

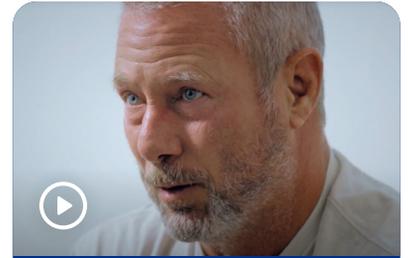
A GUIDE FOR PATIENTS

# Anti-Inflammatory Diet and Lifestyle Guide

How to Maximize Treatment Results

A Whole-Food,  
Plant Centric  
Approach  
to Nutrition

bio  cellerator™



### Marc Hines

"I recommend BioXcellerator stem cell therapy to all athletes and people looking to improve their health and performance and recover from injuries. It worked for me."



### Marvella Stewart

"Two days after the procedure, I went down to zero pain. Amazing, I have a new lease on life. I can't remember the last time I felt this good."

# About BioXcellerator

## A World Leader in Cell Therapy and Regenerative Medicine

We treat many diseases and disorders at BioXcellerator, but we also take pride in treating people, not just symptoms. While caring for people today remains essential to our vision, our team of physicians is dedicated to extending that vision by continuing to develop innovative treatments to help alleviate suffering and improve the quality of people's lives worldwide.

We've successfully treated thousands of patients for autoimmune and chronic inflammatory conditions, orthopedic and sports injuries, spine and disc conditions, and other disorders at our state-of-the-art clinic. We continue to collaborate with scientists worldwide to improve these treatments to treat serious diseases, modulate the immune system, and help people enjoy longer, healthier lives.

[Learn more about our advanced cell therapies.](#)

## Conditions We Treat

Advanced cell therapies are personalized for each patient by our medical team to assure the best possible results for:

- Autoimmune Diseases
- Chronic Pain
- Cosmetic and Rejuvenating Skin
- Gastrointestinal Disorders
- Neurological Conditions
- Orthopedic and Sports Injuries
- Osteoarthritis
- Spine and Disc Conditions and Back Pain

[See Full List of Treatments](#)



### SCHEDULE

A free consultation with one of our Patient Advocates today to find out if treatment is right for you

Call 1-888-567-2469

[Free Consultation](#)

# Your Anti-Inflammatory Diet and Lifestyle Guide

Your health and nutrition status pre- and post-cell therapy will have a direct effect on your results and recovery. Cell therapy promotes the regeneration of new, healthy tissue to aid in healing. To support the development of healthy tissue and improve overall health, inflammation must be kept in balance. Excess inflammation can impact the effectiveness of cell therapy, limiting outcome potential. A whole-food, plant-centric nutritional plan, as recommended in this guide, has been shown to help reduce inflammation, improve gut health, and optimize overall well-being.

At BioXcellerator, our goal is to support you in achieving optimal results. By following the principles outlined in this guide, you will set yourself up for the best possible outcome.



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**Disclaimer:** All information presented and written in this guide is intended for informational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health professional. Statements within this guide have not been evaluated or approved by the Food and Drug Administration. Everyone's dietary needs and restrictions are unique. The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program.

## GUIDE AT A GLANCE

### When to Start

We recommend implementing anti-inflammatory diet and lifestyle changes at least 60 days prior to treatment.

### The Anti-Inflammatory Diet

The purpose of this diet is to reduce as much inflammation in your gut microbiome and body as possible. Doing so will help maximize the benefits and effectiveness of cell therapy.

### General Rules of Thumb

- Eat mostly whole foods: vegetables, fruits, nuts, legumes, and whole grains.
- Reduce or eliminate processed foods, refined sugars and carbohydrates, trans and saturated fat, alcohol, and caffeine.
- Target a 70/30 split between vegetables and fruits.
- Eat lean animal proteins: fish with low mercury levels and high amounts of omega-3 fatty acids, skinless white meat chicken and turkey, and organic free-range eggs.
- Limit animal protein intake to once per day if possible.

**You Have Options.** Many patients choose to do a 30- to 60-day cleanse eliminating animal protein from their diet before treatment—these patients report excellent results. Schedule a consultation with our nutritionist to discuss personalized options.

- Eat all of the colors in the rainbow each day, with an emphasis on leafy greens, to ensure adequate consumption of vitamins, minerals, antioxidants, and phytonutrients.
- Stay hydrated.

### Personalize Your Diet

There's no one-size-fits-all diet, so it's always a good idea to consult with a professional who can customize a nutrition plan based on your specific health profile and goals. For example:

- If you're an athlete looking to maintain your weight and strength, you're likely to maintain a high calorie and protein intake. Making minor adjustments such as reducing your animal protein intake to once per day can provide significant benefits.
- If you're allergic or sensitive to certain foods, avoid them. Common food allergies that can increase gut inflammation include lactose, nuts, and gluten.
- If you're diabetic or have a specific diet for another condition, maintain your prescribed diet as recommended by your health professional.

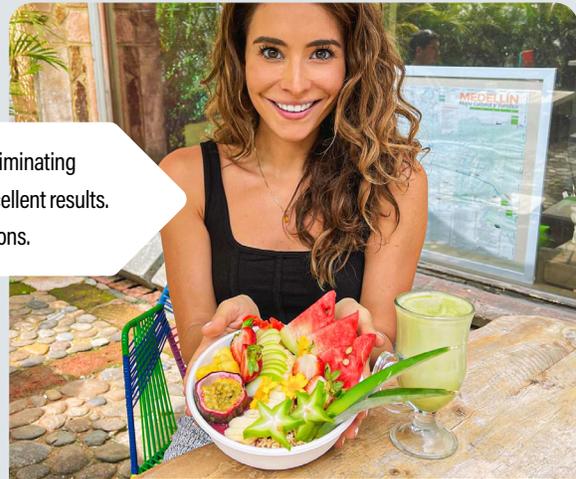
### Healthy Lifestyle Choices

Combining a healthy diet with healthy lifestyle choices is essential to reducing inflammation in the body, improving physical and mental well-being, and increasing longevity. Changes to consider include:

- Getting proper sleep.
- Including a combination of cardiovascular, strength, and stability training in your exercise routine.
- Taking steps to reduce stress and anxiety.

### Nutrition for Life

We hope you choose to adopt and maintain an anti-inflammatory diet and lifestyle. These are important steps to living healthier and longer, increasing energy, improving cognitive function, and even slowing the onset of many chronic inflammatory, autoimmune, digestive, and neurological conditions.



[Watch Webinars](#)

## Your Wellness Journey Begins

### Maximizing Success and Getting the Most Out of Cell Therapy

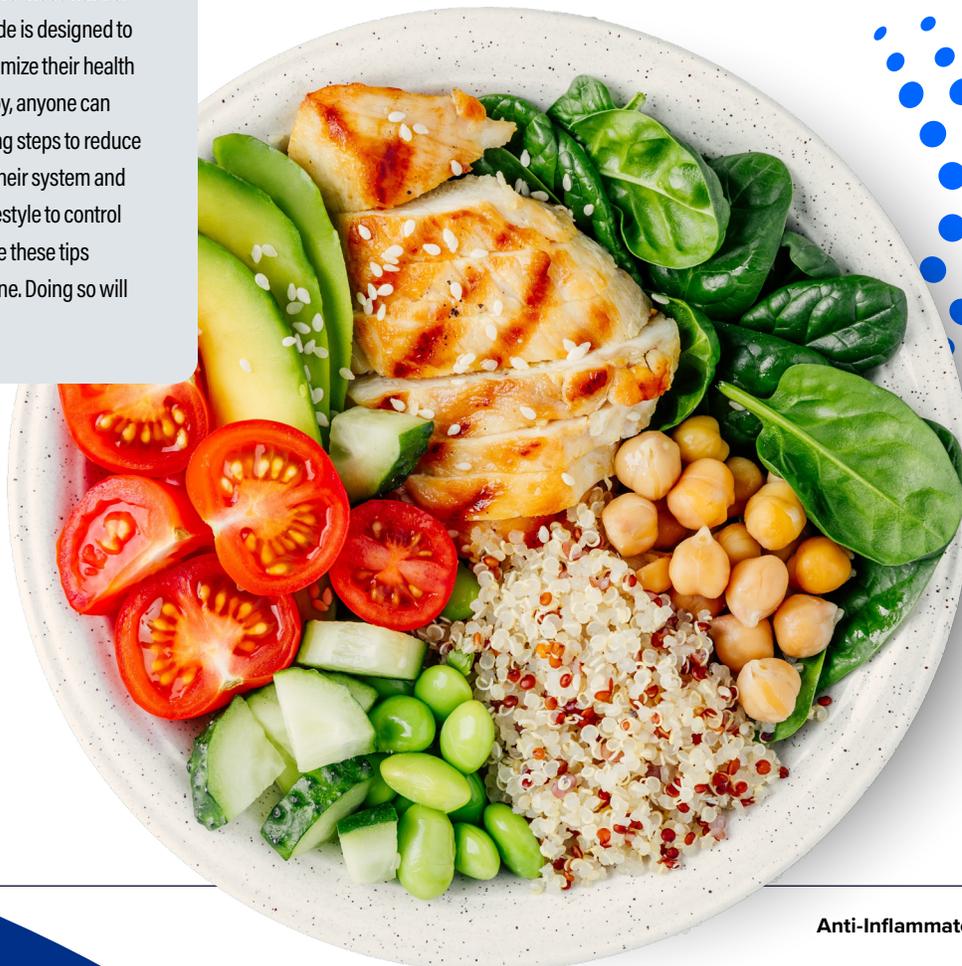
This guide will provide information that will help prepare your body for cell therapy treatment. You will learn about inflammation, the impact it has on health, the role diet and lifestyle choices play, and modifications you can make to reduce inflammation in your system.

To help kick-start your wellness journey, this guide features anti-inflammatory recipes, cooking tips, and daily meal plan examples that can be customized to your personal health and lifestyle.

We advise incorporating the changes recommended in this guide at least 60 days before cell therapy. Managing inflammation is vital to optimizing treatment results.

### Set Yourself Up for Success!

A common barrier to creating healthier habits is having a partner who does not share those habits. Although this guide is designed to help patients optimize their health before cell therapy, anyone can benefit from taking steps to reduce inflammation in their system and using diet and lifestyle to control it. Be sure to share these tips with your loved one. Doing so will benefit you both!



## What Is Inflammation?

Inflammation is a naturally occurring process of the immune system intended to promote healing in the human body. Sometimes this process does not end when it should—or may begin when it shouldn't, causing prolonged inflammation in your system. The degree of inflammation, acute vs. chronic, determines whether the process is beneficial or damaging to overall health.

### Acute Inflammation: A Natural Process

Acute inflammation is a natural protective biological response that signals cells throughout the body to respond to threats. It plays a crucial role in healing injuries and fighting disease caused by viruses, bacteria, or toxins—to keep the body safe and healthy.



If you are injured, the pain you feel is based on an acute inflammatory response that causes the immune system to release various cells to surround and protect the injured area and begin the healing process. Acute inflammation also occurs after you exercise, because a workout causes very slight injuries, which is why your muscles may feel sore after a vigorous workout session.

You may develop cold- or flu-like symptoms when exposed to harmful bacteria or viruses. The same biological response may occur.

## Different Types of Inflammation

Acute inflammation is crucial to our survival, but chronic inflammation can be detrimental to overall health.



### Acute Inflammation

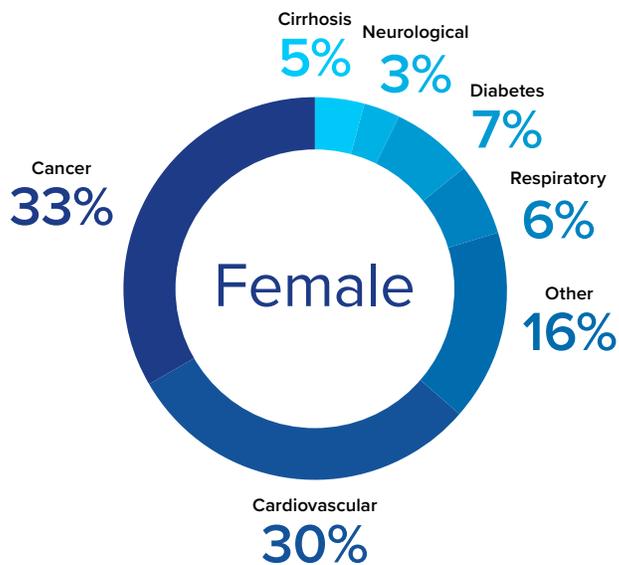
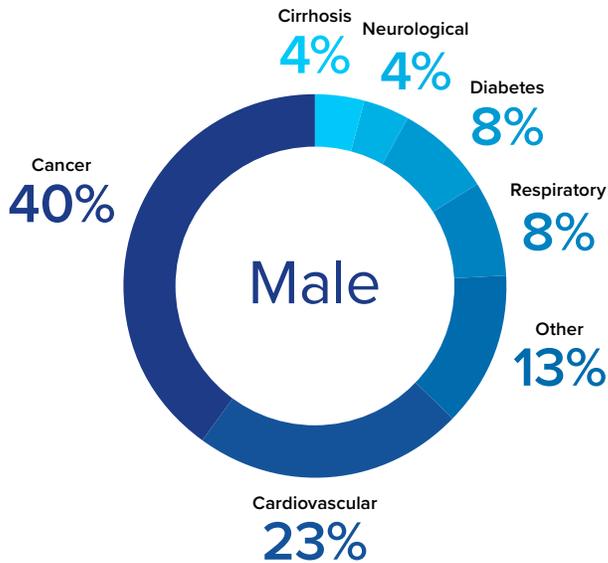
- Short-term response to tissue injury or infection
- Appears within minutes or hours and lasts several hours, days, or a few weeks
- Characterized by pain, redness, swelling, heat, and/or immobility



### Chronic Inflammation

- Persistent immune system response resulting from poor diet and lifestyle choices, stress, and lack of sleep
- Lasts for several months to many years
- Can be a precursor to many diseases, including:
  - Heart disease
  - Cancer
  - Alzheimer's disease
  - Type 2 diabetes
  - Autoimmune diseases
  - Digestive disorders
- Chronic inflammation also negatively impacts the results of cell therapy

### Risk of Preventable Age-Related Diseases in Adults Age 50-70



Twenty-five percent of U.S. adults who make it to the age of 50 won't live to age 75. Adapted from the Institute of Health Metrics and Evaluation, University of Washington.

### Chronic Inflammation: A Threat to Good Health

If inflammation lingers or remains at sustained levels, the immune system continues to release cells and chemical messengers that prolong this process. This is known as chronic inflammation. The body starts to believe it is under consistent attack, so the immune system continues to fight nonexistent threats. This takes a toll on the body, draining it of resources we may need to respond to real injury, infection, or illness.



Over time, chronic inflammation can damage healthy cells, tissues, and organs, which can lead to many chronic diseases. It can also accelerate the aging process, causing early onset of age-related conditions such as arthritis, chronic fatigue, poor memory, aches, and pains.

There are many reasons chronic inflammation can occur, but a major cause is poor diet and lifestyle habits. Those who practice healthy habits are less likely to suffer from chronic inflammation than those who do not.

## The Importance of Food Choice

### How Your Diet Impacts Inflammation and the Health of Your Cells

Your overall state of health begins at the cellular level. Every cell in your body plays an important role in ensuring biological systems run smoothly. Keeping cells healthy ensures your body will continue to function properly. Unfortunately, unhealthy cells will cause the exact opposite.

Chronic inflammation is a major threat to cellular health. Over time, the inflammatory chemicals that flood your system damage your cells, causing them to degenerate. Your body's ability to regulate levels of inflammation is significantly influenced by what you eat.

### What Happens When You Eat Inflammatory Foods?

Research has shown that a single meal of certain foods can trigger an inflammatory reaction inside the body within hours of consumption. This results in a stiffening of our arteries.

Within 5 or 6 hours, inflammation starts to subside, but this is typically the point when people seek out their next meal, starting the inflammatory process all over again. This routine may cause you to be stuck in a chronic low-grade inflammation condition for most of your life, putting you at risk for inflammatory diseases such as heart disease, diabetes, and certain cancers.

### Some of the Most Inflammatory Foods Are:

- Processed foods
- Fried foods
- Trans fatty acids
- Sugar and sweeteners, especially high-fructose corn syrup
- Processed meats and dairy products
- Animal products and refined grains
- Hydrogenated oils, margarine, vegetable oils





### Phytonutrients

Phytonutrients, also called phytochemicals, are natural compounds found in plant foods such as vegetables, fruits, and legumes. They have several bioactive functions that improve health and reduce inflammation. Many phytonutrients have antioxidant properties that help prevent damage to cells throughout the body. Some play an important role in the immune system response and hormone regulation, while others act as natural antibacterial or antiviral agents.

Common phytonutrients include:

- Lycopene
- Lutein
- Flavonoids
- Coumarins
- Indoles
- Isoflavones
- Lignans
- Organosulfur
- Plant sterols



It's important to emphasize eating in a way that supports cellular regeneration and not cellular degeneration. The best way to accomplish this is by following an anti-inflammatory diet and exercising at least 3-4 times per a week. The diet, discussed in more detail in the following chapters, provides a high number of essential vitamins, minerals, antioxidants, fiber, omega-3 fatty acids, and phytonutrients, which all work synergistically to support your cellular health.



## The Anti-Inflammatory Diet

As its name suggests, the anti-inflammatory diet is a way of eating that is designed to help to reduce inflammation in the body. It focuses on consuming foods that have anti-inflammatory properties and avoiding foods that promote inflammation, such as the examples listed in the previous chapter.

**A Whole-Food,  
Plant Centric  
Approach  
to Nutrition**



### Eat Whole Foods

This means real nonprocessed food like vegetables, fruits, whole grains, lean animal protein, healthy fats, and dietary fiber.



### Drink Plenty of Water

Staying hydrated is important for overall health, and it can also help reduce inflammation.



### Eat Mostly Plants

Vegetables, fruits, and legumes provide essential vitamins, minerals, and phytonutrients. Leafy greens are also a good source of plant-based protein. Try to consume a 70/30 ratio of vegetables to fruits.



### Reduce or Eliminate Caffeine and Alcohol

Both substances negatively affect cellular health and inhibit vital biological processes in the body.



### Limit Animal Protein

Try to meet most of your daily protein intake needs with plant-based sources when possible. When eating animal proteins, chose lean, organic options such as low-mercury fish, lean poultry, and eggs.



### Eat in Moderation

Even when eating the most nutritious foods, it's important to avoid overconsuming. Be sure that you are only meeting your daily caloric needs based on your age, weight, activity level, and lifestyle.

### Some of the Most Anti-Inflammatory Foods Are:



#### Fruits

Berries, Citrus Fruits, Apples, and Pears



#### Vegetables

Leafy Greens, Cruciferous Vegetables (Such as Broccoli, Brussels Sprouts, and Cauliflower), and Tomatoes



#### Whole Grains

Brown Rice, Quinoa, Oats, and Whole-Grain Breads



#### Lean Proteins

Low-Mercury Fish, Lean Poultry, Beans, and Lentils



#### Healthy Fats

Olive Oil, Avocados, Nuts, and Seeds



#### Spices

Turmeric, Clove, Ginger, Cinnamon, and Garlic

Many experts suggest that putting mostly plant-based foods on your plate (along with a moderate amount of animal protein) is the healthiest way to eat. This aligns with the anti-inflammatory diet because these types of food are high in antioxidants, healthy fiber, essential vitamins and minerals, omega-3s, phytonutrients, and lean protein—which are easy for the body to process, promote proper bodily functions, and aid in healing.

There is significant evidence showing that an anti-inflammatory diet can help to reduce inflammation and improve health. For example, a study published in the peer-reviewed scientific journal *The Lancet* found that people who followed an anti-inflammatory diet for 12 weeks had lower levels of C-reactive protein (CRP), a major marker of inflammation.

The anti-inflammatory diet can help:

- Improve overall health and longevity
- Increase energy levels and improve sleep
- Improve digestion and gut health
- Reduce unwanted fat
- Control cholesterol levels
- Lower risk of cardiovascular disease, heart disease, diabetes, cancer, and stroke
- Reduce symptoms of rheumatoid and inflammatory arthritis
- Improve complexion and skin tone
- Enhance cognitive function and mood

An anti-inflammatory diet is more than just the elimination of unhealthy foods. It also introduces foods to enhance cellular health and reduce the risk of preventable diseases.

### Getting in the Right Mindset

An anti-inflammatory diet and lifestyle is all about embracing a proactive approach to well-being. It involves understanding that food is not only fuel but a powerful tool to optimize health. It's about being mindful of the choices we make and viewing each meal as an opportunity to nourish and heal our bodies. Make the commitment to yourself to and see how fast change can happen.

## Nutrition to Reduce Inflammation

### What to Eat, What to Avoid, and Why

A balanced diet that includes a variety of high-quality foods from both plant and animal sources will ensure you're nourishing your body with the proper macronutrients and micronutrients you really need.

Carbohydrates, fats, and proteins are the three main types of macronutrients that supply your body with energy in the form of calories. Fiber is often referred to as the fourth macronutrient because of the major role it plays in overall health.

Micronutrients are vitamins, minerals, and phytochemicals that support the proper function of many processes, such as metabolism, immune response, blood pressure regulation, brain and nervous system operations, and hormone production.

Paying close attention to the food sources you derive macro- and micronutrients from, especially carbohydrates, fats, and proteins, is a critical part of reducing inflammation. Unfortunately, due to misleading food labels and misinformation, this can be a confusing aspect of eating healthy.



## Macronutrients

### Carbohydrates

Carbohydrates are the body's main source of energy. However, there are several different types of carbohydrates, and they are not the same.



### Complex Carbohydrates

Complex carbohydrates are made up of long chains of sugar molecules that are more difficult for the body to break down, meaning they are digested and absorbed more slowly. This helps to keep blood sugar levels stable, provides the body with a sustained source of energy, promotes digestive health, and helps maintain a healthy weight.

Healthy sources of complex carbohydrates include:

- Whole grains: multigrain bread, brown rice, quinoa, and oats
- Starchy vegetables: sweet potatoes, yams, squash, and carrots
- Legumes: beans and lentils
- Fruits: bananas, apples, and berries



### Fiber

Fiber is a type of carbohydrate that the body cannot digest. This may sound like a bad thing, but it's actually beneficial to regulating inflammation. There are two main types of fiber: soluble and insoluble. Soluble fiber dissolves in water and forms a gel-like substance in the gut, which slows down digestion and the absorption of food. Insoluble fiber does not dissolve in water, it adds bulk to stool, helping it to pass through the intestines more easily. Both mechanisms work together to reduce inflammation in the following ways:



- Too much bile acids in the gut can cause inflammation if they are not regulated. Fiber binds to these acids, preventing them from being absorbed back into the bloodstream.
- Fiber feeds and helps increase the beneficial bacteria in the gut that produce short-chain fatty acids, which have anti-inflammatory properties.
- Fiber plays an important role in regulating the immune system. Several studies have found that people who eat high-fiber diets have lower C-reactive protein levels in their blood. C-reactive protein which is an immune system marker of inflammation.

Many fruits, vegetable, legumes, and whole grains are great sources of natural dietary fiber. Some examples include:

- Artichokes
- Pears
- Mangoes
- Avocados
- Apples
- Brussels sprouts
- Black beans
- Coconut
- Broccoli
- Flax, chia, pumpkin, and sunflower seeds
- Lentils
- Quinoa
- Buckwheat
- Collard greens
- Oatmeal
- Nuts: almonds, pecans, macadamia nuts



### Simple Carbohydrates

Refined grains and sugar are the simplest form of carbohydrates. They are made up of one or two sugar molecules. The term “sugar” can be confusing because there are various types: sucrose, glucose, and fructose.



Simple carbohydrates are quickly digested, converted to glucose, and absorbed into the bloodstream—triggering the body to produce insulin so glucose can be easily used by your cells. **However, an overwhelming**

**amount of research shows that excess consumption of sugar and high blood sugar levels are among one of the leading causes of chronic inflammation.** Many experts suggest a maximum sugar intake of less than 10% of your daily caloric consumption.

High-sugar foods may seem obvious, but some foods can contain a surprisingly high amount of sugar. Here are some examples:

- Some peanut butters
- Salad dressing
- Multigrain cereals and granola
- Sports drinks
- Canned soup
- Premade smoothies
- Protein bars

Additionally, when you consume too much sugar that can't be metabolized, even with the stimulation of insulin, you increase your risk



### Hiding in Plain Sight

Many foods are made with a highly inflammatory sweetener called high-fructose corn syrup.

of developing a condition called insulin resistance, which is the cause of type-2 diabetes.

As a general rule, the best way to avoid this harmful food additive is to refrain from buying processed or prepackaged foods, cereal, candy, fast food, soda, sauces, and condiments.

Be careful when checking food labels! High-fructose corn syrup can also be listed as:

- Fructose isolate
- Fructose
- Glucose syrup
- Fruit fructose
- Crystalline fructose
- Isoglucose
- HFCS
- Natural corn syrup
- Maize syrup
- Fructose syrup
- Glucose-fructose



### Fat

Dietary fats are essential for storing and providing energy, absorbing vitamins, protecting organs, proper functioning of the immune system, and hormone production. They are also an important part of the cell membrane and a key component of the myelin that surrounds your nerves, enabling proper brain function.

Like carbohydrates, there are many different types of fat and too much or too little of certain kinds have varying effects on inflammation and your health.

#### Unsaturated Fats

Unsaturated fats are the most beneficial form of fat, for your health. There are two types: monounsaturated and polyunsaturated, which are usually liquid at room temperature. Consuming the proper type and amount of unsaturated fat, such as omega-3 fatty acids, can regulate blood cholesterol levels, lower inflammation, improve heart health, and facilitate several other beneficial functions in your body. Unsaturated fats are predominantly found in foods from plants, such as vegetable oils, nuts, and seeds.

#### Saturated Fats

Saturated fats are sometimes called solid fats because they are typically solid at room temperature. An abundance of research has proven that overconsumption of saturated fats will raise your LDL or “bad”

cholesterol and lower your HDL or “good” cholesterol levels, causing a buildup in your arteries and increasing your risk of heart disease.

### Trans Fats

Trans fats are a type of unsaturated fat that has been hydrogenated. Naturally occurring trans fats are found in small amounts in foods such as beef, lamb, and some dairy products. Artificial trans fats (or trans fatty acids) are created through an industrial process that adds hydrogen to liquid vegetable oils, making them more solid and shelf stable, but they can be very dangerous to your health.

Unsaturated Fat	Saturated Fat	Trans Fat	
Increase Intake	Limit Intake	Limit or Avoid Intake	Avoid Intake
Omega-3 Fatty Acids	Fatty Cuts of Beef	Natural Trans Fat	Artificial Trans Fat
Cold-Pressed Olive Oil	Poultry, Especially Dark Meat	Fatty Cuts of Beef	Margarine and Shortening
Camelina Oil	Bacon and Sausage	Non-Lean Poultry	Fast Food
Avocado Oil	Full-Fat Dairy	Full-Fat Dairy	Fried Foods
Cold-Pressed Flaxseed Oil	Butter, Ghee and Lard		Coffee Creamers
Sesame Oil	Coconut Oil, Cream, and Milk		Frozen Pizza and Refrigerated Dough Products
Fatty, Low-Mercury Fish	Palm Oil		Microwave Popcorn
Flaxseed	Cured Meats Like Salami, Chorizo, and Pancetta		
Avocado	Sunflower Oil		
Chia Seeds	Safflower Oil		
Almonds	Peanut Oil		
Walnuts			

### Read the Labels

In 2015, the Food and Drug Administration banned the use of artificial trans fatty acids in most foods in the United States. Since not all artificial trans fatty acids were banned, it is still important to check food labels.



Over 82% of olive and avocado oils are adulterated with cheaper oils. Choose companies with transparent food labels and look for words like “first cold pressed” or “100% avocado oil.” Choose organic whenever possible. Remember that even healthier oils are not a whole food and should be consumed in moderation!





## Protein

Proteins perform multiple functions in the body, such as helping to stabilize glucose levels, building and repairing tissues and muscle, generating new cells, optimizing immune function, producing hormones, and transporting nutrients throughout your body. This is why including protein in each meal or snack is so important.

Both animal- and plant-based foods are great sources of protein. However, when focusing on controlling inflammation, it is important to minimize your consumption of animal protein (a good rule of thumb is once per a day and preferably at lunch) and increase your consumption of plant-based proteins.

### Know Your Options

Many patients choose to do a 30- to 60-day cleanse, eliminating animal protein entirely from their diet before undergoing treatment.

Good sources of plant-based proteins are:

- Beans
- Lentils
- Chickpeas
- Tofu
- Green peas
- Spelt
- Tempeh
- Hempseed
- Spirulina
- Quinoa
- Nuts
- Oats
- Chia seeds
- Brown rice

Many vegetables are also high in protein and can contain roughly five grams per cup. These include:

- Broccoli
- Spinach
- Green beans
- Asparagus
- Artichokes
- Potatoes
- Sweet potatoes
- Corn
- Brussels sprouts

When eating animal protein, try to focus on the following lean types:

- Fish: Wild-caught fish is always best. Look for fish with low mercury levels and high amounts of omega-3 fatty acids, such as salmon, sea bass, mackerel, and sardines.
- Lean cuts of organic poultry: Including skinless white meat chicken and turkey.
- Lean cuts of the highest-quality, grass-fed red meat.

## Micronutrients

Micronutrients are vitamins, minerals, and other essential substances that are vital to disease prevention and well-being. Except for vitamin D, micronutrients are not produced in the body and must be included in your diet.

### The Power of Plants: How Do Plants Help Reduce Inflammation?

A plant-based diet is especially beneficial in reducing inflammation because it is rich in antioxidants. Certain micronutrients, such as vitamins A, C, and E, and the minerals copper, zinc, and selenium, are antioxidants. However, the phytonutrients in plants, such as lycopene, carotenoids, lutein, and flavonoids, are believed to have even more powerful antioxidant properties.

The major role of antioxidants in your body is to protect your cells from damage by neutralizing toxins known as free radicals. Free radicals are unstable molecules that are constantly being formed in your body. If left unregulated, they have the potential to quickly cause serious harm.

How are free radicals formed?

- Lifestyle, stress, and environmental factors
- Air pollution
- Cigarette smoke
- Intense prolonged exercise that causes tissue damage
- Alcohol intake
- Toxins
- High blood sugar levels from a diet high in refined sugars and carbohydrates
- Radiation, including excessive cellphone use or tanning beds
- High omega-6 intake
- Bacterial, fungal, or viral infections
- Insufficient oxygen in the body
- Antioxidant deficiency
- Preservatives in food, especially processed meat

Free radicals do support important functions that are essential for health. For example, immune cells use free radicals to fight off infections. However, in order to remain balanced, the body needs to maintain the correct ratio of antioxidants to free radicals. When free radicals outnumber antioxidants, a state called “oxidative stress” can develop. If prolonged, this state can damage cells, proteins, and DNA. Scientists have theorized that oxidative stress plays a pivotal role in chronic inflammation and the aging process.

### Eating Enough Micronutrients?

The best way to ensure you're consuming enough micronutrients is to eat a predominately plant-based diet, approximately a 70/30 split between vegetables and fruit, and to emphasize leafy greens.



## The Importance of Antioxidants

The body has its own innate antioxidant defenses. However, consuming additional antioxidants from plants helps your body fight free radicals that cause an imbalance that can accelerate cellular aging. The benefits of antioxidants include:

- Reducing free radicals in the body's cells
- Healthier, more radiant skin
- Reduced risk of cancer
- Detoxification of harmful toxins
- Protection against heart disease and stroke
- Reduced risk of cognitive problems
- Reduced risk of vision loss or disorders, including macular degeneration and cataracts
- Slowing signs of aging in the skin, eyes, tissue, joints, heart, and brain



## Antioxidant-Rich Foods

When thinking of antioxidants, most people immediately conjure up images of berries and citrus. While these foods are very beneficial, there are others that contain more antioxidants per gram.

These include many herbs and spices. Although you are not able to consume these in large quantities, try adding the following to your food:

- Clove
- Cinnamon
- Turmeric
- Ginger
- Saffron
- Matcha
- Rosemary
- Chili powder
- Oregano
- Cilantro
- Mint
- Basil

## Healthy Alternatives to Pro-Inflammatory Foods

Instead of eating this...	...Eat this
Fast food: fries, burgers, hot dogs, chicken nuggets, hamburgers, etc.	Organic chicken breast over salad or in a lettuce bun, with avocado oil and fresh mango sauce instead of sugary ketchup. Avoid fries.
Added sugars and sweets: table sugar, soda, juice, pastries, cookies, candy, muffins, sweet tea, ice cream, etc.	Homemade iced tea, sugar-free granola with berries, sparkling water with lemon, chia seed pudding, homemade oat muffins, banana "nice cream".
Refined grains and starches: pasta, bread, flour, bagels, cereal.	Whole grains: quinoa, amaranth, oats, spelt, bulgur wheat, rye, brown rice, barley, sweet potatoes. Try pastas or noodles made from rice, quinoa, or pulses like chickpeas and lentils.
Packaged and convenience foods: chips, crackers, cereal bars, frozen dinners, etc.	Nuts (almonds, pecans, macadamia nuts, pistachios, etc.), kale chips, raw vegan bars, sauerkraut, dried fruit (without sulfites or added sugar), seaweed snacks, seeds.
Processed vegan foods: plant-based faux meats, faux cheeses, vegan butters, vegan mayo, oils, etc.	Packaged jackfruit "meat", tempeh, cashew cheeses, hummus.
Artificial sweeteners: Equal, Splenda, Sweet'N Low, etc. These can have a poor effect on blood sugar levels and lead to overeating and weight gain in the long term.	Dates or date sugar as sweetener. Dates contain important vitamins and minerals, and keep blood sugar levels stable.

## Stay Hydrated

Drinking plenty of water helps eliminate toxins from the body, improves metabolism, and promotes a feeling of fullness. Low-grade dehydration is a chronic, widespread problem that has a significant impact on health, energy, appearance, recovery, and cellular health.

Dehydration causes a general weakening of the body’s internal cellular environment and will directly affect your overall health and treatment results.



### Avoid Alcohol

Research has shown that alcohol consumption directly correlates to an increased chance of cellular damage at a biological level.

It is imperative to limit (or even better, avoid) alcohol consumption before and after your treatment. Drinking causes cells to age prematurely and may decrease the viability of stem cells administered during treatment. Also, the presence of alcohol in the bloodstream can have adverse effects on your body’s ability to fight off illness or infection because it diminishes the ability of white blood cells to battle bacteria or other foreign pathogens, making it easier for you to get sick.



### Reduce or Eliminate Caffeine

Despite it having strong antioxidant properties, studies show that caffeine consumption can delay wound healing. A July 2014 study in *International Wound Journal* revealed that caffeine restricts

cellular proliferation and delays cell migration over a wound’s surface, thereby hindering the wound healing process.

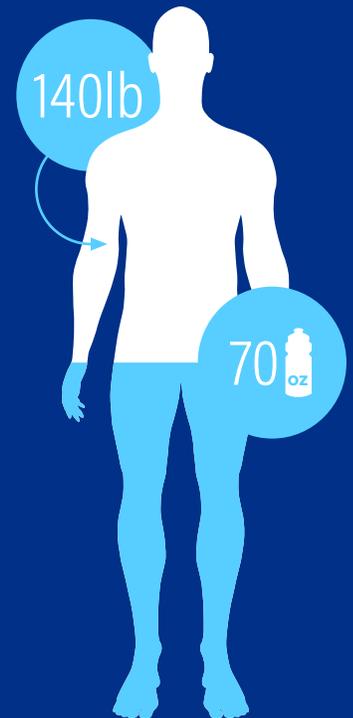
The researchers of this study also found that when caffeine consumption increased, the wound healing process slowed down. It is important to limit or avoid caffeine before and after your procedure.

## Drink Up!

It is important to drink water throughout the day. While there is no perfect formula for hydration, a good guideline is to:

- Take your weight in pounds
- Divide by two
- Drink that many ounces of water per day

### Example



In addition, if you are in a dry environment or high-altitude location, you will need to increase your daily water intake.

**Pillars of Health**



**Good Nutrition**



**Adequate Exercise**



**Restorative Sleep**

## Exercise Physiology and Sleep

### Exercise and Sleep to Reduce Inflammation and Optimize Health

Keeping the three pillars of health intact—good nutrition, adequate exercise, and restorative sleep—may help you enjoy lasting health and experience the best results from your treatment.

### Maintain a Healthy Exercise Routine

Exercise has been proven to have an especially positive impact on managing inflammation because it helps control weight, improves sleep, and manages stress.

Whether your workout routine is extensive or limited, ensuring that you exercise consistently is key. A 2017 study in *Brain, Behavior, and Immunity* found that just 20 minutes per day of moderate-intensity exercise (such as walking on a treadmill) can have an anti-inflammatory effect.

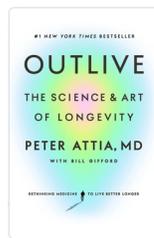


## Exercise Physiology

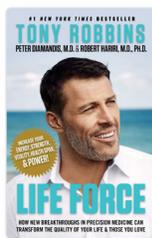
The three key components to include in your workout routine are:

- **Cardiovascular Training:** Most professionals recommend walking or riding a bike at least three to four days a week for 30 minutes. This falls under Stage 2 on the Rate of Perceived Exertion chart. You will know if you have reached Stage 2 if you are breathing heavily but can hold a short conversation during your workout.
- **Strength Training:** Performing strength training three to five times a week for a minimum of 30 minutes is recommended for the average person. This should include exercises that use full-body movements (multiple muscle groups) followed by isolation movements (focusing on one muscle group at a time).
- **Stability:** Balance is essential to good health, especially as we age. A higher risk of falling can correlate with significant negative health outcomes. A well-rounded strength and cardiovascular training program will include movements that challenge and improve your stability.

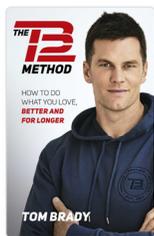
We recommend working with a physical therapist or professional trainer to get started.



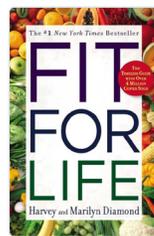
**Outlive**  
The Science & Art of Longevity  
by Peter Attia, M.D.



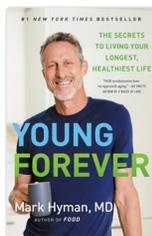
**Life Force**  
by Tony Robbins and Peter H. Diamandis



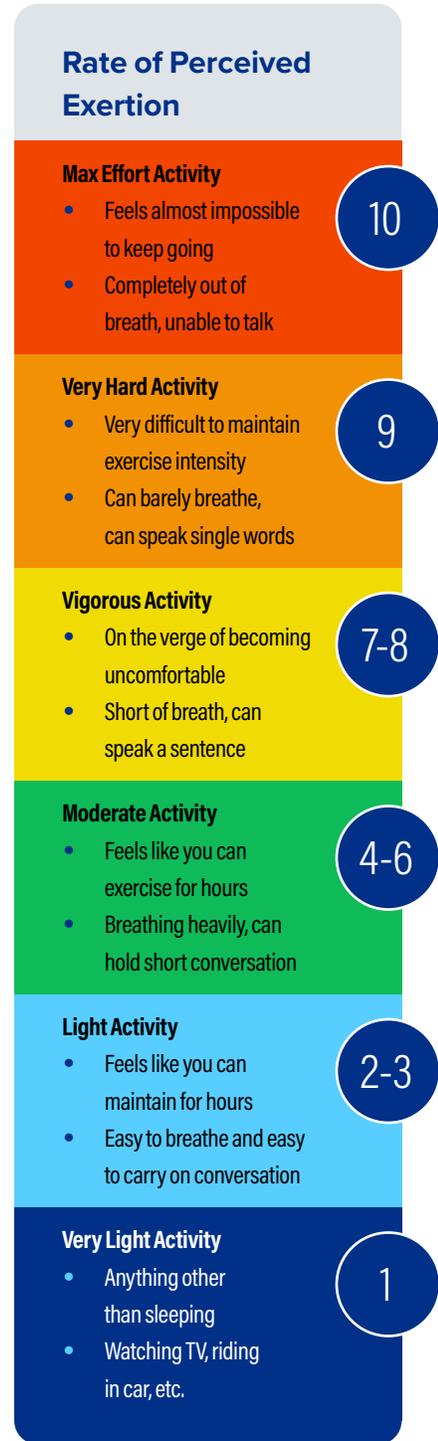
**The TB12 Method**  
How to Do What You Love, Better and for Longer  
by Tom Brady



**Fit for Life**  
By Harvey and Marilyn Diamond



**Young Forever**  
The Secrets to Living Your Longest, Healthiest Life  
by Mark Hyman, M.D.



### Promote Proper Sleep

Quality sleep is essential to good health for many reasons. One is that sleep plays a major role in regulating the immune system's inflammatory response. Sleep deprivation causes your body to produce more inflammatory markers, such as cytokines, interleukin-6, and C-reactive protein, and causes an overproduction of the primary stress hormone, cortisol. Consistently high levels of these molecules alter the body's stress response system, leading to chronic inflammation and a weakened immune system.

Other ways sleep deprivation causes inflammation include effects on the circulatory, and neurological systems.



- Sleep promotes a healthy drop in blood pressure, allowing blood vessels to relax. Lack of sleep interrupts this process and may cause the cells within the blood vessel that are responsible for inflammation to activate.
- Also, your brain relies on good sleep to replenish itself. During deep sleep, cerebrospinal fluid rushes through the brain, sweeping away beta-amyloid protein. Lack of sleep causes a buildup of this protein, which is linked to increased inflammation and brain cell damage.

Here are some ways to promote good sleep:

- Go to bed and wake up at the same time each day to help keep your circadian rhythm synchronized and reinforce healthy biorhythms.
- Avoid using electronic devices at least 30 minutes before bed, because the blue light emitted from cellphones, tablets, and TVs interfere with sleep.
- Create a relaxing bedtime routine that will help you wind down and make it easier to fall asleep.
- Make sure your bedroom is dark, quiet, and cool, because these are ideal conditions for quality sleep.
- Avoid caffeine and alcohol before bed. These substances can greatly interfere with sleep by causing a drop in blood sugar, which will likely cause you to wake up in the middle of the night.
- Incorporate stress-reducing activities into your daily routine. Meditation, journaling, walking in nature, yoga, and tai chi have all been shown to reduce stress and anxiety.

# Conclusion

## Improve Your Health and Quality of Life—Start Your Anti-Inflammatory Lifestyle Today!

Your state of health leading up to cell therapy treatment, as well as the foods you eat pre- and post-treatment, can have a direct effect on your results and recovery. Cell therapy can help regenerate new healthy tissue to aid healing. In order to support the development of this new tissue, it is essential that you keep inflammation controlled. Adopting an anti-inflammatory diet, a whole-food, plant-centric nutrition plan at least 60 days before treatment, and continuing it post procedure is important to achieving the best possible results.

We wish you all the best.

### The BioXcellerator Team



### Health Is Contagious!

We hope this diet and lifestyle guide has provided you with actionable knowledge and inspires you to implement positive changes that will help heal your body and lead to a longer, healthier, more enjoyable life.



### Share a Copy

Everyone can benefit from an anti-inflammatory diet and lifestyle. You can download a copy of this guide to share with friends and family.

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to access a  
digital copy



[www.bioxcellerator.com/nutrition-guide](http://www.bioxcellerator.com/nutrition-guide)

## Example Meal Plans

# Chronic Pain Management



**Name:** Angie  
**Age:** 55  
**Gender:** Female

### Health Goals

- Maintain a physically active lifestyle
- Use diet to control chronic pain caused by arthritis
- Manage stress and maintain cognitive function

### Health Concerns

- Onset of inflammatory arthritis
- Insomnia
- Family history of cardiovascular disease

### Exercise Routine

- Swims 4 times a week for aerobic activity
- Yoga 3 times a week

## Daily Meals

### Breakfast Options:

- Oatmeal with berries and nuts
- Whole-wheat toast with avocado, eggs, and olive oil
- Smoothie made with spinach, berries, almonds, and sugar-free yogurt

### Snack Options:

- Fruit, vegetables with hummus, nuts and seeds, roasted garbanzo beans with olive oil herbs and spices, hard-boiled eggs

### Lunch Options:

- Salad with grilled salmon
- Tuna niçoise salad
- Veggie burger with grilled veggies and spinach

### Dinner Options:

- Salmon with roasted vegetables
- Sushi wrapped in cucumber with brown rice
- Chicken stir-fry with brown rice
- Lentil stew or soup with fresh kale and olive oil
- Veggie lasagna

## Hydration

- Consumes 60 to 80 ounces of water a day with lemon and cucumber
- Consumes 16 ounces of water once per day with a sugar-free electrolyte powder

## Diet Tips

- Low-mercury, high-omega-3 fish like salmon, tuna, herring, scallops, and other cold-water fish, with as many meals as possible.
- Incorporate nuts like walnuts, pine nuts, pistachios, and almonds as snacks.
- Focus on consuming colorful fruits and nightshade veggies like blueberries, cherries, spinach, kale, and broccoli, eggplant, tomatoes, and red bell peppers. The darker or more brilliant the color, the better.
- Incorporate 2 to 3 tablespoons of extra-virgin, cold-pressed olive oil daily.
- Ensure adequate amount of fiber intake from whole food sources.
- Avoid caffeine completely if possible.

# Example Meal Plans

## Healthy Lifestyle

### Daily Meals

#### Breakfast Options:

- Oatmeal with berries, nuts, seeds, and almond butter
- Whole-wheat toast with avocado
- Smoothie made with plant-based milk, fruit, greens, and a plant-based protein powder

#### Snack Options:

- Nuts and seeds, celery with nut butter, hummus, and crackers

#### Lunch Options:

- Lentil soup with whole-grain bread
- Salad with chickpeas, quinoa, and roasted vegetables
- Buddha bowl with brown rice, spinach, roasted vegetables, and a tahini dressing

#### Dinner Options:

- Lentil stew with spinach and roasted sweet potatoes, spinach pesto zucchini “noodles”
- Vegetable curry with brown rice
- Tofu vegetable wraps

### Hydration

- Consumes 80 to 100 ounces of water daily

### Diet Tips

- Consume all organic foods.
- Incorporate iron-rich food sources into every meal.
- Caffeine 1x daily, never after 11 am.
- Add plant-based protein and omega-3 fatty acids to each meal to sustain energy.



**Name:** Jennifer

**Age:** 40

**Gender:** Female

#### Health Goals

- Maintain a healthy, clean, vegan diet despite having a demanding job and limited time
- Improve sleep and manage stress
- Maintain regular physical activity
- Sustain energy levels and cognitive function

#### Health Concerns

- Anemia
- Carpal tunnel
- Chronic pain
- Healing from a major surgery
- Irregular sleep cycle
- Neck pain

#### Exercise Routine

- Bike 30 minutes per day in the mornings
- Barre, yoga, or Pilates 3 times per week

## Example Meal Plans

# Optimal Health and Longevity



**Name:** John  
**Age:** 46  
**Gender:** Male

### Health Goals

- Optimize overall health and well-being
- Uses diet to improve his gut health and alleviate symptoms of colitis

### Health Concerns

- Suffers from chronic gut health issues and colitis
- Suffers from other autoimmune conditions
- Treated for health optimization, gastrointestinal disorder, and back and knee pain (osteoarthritis)

### Exercise Routine

- Swims 3 times per week
- Strength training and cardiovascular training 4 times per a week
- Walking or hiking 3-4 times per week for 30-60 minutes (maintaining stage 2 cardio)
- Has done yoga off and on for years

## Daily Meals

- **Breakfast:** 2 bananas (or as much of any single fruit of his choice)
- **Snack:** Smoothie with 1 banana, 1 avocado, ¼ cup blueberries, ¼ cup spinach, and almonds. He usually has this 1.5 hours after breakfast
- **Lunch:** Chicken or fish with salad, lots of leafy greens (spinach, lettuce, kale) with a cup of rice or sweet potato
- **Dinner:** Rice, pasta, or potatoes with cooked veggies (carrots, spinach, green beans) and avocado

## Hydration

- Drinks water first thing in the morning
- Continues water consumption throughout the day, usually with lemon or lime

## Diet Tips

John typically avoids dairy, most products with gluten, processed foods and meats, refined sugar, and carbs. He doesn't eat pineapple, papaya, broccoli, or cauliflower—as recommended by his doctor for an inflamed colon. He “cheats” a couple of times a year and will have pizza or dessert but says, “The pizza better be worth it if I am going to cheat!”

- He typically eats between 6 am and 6 pm.
- He only consumes fish 2-3 times per a week and avoids avoid certain fish that are high in mercury, such as swordfish.
- He eats as many snacks throughout the day as he likes, such as a piece of fruit or vegetables with guacamole. Even though he loves fruit, he tries to stick to a 70/30 split between veggies and fruit.
- He drinks fresh fruit smoothies or juices throughout the day, such as fresh watermelon juice and fresh coconut water not from a box.
- He has a cup of tea a day.
- When training harder or exercising more, he adds protein to dinner (such as chicken or elk) and maybe a bowl of oatmeal with fruit to breakfast.
- If you want to add more protein to your diet, he suggests adding plant protein or whey protein to smoothies, or eggs to any meal. However, most whey proteins and even isolates do not work for him, as they cause bloating due to his intolerance to lactose and preservatives.

## Example Meal Plans

# Performance Athlete

### Daily Meals

- **Breakfast:** Oatmeal, banana, four whole eggs, fresh orange juice
- **Snack:** Protein smoothies with plant protein or whey protein. Mostly fruits, veggies, and nuts, such as apples, bananas, dates, almonds, macadamia nuts, jicama chips, and kale chips
- **Lunch:** Salad with lots of leafy greens, lettuce, carrots, beets, almonds, and legumes. Rice and chicken
- **Dinner:** Cooked vegetables with rice or potatoes and steak, chicken, or fish

### Hydration

- 1.5 gallons of water a day
- Once a day, he consumes 16 ounces of water with electrolytes

### Diet Tips

- Eat 0.7-1 gram of protein per lb. of body weight per a day
- Stick to high-quality sources of protein such as lean organic meats, but ultimately what's important is that you get the amount of protein you require, whether that is from veggies, steak, elk, chicken, fish, eggs, or whey or pea protein supplements.
- Eat 800 grams of fruits and veggies per day—certified organic if possible. The purpose of this is to give your body the carbohydrates and fiber it requires and ensure you're full enough that you can minimize your refined carbohydrate intake.
- Eat as many bananas, apples, potatoes, blueberries, strawberries, mangoes, legumes, greens, carrots, avocados, and salads as you like to get to your 800 grams.
- Minimize processed foods, refined sugar, and carbs.
- A higher threshold of protein intake is only needed for those who are very active and participate in frequent strenuous training.



**Name:** Scott

**Age:** 55

**Gender:** Male

#### Health Goals

- Improve physical performance and longevity
  - Prevent injury
  - Live an active lifestyle
- Maintain strength, weight, and cognitive performance

#### Health Concerns

- Suffers from knee pain, lower back pain (degenerative disc disease), and an old shoulder injury
- Received cell therapy intravenously and locally for knee, shoulder, and back pain
- Says his sedentary lifestyle was an issue and focuses on walking and moving more, and not sitting for extended periods of time

#### Exercise Routine

- Weightlifts 5 days a week
- Walks, hikes, and runs for aerobic activity
- Trains in jujitsu

## Anti-Inflammatory Recipes

Treat your body to a therapeutic meal! Our favorite anti-inflammatory recipes include whole-food, nutrient-packed ingredients, herbs, and spices to support optimal health.

### Breakfast

## Egg and Avocado Toast

### Ingredients

- 1/4 avocado
- 1 tablespoon celery
- 4 sliced cherry tomatoes
- 1/2 teaspoon lemon juice
- Pinch of salt and pepper
- 1 chopped hard-boiled egg
- Handful of microgreens
- 1 slice whole-wheat toast



### Instructions

- Mash avocado with chopped celery, lemon juice, salt, and pepper in a small bowl.
- Boil egg to preferred consistency.
- Slice tomatoes.
- Toast bread.
- Layer toast with avocado mixture, microgreens and tomato, and top with sliced egg.

Breakfast

## Steel-Cut Oats with Kefir and Berries

### Ingredients

- 1 cup steel-cut oats (you can also find certified gluten-free oats if you have a gluten intolerance)
- 3 cups water
- Pinch of salt
- Fresh or frozen fruit/berries (strawberries, blueberries, and raspberries)
- Handful of sliced almonds, pepitas, hemp seeds, or other nut/seed
- Unsweetened kefir
- Drizzle of maple syrup, sprinkling of coconut sugar, or a few drops of stevia



### Instructions

- Add the oats to a small saucepan and place over medium-high heat.
- Allow to toast, stirring or shaking the pan frequently, for 2-3 minutes.
- Add the water and bring to a boil. Reduce the heat to a simmer, and let cook for about 25 minutes, or until the oats are tender enough for your liking. The oats will thicken up as they cool. If you prefer them a bit more like a porridge, add a splash more water, or some milk or dairy-free alternative.
- Serve with berries, nuts and seeds, or a handful of granola, a splash of kefir, and any healthy sweetener you like, to taste.

Lunch

## Grilled Salmon Taco Wraps with Avocado Sauce

### Ingredients

- 1 to 2 tablespoons of salt, pepper, garlic powder, and onion powder combined
- 2 fresh salmon filets (to grill or pan fry)
- 1/4 cup Avocado Sauce, recipe below
- 2 to 3 cups prepackaged coleslaw mix or shredded cabbage
- 1 lime, juiced
- 2 tablespoons olive oil or avocado oil
- 1 head of butter lettuce (aka Boston or bibb lettuce)
- 1 orange, sliced into sections (optional seasoning)



### Instructions

- To save time, you can prepare the avocado sauce before starting
- Season salmon fillets generously with seasoning mix. Pat fillet lightly to adhere and drizzle each with a little olive oil or avocado oil.
- Heat grill to medium high. Grill salmon 5-8 minutes, turning once. Cook just until fillets easily flake but are still moist. Remove from grill and set aside temporarily to cool (salmon fillets can be pan-fried or baked if desired).
- In a small mixing bowl, combine coleslaw mix (or shredded cabbage) with chopped cilantro leaves and juice of 1 lime. Salt to taste.
- Rinse butter lettuce leaves, and spin-dry in salad spinner, or lightly blot dry with paper towels. Select the best cup-shaped leaves to create your lettuce wrap tacos.
- Break apart cooled salmon fillets. Place salmon pieces inside lettuce wrap tacos, and sprinkle each with the coleslaw mixture.
- Finish each lettuce wrap taco with a healthy drizzle of avocado sauce.

Lunch

## Avocado Sauce

### Ingredients

- 1/2 avocado, pitted
- 1/2 cup cilantro, fresh
- 1/2 jalapeño, seeded
- 1/2 cup paleo mayo
- 1/4 cup water
- 2 tablespoons fresh lime juice
- 1 clove garlic
- 1/2 teaspoon salt

### Instructions

- Add all ingredients to a high-speed blender and blend until smooth.
- If the sauce is too thick, add just a little more water.



Lunch

## Veggie and Hummus Sandwich

### Ingredients

- 2 slices whole-grain bread
- 3 tablespoons hummus
- 1/4 avocado, mashed
- 1/2 cup mixed salad greens
- 1/4 medium red bell pepper, sliced
- 1/4 cup sliced cucumber
- 1/4 cup shredded carrot

### Instructions

- Spread 1 slice of bread with hummus and the other with avocado.
- Fill the sandwich with greens, bell pepper, cucumber, and carrot.
- Slice in half and serve.



Dinner

## Warm Lentil and Cauliflower Salad

### Ingredients

- 3 cups tomatoes, cored and chopped
- 1 tablespoon garlic, thinly sliced
- 2 tablespoons capers, drained
- 1/2 cup extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 small head cauliflower (2 pounds), trimmed and cut through the core into 1-inch planks
- 2 ounces Parmigiano-Reggiano, grated (3/4 cup)
- 1 bunch arugula, trimmed
- 1 tablespoon red-wine vinegar
- Chopped toasted almonds, for serving



### Instructions

- Preheat oven to 475°F, with a rimmed baking sheet on center rack and another rack in top position.
- Toss together tomatoes, garlic, capers, and 2 tablespoons oil; season with salt and pepper.
- Brush cauliflower evenly with 3 tablespoons oil, season, and arrange on sheet.
- Roast until undersides are golden, 12-13 minutes.
- Flip and push to one side; add tomatoes to other and roast 12 minutes more.
- Stir lentils into tomatoes.
- Drizzle with 2 tablespoons oil; season.
- Sprinkle everything with cheese.
- Switch oven to broil, and broil on top rack until cheese has melted, 1-2 minutes.
- Toss arugula with remaining 1 tablespoon oil and vinegar; season.
- Serve cauliflower and lentils with arugula salad, sprinkled with almonds.

Dinner

## Easy Turmeric Chicken

### Ingredients

- 1/2 cup extra virgin olive oil
- 1/2 cup dry white wine
- 1/2 cup orange juice
- 1 lime, juice of
- 2 tablespoons yellow mustard
- 3 tablespoons brown sugar, more for later
- 2 teaspoons all-natural garlic powder
- 1 1/2 teaspoons ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon sweet paprika
- Kosher salt and black pepper
- 1 large fennel bulb, cored, sliced
- 1 large sweet onion, sliced into half moons
- 6 pieces bone-in, skin-on chicken, chicken legs, or breasts, or a combination
- 2 oranges, unpeeled, sliced
- 1 lime, thinly sliced (optional)



### Instructions

- Make the marinade. In a large bowl or deep dish, mix olive oil, white wine, orange juice, lime juice, mustard, and brown sugar.
- In a small bowl, mix turmeric, garlic powder, coriander, paprika, salt, and pepper. Now, add about half of the spice mix to the liquid marinade. Mix to combine.
- Pat the chicken pieces dry and generously season with the remainder of the spice mix. Be sure to lift the chicken skins slightly and apply some of the spice mix underneath the skin.
- Add the seasoned chicken and the remaining ingredients to the large bowl of marinade. Work the chicken well into the marinade. Cover and refrigerate for 1-2 hours (if you don't have time, you can skip the marinating).
- When ready, preheat the oven to 475°F. Transfer the chicken along with the marinade and everything else to a large baking pan so that everything is comfortably arranged in one layer. Be sure the chicken skin is facing up.
- Roast for 40-45 minutes or until the chicken is cooked through and the chicken skin has nicely browned. Internal chicken temperature should be 170°F.

Snack

## Anti-Inflammatory Turmeric Bars

### Ingredients

#### Crust

- 1 cup shredded coconut
- 10 dates, pitted (soak in water for 10 minutes if hard)
- 1 tablespoon coconut oil
- 1 teaspoon cinnamon

#### Filling

- 1 1/4 cup coconut butter
- 1/2 cup coconut oil
- 1 1/2 teaspoon turmeric powder
- 1 teaspoon cinnamon plus extra for garnish
- 1/8 teaspoon black pepper
- 2 teaspoons honey (omit or sub maple syrup if vegan)

### Instructions

- Prepare an 8×8" pan and line it with parchment paper.
- Add the shredded coconut and dates to a food processor and pulse several times until well incorporated. Add in the coconut oil and cinnamon and quickly blend.
- Spoon out the crust mixture and add it to the pan. Press it down into the pan until it's evenly flattened. Place the crust in the fridge to chill for 2-3 hours.
- To make the filling, make a double boiler by filling a medium sauce pot halfway with water and bringing it to a low boil. Place a stainless-steel bowl over the top of the pot to create a double boiler. Spoon the coconut butter into the bowl and stir to allow it to melt. Do not use a microwave to melt the coconut butter; it will burn.
- Once the coconut butter is mostly melted, stir in the coconut oil until the mixture is entirely liquid.
- Remove the mixture from heat and allow to cool for a few minutes.
- Stir in the cinnamon, turmeric, black pepper (omit for AIP), and honey into the filling mixture.
- Pour the filling over the crust and evenly spread out with a spoon.
- Place in the fridge to harden overnight or for 3-4 hours.
- Once hardened, remove the pan from the fridge and let it sit on the counter for 5-10 minutes.
- Using a sharp kitchen knife, carefully slice into squares.
- Top the finished bars with a sprinkle of cinnamon.
- Store in the fridge and eat chilled with a napkin—turmeric easily stains!



Snack

## Cucumber Spicy Tuna Rolls

### Ingredients

- 1 medium cucumber
- 1 pouch StarKist Selects E.V.O.O. Wild-Caught Yellowfin Tuna
- 1 teaspoon hot sauce
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/16 teaspoon ground cayenne
- 1/4 avocado, diced

### Materials

- 12 toothpicks



### Instructions

- Using a mandolin, thinly slice the cucumber lengthwise.
- Once cucumber has been sliced down to where seeds appear, flip cucumber over and thinly slice the opposite side.
- Discard outermost slices of cucumber and any slices where seeds are present.
- Pat the remaining 6 slices dry with a paper towel.
- Set aside.
- In a small mixing bowl, add tuna, hot sauce, salt, pepper, and cayenne.
- Mix until ingredients are thoroughly incorporated.
- Spoon tuna mixture across cucumber slices, leaving one inch on each side.
- Place one piece of avocado on top of tuna and carefully roll cucumber up, securing the end with 2 toothpicks.

## Cooking Tips

Cooking your own meals is the best way to ensure what you are eating aligns with your anti-inflammatory diet. Here are some tips to help keep inflammation at bay.

### Use Whole-Food Ingredients



High-quality, whole-food ingredients like fruits, vegetables, whole grains, lean protein, and healthy fats should be the focus of every meal.

### Limit Processed Foods



Pre-made sauces, flavored instant pasta or noodles, canned or dehydrated soup mixes, chips, and salted nuts, and frozen meals often contain high amounts of unhealthy fats, sugar, and sodium, and additives that contribute to inflammation.

### Include Fresh Food in Every Meal



Cooking food can destroy enzymes, but eating a side salad, bed of greens, or some raw vegetables at each meal will ensure you're consuming important enzymes that improve digestion.

### Steam, Bake, or Grill



These cooking methods are a good way to preserve the nutrients in your food and reduce the addition of unhealthy fats. Bake and grill foods slowly, at a lower temperature, to retain maximum nutrients.

### Keep Oils to a Minimum



Oils can be a healthy source of fat, but they are dense in calories. When necessary, use healthy oils like olive oil or avocado oil. These options contain healthy fats and are rich in antioxidants. Remember, the serving size for most oils is ONE tablespoon.

**Pro-Tip:** You can pan-fry vegetables in low-sodium vegetable broth instead of oil. This will retain nutrients while helping to maintain their crunch.

### Avoid Boiling and Frying



Boiling food, especially vegetables, causes nutrient loss. Frying food introduces high amounts of fat to a meal and can cause carcinogens to form in your food.

### Cook with Spices



Spices like turmeric, coriander, ginger, cinnamon, citrus, onion, and garlic have potent anti-inflammatory properties. Plus, they add flavor to your food without adding sodium, sugar, or unhealthy fats.

### Incorporate Herbs



Herbs are a great way to enhance a meal. Fresh herbs are delicately flavored, so it is best to add them in the last few minutes of cooking your meal to optimize flavor and retain nutrients. Dried herbs are more potent than fresh. As a rule, 1 teaspoon of dried herbs equals about 4 teaspoons of fresh herbs.

### Don't Salt Food While Cooking



It is easy to oversalt a meal while cooking. Instead, taste your food once it's finished, then lightly salt as necessary.

### Scrub Vegetables



Don't peel them, because many nutrients are found close to the skin.

### Make Enough for Leftovers



Preparing large batches of a meal is a great way to save time and ensure you have healthy meals on hand throughout the week. Include a side salad or raw vegetables with leftovers for extra freshness and added nutrients.

# Set Your Goals

1

**What Are My Health Goals?**

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2

**What's the Outcome I Am Looking for from Cell Therapy?**

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3

**Where Do I See Myself Healthwise in One Year, Three Years, Five Years?**

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4

**What Activities Do I Want to Still Be Doing 10 Years from Now?**

For example: hiking, dancing, surfing, playing with the kids

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5

**What Are three Steps I Can Take Today to Get Started?**

For example: eliminate alcohol, hire a physical therapist or professional trainer, eliminate refined sugars and carbohydrates

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## What are stem cells and how can they help you?

Download our free ebook “A Patient’s Guide to Regenerative Medicine and Advanced Cell Therapy”

Learn more about:

- Our state-of-the-art lab and cell bank
- How cell therapy works
- BioXcellerator advanced protocols for producing high-potency cells
- Conditions and diseases we treat
- And more

[Download Now](#)



## Are you suffering from chronic pain?

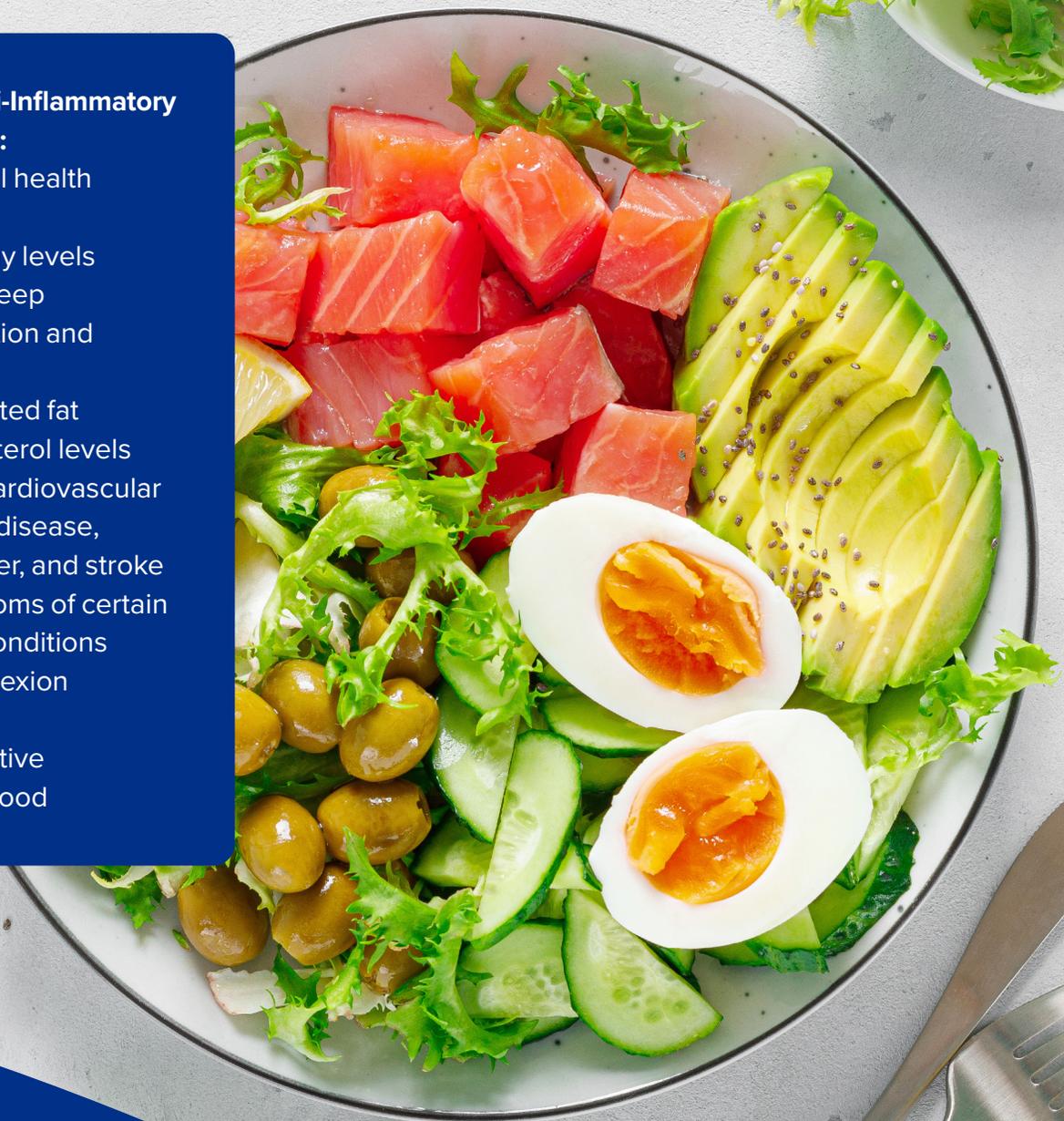
Find out if cell therapy is right for you.

Schedule a free consultation with one of our experts today.

Free Consultation

### Benefits of an Anti-Inflammatory Diet and Lifestyle:

- Improve overall health and longevity
- Increase energy levels and improve sleep
- Improve digestion and gut health
- Reduce unwanted fat
- Control cholesterol levels
- Lower risk of cardiovascular disease, heart disease, diabetes, cancer, and stroke
- Reduce symptoms of certain autoimmune conditions
- Improve complexion and skin tone
- Enhance cognitive function and mood



Learn more about  
Advanced Cell Therapies  
at [BioXcellerator.com](https://www.BioXcellerator.com)