

WELCOME TO OUR

# Monthly Newsletter

*we look forward to improving your healthspan!*

HEY, HOW ARE YOU?  
**Hello Fall!**

NEW MEMBERSHIP OPTION  
**OPEN ENROLLMENT!**

**CALL NOW**

**251- 308-4990**  
EXTENSION 2

🍁 Breathe Easier This Fall — Strengthen Immunity with **Ozone Therapy** 🍁

As cooler weather rolls in and the first cold front hits, many of us start feeling that familiar tickle in the throat or extra sinus pressure. Fall is a beautiful season — but it can also bring a wave of sniffles, congestion, and fatigue as our bodies adjust to temperature changes and new allergens.

That's where ozone therapy can make a big difference. This gentle yet powerful therapy helps your body fight off seasonal bugs, reduce inflammation, and boost oxygen utilization — all key to keeping your immune system strong and your respiratory system clear.

One of the simplest and most effective ways to use ozone for upper respiratory health is through sinus and ear insufflation. During this relaxing treatment, a soft stream of medical ozone is gently introduced into the ear canal through a small, specialized device or into the nasal passageway and sinus cavities using a syringe (without a needle). The ozone helps:

- Clear sinus and ear congestion
- Support healthy immune response against viruses and bacteria
- Reduce inflammation in the upper respiratory tract
- Improve overall energy and oxygenation

Many patients notice clearer sinuses, fewer headaches, less allergy symptoms, and an easier time breathing after just a few sessions. Regular treatments during the cooler months can also help prevent seasonal infections and support overall wellness.

If you're feeling run-down or want to stay ahead of fall's sniffles, now's a great time to schedule an ozone ear insufflation session and give your immune system a gentle boost!

🌟 Breathe better. Feel stronger. Enjoy fall to the fullest.

**\*\*Ozone Therapy is NOT FDA approved for the treatment of any medical conditions.**





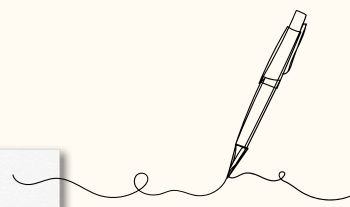
# Fall note from Dr. Fondren

Happy November! Welcome to our second edition of the Aspire Functional Medicine Newsletter. I hope everyone had a great October/Halloween and is getting ready for Thanksgiving. Not only is it important for our mental and spiritual health to be thankful every day, but during the holiday season we especially need to keep our focus on family, love, and gratitude. It gives us a special time to refocus our efforts and put them in the forefront of our minds. Be grateful for not only all that you have, but also all that you have endured to get to this point in your lives. And remember there are always things (not only material) we want that we don't have, but true happiness is found when we look around and realize how blessed we are.

I want to remind everyone that our membership model and new pricing begins this month. We've gotten lots of questions and done our best to cover them all, but if anything's still unclear or you thought of something new, please don't hesitate to reach out! Just to clarify, you DO NOT have to be a member to be seen, but if you do the math, it will most likely save you money in multiple ways over the course of the year. Being a member significantly reduces the baseline visit cost (plus there are visits included in each plan). It will reduce the cost of your supplements (even if you don't get them through us). We can create an account for you on Fullscripts where you will be able to apply your membership discount to any supplements they distribute. And, if you would like to use the resources available in our office, then the savings can quickly offset the annual membership cost. For example, on the Core Plan, four non-member visits will cost between \$700-\$900, while a membership for one year costs \$1,080 (and is cheaper per person if you join as couples or families), but you also get significant discounts on almost every in-office service we offer. I personally believe everyone over 40 should be using the HOCATT as frequently as possible for its powerful mitochondrial, anti-inflammatory, and antioxidant benefits. As a member, a package of 10 sessions comes with a \$500 discount, which completely offsets five and a half months of membership payments—and that's just one of the many substantial savings built into the Core Plan.

Bottom line: if you're getting any kind of regular care, grabbing supplements, or eyeing that HOCATT (seriously, it's a game-changer), the membership basically pays for itself

*Luke Fondren*



ABOUT OUR NEW MEMBERSHIP MODEL




## New Team Member Alert

### THIS IS ISABELLA, OUR NEW FRONT DESK COORDINATOR!

Hi! I'm Isabella Zimlich. I was born and raised in Mobile, and I took an interest in healthy living from a very young age. As a child, I remember my mother delving deep into the world of functional medicine and improving the health of our family through her research. I received a bachelor's degree in K-6 Education from the University of South Alabama in 2022, and taught Kindergarten for three years before coming to work here at Aspire Functional Medicine this summer. During my time educating young children, I discovered the joy of serving both my students and coworkers, and it's been a privilege to get to apply that love in assisting Aspire's patients to improve their physical, mental and emotional health.



# Healthy Groceries Budgeting

 Healthy Eating on a Budget: Smart Grocery Tips for Fall 🍏

From Aspire Functional Medicine

The first step to wellness is nutrition but unfortunately it is often the first item sacrificed when money grows scarce. Eating well doesn't have to mean overspending! With a little planning and creativity, you can nourish your body and stay within your grocery budget.

Here are a few practical ways to make healthy eating more affordable this season:

## **Plan Before You Shop**

Create a quick weekly meal plan and shopping list. This helps minimize food waste and keeps you focused on what you really need.

## **Shop the Perimeter**

Focus on whole foods — fresh produce, meats, eggs, and dairy — which are usually found around the edges of the store.

## **Choose Seasonal Produce**

Fall favorites like sweet potatoes, apples, kale, and squash are nutrient-rich, delicious, and budget-friendly.

## **Embrace Produce From Aldis and Local Farm Stands**


Saving your produce list for these two vendor options can help save cost. Also, do not wash produce until right before you use them to elongate shelf or fridge life.

## **Cook in Batches & Freeze**

Meal-prep soups, stews, and grains — freeze portions for quick, healthy meals later.

## **Check Unit Prices**

Always compare price per ounce or pound to find the real deals — and consider store brands for staples.

 Pro Tip: Keep a list of “budget-friendly pantry staples” on your fridge — like beans, brown rice, oats, broth, and frozen veggies — to build healthy meals without extra shopping trips.

## **Anavic's Grocery Saving Tips**

### **Cross Check Prices & Deals On Instacart**

Download the instacart app and search for your items in the homepage so it can show you a list of inventory prices in all the local grocery stores based off your address.

### **UberEats & DoorDash**

These apps are not just for fast food. They deliver grocery items too! Many times you can find grocery deals on these apps. I often find 40% off Fresh Market.

### **Fresh Market**

Sign up for their newsletter! They have great deals. You can get deals on chicken and ground chuck every Tuesday!





# Calm Your Mind This Holiday Season with IASIS Micro Current Neurofeedback ✨

The holidays are a joyful time — but they can also bring extra stress, disrupted sleep, and emotional overwhelm. Between travel, family gatherings, and the seasonal rush, it's easy for your mind and body to feel out of balance.

That's where **IASIS Micro Current Neurofeedback** can help. This gentle, non-invasive therapy helps "reset" brainwave patterns that may be stuck in stress mode. Many patients report feeling calmer, sleeping better, and thinking more clearly after just a few sessions.

**IASIS** supports your brain's natural ability to rebalance itself — improving focus, mood, and emotional resilience. It can be especially beneficial for those experiencing anxiety, irritability, brain fog, or fatigue as the holidays approach.

A few minutes of **IASIS therapy** can help your nervous system find its calm again — so you can be more present, relaxed, and grounded through the season.

🌟 Take care of your mind this holiday season — schedule your IASIS session today and give yourself the gift of clarity and calm.

—  
Aspire Functional Medicine

Supporting your health, balance, and peace — inside and out.

*Price List*

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

**SALE • SALE • SALE • SALE • SALE**

<b>\$1,000 PER 12</b>
<b>\$1,500 PER 15</b>
<b>\$2,200 PER 40</b>

Our discounted pricing for the IASIS is ending this month. It has been extended by one month basically because I didn't get around to putting the financing together to purchase it last month. I highly recommend anyone with anxiety, depression, ADHD, and basically any other potential psych issue or those who just want to optimize their mental performance look into this. I have seen some amazing results and a functional medicine physician friend of mine told me it is the one thing that he recommended I put in my clinic above anything else.

*Luke Fendren, DO*

NOVEMBER 2025

S	M	T	W	T	F	S
26	27	28	29	30	31	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	1	2	3	4	5	



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

# 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

**BEST DEAL**

[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.
- PNOÉ
  - \$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 has begun November 2025



251-308-4990 | [aspirefunctionalmedicine@gmail.com](mailto:aspirefunctionalmedicine@gmail.com)

[WWW.ASPIREFUNCTIONALMEDICINE.COM](http://WWW.ASPIREFUNCTIONALMEDICINE.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.