

Chronic pain robs sufferers of their quality of life.  
Turn back the clock and get your life back!

A silhouette of a man standing on a beach, lifting a child into the air. The child is in mid-air, with arms and legs outstretched. The background is a blurred view of the ocean and sky.

*Innovative  
Stem Cell  
Therapy*

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## Welcome to A New and Better Solution

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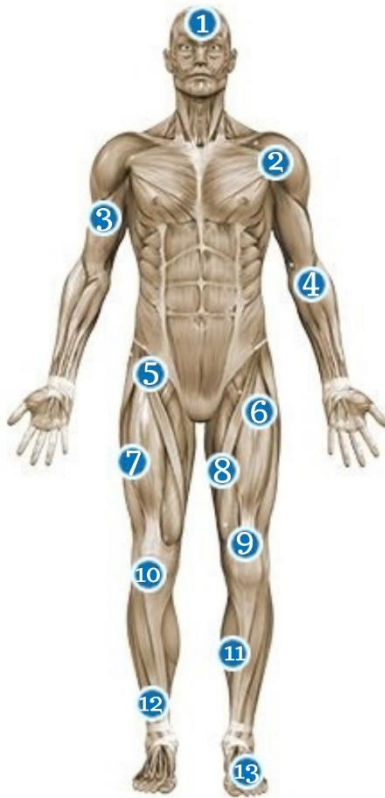
**Chronic pain robs sufferers of their quality of life** and often leads to unnecessary pain medications and even depression. It *is* possible to turn the clock backwards and *get your life back*.

Throughout this eBook, you will learn *everything* there is to know about Stem Cells and other advanced regenerative therapies, including how they work, the different types, where they work best, research studies and effectiveness.

Stem Cells are changing the lives of thousands across this great country for the better and our doctors are fully trained by **The Regen Life** to present this amazing educational eBook to help you decide if this is the right treatment for you.

By the end of this eBook you will be fully educated on these new forms of stem cell treatments and will know if this could be the correct treatment for your particular condition.

## Conditions We Treat



- 1-HEADACHES
- 2-SHOULDER PAIN
- 3-BICEPS TENDINITIS
- 4-ELBOW PAIN
- 5-HIP FLEXOR STRAIN
- 6-IT BAND
- 7-QUAD PULL
- 8-GROIN PULL
- 9-KNEE PAIN
- 10-PATELLAR TENDINITIS PAIN
- 11-SHIN SPLINTS
- 12-ANKLE SPRAIN

- 13-PLANTAR FASCIITIS
- 14-NECK PAIN
- 15-MID BACK PAIN
- 16-TRICEPS TENDINITIS
- 17-LOW BACK PAIN
- 18-SI JOINT PAIN
- 19-HIP PAIN
- 20-HAM STRING PULL / STRAIN
- 21-SCIATIC LIKE PAIN
- 22-CALF PULL / STRAIN
- 24-SEVER'S DISEASE
- 25-HEEL PAIN / SPURS



At **The Regen Life**, non-invasive medical procedures are the mainstay of our practice. Using the most up to date techniques, our staff treats patients providing a comprehensive diagnostic assessment in order to design a customized strategy for relief from medical concerns in *Texas*. Stem cell research, for example, has advanced to a point that, at **The Regen Life**, stem cell injections are part of our array of treatments, designed to help our patients attain their wellness goals and achieve a higher quality of life.

Until recently, treatment options for people with spine and joint pain were limited. Steroid injections, joint replacement surgery, and physical therapy were often the only treatment options. Now, in *Texas*, stem cell injections are available, at **The Regen Life**. Stem cell therapy also has applications for treating Headaches, Shoulder Pain, Bicep Tendinitis, Elbow Pain, Hip Flexor Strain and many more conditions.



# Chronic Pain



**If you suffer with chronic conditions learn more about how Regenerative Cell Therapy can help you regenerate your body to regenerate your life!**

## Conditions We Treat

- Achilles Tendinitis/Tendinosis
- Ankle Sprain or Tear
- Back Pain
- Golfer's Elbow
- Hip Pain
- Knee Injury and Pain
- Knee Meniscal Tears
- Low Back Pain (Lumbar Spine)
- Neck Pain (Cervical Spine)
- Shoulder Pain
- Tennis Elbow

## Regenerative Medicine for Chronic Pain.

With advancements over the past 20 years, stem cells have emerged as a key element in regenerative medicine therapies.

Stem cells are the basis for human development and have several distinguishing characteristics. Stem cells are undifferentiated cells that have the potential to become specialized cells, meaning that they can develop into cells such as muscle tissue or organ tissue.

Stem cells have a remarkable potential to develop into many different cell types in the body. In addition, in many tissues they work as an internal repair system, dividing essentially without limit to replenish other cells. When a stem cell divides, each new cell has the potential either to remain a stem cell or become another type of cell with a more specialized function, such as a muscle cell, red blood cell, or brain cell.

Stem cells are distinguished from other cell types by two important characteristics. First, they are unspecialized cells capable of renewing themselves. Second, under certain physiologic or experimental conditions, they can be induced to become tissue- or organ-specific cells with special functions. In some organs, such as the gut and bone marrow, stem cells regularly divide to repair and replace worn out or damaged tissues.

An international clinical trial showed that a single injection of stem cells into degenerative discs reduced low back pain for approximately 12 months with pain relief as soon as 3-7 days and continued improvement over 4-12 weeks. It showed this treatment to be an effective means of alleviating back pain without surgical intervention.

## What Are Stem Cells?

Think of stem cells as the foundation cells for every tissue and organ in the human body. Shortly after fertilization, stem cells start to form. Without stem cells, life cannot be conceived. We continue to rely on stem cells throughout our lives to replace injured tissues and cells lost every day. This includes the replenishing of our skin, hair, blood, and the lining of our gut.

**The three key properties that make stem cells so exciting in medicine are:**

- The ability to self-renew, dividing in a way that makes copies of themselves.
- The ability to differentiate, giving rise to the mature types of cells that make up our organs and tissues.
- They can give rise to specialized cell types (Pluripotent Stem Cells)

## We Provide Multiple Regenerative Therapies

While regenerative medicine is not new, it is being perfected in new ways to help our bodies heal themselves.

“It’s estimated that 1 in 3 people could benefit from Regenerative Medicine in their lifetime.”

When injured or invaded by disease, our bodies have a natural defense mechanism and an innate response to heal. Regenerative medicine is a field of medicine that is working to restore structure and function to damaged tissues, joints, and organs.

The Regen Life, an advocate for non-invasive and natural healing, offers the following.

### Stem Cell Therapy

Stem Cell Therapy is an exciting state-of-the-art procedure that takes advantage of our bodies’ natural ability to heal itself. Amniotic or adult stem cells have the unique ability to transform and mimic other cells in our body. These stem cells can be found in various tissues and are naturally alert and ready to repair injuries when they occur. Over the past 20 years, advancements in medicine allow doctors to use stem cells as a key element in regenerative medicine therapies.

In cases where injuries or age-related degeneration occurs, our body can fail to deploy the adequate stem cells needed to the damaged area to repair it completely. The patient can experience chronic pain as a result. This is where our stem cell therapy procedures can be used. By injecting stem cells back into the affected area and targeting where they are placed, we are able to treat a large variety of conditions and help the body heal itself.

Patients can benefit from stem cell therapy. The procedure's advantages include:

- Regenerate, Rebuild and Repair damaged cells
- Modulate the immune system: (immunomodulatory)
- Reduce Inflammation (Powerful anti-inflammatory properties)

## Platelet Rich Plasma Therapy

Commonly known as PRP, this regenerative therapy has been around since the early 2000's. It promotes your body's natural healing abilities by utilizing your own blood platelets to release growth factors.

PRP (platelet-rich plasma) Therapy is an exciting in-office procedure as it allows doctors to inject PRP into an injured area, stimulating our own bodies' ability to heal itself. With PRP therapy, doctors can harvest PRP from a patient's own blood. After separated in a centrifuge, this plasma is injected back into a patient's affected area to encourage faster healing. PRP has a great concentration of growth factors that can help the body repair itself in a targeted area and help minimize pain.

### Advantages of PRP Therapy

Patients can benefit from PRP therapy. The procedure's advantages include:

- Non-surgical procedure
- Minimally invasive
- Normally, patients experience a significant reduction in pain after the first or second injection
- Triggers your body to heal itself in a targeted area
- The PRP's natural growth factors promote healing
- Minimal to no recovery time
- Outpatient procedure
- Source of PRP is patient's own blood

### Conditions That Can Benefit from PRP Therapy

PRP therapy can benefit

- Athletic injuries
- Chronic pain
- Spinal cord injuries
- Orthopedic conditions
- Autoimmune disorders like Rheumatoid arthritis, Crohn's disease, and lupus
- Neurological diseases like Parkinson's, ALS and Alzheimer's
- Diabetes
- Heart diseases
- Respiratory disorders

## Exosome Therapy

Exosome Therapy involves the injection of stem cell exosomes into an area of pain to rejuvenate the damaged tissues and revitalize the entire area. The entire procedure takes 15-30 minutes and requires minimal downtime. Patients typically can return to work the same day. Patients should see results within 3-6 weeks but sometimes as early as 3-5 days.

Stem Cell Exosome Therapy has a more reliable and higher concentration of the healing molecules that make Stem Cell Therapy so compelling. It is faster, easier, and less expensive. With Stem Cell Therapy, the stem cells are harvested from your own body. However, as a person ages, their stem cells become less productive and their regenerative abilities decrease.

With Stem Cell Exosome Therapy, there is no need to harvest the exosomes from your own body, which saves time, pain, hassle, and money. It also means that a reliably high concentration of healing molecules can be injected into your body no matter your age or physical condition.

Regenerative Therapies like Stem Cell exosome treatment have shown great promise. Every case is different, but Exosome Therapy has already helped thousands of patients across the nation. It is the latest breakthrough in regenerative therapies.

The Regen Life was one of the few early adopters of traditional stem cell therapy. We are now one of the early adopters of stem cell exosome therapy which is poised to be the next regenerative therapy to sweep the nation. Schedule your consultation today to see if Stem Cell Exosome Therapy is right for you.



### Stars Who Were Treated with Regenerative Therapy!

As you may already know, Regenerative Medicine, Platelet-Rich Plasma (PRP) and Adult (your own) Stem Cell procedures are all over the news lately.

These treatments are extensively used by people with sports and orthopedic medical conditions, including professional players like PGA TOUR, NBA, NFL, and MLB players, to recover faster and with better functionality than traditional methods like surgery.

## **The News is everywhere.**

A host of players and celebrities have tried PRP and stem cell treatments, including Tiger Woods, NFL Colts QB Peyton Manning, NY Yankees pitcher Bartolo Colon, major league pitchers Jose Contreras of the Philadelphia Phillies, Daisuke Matsuzaka and Bobby Jenks of the Boston Red Sox, Brett Anderson of the Oakland Athletics and Jesse Carlson of the Toronto Blue Jays, as well as Wesley Matthews of the NBA's Portland Trail Blazers.

And Landry believed PRP therapy helped his Achilles' tendon so much he also used it when he injured his shoulder and hamstring. Teammates Chris Cooley and Brandon Banks recently sought out PRP injections for their injured knees.

Tremendous amount of data now exists proving the beneficial effects of Regenerative Medicine in treating various Musculo-skeletal conditions including joint problems, cartilage repair, ligament and tendon injuries.

Patients coping with arthritis, sports injuries, tendon strains, sprained ligaments, muscle injuries and more, will be comforted to know that surgery is not the only option of treatment available to them.

Faster healing as well as improved functionality both are possible with innovative, cutting- edge adult stem cell and PRP procedures.

## **Our FAQ's To Help You with Common Questions**

**There is a lot of information when learning about regenerative medicine. You may have questions about some of the specifics. That is why we have compiled the most frequently asked questions in this short and convenient list of FAQ'S.**

### **What are the most common applications of RMT?**

Shoulder, Knee, Hip, Elbow, Wrist, Ankle, or any joint, including the Spine as well as ligaments and tendons. Common diagnosis are partial tears, osteoarthritis, degenerative disc disease, etc.

### **Is there any surgery involved?**

This is a procedure not a surgery. We offer 3 different regenerative options. Depending on your diagnosis, our dedicated medical provider will make the final determination which best suits your condition

### **How long is the recovery?**

Typically, you will be able return to work the same day. However, most patients will need to take it easy for a few days following the procedure. If your condition is more severe, our doctor will recommend the proper regimen of rest time

### **How long before I see results?**

This will depend entirely on the diagnosis and site of injections as well as what kind of injection is being used. Our center will make sure to prescribe the most applicable product specific to your diagnosis. Many patients are seeing a lot of relief within the first two visits.

### **How long do the results last?**



Results vary per patient and greatly dependent on your age, health, diagnosis, as well as the therapy the physician chooses. Nonetheless, our patients have been incredibly pleased with the procedures

#### **Does insurance cover it?**

No, it is still considered experimental even though thousands of research articles show its easy and has been used successfully over 20 years. There are however many regenerative studies being performed in conjunction with the FDA, however government FDA testing and approval takes many years

#### **How will I know if I am a good candidate?**

Not everyone is a good candidate. During your consultation, our doctor will perform a thorough exam, including order x-rays to determine eligibility. Specifically, there is a free diagnostic test that will also help us determine if you are a candidate.

#### **What is the success rate for RMT?**

Although, results vary by patient, there is over an 80% to 90% chance that the therapy will be greatly beneficial. Indeed, we are proud to report a high rate of success for our procedures

## **Benefits of Regenerative Medicine**

**There are several benefits of regenerative medicine, including:**

- Safe – Regenerative Cell Therapy is extremely safe
- Results Orientated– Our treatment plans are comprehensive
- Research Led – There are currently thousands of research studies being conducted on stem cell therapy around the world

***If you are suffering with chronic neck pain, find out if you are a good candidate for Regenerative Cell Therapy. Schedule your free consultation with our specialists today!***

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R  
L | the regen life  
*regenerate your body* *regenerate your life*

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