BMC CLINIC PROGRAM · TIJUANA

The Precision Longevity Journey

360° Protocol

The genesis of your transformation. Premise: measure first, then intervene.



The silent window

74%

of deaths worldwide are from noncommunicable diseases. WHO

76.4% of US adults live with at least one chronic condition; 51.4% with two or more. CDC

5.° is where dementia ranked among global causes of death in 2023. WHO

683,491 US deaths from heart disease in 2024; 619,876 from cancer. CDC, NCHS

90% of US health spending goes to people with chronic and mental health conditions. CDC

Lifespan is not healthspan

~10

years of life are lived with some limitation.

73.3
years of life

62.8
healthy years

WHO, 2023 data



The body hides disease

Many heart attacks give no warning. Lung cancer has already spread to distant organs in 45 of every 100 cases at diagnosis. NCI

No single test is enough.

MRI

Prostate cancer with a normal PSA.

Blood

Head and neck cancer with a normal MRI.



Who this is for



Proactive about healthspan

Vitality, prevention and long-term independence.

Chronic disease or pain

The root of inflammation, wear or fatigue.

Guided by biomarkers

Evidence, advanced testing, measurable follow-up.

Ready for whole-person change

Procedures, supplementation and habits together.

Not for patients with active cancer. Results vary and no outcome is guaranteed.

A new science of aging

Many chronic diseases share roots with the mechanisms that drive aging: cardiovascular disease, type 2 diabetes, cancer and neurodegeneration.

Adding life to years, not just years to life.

Mechanisms and interventions

> “A series of processes that damage the body, accumulate cellular waste and generate genetic errors, followed by inadequate attempts at repair.”
>
> Dr. David Sinclair’s definition

MODIFIABLE FACTORS

- Nutrition and intermittent fasting
- Exercise
- Targeted supplementation
- Sleep and stress management
- Advanced medical therapies

The BMC Clinic approach

1

Diagnose

Advanced testing and physician assessment.

2

Personalize

To your clinical profile, preferences and goals.

3

Intervene

Functional, longevity and regenerative medicine.

4

Measure

Progress in health, function and quality of life.

The 360° journey

Consult — **Test at home** — **Map (FM Matrix)** — **Intervene** — **Re-measure**

Your first appointment starts with data: four tests before you arrive.



AT-HOME TEST

TruAge

How fast your body is aging, organ by organ. One finger prick, 75+ biomarkers.

75+
biomarkers

11
organ systems, each with its own epigenetic age

1M+
DNA markers



- OMICmAge™ biological age (developed with Harvard)
- SYMPHONYAge™ ages for 11 organ systems (Yale clocks)
- DunedinPACE™ current speed of aging
- Telomere length

AT-HOME TEST

Food sensitivity (88 foods)

A quantitative immune panel of your reactivity to 88 common foods.

88
foods tested

3 to 5
business days for results

72 h
how late a reaction can show up



- Dried blood spot (finger prick) or serum
- Tells an acute histamine allergy apart from a delayed sensitivity
- Structured guide to remove only the foods that react, without a needlessly strict diet
- Finds triggers behind fatigue, migraine, IBS, eczema and joint pain

AT-HOME TEST

Functional gut panel

What your microbiome does, read through the tryptophan pathway, from a finger prick and with no stool sample.

5
markers read

10+ h
fasting before the sample

1
dried blood spot, taken at home



- IPA: antioxidant that strengthens tight junctions. High means an intact barrier.
- TRP (tryptophan): precursor of IPA, serotonin and kynurenine.
- KYN (kynurenine): rises with immune activation.
- IPA:TRP ratio: conversion efficiency. Low points to functional dysbiosis.

AT-HOME TEST

Advanced omega-3

Eleven essential fatty acids in your blood, reported as six markers around the omega-6 to omega-3 balance.

<3:1
omega-6:3 target

>8%
optimal omega-3 index (EPA + DHA)

120
days to retest



- Omega-6:3 ratio, pro- versus anti-inflammatory balance
- Protection value against diet-driven inflammation
- Omega-3 index, the EPA + DHA share of blood fatty acids
- Cell membrane fluidity

Every layer of your health, measured

113

parameters in one integrated evaluation.

105	Laboratory: blood, metabolic, lipids, urine, thyroid, hormones, nutrients, tumor and cardiac markers.
2	Genetic risk: BRCA1 and BRCA2, when required.
6	Imaging: full body MRI, DEXA, X-rays and ultrasound.



How your case is reviewed and decided

1. Comprehensive clinical evaluation, laid out on the Functional Medicine Matrix.
2. Consensus of BMC Clinic’s physician team.
3. A tailored, evidence-based therapeutic roadmap.

THERAPY

Hyperbaric oxygen therapy (HBOT)

A non-invasive therapy that raises the oxygen dissolved in plasma and tissue by breathing it under pressure. You rest inside a multiplace hyperbaric chamber pressurized up to 2.0 ATA while breathing 100% medical-grade oxygen for 60 to 90 minutes. Ten or more sessions are recommended.



CONTRAINDICATIONS

Absolute: untreated tension pneumothorax. · Relative: severe COPD with bullae, active upper respiratory infection or eustachian tube dysfunction, history of spontaneous pneumothorax, uncontrolled high fever, claustrophobia.

THERAPY

Intravenous nutrient therapy (IV drip)

An infusion that delivers concentrated micronutrients, cofactors and antioxidants straight into the bloodstream, with full systemic bioavailability.

A peripheral IV line delivers physician-formulated solutions such as high-dose vitamin C, glutathione, NAD+, alpha lipoic acid, CoQ10 and tailored Myers' cocktails.



CONTRAINDICATIONS

Severe kidney impairment or end-stage renal disease. · Congestive heart failure (risk of fluid overload). · G6PD deficiency (strict contraindication for high-dose vitamin C, risk of hemolysis).

THERAPY

Systemic and local ozone therapy

A controlled oxidative therapy that uses calibrated medical ozone (O_3) to stimulate the body's own antioxidant defenses and modulate immunity.
At BMC Clinic the systemic route is ozonated saline (SSO3): the saline is ozonated at your side with the DISSO3 closed-circuit system and runs intravenously over 30 to 45 minutes.



CONTRAINDICATIONS

G6PD deficiency (favism). · Severe uncompensated hyperthyroidism. · Acute hemorrhage, severe thrombocytopenia or acute intoxication. · Pregnancy (first trimester).

THERAPY

Pulsed electromagnetic field therapy (PEMF)

A non-invasive, needle-free pulsed electromagnetic therapy aimed at restoring the electrical potential of the cell membrane.

You sit or lie on a medical-grade platform that emits low-frequency pulsed fields, aimed at one area or the whole body.



CONTRAINDICATIONS

Implanted electrical devices (pacemakers, defibrillators, cochlear implants). · Pregnancy. · Active bleeding disorders or acute hemorrhage.

THERAPY

Bioidentical hormone replacement therapy (BHRT)

Personalized hormone restoration with hormones molecularly identical to the ones the body makes. Tailored estradiol, progesterone, testosterone, DHEA or thyroid hormone, given as subcutaneous pellets, creams or sublingual doses, guided by lab levels, symptoms and examination.



CONTRAINDICATIONS

Active or suspected hormone-receptor-positive cancer (breast, endometrial, active prostate). · Undiagnosed abnormal genital or uterine bleeding. · Active deep vein thrombosis or pulmonary embolism. · Severe acute liver disease.

THERAPY

Regenerative medicine (stem cells, exosomes)

Cell-based and biological signaling therapies meant to support tissue repair, calm inflammation and stimulate regeneration.

Certified mesenchymal stem cells (umbilical cord or placenta), exosomes, MUSE cells or secretomes, given by IV infusion or local injection.



CONTRAINDICATIONS

Active systemic or localized cancer. · Acute bacterial or viral infection, sepsis. · Active hematologic malignancy. · Pregnancy and breastfeeding.

THERAPY

Peptide therapy

Short chains of 2 to 50 amino acids that act as precise cellular messengers for repair, endocrine regulation and gene expression.

Physician-prescribed protocols given as subcutaneous micro-injections, oral capsules or nasal sprays, set by your biomarkers and goals.



CONTRAINDICATIONS

Active cancer or a history of hormone-receptor-positive tumors (above all for growth hormone secretagogues). · Pregnancy and breastfeeding. · Known allergy to a specific peptide.

THERAPY

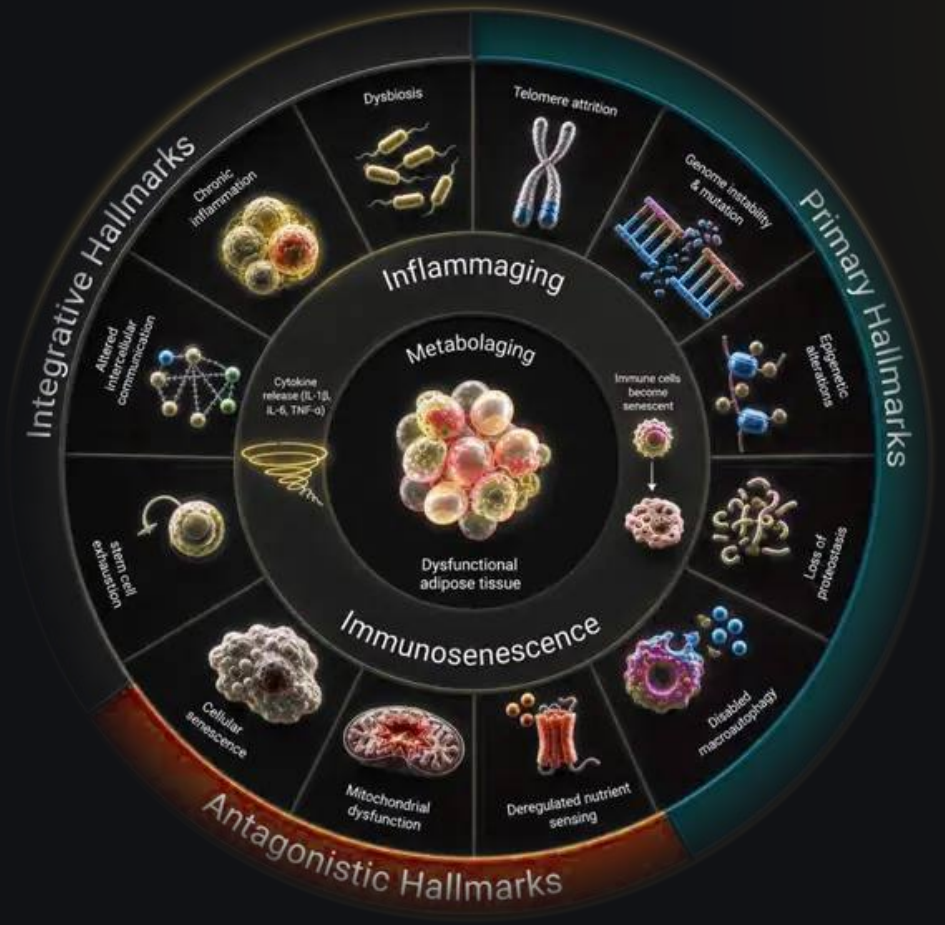
Functional nutrition and metabolic optimization

Nutritional and biochemical work set by your lab markers, genomic profile and metabolic health. Therapeutic eating plans (elimination, anti-inflammatory or gut rebuilding) with pharmaceutical-grade supplementation: senolytics, mitochondrial cofactors and prebiotics.



CONTRAINDICATIONS

Not a procedure with contraindications, but it needs close medical follow-up in severe kidney or liver impairment, decompensated eating disorders or uncontrolled metabolic crises.



The 12 hallmarks of aging

Mechanism, measure, intervention.

Grouped in three families: primary, antagonistic and integrative. Each therapy in the protocol is chosen for the hallmark it acts on.

From finding to therapy

	Hallmark	HBOT	IV therapy	BHRT	Ozone	PEMF	Functional nutrition	Regenerative medicine
1	Genomic instability	●	●				●	
2	Telomere attrition	●					●	
3	Epigenetic alterations		●		●		●	
4	Loss of proteostasis	●			●		●	
5	Disabled macroautophagy		●				●	
6	Deregulated nutrient sensing			●			●	
7	Mitochondrial dysfunction	●	●		●	●	●	
8	Cellular senescence	●			●		●	●
9	Stem cell exhaustion	●						●
10	Altered intercellular communication			●			●	●
11	Chronic inflammation	●	●		●	●	●	
12	Dysbiosis						●	

■ Primary ■ Antagonistic ■ Integrative

Re-measurement

Four months
Omega-3 and gut

Six months
Laboratory panel

Twelve months
Epigenetic age and imaging

Progress is a number.



Why BMC Clinic

Root-cause diagnosis

Advanced biomarkers show where the imbalance starts.

An integrated circuit

Functional, orthomolecular and regenerative medicine in one place.

Therapies in sequence

Each one prepares the next.

Health license

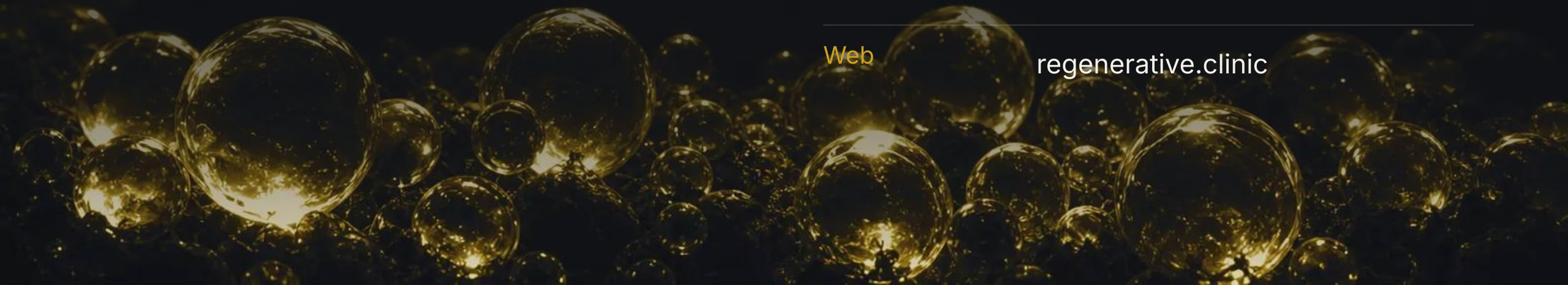
An official license specific to regenerative medicine.



Begin with a conversation

Complimentary physician screening.

It is informational and does not replace a medical diagnosis or treatment.



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