



Dr. Robyn Benson's

A.R.T. eGuide Series: *Incontinence*

**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.



**Santa Fe Soul**

*Center for Regenerative Medicine*

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## A.R.T. eGuide Series: *Incontinence*

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. Dr. Benson 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** 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 with nutrition therapy, stem cells 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

# Do your decisions about which activities you participate in *depend on whether you have access to a bathroom or not?*

There are 13 million Americans who suffer from incontinence, and those who experience leaks of urine in small to moderate amounts when doing their day-to-day activities often keep that a secret.

Dr. Benson shares with her patients that she had experienced incontinence when she was training for marathons and after the birth of her second child, so she understands personally how frustrating this issue can be.

It is important to bear in mind that incontinence is not a disease, it is just a symptom with many possible causes. Incontinence is treatable and commonly experienced by elders, but it is not always a consequence of aging. Women are more prone to experience this because of childbirth, hormonal changes maybe due to menopause, and the female urinary structure itself, but it can also affect men of any age group (men can learn more from Dr. Benson's A.R.T. eGuide called HELP ME! I Have ED).

Certain conditions, such as neurologic injury, birth defects, strokes, multiple sclerosis, and physical problems associated with aging may also lead to incontinence.

If urinary incontinence disrupts your daily activities, it is best to see your integrative medical doctor since this will create major lifestyle changes and inconveniences until you can deal with it.

The good news is there are natural solutions to resolve this issue!



“As a mother, I experienced many changes in my body after giving birth to my children, *especially my second child*. The lack of bladder control can be one of the most inconvenient shifts in our bodies, but just know there are simple, natural solutions to manage this and to live a healthy, ageless life.”

Dr. Robyn Benson

I am on a mission to help woman learn about a natural regenerative lifestyle designed to support their entire body and mind with youthful results. I am thrilled to help women regain personal freedom by not needing to wake up 2-3 times a night to pee, or to look for the next bathroom every time they go outside the house.

My A.R.T. offers natural, non-surgical, and effective procedures to harness the healing power of your own body to improve its natural function, 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!



# ARE THERE DIFFERENT TYPES OF INCONTINENCE?



## Stress Incontinence

When the muscles of the pelvis are damaged or weakened, it affects the proper functioning of the lower organs, causing stress. A direct result of stress incontinence when you sneeze, laugh, or do any heavy lifting that causes pressure on the bladder is unintentional urine leakage. This is commonly experienced by women before menstrual periods and can worsen after menopause. Stress incontinence might be caused by physical changes due to childbirth, menopause, pelvic fracture, and surgery, such as a hysterectomy or prostatectomy. Regular exercise for the pelvic muscles such as pelvic-floor exercises can be helpful as a treatment for this problem.

## Urge Incontinence

When you have inappropriate bladder contractions, you may feel a sudden need to urinate followed by an uncontrolled urine leak. This is how urge incontinence, also called overactive bladder, causes you to feel the urge to urinate often, but you are unable to get to the toilet in time. This can interrupt your sleep and can be activated when sipping water, touching water, or hearing water drip. In some cases, it can be caused by an infection, neurologic disorder, or diabetes. Other conditions can lead to urge incontinence, such as stroke, trauma to the spinal cord, or a disease such as multiple sclerosis that can result in nerve damage.

# ARE THERE DIFFERENT TYPES OF INCONTINENCE?

*continued*



## Functional Incontinence

Sometimes people suffer from physical or mental impairments that make them unable to think, move, or communicate that they want to go to the toilet but may not reach it in time. For example, a person with Alzheimer's disease or a person in a wheelchair might not reach a toilet in time. When you have painful arthritis, you might find it difficult to unbutton your pants quickly enough. Functional incontinence is mostly associated with aging and is commonly a problem of elderly women in nursing homes.

## Mixed Incontinence

You can experience more than one type of urinary incontinence. A combination of stress and urge incontinence can occur both at the same time, especially in women.

## Transient Incontinence

Triggering factors such as medications, UTI, mental impairment, immobility, and severe constipation can lead to temporary incontinence. These conditions obstruct the outflow from the urinary tract, which can be resolved once the root cause has been managed.





## NO DRUGS FOR ME, THANK YOU!

A peek into the conventional medicine side is important for anyone considering options like surgery or medication. Below is a list of some drug therapies used for urinary incontinence.

The typical side effects for patients taking these medications speak for themselves. Those under the drug class Anticholinergics and Antimuscarinics include dry eyes, dry mouth, dry skin, constipation, and dizziness and are the main reasons why patients stop using them. See specific side effects below:

- **Oxybutynin:** Eye pain; skin rash or hives; clumsiness or unsteadiness; confusion; convulsions; dizziness; drowsiness; fainting; fast, slow, or irregular heartbeat; fever; flushing or redness of the face; hallucinations; troubled breathing; unusual excitement, nervousness, or restlessness; irritability
- **Tolterodine:** Abnormal vision, including difficulty adjusting to distances; bloody or cloudy urine; difficult, burning, or painful urination; frequent urge to urinate
- **Fesoterodine:** Dry mouth, dry eyes, constipation, dizziness, drowsiness, blurred vision

# NO DRUGS FOR ME, THANK YOU!

## *continued*

- **Trospium:** Bladder pain; bloody or cloudy urine; decrease in the frequency of urination or urine volume; difficult or burning urination, difficulty in passing urine (dribbling), or frequent urge to urinate; lower back or side pain
- **Fesoterodine:** Dry mouth, dry eyes, constipation, dizziness, drowsiness, blurred vision
- **Mirabegron:** High blood pressure; bladder pain; bloody or cloudy urine; blurred vision; difficult, burning, or painful urination; dizziness; frequent urge to urinate; headache; lower back or side pain; nervousness; pounding in the ears; slow, fast, or irregular heartbeat
- **Local synthetic estrogen:** Nausea, stomach cramps, vomiting, bloating, diarrhea, breast swelling or tenderness, nipple discharge, vaginal itching or discharge, swelling of ankles or feet, headache (including migraines), weight changes, dizziness, cold symptoms (stuffy nose, sneezing, sore throat), acne, skin color changes, increased facial hair, thinning scalp hair, depression, changes in menstrual periods, break-through bleeding





# ARE THERE NON-SURGICAL WAYS TO TREAT INCONTINENCE?

Dr. Robyn Benson is a Doctor of Oriental Medicine (DOM) brings an innovative and game-changing approach to today's health care. She offers the most advanced leading-edge therapies, procedures, products, and resources designed to renew, restore, and revive health naturally.

## Acupuncture

Acupuncture is proven to be safe and effective for the treatment of urinary incontinence in women. It reduces urge and stress incontinence significantly and restores bladder control. This is the foundation to her custom [A.R.T. treatments](#).

## Biofeedback

With the use of measuring devices, biofeedback helps you become aware of your bodily functions. Electronic devices or diaries are used to track bladder and urethral contractions to help you gain control of your bladder and urethral muscles. Biofeedback can relieve stress and urge incontinence and is more effective if used with Kegel exercises and electrical stimulation.



# ARE THERE NON-SURGICAL WAYS TO TREAT INCONTINENCE?

*continued*

## Kegel Exercises

To strengthen or retrain pelvic floor muscles and sphincter muscles, Kegel exercises can help reduce or cure stress leakage in women. You can visit your health care provider to learn more about this kind of exercise.

Listen to [YOUNGER](#) with Dr. Robyn Benson: *The A.R.T. and Science of Youthful Aging*. Learn from this conversation as the special guest speaker teaches you how to “[Reignite Your Pelvic Floor](#),” episode [#19](#).

## Physical Therapy (PT)

Dr. Benson can refer you to a professional pelvic floor PT specialist who can identify trigger points and other physical and muscular-skeletal factors that contribute to incontinence.



# ARE THERE NON-SURGICAL WAYS TO TREAT INCONTINENCE?

*continued*

## Electrical Stimulation

Electrical stimulation is applied in the vagina or rectum to stimulate the muscles, which will stabilize overactive muscles and contract urethral muscles. This technique is like muscle exercises that can strengthen the lower pelvic muscles and reduce stress and urge incontinence.

## Bladder Training

Voiding and leaking patterns are monitored and charted in bladder training. It involves biofeedback and muscle conditioning. You can empty your bladder before you may have a leak based on the pattern you have recorded. This technique can manage urge and overflow incontinence.

Learn more from Dr. Benson's [YOUNGER](#) podcast with a special medical doctor on episode [#22](#) and also listen to the resourceful conversation with a pelvic floor expert on episode [#19](#).



# ARE THERE NON-SURGICAL WAYS TO TREAT INCONTINENCE?

*continued*

## Diet Changes

Minimizing your intake of certain liquids such as coffee, tea, and alcohol reduces the incidence of urge and stress incontinence. On the other hand, drinking juices such as grape, cranberry, and cherry can help reduce urine odor and treat urinary tract infections that may cause incontinence. Lastly, scheduling water intake of six to eight glasses every day regulates your bladder pattern, which helps manage incontinence. Yes, drinking water is essential and dehydration worsens incontinence!

## Chinese and Western Herbs

Since most conventional treatments for incontinence have a lot of side effects, it is wise to choose herbal remedies. Herbal medicines such as Uva Ursi, Morinda, Black Cohosh, Barosma Betulina, and Ephedra are proven to be safe and effective in improving bladder control and strengthening bladder muscles, which relieves urinary incontinence.

Ask about the [BioMarker Blueprint Test Kit](#) and have a look at the convenient [online store with over 300 practitioner brands](#) as well as the office store to get what you need immediately after your visit at [Santa Fe Soul Center for Regenerative Medicine](#).

## HOW DOES PRP WORK WITH AN A.R.T. O-SHOT® FOR INCONTINENCE?

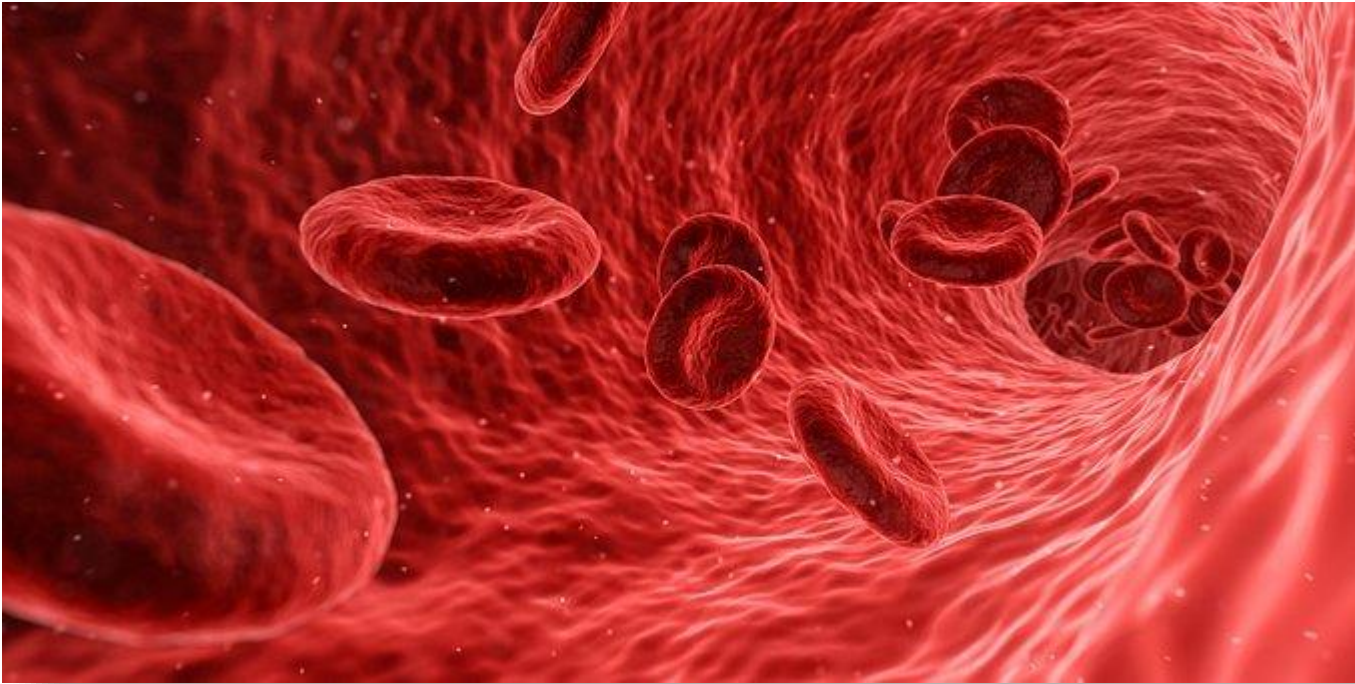
The O-Shot® is an effective, non-surgical, and simple procedure for women who want to improve their sexual function and libido, reverse incontinence, relieve pelvic pain, and increase vaginal sensation and tone. It is a gentle procedure that requires no downtime. Expect 30-45 minutes from start to finish.



The O-Shot® will give you the confidence you desire when it comes to your sexual life and pelvic health.

Between 30 and 40 percent of all women experience some symptoms of stress incontinence and/or female sexual dysfunction in their lifetimes. Incontinence can appear after childbirth, as the process of giving birth can weaken the tissues around the bladder.

Dr. Benson offers an integrative approach that includes her A.R.T. program. To thrive with a healthy pelvic area, consider a self-care lifestyle that includes a whole food diet, exercise, supplements, excellent hygiene, and regular sexual activity. She looks forward to helping you revolve this issue naturally!



## 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 after an injury and releasing growth factors to aid in healing.





“I personally understand and am committed to helping women resolve this often embarrassing and inconvenient condition naturally.”

Dr. Robyn Benson

Dr. Benson is honored to work with women with personal issues like incontinence. She has devoted her life and invested in the education required to apply the A.R.T. pathway, which is the practice of regenerative, not degenerative, medicine. She has focused on natural solutions with no side effects to encourage you to consider this regenerative pathway.

As a woman and a mother, she understands it is important to learn ways to honor and love your body with non-surgical solutions without drugs in order to live an active, happy, healthy, and youthful life.

Dr. Benson looks forward to speaking with you to customize regenerative solutions for *you*. She offers an annual women’s retreat called “[The A.R.T. of Liberation Women’s Retreat](#).” which will save you time and money. In a three-day weekend, she can help you get started on a fast-track with a wonderful quick get-a-way into the “Land of Enchantment” at [Santa Fe Soul](#) Center for Regenerative Medicine.

FAQs



FAQs

### *How long does the A.R.T. O-Shot® for Incontinence procedure take?*

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

### *Is PRP safe?*

The answer is YES! The A.R.T. O-Shot® is not only safe, but it is an excellent option for women with incontinence who would like to stop waking up in the middle of the night to urinate or have to plan for a bathroom stop every time they go shopping or on an adventure.

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

FAQs



FAQs

### *How soon will I notice results?*

Almost all patients notice immediate results. According to Dr. Charles Runels, *inventor of the O-Shot®*, most women notice many benefits beyond incontinence, like better orgasms, after the procedure.

### *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.

### *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).



## 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 a healthy, youthful lifestyle achieved with the A.R.T. O-Shot®, consider adopting a self-care life that includes a whole food diet, regular exercise, supplements, and self-love affirmations, as well as the other therapies and health services offered at **Santa Fe Soul Center for Regenerative Medicine**.

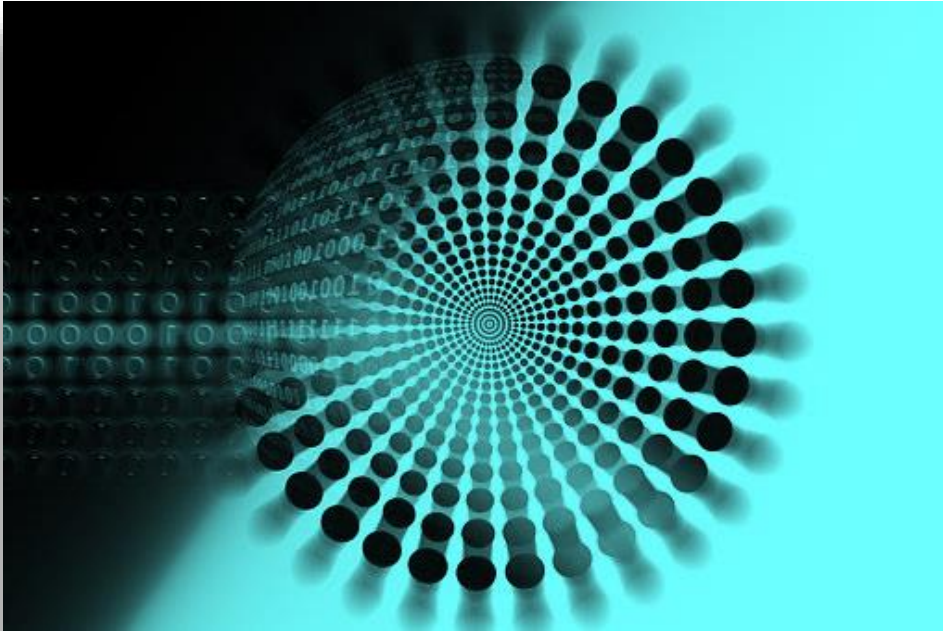
You will learn an abundance of information about how to live a regenerative lifestyle with Dr. Benson's *free mini-course* called, "[The Benson Regenerative Protocol](#): A 7-Step Foundation to Renew Your Youthful Spark."

Discover Dr. Benson's signature programs *for men and women* when she gets you started with a customized [BioMarker Blueprint](#). If you are ready to *amplify, regenerate, and transform* on your journey to *a new you*, please contact Dr. Benson's office for a free consultation today at: [505-986-1089](tel:505-986-1089).

## References:

1. Mayo Clinic, Urinary Incontinence: <https://www.mayoclinic.org/diseases-conditions/urinary-incontinence/symptoms-causes/syc-20352808>
2. The Urology Group of Western New England, P.C. on Urinary Incontinence: <http://ugwne.com/urinary-incontinence-condition-treatment-prevention.html>
3. 12 Natural Remedies for Incontinence: <http://www.health.com/health/gallery/0,,20457139,00.html#stay-hydrated>
4. 16 Home Remedies for Incontinence: <https://health.howstuffworks.com/wellness/natural-medicine/home-remedies/home-remedies-for-incontinence2.htm>
5. Acupuncture Remedies Urinary Incontinence: <http://www.healthcmi.com/Acupuncture-Continuing-Education-News/1658-acupuncture-remedies-urinary-incontinence>
6. 5 Herbal Remedies for Urinary Incontinence: <http://www.natural-homeremedies.org/5-herbal-remedies-for-urinary-incontinence/>





## Resources

A Pilot Study: *Effectiveness of local injection of autologous platelet-rich plasma in treating women with stress urinary incontinence* <https://www.nature.com/articles/s41598-020-80598-2>

A Novel Management for Postprostatectomy Urinary Incontinence: platelet-rich plasma urethral sphincter injection <https://www.nature.com/articles/s41598-021-84923-1>

### Disclaimer:

This eguide or ebook is not designed to and does not provide medical advice, professional diagnosis, opinion, treatment or services to you or any other individual.

Though this eguide or ebook may provide links to websites associated with DestinationRegeneration.com, RobynBenson.com or SantaFeSoul.com Dr. Robyn Benson the Creator of Amplified Regenerative Therapies (A.R.T.), the Self-Care Revolution™, and Santa Fe Soul Center for Regenerative Medicine (SFS), provides general information for educational purposes only.

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## Women Share Their Personal and Successful Results:

“ My first O-Shot® received solved a multiple decade issue with incontinence. I am thrilled to be doing my Zumba classes again and running without a pad. Even my sex life has improved dramatically. ”

—Deidre

“ I am beyond grateful! I want to share with women and men that Dr. Robyn Benson treated me one time with the O-Shot® and eliminated my urinary incontinence. Five years I dealt with this worry and mess, and after one mostly painless procedure I am free! Yahoo! ”

—Cecile W.

“ It has been three months and it is a relief not to always be looking for bathrooms, and AMEN I don't get up all night long. Dr. Robyn is so skilled. Her care for me really was obvious throughout the experience. Don't put this off like I did. Just say yes! Call Dr. Robyn Benson. ”

—Dr. W.C.





## 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 the 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](https://DestinationRegenerate.com/book) and start growing younger naturally!