



Santa Fe Soul

Center for Regenerative Medicine



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**Dr. Robyn Benson's
A.R.T. eGuide Series:**

Sexual Vitality for Women

amplified regenerative therapies

Discover non-surgical solutions for today's health-conscious men and women at:

[DestinationRegenerate.com](https://www.destinationregenerate.com)

Dr. Robyn Benson's signature leading-edge treatments will help you grow biologically younger! Get FREE access to her online classes on how to regain a quality of life, prevent disease, and maintain a strong immune system so you can live your best life in a body you have always dreamed of.



A.R.T. eGuide Series: *Sexual Vitality for Women*

Discover More About A Youthful YOU Naturally!

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A.R.T. with Dr. Robyn Benson

amplified regenerative therapies

[Dr. Robyn Benson](#) is a Doctor of Oriental Medicine (DOM) who brings an innovative and game-changing approach to today's health care. Robyn offers the most advanced and cutting-edge therapies, procedures, and products designed to renew, restore, and revive health called A.R.T.: Amplified Regenerative Therapies.

Dr. Benson, author, speaker, and self-care and Regenerative Medicine* expert, is known by many to be THE *health detective* with life-changing solutions! She has been the owner and founder of the [Santa Fe Soul Center for Regenerative Medicine](#) for close to two decades.

For almost 30 years, Dr. Benson has applied her considerable knowledge of acupuncture, platelet rich plasma (PRP) therapy, herbs, IV therapies and her love for healthy travel to help patients resolve acute and chronic health challenges and to achieve optimal and sustainable health *without the use of chemicals or surgery*.

*For a definition of regenerative medicine and practices, . . .



Definition of Regenerative Medicine and Practices

***Definition of Regenerative Medicine:** Regenerative Medicine is the reverse of aging and degenerative disease. It is the science of boosting healing naturally in damaged tissues and in under-functioning endocrine and immune systems. This is achieved through nutrition therapy, stem cell therapy, and oxidative medicine (ozone and high dose vitamin C IVs). It also includes restoring healthy joints, hair growth, skin, and sexual function with your own platelet-rich plasma (PRP).

Discover More about How You Can Live a Youthful Life Naturally!

Youthful + Healthier + Healing + Energizing + Sharper + Clearer + Sexier

amplify regenerate transform

Let's Talk!

HOW IS YOUR SEX LIFE, REALLY?

This is a complex question for many women to answer, so you can ease into an answer by breaking it down to a response that is either yes or no:

- *Would you like to reignite your passion?*
- *Have you lost your desire for sex?*
- *Are you suffering silently with pain during sex?*
- *Are you tired of wearing pads due to urine leakage?*

Women should be able to celebrate natural sexual and sensual beauty, no matter our age or life experience. The O-Shot® is a revolutionary, **non-surgical treatment** that uses the patient's blood platelets to activate growth factors that rejuvenate the female orgasm system, allowing more blood flow to the organ, enhancing sensitivity, and delivering dramatic improvement in sexual function.

Your pelvic health is integral to your orgasmic pleasure and amplifies the flow of hormones in your body. As a Doctor of Oriental Medicine (DOM), Dr. Benson has helped hundreds of women restore their sexual health.

A new study showed that using acupuncture as well as Chinese herbal medicine, dietary therapy, and Qigong movement exercises improved the stress levels, coping skills symptoms, and the debilitating side-effects of traditional treatments for women who feel they have lost their libido.





“Every single day, I feel blessed to offer this often life-changing, natural procedure for women. I feel even more grateful that it is non-surgical and helps women regain sexual vitality AND can relieve pelvic pain, reverse incontinence, and more. It is my passion to help all women realize the power of a regenerative lifestyle and to renew, restore, and sustain sexual and pelvic wellness through every stage of their life.”

Dr. Robyn Benson

I am on a mission to help women embrace to their sexual, sensual goddess within and without. My devotion to helping them keep the life force (called Qi) flowing freely with my A.R.T. supports a youthful libido, heart, and the lungs required to inhale all that life offers naturally. Women should know the importance of sustaining sexual and pelvic wellness in terms of how it runs deep in their overall health and well-being.

I am honored to help women regain their happiness by recognizing their beauty and vitality. Understanding their unique expression includes restoring the joy of touch sensitivity to improve their overall self-awareness. The pathway I offer with this custom version of the O-Shot®, which I affectionately call the A.R.T. O-Shot®, is natural and non-surgical. It is an effective procedure harnessing the healing power of your body to improve its overall look, feel, and health, in only an hour or less. The results are immediate, and there's absolutely no downtime.

Is this remarkable treatment a good fit for you? Let's find out!

IS THE A.R.T. O-SHOT® FOR ME?



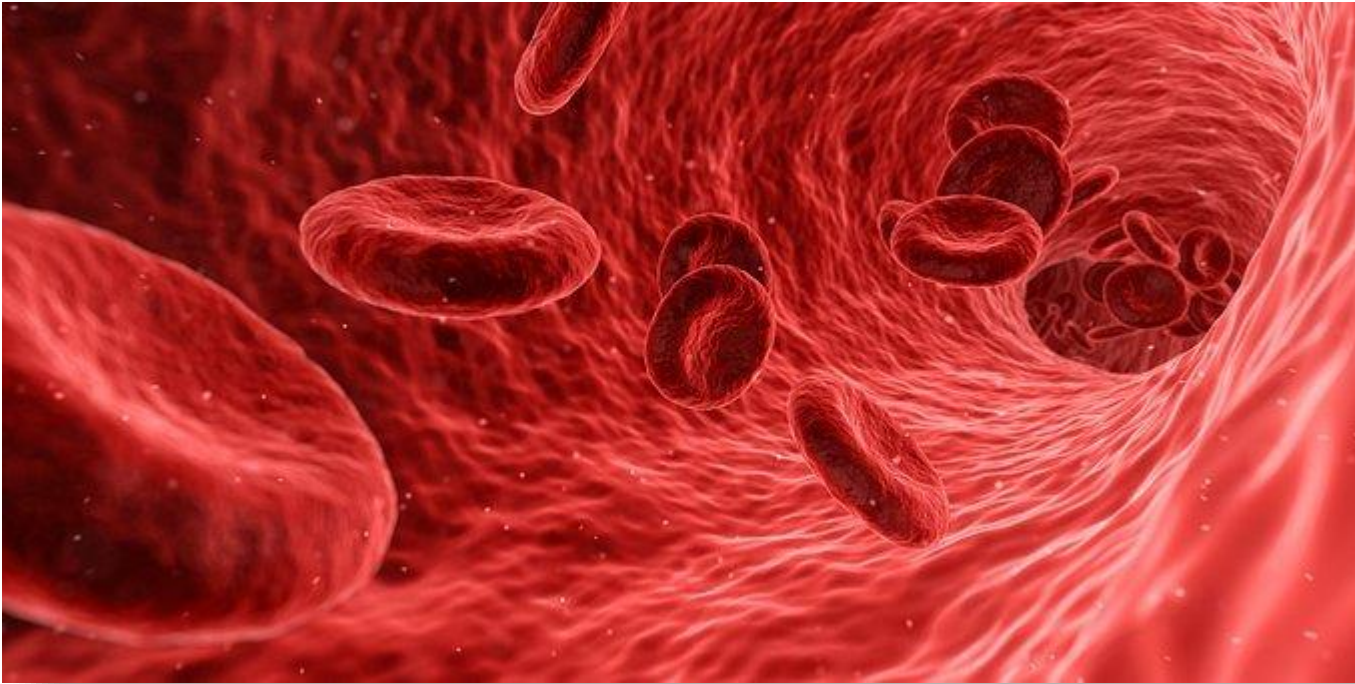
Let's begin by listing some of the benefits the A.R.T. O-Shot® has provided for Women, such as:

- Restoring healthy sexual function
- Decreasing incontinence (complete resolution in 90% of all women)
- Revitalizing the pelvic floor
- Restoring the younger, smoother skin of the vulva
- Achieving a tighter vaginal opening with increased natural lubrication
- Offering a non-surgical solution for those who experience painful intercourse
- Helping to increase the desire for sex due to better orgasms

“The O-Shot® was a miracle in my life.”

A 60-year-old woman came into the office complaining of pelvic pain that prevented her from having sex for eight years. She was blown away to find that the first procedure resolved 90% of her pain, and she was able to resume a normal sex life. A few months later, she decided to have one more procedure to fully recover, and she is now enjoying the best intimacy and sexual pleasure of her life.

Endless stories like this continue to ignite my mission to help as many women as possible to know the value of this often life-changing, natural solution for reducing pelvic pain and restoring sexual vitality.



WHAT IS PRP?

The A.R.T. O-Shot® achieves its powerful healing using platelet-rich plasma (PRP), a substance drawn from a sample of your blood that helps to heal damaged cells and tissues. While PRP consists of several components found in your blood, it's not actually blood.

The PRP process works like this: Once the team at [Santa Fe Soul](#) *Center for Regenerative Medicine* draws a sample of your blood, it is placed into a centrifuge for processing. The spinning motion of the centrifuge separates your blood into layers. Then the plasma, or liquid part of your blood, is combined with the concentrated layer of platelets to create PRP. The plasma allows your blood to flow, making PRP an injectable liquid substance. The platelets in your blood are responsible for clotting blood and releasing growth factors to aid in healing after an injury.

WHAT IS THE A.R.T. O-SHOT®?

The A.R.T. O-Shot® is a revolutionary, **non-surgical treatment** for woman that uses the patient's blood platelets to release seven growth factors that activate the stem cells and rejuvenate the female orgasm system, allowing more blood flow to the organ, enhancing sensitivity, and delivering dramatic improvement in sexual function.



The A.R.T. O-Shot® procedure begins with a simple blood draw. Then, using a unique centrifuge, platelets are separated and concentrated from this blood. The platelet-rich plasma (PRP), containing growth factors extracted from the blood, is then injected into an area near the clitoris and into the area of the upper vagina that is most important for the sexual response. The procedure is customized for women needing more specific help in certain areas, such as scar tissue from childbirth. These areas are numbed with a local anesthetic cream before injection, causing little to no discomfort to the patient.

Jumpstart your regenerative lifestyle while you save time and money on a short three-day journey into the “Land of Enchantment” with Dr. Benson’s [Women’s Retreats](#).



MORE ABOUT THE A.R.T. O-SHOT®

Women often enjoy the effects of the O-Shot® almost immediately, as the growth factors begin to rejuvenate and enhance the sexual response. Women have reported a reduction or elimination of pain while enjoying an increase in their sexual response and pleasure within days and weeks of the treatment.

If you suffer from vaginal dryness or urinary dysfunction, the A.R.T. O-Shot® can bring back desire and so much more!

The A.R.T. O-Shot® will give you the confidence you desire when it comes to your sexual life and pelvic health. This outpatient therapy has been documented in research and is perfect for the active, modern woman.

Dr. Benson offers an integrative approach that includes her A.R.T. method (Amplified Regenerative Therapies). To thrive with a healthy pelvic area, consider a self-care lifestyle that includes a whole food diet, exercise, bio-identical hormones, supplements, excellent hygiene, ... and regular sexual activity!

Learn more on [YOUNGER](#) with Dr. Robyn Benson: *The A.R.T. and Science of Youthful Aging* when you listen to episode [#4](#) on sexual vitality and episode [#62](#) about liquid orgasms. Subscribe to make sure you catch every episode.

FAQs



FAQs

Is PRP safe?

Platelet-rich plasma comes from your blood and has never been associated with infection, malignancy, or any serious side effect, and it is documented in more than 15,000 research papers about multiple tissue types.

How long does the A.R.T. O-Shot® procedure take?

Once the blood is drawn and separated, the actual procedure takes about 15-20 minutes in our office at **Santa Fe Soul Center for Regenerative Medicine**. Because there is no downtime and no surgery, you can walk out of our office and immediately return to your regular life activities.

How long will the results last?

You can expect results to last for at least one year, depending on your age, vitality, and overall health

FAQs



FAQs

What do I need to know to prepare?

It is important that you don't use anti-inflammatory medications before and during the 48 hours after the injection. Also, areas that have been treated with steroid or cortisone injections cannot be treated with PRP until the injections have worn off (at least four weeks).

Why are women raving about their A.R.T. O-Shot®?

Because there is finally a natural solution for optimizing sexual function, resolving incontinence, and gaining relief from pelvic pain for women. The O-Shot® is an effective and simple procedure for women who want to improve their sexual function and libido, reverse incontinence, relieve pelvic pain, and increase vaginal sensation and tone.

The O-Shot® is a gentle and quick procedure that requires no downtime. Expect 40-60 minutes from start to finish.



LEARN THE A.R.T. OF A REGENERATIVE LIFESTYLE

At [Santa Fe Soul](#) Center for Regenerative Medicine, Dr. Benson offers an integrative approach that includes her pioneering program of Regenerative Medicine called [A.R.T.](#) (Amplified Regenerative Therapies).

To ensure that you thrive with healthy sexual desire achieved with the A.R.T. O-Shot® for women, consider adopting a self-care lifestyle that includes a whole food diet, regular exercise,

supplements, and self-love affirmations, as well as the other therapies and health services we offer at [Santa Fe Soul](#) Center for Regenerative Medicine.

You will learn an abundance of information about how to live a Regenerative Lifestyle with Dr. Benson's *free* mini-course called ["The Benson Regenerative Protocol: A 7-Step Foundation to Renew Your Youthful Spark."](#)

Discover Dr. Benson's signature programs *for men and women*. If you are ready to *amplify, regenerate, and transform into a new you*, please contact Dr. Benson's office for a free consultation today at [505-986-1089](tel:505-986-1089).

Resources

The O-Shot®: Why Moms are Loving Orgasmic Injections:

<https://www.parents.com/parenting/relationships/sex-and-marriage-after-baby/o-shot-reviews-and-cost/>

Reverse Low Libido and Sexual Dysfunction with Platelet-Rich Plasma

<https://thebiostation.com/bioblog/reverse-low-libido-sexual-dysfunction-platelet-rich-plasma/>

YOUNGER with Dr. Robyn Benson: The A.R.T. and Science of Youthful

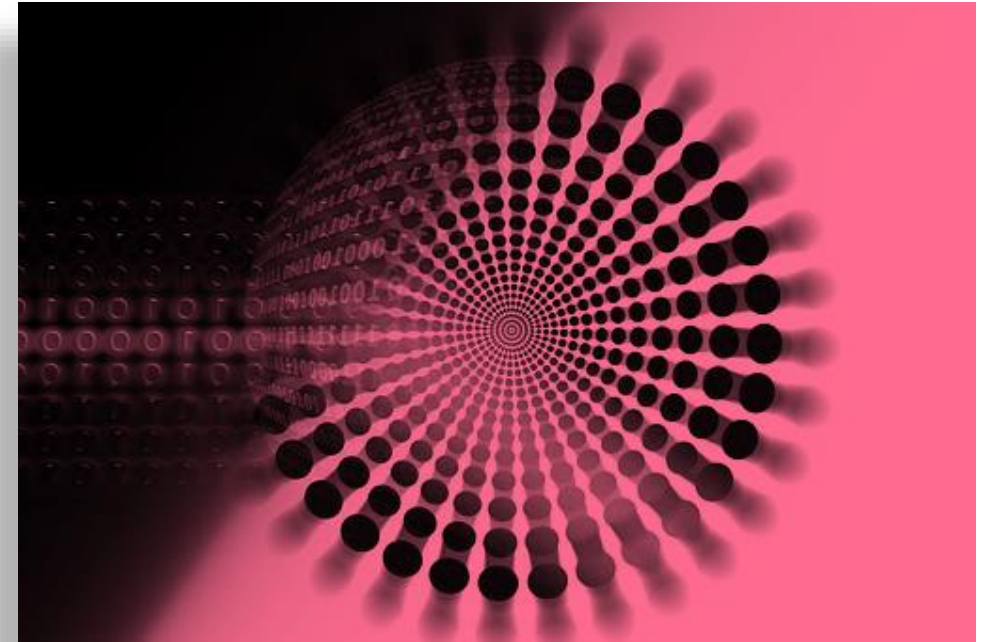
Aging: <https://robynbenenson.com/podcasts/>

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Women Celebrate How Their Sexual Sparks Have Been Ignited

“The O-Shot® does wonders for your woo haa! I was experiencing decreased sexual desire and bladder incontinence after having three babies. The O-Shot® resolved both issues beautifully, and I’m only three months post shot. It seems to be getting better and better as time goes on. Honestly having a bikini wax is more painful! Robyn’s O-Shot® is something every woman should have done! ”

—Candice, Albuquerque, NM

“I had very little clitoral sensation before my O-Shot® and occasion incontinence. I just can’t believe the change. No more inconvenient leakage when I exercise and I have better sexual relations now than I have had a very long time. ”

—H.T.

“When I received my first O-Shot®, I was blown away not to experience any pain at all. What has been most profound for me was the identification and treatment of scar tissue using my own PRP, which was a result of giving birth to my second child. This has completely resolved the discomfort I have felt over the years. This is HUGE! ”

—Dr. Robyn Benson





It is Time to Experience Total Body Freedom!

Are you ready to look and feel ten years younger? You can start growing younger naturally with Dr. Benson's [A.R.T.](#) (Amplified Regenerative Therapies).

Reset the healthy foundation of your body by identifying your food allergies and/or sensitivities and hormonal status and by finding what is deficient in your body. This process is discovered by taking Dr. Benson's [BioMarker Blueprint Test Kit](#).

With those results, the team designs a plan that optimizes your body, brain, and sexual wellness. A personalized VIP Day at [Santa Fe Soul Center for Regenerative Medicine](#) can give you a physical boost to jumpstart the next chapter in your life.

To secure a time to speak with a Regenerative Specialist, go to DestinationRegenerate.com/book and start growing younger naturally!