



East West Health



EAST WEST
HEALTH



POST STEM CELL THERAPY

Congratulations on your stem cell therapy!

Now that you've had your treatment, let's make sure that you get the most out of it. Your new stem cells work best when you eat the right foods, engage in healthy activities and get the right follow up care with acupuncture, chiropractic adjustments, physical therapy or massage. Studies show that your healing response from stem cell therapy continues for nearly 250 days. This time period is critical for cellular growth and healing so we ask that you make health your number 1 priority because our goal is for stem cell therapy to provide you with long lasting pain relief and results.

Make the commitment to create healthy lifestyle habits, including the correct exercise program, and the right nutrition. We are here to help provide the guidance you need. It is our goal to help you have the best possible results from your treatment so that you can get back to living the life you love.

There are 4 rules that you can follow to help the stem cells have an optimal environment for growth.

RULE 1:



Create an Environment for the Stem Cells to Thrive in with Testing.

Can you think of any diseases that you, or someone you know, might have and not know about it? Maybe you are thinking cancer, heart disease, or even diabetes? We really can't be sure until the correct tests are ordered. In our bodies symptoms are the last thing to show up. Malfunctions and disease patterns can go unnoticed for years because our bodies are great at hiding symptoms until the disease pattern fully sets in.

Would you like to find out if you have underlying malfunctions that are not contributing to your overall health and possibly diminishing your stem cell growth? Now is a great time to get the correct labs ordered to determine if you have any underlying inflammatory issues or hormonal imbalances and so that you can start moving in the right direction for your recovery. Some of the labs that we recommend are: Comprehensive Digestive Profile, Adrenal Stress Hormone Test, Genetics,

Inflammatory Testing, and Nutritional Testing. Ask your provider which of these tests will be appropriate for you so that you can create a healthy environment for your stem cells.

We have specific programs that we've designed for patients who have received stem cells and wish to create the most lasting changes possible. We look at testing and understanding what your labs mean as an insurance policy towards your investment in stem cell therapy.



RULE 2:

IF IT HURTS-DO NOT DO IT!

We want you moving and active but once you enter into the pain threshold then stop what you are doing. Please use caution with physical activity so that the new tissue isn't disrupted. In the early weeks of regenerative healing, your body will be utilizing the natural inflammatory process to bring the stem cells and cytokines to the injured/degenerated area. These cells create the "scaffold" for the new tissue cells to bind to. Because these cells are just starting to form and divide, it is best if you take it easy and don't physically stress the area. Here's some tips on how to get going on an exercise program. Do NOT run or weight lift heavily for the first two weeks after the procedure. We also don't want you being a couch potato so walking, range of motion exercises and gentle stretching is recommended. Below will explain in detail.

SWIMMING, SUPER SLOW LIFTING, YOGA, TAI CHI FOR JOINT HEALTH

There are 2 types of exercise that we advocate: Swimming and Super Slow training as described in the book, Body by Science. Swimming is very low impact and can assist in better blood circulation. Super Slow training requires controlled lifting that allows your body to complete full range of motion movements without compounding stress on the body. Yoga, light stretching, qi gong and tai chi are all daily activities that are highly encouraged. Movement is healing and the gentle movements that take you through full range of motion will allow your stem cells to lay down healthier tissues. Talk to your provider about what movements are best for you. We do recommend working with a physical therapist or skilled body worker to help you get your body moving with ease throughout your healing process.

When can I run again? Many of our patients are surprised to learn that running can be incredibly nourishing for your body if done properly. Most of us are taught from a young age how to power run, which is very hard on the joints. The type of running that we advocate is a very low impact, meditative style of running called Chi Running, developed by Danny Dreyer. He's got incredible resources on his website, Chirunning.com. But before you jump into running, we recommend learning how to properly walk. Danny Dreyer has written a great book called Chi Walking that we would highly recommend. He incorporated principles of Tai Chi with walking and running to create an incredibly satisfying running experience without putting a burden on your joints. On my podcast, Go Wellness Radio, you can listen to episode 72 and get some great insights on this.



RULE 3:

The Anti-inflammatory effect!

IT IS VITAL that you do NOT use certain-inflammatory medication/NSAIDS (i.e.: Ibuprofen/Motrin, Aleve/naproxen) for at least 4 weeks, after your injections. These drugs have been shown to interfere with the stem cell healing process. You may use heat for muscle spasms and to promote blood circulation and decrease inflammation but limit cold exposure as stem cells need blood to thrive.

If your pain cycle persists, our team is here to help. Just let us know and we will recommend approved therapy that helps with pain and assists with the healing process. You will be receiving weekly acupuncture visits to assist you over the next 1 to 3 months but additional treatments may be recommended with trigger point therapy, herbal and nutritional therapy, and electrical stimulation (TENS unit). *If you had a knee injection, a supportive brace is highly recommended, or a lower back injection then a supportive spinal brace is also highly recommended.

FOODS CAN CREATE OR ALLEVIATE INFLAMMATION

The other part of health that is often overlooked with stem cells is the food you eat. You can turn on or turn off stem cell growth based on what foods you put into your body. The goal is to reduce inflammatory foods as much as possible for your stem cells to thrive and add in nutrient dense foods that will fuel cell regeneration. It is best if you avoid inflammatory habits such as sweets or alcohol consumption. These don't interfere directly with stem cells, but they cause inflammation, which can cause pain to persist. It is best to avoid unhealthy foods such as fast food, junk food, and general foods you know are not good for you. Also, if you have any food allergies, please avoid these foods completely. If you don't know if you have food allergies, and would like to find out, let us know and we will discuss getting you tested. You will have a nutrition video that will provide guidance for you but lets dive in a bit deeper.

The most inflammatory foods we've found are the following:

- 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 for 12-32 weeks following the procedure for the most optimal outcome.



EAT ORGANIC, GRASS-FED, REAL (NOT PROCESSED) FOODS:

Follow a bulletproof type diet (review the bulletproof roadmap) – we like this diet because it suggests low inflammation foods and accounts for molds that are in different food. (mold will inhibit stem cell proliferation)

FOODS TO EAT:



CLEAN FATS 135-150 GRAMS PER DAY:

(They regulate hormones that influence stem cells and fuel your brain)

- Avocado
- Coconut oil/Bulletproof oil
- Olive oil
- Butter or Ghee from Grass Fed Cows
- Wild Caught fish, anchovies, sardines, and haddock are great.



VEGETABLES/GREENS:

(eat 1-2lbs/day)

- Asparagus
- Cucumber
- Mixed Leafy Greens
- Arugula

*Always cook cruciferous veggies (spinach, collards, brussels sprouts, broccoli, cabbage, cauliflower)



CLEAN PROTEIN 120 TO 140 GRAMS PER DAY:

- Grass-fed Beef or Lamb
- Pastured Eggs (organic/free range)
- Sockeye Salmon (wild caught)
- Chicken (organic, free range, anti-biotic free)

*Eat more fat, greens and protein in the morning and wait till later in the day to eat any starches, fruits etc. (if you have hypoglycaemia you may need to add some extra fruit in am) – see roadmap for specifics. Protein provides the building blocks for stem cells to grow cartilage, ligaments and tendons.

STEM CELLS LOVE SLEEP, SLEEP DECREASES INFLAMMATION

The other part of healing that is often overlooked is to get plenty of deep sleep. Swiss researchers from the Center for Integrative Genomics discovered how a disruption of normal sleep rhythms could disrupt stem cell functioning. Published in the leading journal Cell Stem Cell, the scientists realized that your stem cells need their beauty sleep to survive.

At least 7 to 9 hours of uninterrupted sleep per night will allow your new stem cells to repair and rebuild what's been lost. You will also be receiving at least 5 acupuncture visits to enhance the stem cell therapy and we encourage you to take this time to ask questions and dive into your healing journey. We are here to support you every step of the way and our goal is for you to have the most positive healthcare experience possible. A tool that we created to help you enjoy a great night sleep and wake up ready to take on your day is called the Mindset Morning. If you commit only 15 minutes of this per week, you will have better days, with less sleep interruptions and will have greater levels of happiness in your life.

the procedure for the most optimal outcome.



MINDSET MORNING

PREPERATION-starts the night before

1. SLEEP

- 1-Hour Before Bed: Dim Lights (red lights can be effective too)
 - Avoid screen time for 60 minutes before bed (phone on Airplane Mode)
 - Stretch out: What part of your body is tense? _____
 - Epsom Salt Bath (when it's been a stressful day or not)
 - Cooler Temperature (63 – 69 degrees) *no warmer than 70 degrees.
 - Write down and appreciate your 3 wins from the day:
-

2. WAKING UP-SET YOUR ALARM AFTER 7-9 HOURS IN BED

- Make your bed! (At least pull the covers up)
 - Brush your teeth, use bathroom, wash face, etc.
 - AVOID screen time for 60 minutes
 - MINDSET MORNING (15 MINUTES total)
-

1. MINDFULNESS (5 MINUTES)

- Breathe in through the nose (into your belly), exhale out the mouth
 - Shake out your arms and bounce on your feet (10 breaths)
 - Sit with back straight and keep your mind clear
-

II.

2. GOALS & AFFIRMATIONS (5 MINUTES)

Write down the 3 things you want to accomplish today that follow your life's highest purpose.

1. _____ 2. _____ 3. _____

What obstacles might get in your way? How will you handle them in a stress free way

What are 3 words to describe who are you? What are the boundaries that you need to set so that you can free yourself to be who you want to be and accomplish what you are here to accomplish?

3. VISUALIZE AND PREPARE FOR YOUR DAY (5 MINUTES)

Scan your body head to toe-breathe into areas that are tight and relax them. Visualize how it now feels to have new stem cells growing in your body, creating new tissue structures, regulating your immune system and reversing degeneration. Feel your healthy digestion receive nutrients. Sense your sharp, focused, yet relaxed brain that is alert. Visualize being in control of your food choices for today and exercising. Imagine feeling satisfied by receiving nutrients from 130 grams of clean fats like butter, coconut oil, olives, avocados. By eating 1-2 lbs. of organic vegetables, sauerkraut, and lightly cooked cruciferous vegetables. Receiving strength from 120 to 140 grams of proteins like organic meat, offal, eggs, and enjoying 45-100 grams of evening carbohydrates like sweet potatoes, rice, plantains with organic fruit. Appreciate your food and the way it fuels your mind and bodies vitality.

WHAT TO EXPECT DURING YOUR HEALING PROCESS

1

Weeks 1 and 2 Post Stem Cell Treatment:

The first week after the injection some people enjoy the anti-inflammatory benefit of stem cells (i.e. dramatic decrease in pain), but in a small percentage of people the old pain may return in a few days. Some people may experience an increase in soreness from the procedure. If this happens to you, it should dissipate over the next few days. Have you scheduled your follow up acupuncture visits? These visits are a great time to further the healing process in your body.

2

Weeks 3 and 4 Post Stem Cell Treatment:

Continue to avoid repetitive loaded exercise, like the stair stepper, running or weight lifting. You may use an exercise bike/elliptical machine or swim/walk in the pool. Keep all workouts to less than 50% of normal/pre-injection distance/weight/reps. Give the new scaffolding time to implant in the healing tissues. Keep all activity within pain-free limits and proceed with caution. IF IT HURTS-DON'T DO IT!!

3

Weeks 5 and 6 Post Stem Cell Treatment:

This is a great time to return to the recreational activities you enjoy but limit yourself to 70-80% capacity. You may initiate light running exercise on even and soft terrain, treadmill or track and wear joint support. Please be careful with jarring or compressive exercise. You may start to increase resistance with weight lifting, but please still be cautious. Your stem cells are building new tissue and need oxygen/blood flow through gentle exercise, but can't tolerate being stressed by too much exercise.

4

Weeks 7 and 8 Post Stem Cell Injections:

As long as you're not having pain, slowly progress to your normal work out but NEVER to point of pain in injected area. Set yourself up for success by maintaining some aerobic capacity without injuring the new juvenile tissue. Avoid shearing or over compressive exercises. Continue to increase core and joint strengthening for optimal stabilization.

5

Months 5-12 Post Stem Cell Injections:

The stem cell regeneration is in full swing and is at its peak in healing potential; help them heal you by not overdoing it. Walking, biking, yoga, stretching, light weights are appropriate. Be careful with distance running. Get yourself strong to support your joints. Continue to use caution with compressive activity, twisting, planting and pivoting, overhead activity, and repetitive motion. Stick to the nutritional program and if you've had your tests ran, now is a great time to get retested to see just how much progress you've made with your overall health.

STEM CELL TREATMENT MAINTENANCE:

The majority of you will feel incredible results from your stem cell therapy and will have a complete, permanent recovery. There will also be a small percentage of you who have severe degeneration that may need a booster shot at 6 to 24 months following the initial treatment. This is the case in about 1 in 20 (5%) people who receive stem cell treatments. There are also several of our patients who wish to receive annual stem cell infusions to maintain wellness. Both the booster injections and the wellness treatments are offered to you at a discounted rate if you wish to continue on a stem cell maintenance program with us.

Thank you! We are very excited for your health transformation and recovery with us and are honored to have you as a patient. As you progress and feel better, you may find that you want others to benefit from our services. If any friend, family member, colleague or church member needs help, just let us know and we will invite them to a lecture, have them in for a medical evaluation, or we will speak with them directly if they like. Enjoy your new life!

Best to you in health,

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Stem Cell Health Centers
Stemcellhealthcenters.com



Post Stem Cell Therapy

Contact Us

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