



Dr. Stephen Stokes DC  
Cell Number: (239) 645-2405  
<https://drstephenstokes.com/>

## Knee Regeneration

### **Knee Problems: What May Heal And What May Not.**

We must always speak in terms of probability when it comes to healing the human body. Your body has an innate ability to heal just about anything and I believe, based only 20 plus years of clinical experience that the secret, if there is one, is being patient long enough for the body to correct the problem and not re-injuring the area. Aggressive exercise routines, toxic overload of anti-inflammatories (or supplements), poor diet, poor sleep, high stress and continuous poking and probing of the tissues does not yield positive results. A healthy body heals and an unhealthy one does not. Keep this in mind as you read through the suggestions. That being said, many times innate healing is not about finding the needle in the haystack but rather slowly removing the hay until the needle appears. If you smoke, growing new blood vessels is difficult no matter how much glucosamine you take...

So the knee is a tricky joint and if you have a full ligament tear, you will likely need surgery. That's it, game over. Partial ligament tears, may need surgery and meniscus injuries rarely need surgery. But again this is a very general guideline and based only on what I have seen in my practice. Also if your knee joint is degenerated, "bone on bone" as they say but you can still move your knee, you likely do not need a surgery. Remember that every person is different and you may have arthritis in the knee but the cause of your knee pain could be a back problem, or even a problem with your feet. So it is complicated, because the body operates systemically and not in isolation but still I believe this article is a good guide for most people and most cases. Disclaimer, always check with your doctor, and make informed decisions that are best for your circumstance. If you are a professional athlete, who makes a living with your knees then you will have a different set of priorities and likely will not be able to commit a year of your life to rehab, for you surgery maybe the best option. If you are not an elite athlete you may have the time to work with your body, and so the solutions always vary.

### **The Protocol Guidelines**

Knees are difficult to heal because there is not a lot of blood flow available to the ligaments and meniscus structures that often get injured. A successful knee treatment program will require up to 500 days to achieve maximum benefit, because this is the time needed for collagen synthesis (knee cartilage, spinal discs etc...). So the first important point to understand is that the knee takes a very long time to heal, approximately 500 days. During this time you must not re-injure or the clock starts back to zero. The number one reason for failure is a re-injury and then discouragement. There are 3 main goals for the treatment program, decrease pain, support healing of the damage and restore normal function.

**1. Decreasing The Pain:** First you must stop doing the things that make it hurt. If exercise hurts or walking up stairs hurts or stretching hurts, then you must temporarily stop doing these activities. Please re-read this last statement. The smarter you are the harder it will be for you to

comply with this requirement. You have been told your whole life to exercise and work the knee to make it stronger. You have been training to believe no pain equals no gain... but you have been lied to. You will never heal the knee as long as you are continuing to injure the damaged structures. In fact, prolonged pain signals coming from the knee will eventually create an automatic pain response in the brain regardless of the presence of physical damage. Yes that sounds like Voodoo crazy talk, I agree, but it is true none the less. If you don't stop those pain signals you will eventually develop a chronic pain syndrome and even may create something nasty like Fibromyalgia or even Chronic Fatigue Syndrome, all from just a simple knee twist that never got taken care of properly. I have seen it, and treated it for more than 20 years. Trust me, it happens. I have seen many people, maybe 30% of post knee surgical patients still have knee pain when on an X-ray or MRI the knee, now after a successful surgery looks perfect. The brain is still "thinking that the knee is sending a pain signal when it is actually perfectly fixed.

So let's not have to deal with this and instead let's decrease our painful signals from the start. In order to reduce these signals do not take Advil or Aleve, these NSAID's are dangerous to the system and may prevent your body from healing naturally while destroying your microbiome. Instead use a special concentrated form of Willow Bark Extract made by Mediherb called **Saligesic**. You can take 1-3 of these as needed but most people will never need more than 2 at a time. Take them with food and only use them when you are experiencing pain that goes into th moderate levels, whatever that means to you. By the way I have separate videos on all these products on my You Tube channel that you can watch for more information on how these herbs work. You may feel like you do not need a pain reliever, but buy a bottle anyways, for the times you screw up and do to much so you do not build those nociceptor (pain) brain pathways. Here is the link to Saligesic: <https://drstephenstokes.standardprocess.com/products/saligesic>

In order to invoke regeneration we must stop the immune system from continuously destroying the surrounding tissues of the injury. This is called chronic inflammation. The signal that tells the inhume system to stop this destructive behavior is found in omega 3 fatty acids. It is critical you start to ingest high amounts of these fatty acids because unless you are eating cold water wild fish several times a week you like most Americans are grossly deficient in omega 3 fatty acids, and over fed with omega 6's. The best product to do this is **Olprima EPH/ DHA**. Take 2 of these everyday, and take these for the first 6 months of treatment regardless of how good you start feeling. Remember this process will take a long time, unto a maximum of 500 days to complete, depending on how bad the injury is. My experience is that with these treatments usually noticeable improvement in first 30 days, increase in function after 3 months and 80% better in about 6 months, with the last 20% improving form the 6 month to the1 and 1/2 year mark. Here is the link for Olprima EPA/DHA : <https://drstephenstokes.standardprocess.com/products/olprima-epa-dha>

Finally, I have found that taking a combination of Boswellia, Ginger, Celery Seed and Turmeric offers the very best and I do mean very best combination of herbs to reduce inflammation and pain in the knee joint. This is a product that helps with systemic inflammation and I recommend it for just about any disease of injury. For example it work incredible for people suffering with Crohn's disease. Ulcerative Colitis, and Psoriasis. Even super helpful for people with Asthma. It

is the one product that I would recommend you take for the rest of your life as a preventive supplement and also to promote health and longevity. Do your own research on these herbs to see what I mean but make sure you buy the specific Mediherb brand called **Boswellia Complex**. As with all my recommendations these are the products tested for safety and results. You will be able to learn more on the supplies website, but as an example they use a 7:1 extract to get the effective dose of Boswellia acids in a single tablet. Take 1 tablets 3 times a day with food, if really bad take 2 tablets 3 times a day. You can take 1 tablet 2 times a day for general wellness once you are better (that's what I do). **Note:** When you are planning for how much product you will need, plan on a 4 week supply. If you are not seeing improvement at that time (not cured, but improvement) it is likely not working and you should stop and re evaluate. Most people report benefits in just 2 weeks but I don't want to sound to hopeful in case you require a bit more time. Here I the product link: <https://drstephenstokes.standardprocess.com/products/boswellia-complex>

**2. Support Healing and Regeneration:** The way the knee will heal is by influencing a mechanism called Angiogenesis, (the way your body naturally grows new blood vessels from existing blood vessels) and through protein synthesis. Here I have some herbs and supplements that are designed to help and also some therapy devices that I have found very useful. About half of all healing comes from the supplementation and the other 50% from the use of the tools.

Let's start with familiar territory and talk herbs. There is only one herb that has a proven track record of promoting Angiogenesis and that is Gotu Kola. It has been a miracle for my patients with diabetic neuropathy, scleroderma, cellulitis, hemorrhoids (especially if bleeding), burns and really to promote any type of healing after surgery involving the skin, bone fractures and yes damaged spinal discs. This is the big one guys, many applications, again google it to see all the research. I could have a successful clinic if I just used this one product. Take 2 tablets 2 times a day for 2 weeks and then start taking 1 tablet 3 times a day. You will use this for 4-8 weeks at a time and then if needed you will take a 30 day break and do another cycle. Here is the link to purchase Gotu Kola Complex: <https://drstephenstokes.standardprocess.com/products/gotu-kola-complex>

If you are still reading this, and you are staying open minded, I have a very special suggestion for you, a product called a Protomorphogin (PMG). You take one tablet 3 times a day on an empty stomach (very important!) and it will deliver a unique profile of nucleotides and peptides from veal bone to the system for healing. PMG's are a controversial topic in regenerative medicine, but I have found them to be very useful and extremely safe to use. A complicated topic and I recommend you watch my video on PMG's to fully understand how they are purposed to work. For many people PMG's make the difference. There is ongoing debate on the mechanism of how they work but at the very least it will be digested as a protein source and used for healing, no different than eating a steak. At the very most the current research suggests that that PMG's create a decoy for the immune system to attack leaving the injury free to regenerate naturally. This is a tissue specific response, so there are different PMG's as per different tissues you are trying to heal. I have used PMG's with thousands of people over the years and find them essential in treating all serious cases. Very important in autoimmune disorders and most arthritic conditions. As I mentioned there are different PMG's designed for

specific tissues, so I recommend Ostrophin for bone tissue. Reach out to me personally if you would like to discuss PMG's more (239) 645-2405. Here is the link to purchase Ostrophin: <https://drstephenstokes.standardprocess.com/products/ostrophin-pmg>

Next I would like to share some tools that are useful in treating the knee. The first one is called the Flexbeam. This uses red light therapy (and it also has infrared, although I am not as interested in that) to promote regeneration. And yes, in case you are paying attention I am saying regeneration. I know that is a strong statement, so I will explain. The Flexbeam, just like every other suggestion in this article is designed to assist the body in its innate healing response. None of these products are directly responsible for healing or regenerating anything and none of them would work in a dead body. This is because they all need something in addition to what they are designed to do, they all need that innate spark. These products are designed for one thing, to help the body heal itself and I know that sounds a bit overused these days, but I can tell you that when I said that 20 years ago people thought I was speaking in tongues. Today most people understand the concept, and believe in it's worth.

So the Flexbeam is no different except that it approaches this concept from a unique pathway. When exposed to a very specific frequency of light these little things in the cells of your body called mitochondria get excited and start to increase production of a enzyme called Adenosine triphosphate (ATP). So the human body uses about 10 million ATP molecules per second and can recycle all of its ATP in less than a minute. Over 24 hours, the human body turns over its weight in ATP. It is important in most body functions but extremely important in regeneration and healing.

This specific frequency of light, that the Flexbeam produces has been proven, to improve the cellular production and recycling of ATP. Did I lose you? You can read more about the research on the Flexbeam website or watch one of my Flexbeam videos, but essentially where ever you place the Flexbeam device heals better and faster. I do not easily make that statement, if you go to [pubmed.gov](http://pubmed.gov) and type in the search bar red-light therapy and regeneration, or healing, you will be amazed, and then you will be upset that everyone does not know about this available modality. Use the Flexbeam device 2-3 times a day to stimulate healing. A single treatment is only 1w minutes long and can be used on any part of the body except the head and eyes (you need special trains for this). Here is a link with a \$100 dollar discount coupon, use the code DRSTOKES at checkout, it should self populate. [https://recharge.health/product/flexbeam-aff/?ref=0dNrjV\\_IbfrZsK](https://recharge.health/product/flexbeam-aff/?ref=0dNrjV_IbfrZsK) (all links are on my website)

So right away people ask me what about laser therapy? Yes, lasers are excellent. In my clinic I use a 30 watt class 4 laser and it cuts treatment times way down, but it works on the same principles and they cost a lot of money. Class 4 lasers can be dangerous and burn the tissues so they are not available to non certified healthcare workers, but yes they are excellent tools if used safely. Still I would suggest the Flexbeam. As an example when I was treating my own knee I would use the Flexbeam for 80% of my treatments because I had it at my home, and I only used laser when I was in my office and not working. The ability of the Flexbeam to be used as portable device and also the way it wraps around the knee make it a better choice in my opinion. You see the space between the laser or the diode and the tissue is the negative factor. You need

as tight a space as possible, and this is why the flex beams design is so good. You can wrap the Flexbeam directly up against the knee and you will lose very few photons. Meaning more light available for healing.

If you cannot afford the Flexbeam, you may also consider buying a ceramic magnet from MagnetPro. Here is a link: <https://www.promagnet.com> I have made several videos on this. It is not as effective as the Flexbeam and it is much more difficult to use, but still it can help promote protein synthesis using the South Pole field. You can buy 2 magnets and place the knee between them. I cover this extensively in my book Heal Yourself (free PDF download on my website). Just get one or two of these regardless because you can use them for many other neat things like applying the fields to drinking water. Remember that all energy in the Universe is Magnetic and not electrical. More on this later.

To promote an anabolic growth phase needed to help regenerate injured tissues in the knee increased protein to 1 gram per pound of IDEAL body weight and then just fill in the remaining calories with good foods. If you are hungry increase fats, keep carbs low. This will cause an anabolic effect in the body needed to grow and regenerate tissue. This will be hard but it is essential unless we are using prescription stimulators like growth hormone or stem cells. Notice it is IDEAL body weight, look up the recommended weight as per BMI ratio and go by that. Most people will lose weight and that is good because it will help get more blood flow to the damaged tissues, the most important thing we need to do. Use some Vital Proteins Collagen powder or your favorite protein shake to help reach these high numbers of protein per day.

**3. What About Exercises:** Maintain walking 1 mile for 20 minutes daily with a goal of 2 times a day but only if it is painless. If painful reduce time, do not push. You must open the healing pathways before you start trying to rehab the surrounding muscles, for some people that takes a month for other 2-3 months. If you are carrying a few extra pounds walking on the knee will do more damage, so those people should use a stationary bike. As nice as you can afford, there are many differences. Use this not with the idea that you are going to build muscle in the legs, (although that will happen to some degree) but instead use it very lightly and easy to just move the knee joint so you do not lose range of motion plus the movement will pump blood into the joint where you can use it for regeneration. Also add in some seated heel raises right away. Just put your feet on a raised block or stack of books and move the heel up and down 20-30 times and do this a few times. It does not target the knees directly but it stimulates nerves that are useful for later knee regeneration. Work on increasing the stretch at the bottom of the heel raise. Do them a few times a day while watching TV, during commercials or whatever. It will strengthen your ankles and help a lot further down the road when you are walking more

Once you are getting some results, (less pain and more movement) you can start serious rehab exercise, but this is likely 2-3 months away from the start of your journey so don't be in a hurry. If you cannot walk 1 mile in 20 minutes without a lot of pain you are not yet ready for rehab. I like a protocol that includes the following. Practice standing on one foot barefoot while holding onto a chair for support, build up 30 seconds, then stand on a soft cushion and without the chair. This will build stability in the knee joint over time. It is that simple. Next add wall squat holds. Take your time and when you can do 2 minutes go lower until you are at 90 degrees. These are

isometrics. I have the exact exercise protocol if you decide to do this and I can email it to you at a later date. I do not want to give it now because most people just start doing it right away and it will not work unless you first build a foundation with the supplements and Flexbeam treatment.

If you are able, I strongly recommend you join the “Knees Over Toes” exercise program, I have done it myself and fully endorse it. Use this once you are stable and think you are at least 50% better but be careful of re-injury, the constant threat. If in doubt wait on this until you are sure. Here is the link: <https://www.atgonlinecoaching.com/#programfaqs> or watch his You Tube content for free here: [www.youtube.com/@TheKneesovertoesguy](http://www.youtube.com/@TheKneesovertoesguy)

**My Final Thoughts:** Again 500 days... so this is a long time to get results and you must be patient. Expect improvement in 30-45 day intervals. If you decide to buy the supplements use the links and that way you will buy direct from the supplier, and get any offered discounts available. You do not pay anymore by using my links, and it helps to support my efforts. If you need more clarification or have questions just email, text or call me (239) 645-2405 email: [drstephenstokes@yahoo.com](mailto:drstephenstokes@yahoo.com), I do these consults daily, I am on EST, in Florida. I understand you may decide to not do this protocol but at least you now have a great option. This has worked for many of my patients with severe knee degeneration. Remember all my books are free to download from my website. There is even a chapter in there about the knee that you may find interesting in Heal Yourself. These are not professionally written books. I am by no means of writer, so you'll have to be a little less critical on my style and presentation instead just focus on the content of these books which I am told is excellent.

I would just like to say there's a constant balance between performance and longevity. They are actually inversely related, and everybody tends to think they are not because of course we want both. My clinical experience is that if you are looking for maximum performance You will likely not get it from natural treatment. So if you are an athlete then perhaps you will need to risk surgery of the knee. And of course it is a big surgery and a risk. But if it is successful you will have the performance you are seeking. If the surgery is a failure you could be worse off and have a problem for the rest of your life. It is all about your level of risk vs how much performance you need. With natural treatment you can have zero pain and maybe 30%-60% increase in performance. This statement holds true for people over 50 years of age. When we are young, the body heals anything.

EPHATHA!

Steve