

## **Information and Instructions for Receiving Tissue Therapy** [**www.Regenlife.Live**](http://www.regenlife.live) **:**

1. **Stay Hydrated** – Make sure you are drinking plenty of water. It helps keep your cells alive and healthy. The body needs water to maintain good health. Don’t forget, we are 75% water. Drink at least 64 oz of water per day.
2. **Limit or Avoid Alcohol** – Try to limit or avoid alcohol for two weeks. Studies have shown that alcohol leads to dehydration and can cause damage to your cells. We want to give them the best chance to heal. If you do drink alcohol, please ensure you are drinking plenty of water.
3. **Reduce or Eliminate Smoking** – Smoking, in general, slows down the healing process of the body and causes many other health concerns. Reducing or eliminating smoking will help in the healing process.
4. **Activity & Exercise Protocol the Next 48 Hours After Injection** – Take it easy for the next two days. Walk every hour to prevent stiffness during the day. Normal daily activities are fine. You may have some mild general achiness and fatigue. That is your body’s immune response taking notice of the new tissue cells. This usually lasts 24-48 hours. If this happens, take Tylenol (acetaminophen) 500 mg 1-2 tablets up to 3 times per day and increase your water intake.
5. **Day 3 Through Week 3** – Return to your normal activities. Add in some light activity such as swimming, biking, or walking. Ensure safety to prevent new injuries for the first 7-10 days. This could cause the cells to be pulled from the original site of the injection, we want to avoid that from happening.
6. **Movement is Good** – Activities such as walking, swimming and biking are easy to do and take the stress off of your joints while increasing circulation.

### **Medications and Supplements**

1. **Please hold off on taking the following medications and supplements for 3 days prior to injection date and for the 2 weeks following the injection:**
	1. OTC: Ibuprofen, Motrin, Advil, Aleve, Naproxen, Naprosyn, Cinnamon, Turmeric, Vit. E and multi-vitamins. (the new tissue cells are attracted to inflammation so we don’t want to suppress it with OTC’s, we want the cells to do their work in the inflamed areas instead)
2. **Medications to Take:**
	1. For the next 2 weeks, it is safe to take acetaminophen (Tylenol) as needed. It helps decrease your pain but does not decrease the inflammation. You may take up to two 500 mg tablets, three times per day as needed. Take no more than 3000 mg per day. If you have questions regarding any medication, please consult your administering practitioner.

### **Physical Therapy**

1. **It Will Move You:**
	1. If you had a joint injection, we strongly encourage physical therapy activities. It will help straighten and strengthen your joint which will increase your balance, range of motion and stability.
	2. When we have pain in a joint, we favor it. This causes an abnormal gait. Physical therapy can improve your gait by strengthening and stabilizing your joints to help prevent further injury which improves your mobility. When your gait is improved, you decrease the risk of further injuries and falls. These activities can be done with a professional or on your own.
2. **What is “The Healing Crisis”?**
	1. The healing crisis is the pain associated with the healing process of the body. As the body responds to injury/trauma, it sends healing cells, like cytokines and fluid, plasma, and other tissue cells to the site. This can cause increased inflammation resulting in increased discomfort. As your cells begin to regenerate tissues, the body may respond with this healing process, possibly causing increased discomfort. It can last one to fourteen days and can happen at any point during the first 90 days. Please call the practitioner with any questions or concerns. Not everyone experiences this, but it is a good thing!

### **Regeneration and Healing**

 Tissue regeneration can continue for 12-18 months. People notice results at different times. This can be dependent on 3 factors, per research. The first being the length of time the damage has been an issue; secondly, the age of the person receiving the regenerative treatment, and lastly, the weight of the patient. The longer the damage has been there, the older the patient, and the heavier the patient; the longer it can take to regenerate and heal the tissues.

Your new cells can proliferate (double) every 24-28 hours for approximately 65 cycles or about 90 days. Once the cells differentiate and start to aid in healing the damaged tissue, they can take on the replication process of those new cells. Up to 10% of the product injected can be transported in the circulatory system and seek out inflammation in other locations of the body. This may cause a healing crisis in that location as well. New injuries could pull cells from the original injection site; this is why it is important to be careful not to get a new injury after an area is treated.

**Heat, Ice, Massage or Acupuncture** are not recommended on the injected areas for 2 weeks after injection. These remedies can decrease inflammation which can slow the healing process.

**Suggested Supplements may help aid the healing process:**

**(Please consult with your medical team before taking)**

**Go to www.RegenLifeStore.com to order: (type product name in search bar & set up your free account)**

*These supplements can only be ordered through our website and can only be sold by professional practitioners. They are clinically tested and guarantee the highest quality of physicians grade ingredients for safe and effective results.*

1. Omegavail take 3 in the am and 3 in the pm (helps with inflammation & vascularity)

2. Primal Multi 4 tablets/day take with meals (complete multi-functional essential vitamin)

3. Vit D3 per instructions (this is one of the FEW that your body can absorb through a pill)

4. Collagen 2 servings per day in any beverage (joints, skin, hair, nails)

5. Mitochondrial NRG™ 120 vegetarian capsules (Energy & Vitality)

**There are many weight loss programs and kits available, as well as specific protocols for very specific ailments, and we took NEXT LEVEL steps to partner with**
**WellWorld and other wellness professionals to create a comprehensive weight loss & anti-aging program for you.**

**Go to** [**https://www.ReleaseFatRestoreYouth.com**](https://www.releasefatrestoreyouth.com) **, enter your email and you will be emails your custom access to our app and programs FREE! ($1200 value).**

**Contact** **regenlifeceo@gmail.com** **for professional recommendations & to activate your 20% coupon. Just type 20% Wellworld in the email subject.**

**Please email RegenLifeCeo@gmail.com for specific coaching on customized nutrition programs, weight loss or other health questions.**

**We also offer promotions and free product when you refer your friends!**

**Blessings of Health,**

**RegenLIFE Medical Spa Clinic**