

**Dr. David A. Steenblock, D.O., Inc.**  
**Personalized Regenerative Medicine**

FOR OPTIMUM RESULTS FROM YOUR STEM CELL TREATMENT, PLEASE  
FOLLOW THESE GUIDELINES:

In general this is similar to the diet of a newly pregnant woman in her first month of pregnancy.

**SHOPPING**

Your best sources: Whole Foods Market, Mother's Market, Henry's Market, Trader Joe's, Local Organic Farms.

Online Organic Food Shopping examples:

<http://www.sunorganic.com>

<http://www.organicexpress.com/main.lasso>

<http://www.shopnatural.com>

Only fresh and frozen food preferably organic NO ADDITIVES

No canned foods (metals and overcooked)

Cook foods on stove in stainless steel or glass: or in the oven NO TEFLON pans

Stevia is the best choice for sweetener (Brands include: Stevia, Truvia)

**POSITIVE THINGS YOU CAN DO-REDUCE STRESS AS MUCH AS POSSIBLE**

1. When tired, rest/sleep as much as needed. When full of energy do something challenging and hopefully uplifting.
2. Relax, pray, meditate and get involved in creative and enjoyable activities.
3. Listen to forms of music you enjoy for half an hour. Music that touches your emotions in a soothing and calming way is excellent therapy. Avoid loud rock music.

**INHIBITORS OF STEM CELL GROWTH**

1. No papaya, pineapple (enzymes), sugars, sweets, fruit juices, alcohol and digestive enzymes, honey or red meats.
2. For 1<sup>st</sup> week following stem cell therapy: NO onions, garlic, ginger, apples, berries of all kinds, citrus fruits, beer (hops), red wine, cauliflower, broccoli, brussel sprouts and almonds.
3. For 6 months following stem cell therapy: NO sugars, alcohol, sweets, artificial sweeteners, carrot or fruit juices.
4. NO MSG see <http://www.truthinlabeling.orgnomsg>
5. Avoid smoking and passive smoke as well as infections, inflammations, trauma and pollution (use an air purifier).
6. NO steroids or opiate analgesics if at all possible.
7. Avoid all herbal supplements if at all possible unless directed to take by your physician. Continue all prescribed drugs unless directed further by your physician.
8. Avoid all vitamins and antioxidants for 1 month following cell therapy.

9. No aged cheese, no milk or dairy products including in baked foods for 3 months **unless organic** (i.e., to avoid hormones and antibiotics.)

### **FOODS TO EMPHASIZE**

#### **Proteins- increase protein in your diet (i.e. 3x day)**

- Chicken Breast
- Turkey Breast
- Salmon (Wild)-less mercury contamination
- Scallops
- Beans of all kinds (if needed beans can be brought to a boil, rinsed and cooked in fresh water to eliminate the factor that causes gas and bloating.)

#### **Vegetables- Organic if possible!**

- Green Beans
- Spinach
- Chard
- Squash
- Pumpkin
- Turnips
- Fresh (no brown spots) Celery
- Green Leafy Vegetables
- Collards
- Kale
- Kelp
- Mustard Greens
- Turnip Greens
- Watercress

#### **Starchy Foods**

- Potatoes
- Yams

#### **Your Best Fruits- eat sparingly**

- Prunes
- Raisins
- Red Apples
- Deep-Colored Berries

#### **Essential Fatty Acid Foods**

- Avocadoes
- Fish Oil (unheated)
- Extra Virgin Olive Oil
- Cod Liver Oil

## **WATER**

Drink 6-8 ounces of natural spring water, at least 3 times daily

Penta Water possibly the world's purest water

Penta Water- <http://www.pentawater.com/index.php>

Essential Water- <http://www.essentiawater.com>

Trinity Water- <http://www.trinitysprings.com/default.asp>

## **SPECIAL CONSIDERATIONS**

When you are coming to our center for Stem Cell Therapy, come fasting from solid foods (6 hours prior to procedure.) You may have clear liquids prior to your procedure. You may bring a packed lunch/snack or have someone go get you food soon after the procedure. Generally, it is suggested you bring someone who can drive you after incase you are still

## **SUGGESTION**

Study these guidelines. Come up with several "safe" meals for your first week and then thereafter. "Variety" may not be the "spice of life" for a while. Helping the stem cells implant and grow is your goal, not gourmet dining. NO fried foods. Use extra virgin olive oil to cook with.