

Steps to Maximize the Effectiveness of Stem Cell Treatment

Background

Stem cells respond to all types of cellular signals, including cell damage, cell injury, inflammatory and oxidative stress signals. In order to maximize the specific response of the stem cells to your particular purpose, we need to make sure that all irrelevant active signals are weakened in order for the stem cells to seek out the area of damage we wish to treat.

Before your stem cell treatment begins there is much you can do to increase the likelihood of improvements. Also, while you are the hospital, the therapists will help to educate you more on the external factors that aid the stem cells therapy to maximize benefit. Lastly, stem cells will continue to work up to 12 months, so you should continue to improve your condition after treatment to ensure your body is the right environment for the stem cell transplant to be successful.

Here are some recommendations for before, during and after treatment activities that can help to maximize the positive effects of the treatment and extend the length of recovery:

Pre-treatment Steps

- **Healthier dietary modification**
 - Bad diet and nutritional deficiency lead to inflammation and oxidative stress.
 - General recommended core food plan, as guided by BBH nutritionist team, will be moderated control of all carbohydrate and sugar meal, regular consumption of various types of protein and always including different colorful vegetables in each meal. Bottom line concept is to move toward a plant-based diet, while keeping regular and rotating types of protein sources.
 - Regular drinking of vegetable juices, 2-3 glasses per day, for 3-4 weeks before treatment is also another good option, if possible.
 - Correct all nutritional deficiencies that exist. Consultation with a nutritionist or naturopathic doctor will be ideal.
- **Regular physical activities**
 - Exercise helps to modulate healthy immunologic response and rebalance many physiologic functions.
 - Aim for regular physical activity, or non-sedentary life routine as a baseline. Add higher intensity workouts when you feel ready to do that.
 - Training of the specific area that is targeted to be improved will help keep the specific neuro-feedback signal active. This would be ideal to guide the homing response to MSCs.

- **Correct all possible physiologic imbalances**

- These are aimed to dampen all irrelevant signals before MSCs treatment.
- If infection or inflammation are present, MSCs might respond to deal with these conditions, rather than respond to our primary concern.
- Look at possible sources of infection and inflammation, such as chronic dental problems, chronic virus infections, etc. Do your best to remedy these; see a dentist, eat a healthy diet, exercise regularly, or even take supplementation if needed.
- Reduce the possible level of toxic exposure. Stop or avoid smoking. Get clean air, food, and water as much as possible.
- Aggressive options for detoxification, such as chelation, is not recommended though, as these methods will usually mobilize the accumulation toxins and keep it in your system for a certain time.
- Look closely at healthy gut function. Make sure that bowel movement is regular and there are not many symptoms of bloating, gas or bleaching. This is a common cause of chronic food malabsorption, nutritional deficiency, bacterial or yeast overgrowth leading to chronic immunologic activation. Plant based diets, prebiotic or probiotics are good options to be considered.

During Treatment Steps

- The attending physician will assess your individual nutritional, physical and emotional status and provide a plan to support any existing nutritional deficiency, personalize the specific food plan for your particular condition, decide whether any supporting treatments, such as hyperbaric oxygen therapy, repeated transcranial magnetic stimulation, acupuncture etc., may help to provide a better chance for a positive outcome of treatment.
- Keys to success are depending on both patient and practitioner cooperation. Proactive participation on assigned programs are a must.

Post-treatment Steps

- Stay healthy! Continue the suggested food plan and physical training program.
- Avoid emotional stress, as this is known to provoke a stress response with "glucocorticoids" or "cortisol" release. These hormones can deteriorate newly formed neurons.
- Avoid toxins from the environment, food and water. Do not smoke. Moderate alcoholic beverage intake.
- These programs must be continued for six months after the treatment for maximum progress.