

# Typical TRT Program

## Use of Testosterone immersed in Cottonseed oil

Cottonseed oil can be contaminated with heavy metals, pesticides, and may be a co-carcinogen. A co-carcinogen can enhance the cancer causing effects of other substances (R).

## Common Concerns & Complaints of Patients

“My work schedule is really busy. Do I have to travel to the clinic every time I need my blood drawn or labs reviewed?”

“I don’t feel my hormone levels are being adequately monitored. Why are we only checking my labs twice a year?”

“Why do I have to show up every month in-person to pick up my TRT?”

“I’ve been on TRT for a few months, but I still feel tired and depressed. My friend is also on TRT and his doctor checked Vitamin D & B12 levels. How come we didn’t check that?”

## Basic “Bare Minimum” Labs (10 in total)

*Testosterone, Total & Free  
Prostate-specific antigen, Total & Free  
Estradiol*

*Complete Blood Count  
Comprehensive Metabolic Panel  
Sex Hormone Binding Globulin*

*Follicle-stimulating hormone  
Luteinizing hormone*

## “Big T” Concierge TRT



## FOR THOSE INVESTED IN THE DUAL PROGRESSION OF HEALTH AND WEALTH

Most clinics that offer TRT solely focus on improving libido, strength, and mood. But what good is all of this if a man wakes up on his 60th birthday not knowing who his children are, due to developing Alzheimer's disease? What quality of life does a man have if he is unable to dress himself or play with his grandchildren (due to a permanent disability from a stroke)?

There are the four main categories responsible for over 80% of deaths (in people over 50 who do not smoke).

Dr. Peter Attia, M.D. calls them the Four Horsemen of Chronic Disease. They include:

- (1) Atherosclerosis (*hardening of arteries*),
- (2) Neurodegenerative disease (*Alzheimer's disease being the most common*),
- (3) Metabolic disease (*a spectrum of ranging from high cholesterol to type 2 diabetes*)
- (4) Cancer.

The “Big T” Concierge TRT Program evaluates and monitors risk factors involved in the early development of many chronic diseases. This program prides itself in going beyond just testosterone to optimize health.

We've learned from people that live to be over the age of 100, that if you want to live longer (thereby allowing you to continue to enjoy precious memories with loved ones)...

You have to live longer without chronic disease, not live longer with chronic disease.



Our program draws inspiration from Bryan Johnson, a 46-year old millionaire that is aging slower than over 90% of men his age. He is known as the most measured person in history, a professional rejuvenation athlete, and for his lab markers, which often mirror those of men in their 20s and 30s

## WE USE SUPERIOR FORMS OF TESTOSTERONE

The injectable form of testosterone used in our program is immersed in grape seed oil. Grape seed oil is often consumed as food and may have anti-inflammatory and heart protective effects.

We can also prescribe a special topical form of testosterone. Atrevis is made without the use of Alcohol, Mineral oil (a by-product of manufacturing gasoline), or Parabens (chemicals that can disrupt hormones in the human body).

# Big T Concierge Benefits

## Superior Forms of Testosterone

Injectable testosterone immersed in Grape seed oil (*vs cottonseed oil*)

Highly absorbable topical testosterone (*made without hormone disrupting chemicals*)

## At-Home Doctor Visits

Quarterly visits from the doctor at patient's residence. (*No more taking time off from work to drive to the clinic for in-person appointments*)

## At-Home Blood Draws

A mobile phlebotomist is available to accommodate a patient's busy work schedule. (*No need to wake up early to drive to the lab for a blood draw*)

## Added Perks

Two free nutrient injections per month. Nutrients include: Vitamin B12, Amino acids, NAD+. (*\*Nutrients depend on availability*)

10% off IV therapy services, high-quality supplements, aesthetic procedures and appointments at NaturopathicRx clinic.

Free administration of testosterone injections at the Santa Luz Club (Thursday mornings) or NaturopathicRx clinic (8AM-5PM on Mondays)

## Personalized, Integrative Medical Care

Trust your journey to a qualified healthcare professional with over 10 years of experience in the medical field. Dr. Jose Angel Barrientos, N.D. specializes in Men's health, Sports medicine, and Longevity medicine.

He has acquired additional training in bioidentical hormones at the [Academy of Preventive & Innovative Medicine](#), [Regenerative Joint Injection Therapy](#), [IV Nutrient Therapy](#), [Advanced Functional Medicine by Apex Energetics](#) and [Institute for Functional Medicine](#).

Dr. Angel also teaches the next generation of Naturopathic Doctors at Bastyr University San Diego, the leading Naturopathic medical school in the world.

## Healthspan-Focused Lab Markers

(31+ lab markers)

*\*In addition to labs run by most TRT clinics:*

### DHT

(Involved in prostate enlargement and male pattern hair loss (R))

### Prolactin

(Increased levels can cause erectile dysfunction or a decrease in muscle size)

### DHEA-S

(Used by Dr. Dale Bredesen, M.D. in his novel therapeutic program for reversing cognitive decline (R))

### IGF-1

(Involved in muscle and nerve growth. Too much IGF-1 can allow damaged cells to continue growing)

### Vitamin D

(Vitamin D may be a potential agent for dementia prevention)

TSH, T3 (free & total), T4 (free & total)

T3 uptake, Anti-TPO, Anti-TG  
(Labs for assessing Thyroid dysfunction, which is associated with memory decline)

***“What good is a man that can no longer provide and protect for their loved ones, due to preventable heart disease?”***

# Cutting-Edge Lab Tests for Optimal Health

MONITOR YOUR HEALTH MARKERS AS DILIGENTLY AS YOU MONITOR YOUR BUSINESS METRICS. IT'S TIME TO REVOLUTIONIZE THE WAY YOU MEASURE SUCCESS – FROM THE BOARDROOM TO YOUR OWN WELL-BEING.

APO B  
LDL Direct  
Lp(a)  
Triglycerides

*(Factors driving heart disease and stroke)*

Homocysteine

*(Risk factor for several cardiovascular and neurological conditions)*

HsCRP

*(An inflammation marker and predictive factor for a first time acute heart event, and recurring incidents that can cause heart damage)*



Through comprehensive blood tests (*many of which are not run at conventional hospitals*), lifestyle education, personalized nutrition and supplement recommendations, the “Big T” Concierge TRT Program provides men with daily actions that powerfully affect the risk of heart disease and improving healthspan (*how many years we remain healthy and free from disease*), not just lifespan (*the total number of years we live*).

## IMPORTANT DISCLAIMER

*The therapies, supplements, statements and education provided to members of the “Big T” TRT Program do not claim to treat, prevent or cure any disease, especially cancer. Scientific research articles (particularly those stating certain substances may reduce risk factors for chronic disease), clinical evidence from well known doctors, books, and references with evidence for supporting health will gladly be provided to patients upon request. One such reference can be found in this article.*