



## THE CENTER FOR MANUAL MEDICINE AND REGENERATIVE ORTHOPEDICS

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Regenerative Medicine has the ability to help your body regenerate tissue that has been degraded by the aging process or injury. With that in mind, your body still depends on proper nutrition for healing. When receiving a Regenerative injection at The Center For Manual Medicine and Regenerative Orthopedics we recommend specific supplements to give your body the nutrients it needs to help the Orthobiologics reach it's full potential. A healthy diet and avoiding certain foods and drink will also contribute to better success with the procedure. **Quitting smoking** is vital to your body healing correctly and supplying the tissue with the oxygen it needs.

### Beneficial supplements for Healing:

B Complex with Rose hips

Omega 3's

Vitamin D

Glucosamine and Chondroitin

High Quality Multivitamin

Cal / Mag / D

Curcumin

Resveratrol

Alpha Lipoic Acid

**What to avoid:** Processed foods and processed meats, bad fats and fried foods, high carbohydrate diets, sugars and refined grains, soda, alcohol

**Examples: Bad fats;** hydrogenated / partially hydrogenated oils, saturated fats, trans fats, soybean oil, canola oil, vegetable oil

**Bad fats** create chronic inflammation throughout the body leading to many disease processes

**Good fats;** Omega 3's, monounsaturated fats, Olive oil, nut oils, avocados

**Good Fats** are essential to hormone production, cellular healing, and anti-inflammation.

**Processed meat;** lunch meats, hot dogs, bacon

Many studies have linked processed meats to cancer and heart disease.

Grain fed animals do not have the healthy omega 3 fats that grass fed and free range animals have.

**Carbohydrates;** white bread, white rice, white pasta, soda, fruit juice, canned foods,

crackers, sweets, fruit juices, candy

Remove refined sugars and grains from your diet. High glycemic or refined grains and sugar cause elevated glucose, which elevates insulin leading to premature aging and degenerative diseases such as type II diabetes, heart disease, and cancer.

**What to eat:** Real food, lean meats, fruits and vegetables, good fats, drink lots of water

**Examples of Healing foods:**

**Vegetables:** asparagus, bell peppers, broccoli, brussel sprouts, cabbage, cauliflower, celery, collard greens, cucumber, eggplant, garlic, ginger root, green beans, green lettuces, kale, mushrooms, olives, onions, parsley, radishes, snow peas, spinach, sprouts, zucchini

**Fruits:** strawberries, blueberries, raspberries, blackberries, acai berries, goji berries, cherries, lemon, lime, apples, pears

**Meats:** (all natural or grass fed) Eggs, fish, chicken, turkey, beef, lamb, wild game

**Nuts:** almonds, pecans, cashews, walnuts, macadamia nuts, brazil nuts, pine nuts, pumpkin seeds, flaxseeds, hempseeds, chia seeds

**Beans:** black beans, adzuki beans, kidney beans, pinto beans, white beans, lima beans

**Fats:** butter, coconut oil, grapeseed oil, olive oil, flaxseed oil, hempseed oil, pumpkin seed oil, borage oil, fish oil, cod liver oil, avocado oil, sesame oil

**Dairy:** goat milk, goat yogurt, goat cheese

**Condiments:** sea salt, apple cider vinegar, balsamic vinegar, salsa, guacamole, hummus, mustard, cocoa and carob, Herbs and Spices

**Sweeteners:** stevia, xylitol

**Recommended supplements:**

<b>Level one:</b>	Multi Vitamin:	\$20	60 day supply
	B-Complex:	\$15	50 day supply
	Gluc, Chon, MSM:	\$35	60 day supply
	Omega 3:	\$20	50 day supply
<b>Level two:</b>	Ca, Mg, D:	\$35	60-100 day supply
	Curcumin:	\$25	30 day supply
<b>Level three:</b>	Vit D:	\$12	80-125 day supply
	Resveratrol:	\$22	60 day supply
	Alpha Lipoic Acid:	\$12	60 day supply