

REGENERATIVE MEDICINE

Guidebook

Are you seeking Regenerative Medicine treatments — Prolotherapy, Platelet Rich Plasma, Stem cell injections? Are you hoping to get the most out of these treatments? Or are you trying to slow down the aging process?

If Regenerative Medicine is new to you — it's a field of medicine aimed at treating patients with chronic pain & old injuries. It is based on the principle that the body has the capacity to heal itself.

The thing is that Regenerative Medicine is all about stimulating **YOUR** body to rebuild and repair. We all meet this stimulus in different ways. Your body needs the right conditions & ingredients in order to heal.

If you are eating poorly, your body won't have the building blocks it needs to repair itself - no matter how skilled your prolotherapist is or how many times you receive injections - you may not get the same out of it as if you were powering up.

Follow these steps in this guide so that you can achieve the successful results you desire.

Get the Sleep You Desire
Supreme Fuel For Your Body
Train for Life
Boost your Hormones
Supercharge with Supplements

Opt-in for my email newsletter at www.alpinenaturalhealth.ca to get updates & tips on how to keep yourself young, fit & healthy.

Dr Deirdre O'Neill, ND
Naturopathic Doctor, Prolotherapist



Get the Sleep You Desire

Sleep is the time when we regenerate, recoup and rebuild. Skimping on sleep doesn't only affect your energy the next day, but also influences your body's repair mechanisms. Sleep is when your muscles repair from their regular wear and tear. There is also an increase in growth hormone during deeper sleep, all needed to repair connective tissue & regrow.

We are meant as adults to get 7-9 hours of sleep a night. The goal is to have uninterrupted sleep throughout this time. If you do wake up, it's optimal to be able to easily get back into sleep. Plus when you sleep makes a difference - getting to bed by 10pm gives you a better quality and regenerative sleep than if you get to bed after midnight.

The other pearl about sleep is when you wake. Creating a sleep rhythm of waking at the same time each day - even on the weekends or if you are retired - helps support your overall sleep cycle by enhancing your innate melatonin production.

Simple steps to sleep hygiene are as follows:

- Limit use of electronic devices - TV, computers, smartphones - to at least an hour before bedtime to help you fall asleep easier.
- Use your bedroom for sleep and sex only.
- If falling asleep is an issue, make sure you get outside for direct sunlight exposure first thing in the morning for 30 minutes
- Keep a routine throughout your day
- Get out and exercise daily
- Keep your bedroom quiet, dark & cool.

I hear from many of my menopausal patients that they get interrupted sleep - not just from hot flashes - that initiated since their periods ceased. Getting hormone support can be a life changer if this sounds like you.

If you are doing all of the above & still identify with having a poor night's sleep, schedule an appointment with me to figure out the best support through supplements or medications for you to optimize your sleep.

Supreme Fuel For Your Body

What you eat makes a big difference. I think of it like the options at a gas station. Your car can get by with regular fuel but for optimal performance you may choose to top up with supreme. When it comes to optimizing regenerative capacities in the body, choose from an anti-inflammatory plant based diet. Here are a few highlights of this type of diet.



Cooked Vegetables (Lightly to moderately steamed)

Eat a variety of vegetables (except tomatoes and potatoes). Include plenty of dark, leafy greens, and try to include a rainbow of colors in your diet daily. You cannot eat too many vegetables—they're vital to healing.



Protein: Legumes, Fish, Poultry & Meat.

Mix up your sources of protein, to get a wide variety from meat & plant based protein. With Fish, load up on deepsea, cold water fish (wild salmon, halibut, cod, and sardines) as they are preferred for their wonderful, healing fatty acid content. Please avoid all farmraised fish. Minimize consumption of tuna and shellfish, since they can contain high levels of heavy metals. Favour free-range, organically raised or grass fed meats and poultry. In general, a 3 oz portion (about the size of a deck of cards) at a meal, with plenty of vegetables, is a good amount to eat.



Fruit: You can enjoy 1 or 2 pieces of practically any fruit each day, except citrus.



Limit: Dairy, Pork, Wheat, Potatoes, Corn, Peanuts, Sugar, Refined Sweeteners, Fried & Processed Food

Supreme Fuel For Your Body

What we are after is Collagen & Antioxidants. Collagen is what makes up the ligaments and tendons that are being targeted in regenerative treatments. Collagen is produced from protein & gets its structural strength from Vitamin C, an antioxidant. Antioxidants from fruits & veg are essential for enhancing repair & slowing down aging.

You can optimize your diet tailored to you based on doing a food sensitivity test. If you have a sensitivity to a food, it can create an inflammatory reaction in you. You can book a consult with me to see if testing is ideal for you.



Train For Life

You could say that exercise is the ultimate form of regenerative medicine. When you exercise, your body goes through a continual rebuild and repair cycle. Movement actually stimulates stem cells, keeping you younger, fitter, meaner.

Exercise is known to stave off a wide variety of aged related problems - including cardiovascular disease, diabetes, & cancer. I find those that exercise regularly also tend to be happier & more productive.



Keeping moving is important. We all know when we back off on exercise, it not only is hard to get back into it but we begin to loose muscle and stamina. Muscle is what repairs us. Don't forget the importance of stretching. Stretching keeps you more flexible, reducing susceptibility to injury when you are involved in the sport you love.



A consideration with the intensity of exercise is that you shouldn't be in pain after exercise. If you are getting into pain post exercise - you need to back off. Reduce the intensity of the exercise to 50%, and gradually build up the level of strength. Pain acts as a guide, letting you know if the exercise you are doing is too intense for your body right now. Being in the habit of taking anti-inflammatories pre or post exercise can set you up for injury.

Train For Life

Just after your regenerative injections, the plan for exercise is different. Regenerative injections mimic a mini-injury. Where the injections were performed, there is a wound-repair process occurring. It is common to have increased pain for 24-48 hours post injection, but not everyone experiences this heightened pain. It is crucial right now to gradually return to movement. Start with rest. Progress to active range of motion whilst starting to walk. From here begin to do strength training

Keep Hydrated Drink half your body in fluid ounces per day. Increase this amount if you sweat lots, are very active with exercise or drink alcohol/caffeine. Staying hydrated cushions your joints, enhances your skin tone, supports energy production & supports your detoxification system. A tip for you if you live in a dry climate, add an electrolyte drink into this mix to replenish your cells.



Boost Your Hormones

Hormones are the signallers of the body. Some of them build us up - estrogen, testosterone - & others break us down - cortisol and insulin. As we age, we tend to have less of the anabolic (builder) hormones & more of the catabolic (destroyer) hormones.

If you are going through menopause or andropause, you will know that your estrogen and testosterone have dropped. For some, this natural process is met with ease. For others, it can be a disruptive time in life with more insomnia, anxiety, hot flashes, weight gain, mood swings & lowered libido.

If you have been experiencing any of these symptoms, you may want to consider Bioidentical Hormone Therapy. Bioidentical hormones have the same chemical make up as what you naturally produce. To learn more about how Bioidentical Hormone Therapy can help you live your life to its fullest in a safe and effective way, contact Alpine Natural Health to learn more.

I want to feature one of your hormones that you can influence on your own. **Cortisol.**

When you are in pain - the hypothalamus - pituitary - adrenal (HPA) axis gets stimulated resulting in raised cortisol levels. This hormone, cortisol, is your innate anti-inflammatory.

Pain isn't the only thing that stimulates this HPA axis - so do many other stressors. Things that are a threat to our survival are things that activate the HPA axis. These could be low blood sugar, emotional stress, family stress & food sensitivities, to name a few.



Boost Your Hormones

Removing some of your controllable stressors can have a big impact on your overall pain. Eating regularly. Discovering and removing food sensitivities. Practicing gratitude to reduce emotional stress.

Taking time to breathe, **get outdoors & enjoy life** can help modulate cortisol hormone, reduce the pain you experience & keep you on the road to recovery.



Supercharge with Supplements

Collagen is the scaffolding in our tissue. The better crosslinks there are, the stronger your tissue is. Regenerative medicine is all about enhancing your collagenous tissue through injections targeted at stretched or injured tissue. Adding collagen into your regime will support your joints, ligaments & with a bonus of getting your skin to glow.

Protein Powders. Protein is what creates the building blocks for your body to make collagenous tissue. If you are leaning toward a plant based diet, you may consider boosting your protein intake with protein powders. There are several types of protein powders sourced from rice, whey, hydrolyzed beef and pea. Mix it up or choose one that best suits your body. We have available various options in our dispensary, so please ask.

Omega 3 oils are part of the regenerative profile. When there is an injury, not only does muscle & ligament tissue get affected — also do nerves. Much of what gets patients into my office is the pain they are experiencing & how the pain is preventing them from doing what they love. Taking omega 3 oils will prevent neuropathic pain & encourage nerve regeneration. Omega 3's also prevent or slow the progression of osteoarthritis — overall boosting the effects of Regenerative treatments.

Greens Powders. Do you find it hard to get in all those servings of vegetables in a day? High quality greens powder can do the trick of supercharging your day. They are packed with antioxidants - boosting your body's repair capabilities. You can easily blend these in with your collagen and protein powders to make a boosted smoothie for a full meal replacement.

Shelf the Anti-inflammatories. The whole purpose of Regenerative Medicine is to create a local controlled inflammatory response. After an injury, inflammation is the key to healing — bringing nutrient rich blood into the injured area. This blood is rich in platelets and growth factors - helping to lay down new tissue. Anti-inflammatory pills stop this healing process contrary to what Regenerative medicine is all about.





Dr Deirdre O'Neill, ND
Naturopathic Doctor, Prolotherapist

I am a Naturopathic Doctor with an expertise in Prolotherapy. If you are seeking Regenerative Medicine Treatments, I would be excited to help you augment your treatments with a personalized medical approach. I work with patients in-office and through telemedicine throughout British Columbia.

Opt-in to our email newsletters at www.alpinenaturalhealth.ca to keep up to date.