



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

After completing a stem cell transplant procedure it is important to provide the building blocks necessary for these new and vital cells to proliferate into the tissues that need regeneration.

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

**BEFORE YOUR TREATMENT:**

- Avoid all vitamins and supplements for 1 day prior to treatment.
- Consult with your doctor about any medications that you are currently taking,

**FOODS TO EAT:**

NOT ALL FOODS ARE LISTED BELOW. IF IT IS NOT ON THE LIST AND IS A PROTEIN, VEGETABLE, OR FAT; CHANCES ARE YOU MAY HAVE THAT FOOD

**DAIRY**

- All dairy products are okay, preferably organic.(ie: to avoid hormones and antibiotics)
- Goat Milk, Goat Cheese and any other product made from a Goat.
- DO NOT eat dairy if you have an allergy.**



**PROTEINS**

**Increase protein in your diet (i.e. 3x day, may resume right after procedure)**

- 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.)
- Chicken Breast
- Eggs (with yolk is fine)
- Scallops
- Salmon (**wild-less mercury contamination**)
- Fresh Water Fish (**Except bottom feeders ie: catfish or bullheads**)
- Protein Powders: Whey Protein or Rice Protein
- Turkey (White Meat)

**STEAMED OR COOKED VEGETABLES NOT RAW**

**Organic if possible and may resume right after procedure! Rinse well.**

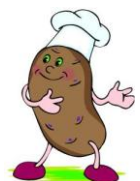
- Fresh Celery (**No brown spots**)
- Green Beans
- Kelp
- Lettuce (All Types)
- Pumpkin
- Spinach
- Squash
- Turnip Greens
- Cucumbers
- Tomatoes
- Corn
- String Beans
- Peas
- Carrots
- Mushrooms
- Eggplant
- Beetgreens
- Asparagus
- Artichoke
- Zucchini
- Cruciferous Vegetables; a vegetable of the mustard family: especially mustard greens; various cabbages; broccoli; cauliflower; brussels sprouts; and mustard.
- Sprouts and Sprouted grains ~ Advisable by the doctor. **Do not eat raw foods until 3 weeks after stem cell treatment**



**STARCH FOODS**

**Eat sparingly. May resume right after procedure.**

- Bread- 2 slices per day -White and Wheat, preferably wheat (**DO NOT have bread if you have a history of celiac disease or gastrointestinal problems or an allergy to gluten**)
- Potatoes (May use organic sour cream or butter)
- White or Brown Rice (1 cup per day)
- Yams



# FOODS TO EAT CONTINUED

## ESSENTIAL FATTY ACID FOODS

May resume right after procedure.

- ✗ **NO Margarine**  Avocados  Canola Oil  Cod Liver Oil  Extra Virgin Olive Oil
- Fish Oil (unheated)  Butter  Virgin Coconut Oil

## OTHER FOODS

May resume 1 week after procedure.

Nuts (**Must be finely ground, not whole.** Including peanuts, cashews, macadamia nuts, etc.) \*All nuts are fine EXCEPT if you have a history of autoimmune disease (such as ALS, Parkinson's, etc.), inflammatory arthritis, other inflammatory disease, overactive immune system or Herpes

## YOUR BEST FRUITS

May resume after 1 week. Eat Sparingly. 

- Deep colored berries ie: Blueberries, blackberries, or boysenberries.  Red Apples  Lemon/Lime

## SPICES AND SEASONINGS

- Cayenne Pepper  Cinnamon  Salt ~ Is good unless you have high blood pressure or Congestive Heart Failure.

## WATER

Drink 6-8 ounces of natural spring water, at least three times a day.

Mountain Spring Water ~ <http://mountainspringvalley.com>

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

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



## FOODS TO EAT TIPS

- Protein intake should be increased up to three times a day, and can be resumed right after procedure.
- Eat starches sparingly.  Eating organic is always preferred.  Fruit is allowed after 1 week.
- Do call the office if you have any questions.  This is not a reduction diet. Do not starve yourself. If you start to loose weight eat more food especially fats.



## FOODS NOT TO EAT



### 1<sup>st</sup> WEEK AFTER STEM CELLS

- Do not eat:** ✗ Onions ✗ Garlic ✗ Ginger ✗ Fruits ✗ Fruit Juice ✗ Carrot  
✗ Refined Sugars ✗ Sweets ✗ Digestive Enzymes ✗ Honey ✗ Red Meat ✗ Almonds  
✗ Equal (aspartame) ✗ Black Pepper ✗ Fried Foods ✗ Dairy (only if allergic)  
✗ No caffeinated beverages including; coffee, tea or energy drinks. Only drink decaf. ✗ Absolutely No Alcohol ie; wine, spirits, beer, sake, whiskey, vodka etc. ✗ No raw foods

### 1<sup>st</sup> MONTH AFTER STEM CELLS

- Do not eat:** ✗ Sugars ✗ Sweets ✗ Fruit Juices ✗ No caffeinated beverages ✗ Fried Foods  
✗ Vitamins or antioxidants ✗ Black Pepper ✗ Dairy (if allergic) ✗ No Alcohol

## FOODS NOT TO EAT TIPS



- ✗ No Alcohol
- ✗ No sweets or sugars
- ✗ No fruit for 1<sup>st</sup> week
- ✗ No raw foods for 3 weeks.



## Recommendations

### SHOPPING

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

Online Organic Food Shopping examples:

<http://www.sunorganic.com>

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

<http://www.shopnatural.com>

### SUGGESTIONS NOT MUSTS:

Only fresh and frozen food preferably organic NO ADDITIVES.

No canned foods (metals and overcooked). No foods packaged in plastic.

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

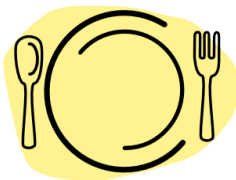
Stevia or brands that are similar are the best choices for sweeteners (Brands include: Stevia, Truvia).

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

1. After receiving stem cell most people tend to become more tired for 2-3 weeks. Take a nap in the afternoon and try to get more rest than you normally do. 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 relaxing music you enjoy. 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 MSG** see <http://www.truthinlabeling.org>
  2. Avoid smoking and passive smoke as well as infections, inflammations, trauma and pollution (use an air purifier). Try to avoid areas that are highly polluted with people. **You do not want to catch a cold.**
  3. **It is advisable to wear a face-mask when traveling on airplanes.**
  4. NO steroids or opiate analgesics if at all possible.
  5. 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
- NO Vit C I.V. drips or other health building I.V. drips after the treatment. Stem cells are adversely affected by high doses of vitamins and antioxidants.



### PERSONALIZED REGENERATIVE MEDICINE

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