



## PRE-PROCEDURE PROTOCOLS

## OUR MISSION

Our mission is to provide patients from all over the world access to healthcare that will help them live a better quality of life without drugs and surgery.



# BEFORE YOUR REGENERATIVE MEDICINE TREATMENT

## CONGRATULATIONS ON YOUR DECISION TO RECEIVE YOUR REGENERATIVE MEDICINE TREATMENT PLAN.

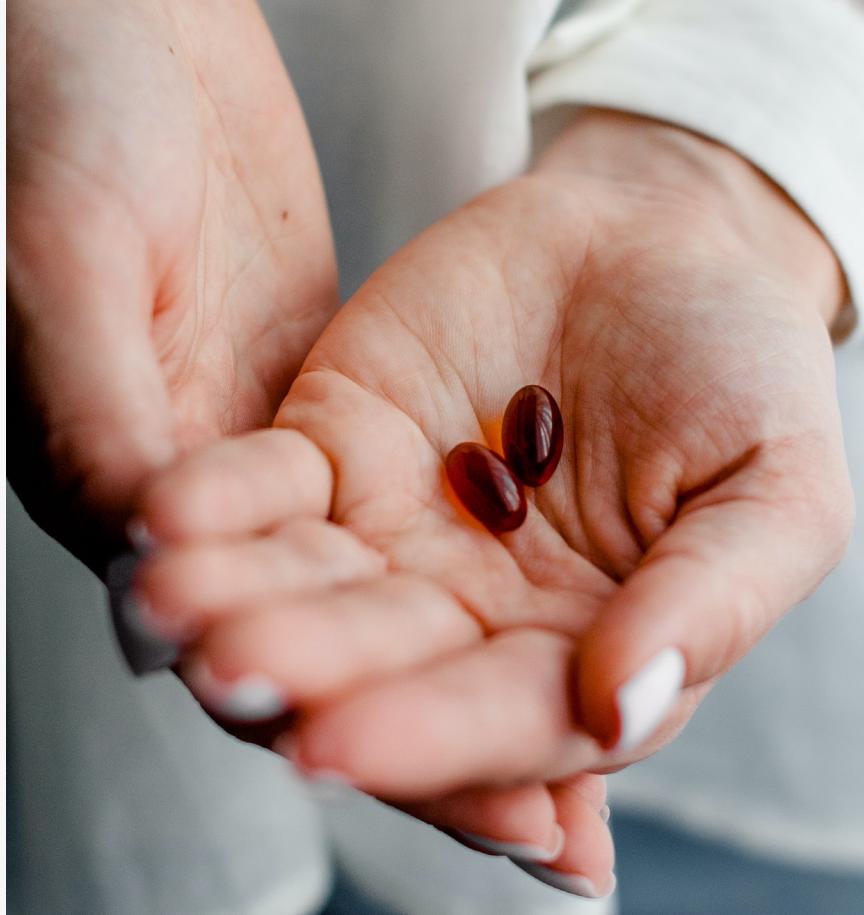
Please follow this patient guide that is designed to help you get the best results possible. There are several steps to the program that we recommend you do before your treatment that can help improve your chances at the best results possible. For example, eating the right foods, drinking more water, exercise, and avoiding medications that may reduce the chances of a great outcome.

*Follow this step by step guide in order to receive the result you are hoping for.*

### PRE-PROCEDURE INSTRUCTIONS

Here are several things that we ask you to do in order to prepare for your upcoming treatment:

- Stop taking steroids 3 weeks prior to injection. Steroids can stop your body's ability to heal and can make the treatment less effective. AVOID corticosteroids (prednisone, Medrol dose pack, Cortisone).
- Stop taking non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, Aleve, naproxen, Motrin or ibuprofen, or arthritis medications such as Celebrex, a week prior to the procedure.
- If you are on any blood thinner, be sure that you notify your provider.



## BEFORE YOUR PROCEDURE

- Drink plenty of fluids.
- Make sure that you have eaten something, especially if you have any issues with low blood sugar.
- You should plan to take it easy on the day of and the day after the procedure.
- If it is your first procedure, you may want to bring a driver.

Please call our office with any questions you may have. Follow post-procedure instructions very carefully to maximize your results.

*Now let's get into the nutritional aspect.*



## DID YOU KNOW THAT FOODS CAN CREATE OR ALLEVIATE INFLAMMATION?

Inflammation is one of the main causes of many of the most debilitating diseases of our time. Inflammation has been linked to pain, Parkinson's, cancer, depression and many other types of conditions. It is important to make sure we do whatever possible to lower inflammation. It is also important to live your life trying to prevent it as well.

One of the functions of Mesenchymal Stem cells is to reduce inflammation. If you do things that cause inflammation then the treatment will be less effective as the cells will be used to lower the inflammation induced by what you are doing or how you are living your life. Food is one of the biggest causes of self-inflicted inflammation.

You can activate or deactivate stem cell growth based on what foods you ingest. The goal is to reduce inflammatory foods for your stem cells to thrive and add in nutrient dense / nutrient rich foods that will help fuel cell regeneration. Please avoid all inflammatory habits such as sweets /sugar or alcohol consumption. These don't interfere directly with stem cells, but they cause inflammation, which can cause pain to persist. Inflammation will also call the Stem cells to the area of inflammation. This means they will be used to lower the inflammation in your gut instead of where you need them. Avoid unhealthy foods such as fast food, junk food, and general foods you know are not good for you. Also, avoid any foods you are allergic to completely.

## ANTI-INFLAMMATORY DIET

Here are some of the most inflammatory foods:

- Sugar and alcohol (no more than 25/30 grams of fructose max)
- Gluten (wheat)
- Soy
- Dairy
- Processed grains (corn, breads, pastas, cereals, packaged foods)
- Molds (alcohol, cheeses, environmental)

Avoid these as much as possible and try to eliminate them completely before and for 12-36 weeks following the procedure. The foods you eat during this time will be the fuel to help your body heal.

There are tons of information and books you can read on this type of diet. Invest some time researching which one will work best for you. This will be finding the types of foods you like.

Also, you will need to calculate and consider prep time for these foods and how that will fit into your lifestyle.

Always have healthy snacks close by. If you get too hungry you will end up eating anything including food that may be counterproductive to your treatment. Below is a guide to this type of diet we found online on Web MD to help you get started in understanding what an anti-inflammatory diet is.

An anti-inflammatory diet is widely regarded as healthy, so even if it doesn't help with your condition, it can help lower your chances of having other problems.



# WHAT TO EAT

In a nutshell, anti-inflammatory foods are those that any mainstream nutrition expert would encourage you to eat. They include lots of fruits and vegetables, whole grains, plant-based proteins (like beans and nuts), fatty fish, and fresh herbs and spices.

**FRUITS AND VEGGIES:** Go for variety and lots of color. Research has shown that vitamin K-rich leafy greens like spinach and kale curb inflammation, as does broccoli and cabbage. And the substance that gives fruits like cherries, raspberries, and blackberries their color is a type of pigment that also helps fight inflammation.

**WHOLE GRAINS:** Oatmeal, brown rice, wholewheat bread, and other unrefined grains tend to be high in fiber, and fiber also may help with inflammation.

**BEANS:** They're high in fiber, plus they're loaded with antioxidants and other antiinflammatory substances.

**NUTS:** They have a healthy kind of fat that helps stop inflammation. (Olive oil and avocados are also good sources.) Stick to just a handful of nuts a day; otherwise, the fat and calories will add up.

**FISH:** Put it on your plate at least twice a week. Salmon, tuna, and sardines all have plenty of omega-3 fatty acids, which fight inflammation.

**HERBS AND SPICES:** They add antioxidants (along with flavor) to your food. Turmeric, found in curry powder, has a strong substance called curcumin. Garlic curbs the body's ability to make things that boost inflammation.



# WHAT NOT TO EAT

Anything highly processed, overly greasy, or super sweet isn't a good choice for you if you have inflammation.



# **STEM CELL THERAPY**

## CAN RESTORE YOUR HEALTH!



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