

# POST-PROCEDURE DIET & OTHER PRECAUTIONS

## Anti-inflammatory Guidelines

You've probably heard a lot about inflammation and how it isn't good for you. Left unchecked, inflammation causes damage to your body at a cellular level. Stopping inflammation is important for your health and well-being. Following our stem cell procedure diet is perhaps the most important way you can control your health and reduce your risk of inflammation.

### **Avoid the following foods, which contribute to inflammation:**

Pastas, bagels, breads, crackers, cookies, cakes, or any other white flour-based foods

Sodas, energy drinks, fruit juices (fake), agave, artificial sweeteners (aspartame, sucralose)

Oils: corn, soybean, safflower, vegetable

Dairy products should be limited

## Things to look out for:

Packaged, processed foods are devoid of nutrients and basically a chemical soup. Whether it contains food coloring, preservatives, trans fats, or sugar (and these foods have a ton of sugar in them), processed food isn't healthy and is one of the greatest driving forces behind illness today.

## Exercise - Start slow

Everyone needs to exercise. Do what you can during your recovery. Nothing for the first 2 weeks post therapy - mild for the first 6 weeks post treatment - moderate after 6 weeks of therapy - normal exercise after 3 months. Getting daily exercise will:

Limit inflammation in your body

Improve sleep

Lower blood pressure

Help you lose weight

Put you in a better mood

Keep you young!

No strenuous exercise, especially regarding the joint(s) that may have been injected with Stem Cells

No heavy weight lifting, intense running, intense bike riding, rock climbing, etc. for 3 months post therapy

## Sleep

The "golden hours" for sleep are 10 p.m. to 6 a.m. During these eight hours, your body gets the most restorative sleep. Sleeping eight hours, from say, midnight to 8 a.m. won't give you the same benefits.

If you aren't sleeping seven to eight hours a night, or your sleep is disturbed, chances are this is contributing to inflammation in your body as well. Poor sleep can lead to weight gain, insulin resistance and high blood pressure, among other health issues. We release growth hormone during deep sleep, which helps our bodies heal.

# Topical Pain and Inflammation Relief

Traumeel

Arnica

Peppermint oil

Menthol

Eucalyptus

Lavender

These can be used alone or in combination. Speak with a qualified health care professional for appropriate dosing and safety with other medications. Be sure to let your doctor know what supplements you are taking

## Anti-Inflammatory Medications - Antibiotics - Steroids

7 days before & 2 weeks post treatment , do not take non steroidal anti-inflammatory drugs. examples : aspirin , ibuprofen , naproxen sodium , etc.

Do not take antibiotics for at least for 3 months

Do not take any type of steroids : examples : testosterone , prednisone , prednisolone , dexamethasone, methylprednisolone & all other corticosteroids

Ask your doctor regarding all medications you may be taking for proper review and precautions post Stem Cell Therapy

## Other Important Precautions

Do not smoke. This includes cigarettes , vaping , pipes , marijuana . Anything with smoke is extremely contraindicated with stem cell therapy

Do not drink alcohol during stem cell therapy