



— BIRCH BAY IMMERSIVE EXPERIENCE

Step away from the noise.
Return to your natural rhythm.

— BIRCH BAY, WASHINGTON · PACIFIC NORTHWEST

A 4-hour private immersion in cellular regeneration — designed to calm your nervous system, repair at the cellular level, and reconnect you with what's real.

STEM CELL THERAPY

EXOSOME THERAPY

IV SUPPORT

OSTEOPATHIC BODYWORK

NERVOUS SYSTEM RESET

QUANTUM RECALIBRATION

— THE PHMX APPROACH

A full-spectrum reset — *in one session.*

The Birch Bay Regenerative Immersion brings the full PHMX protocol to the Pacific Northwest. In four hours, Dr. Hills and the PHMX team deliver a physician-led, multi-modal experience that addresses cellular damage, structural restriction, nervous system dysregulation, and circadian disruption — simultaneously and in sequence.

01 · Regenerative

Stem Cell & Exosome Therapy

IV umbilical mesenchymal stem cells and/or exosome therapy administered by Dr. Hills. Delivers regenerative signals directly into the bloodstream to reduce inflammation, support tissue repair, and initiate cellular renewal.

02 · Structural

Guided Bodywork & Osteopathic Techniques

Physician-led osteopathic manual therapy and fascial release targeting structural restrictions, joint mobility, and dural tension. Restores alignment, decompresses neural pathways, and creates the physical conditions for deep healing.

03 · Nutritional

IV Nutritional Support

Custom IV infusion — premium vitamin drips, NAD+, and targeted micronutrient support — delivered concurrently to flood the body with the raw materials needed for regeneration and energy restoration.

04 · Neurological

Nervous System Reset

Targeted craniosacral therapy, breathwork guidance, and somatic techniques to down-regulate the autonomic nervous system. Shifts the body from chronic sympathetic overdrive into a parasympathetic healing state.

05 · Quantum

Quantum Biology Recalibration

Applied quantum health practices that address the body's bioelectric and energetic fields. Supports mitochondrial function, cellular coherence, and the deeper energetic environment in which regeneration occurs.

06 · Circadian

Circadian Rhythm Optimization

Guidance and therapeutic support for resetting the body's internal clock — addressing light exposure, sleep architecture, hormonal timing, and the natural rhythms that govern cellular repair and recovery.

“

She was able to resolve an energetic lock on my left ankle that had plagued me for 3 decades. No other practitioner was able to help me get to the root of this pain and cause for misalignment.

I'm blown away at how good my body feels now in such a short amount of time.

— PHMX CLIENT · 30+ YEAR PAIN RESOLUTION

"Regeneration is not a luxury — it's our natural state."

— DR. TINA HILLS, D.O., ABEM · MEDICAL DIRECTOR, PHMX

— THIS SESSION IS FOR YOU IF

- You are living with daily pain, inflammation, or fatigue
- You feel burned out and disconnected from your body
- You want cellular-level healing, not symptom management
- You've tried conventional medicine without lasting results
- You are ready for a physician-led, whole-system reset
- You want to experience PHMX without traveling to Texas

— THE PHMX DIFFERENCE

Why Birch Bay
is different.

PHYSICIAN-LED

Every session is personally designed and delivered by Dr. Tina Hills, D.O., ABEM — not a technician or wellness coach.

MULTI-MODAL IN ONE VISIT

Regenerative medicine, structural bodywork, IV nutrition, and nervous system therapy — all in a single 4-hour immersion.

PRIVATE & INTIMATE

No waiting rooms. No rushed appointments. Your session is yours alone — in a private, peaceful Pacific Northwest setting.

CELLULAR + STRUCTURAL + ENERGETIC

PHMX addresses healing at every level — from the cellular biology of your tissues to the structural alignment of your body and the energetic coherence of your system.

RESERVE YOUR SESSION

4-Hour Private Regenerative Immersion

2026 SESSION DATES

SEPTEMBER 2-6, 2026 | OCTOBER | DECEMBER

Space is strictly limited. Each session is private, physician-led, and personally designed by Dr. Hills.





BEGIN YOUR
PHMX Healing Journey

Call or Text Us Directly at +1.254.616.9098

DM Us on Instagram @phmx__stemcells

OR

Email us at connect@phmx.life

— *we respond personally to every inquiry.*

25140 Kingsland Blvd | Suite 200 | Katy | Texas | 77494

Phone +1.254.616.9098 Email connect@phmx.life



MEDICAL DISCLAIMER: The information contained in this document is for educational purposes only and does not constitute medical advice. Stem cell therapy, exosome treatment, and osteopathic services at PHMX are not FDA-approved treatments for any specific condition. Individual results vary. All protocols are designed and overseen by a licensed physician. Please consult with Dr. Hills during your discovery call to determine whether these therapies are appropriate for your specific condition.