

# COLTS NECK STEM CELLS

## 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.

Here's what you should eat:

Lean meat, poultry, fish, and eggs – ideally grass fed or wild caught.

Whole grains, not the processed "white" foods listed above.

Nuts and seeds – including nut butters (natural – not Skippy peanut butter, etc.!)

Vegetables and fruits. Any and all!

Legumes – beans, peas, lentils, etc.

Healthy fats (olive oil, fish oil)

Herbs and spices

Honey and stevia for sweeteners

In a nutshell, eat real food that comes from either a plant or an animal – not a box, wrapper, or can.

If you eat like this – plenty of vegetables, fruits, whole grains and healthy animal products – you won't have to count calories, sugar, or fat grams. This is how we were designed to eat. It's simple. If it grows, eat it.

The more closely a food resembles its original form, the healthier it is. An apple looks exactly the way did on a tree. A steak looks just like the cow it came. Where did the stuff inside a Twinkie grow? Where did all those chemicals come from?

### **What should you drink?**

Stick with water, teas, and coffee. A lot of beverages masquerade as healthy drinks, but they are full of sugar like everything else.

Coffee is fine, but don't fill it with sweeteners (apart from stevia, which is a great herbal sweetener). Sodas, energy drinks, juices, and other sweetened drinks are bad news.

### **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

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## **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.

## **Stress**

Did you know that stress can affect you physically? Too much stress, when not properly dealt with, suppresses part of your immune system, and can lead to increased levels of inflammatory chemicals in your body.

Dealing with stress is important. Exercise and meditation are some of the best ways to relieve stress. Try walking, yoga, riding a bike, or whatever gets your blood moving.

## **Natural Anti-inflammatories**

You should *not* take any anti-inflammatory medications or supplements for seven days before and 14 days after stem cell injection. But when you're ready, there are many natural anti-inflammatories that don't have the side effects of over-the-counter non-steroidal anti-inflammatories (NSAIDs). Here are some of the best.

### Supplements

Curcumin (derived from turmeric)

Bromelain

Boswellia

Fish oil/krill oil

Serrapeptase and protease (enzymes)

Devil's claw (Harpagophytum procumens)

Glucosamine

Omega-3

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

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### **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

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### **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

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