIC ACID TRANSDERMAL THERAPY, TO OPTIMIZE HEALTH AND WELL-BEING. IT IS DESIGNED TO ENHANCE DETOXIFICATION, BOOST CIRCULATION, SUPPORT IMMUNE FUNCTION, AND PROMOTE RELAXATION THROUGH A SYNERGISTIC COMBINATION OF OZONE, HEAT, AND OTHER MODALITIES IN A SINGLE SESSION. THE SYSTEM IS USER-FRIENDLY, POWERFUL, AND TAILORED FOR ATHLETES, INDIVIDUALS WITH CHRONIC CONDITIONS, AND THOSE SEEKING HOLISTIC WELLNESS, THOUGH IT IS NOT RECOMMENDED FOR PREGNANT WOMEN OR THOSE WITH CERTAIN MEDICAL CONDITIONS. HOCATT ENTERPRISES USA, LLC, THE OFFICIAL NORTH AMERICAN DISTRIBUTOR, EMPHASIZES ITS ABILITY TO RESTORE THE BODY AT A CELLULAR LEVEL, POTENTIALLY IMPROVING ENERGY, RECOVERY, AND OVERALL HEALTH.



OZONE

OZONE THERAPY INTRODUCES MEDICAL-GRADE OZONE GAS INTO THE BODY TO ENHANCE OXYGEN DELIVERY, STIMULATE THE IMMUNE SYSTEM, AND PROMOTE DETOXIFICATION, POTENTIALLY AIDING CONDITIONS LIKE CHRONIC INFECTIONS, FATIGUE, AND INFLAMMATION. IT MAY IMPROVE CIRCULATION, REDUCE OXIDATIVE STRESS, AND SUPPORT TISSUE REPAIR BY INCREASING ANTIOXIDANT ENZYME ACTIVITY, AS SUGGESTED BY CLINICAL STUDIES. WHILE USED IN INTEGRATIVE MEDICINE FOR ITS ANTIMICROBIAL AND ANTI-INFLAMMATORY PROPERTIES, BENEFITS VARY BY INDIVIDUAL, AND MORE RESEARCH IS NEEDED TO CONFIRM EFFICACY AND SAFETY.

PEMF

PULSED ELECTROMAGNETIC FIELD (PEMF) THERAPY IS A NON-INVASIVE TREATMENT THAT USES LOW-FREQUENCY ELECTROMAGNETIC PULSES TO STIMULATE CELLULAR REPAIR AND ENHANCE NATURAL HEALING PROCESSES IN THE BODY. IT PROMOTES IMPROVED CIRCULATION, REDUCED INFLAMMATION, AND PAIN RELIEF BY INDUCING MILD ELECTRICAL CURRENTS IN TISSUES, PARTICULARLY FOR MUSCULOSKELETAL CONDITIONS LIKE FRACTURES AND OSTEOARTHRITIS. FDA-APPROVED FOR CERTAIN USES SINCE 1979, PEMF THERAPY IS APPLIED VIA DEVICES LIKE MATS OR COILS, OFTEN IN CLINICAL SETTINGS OR AT HOME, TO SUPPORT WELLNESS AND RECOVERY.

DISCOVER THE POWER OF IASIS MICRO CURRENT NEUROFEEDBACK: A GENTLE PATH TO BRAIN BALANCE AND WELLNESS



Are you struggling with the lingering effects of stress, trauma, or neurological challenges? IASIS Micro Current Neurofeedback (MCN) offers a groundbreaking, non-invasive solution to help restore harmony to your mind and body. Developed by IASIS Technologies, this advanced therapy uses ultra-low intensity microcurrents to gently retrain your brain waves, promoting optimal function without the need for medications, talk therapy, or intensive effort on your part.

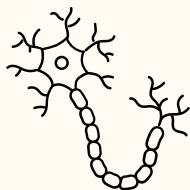
Unlike traditional neurofeedback, IASIS MCN is a passive system that doesn't require brain mapping or active participation. It targets elevated delta waves associated with imbalance, fostering better connectivity between your gut, heart, and brain. This leads to enhanced neurotransmitter production, reduced inflammation, and improved overall resilience. Sessions are quick and relaxing—typically lasting 20-30 minutes—and most patients see noticeable improvements in just 12-20 visits, far fewer than conventional methods. IASIS MCN has shown remarkable results for conditions like Traumatic Brain Injury (TBI), concussions, anxiety, depression, PTSD, ADHD, insomnia, and chronic pain. Patients often report heightened clarity, better sleep, reduced symptoms, and a renewed sense of well-being. With a gentle approach, it's safe for all ages, backed by collaborative research with U.S. universities and the Veterans Administration. White papers highlight significant clinical improvements, and testimonials abound, like from Dr. Frank Shallenberger: "IASIS MCN has helped people that I had no solution for... It's life-changing."

Ready to reboot your brain?

We will be purchasing an IASIS device and are offering a limited number of heavily discounted sessions to patients who pre-purchase treatment sessions.

Standard

\$1,500 PER 12
\$2,340 PER 15
\$4,000 PER 40



Pre-Sale

\$1,000 PER 12
\$1,500 PER 15
\$2,200 PER 40

OCTOBER 2025

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

LIMITED TIME OFFER



PLEASE REACH OUT TO THE OFFICE IN THE NEXT 14 DAYS IF YOU ARE INTERESTED IN PURCHASING DISCOUNTED PRE-SALE PACKAGES.

FOR MORE INFORMATION:

[HTTPS://MICROCURRENTHNEUROFEEDBACK.COM/](https://microcurrentneurofeedback.com/)



Learn about more of our service's

SAUNA, RED LIGHT THERAPY, KAATSU BFR,
VIBRATION PLATE, IASIS, INJURY RECALL,
LEBOWITZ AND MORE

[ASPIRE'S SERVICES](#)



We continue to offer convenient access to LabCorp service on location
Tuesday-Friday from 8am-12pm on a walk-in basis.
NO APPOINTMENT NEEDED!

Important lab preparations instructions for commonly ordered panels:

You will need to be fasting 8-12 hours prior with the exception of water for hydration, please be hydrated! If you take supplement/medications (including thyroid medications) in the morning, please hold until after labs are performed. If you are using testosterone injections your labs would need to be performed 3-4 days after your last injection. Please try to have labs before 9am. Please contact our office once labs have been performed to schedule follow up appointment for lab review. Any additional questions/concerns please contact our office.

Empowered Health Fair

When you know better, you can do better.
When you do better, you feel better!

~learn and shop~
~resources for true holistic living~
~local businesses~
~clean food~

October 11

10:00-3:00

Olena Wellness

7856 Westside Park Dr

Mobile AL 36695

For more info or to apply for a vendor space
email: empoweredhealthfaire@proton.me

Sponsored by
Olena Wellness

