



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

Joint Restoration

amplified regenerative therapies

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

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: *Joint Restoration*

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, read further . . .



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

When you think about taking a walk, bike ride or a run, . . . *do you hesitate because of your chronic joint pain?*

Living with chronic pain is debilitating and disruptive to every aspect of your life. Joint pain—whether in your knees, shoulders, hips, or other areas—is one of the most common types of chronic pain in the U.S. Whether your pain is caused by an injury, overuse, arthritis, or a natural degeneration of cells, there is an easy and effective way to liberate yourself from pain so that you can live a full and vibrant life.

Thanks to the new frontier of Regenerative Medicine, a natural, non-surgical solution popular with elite athletes such as Tiger Woods and Peyton Manning is available for both men and women at **Santa Fe Soul Center for Regenerative Medicine**. It's called the A.R.T. PRP Joint Restoration, and it can completely change your life in less than an hour and with minimal recovery time.



*If you're ready to
embrace a pain-free life,
Santa Fe Soul is ready to help!*



I am beyond thrilled to offer a revolutionary, life-changing solution to help anyone suffering from chronic joint pain. I am committed to helping you learn how to live a regenerative lifestyle so that you can be pain-free at any age.

— Dr. Robyn Benson

One of the most popular pathways offered at **Santa Fe Soul Center for Regenerative Medicine** is the PRP Joint Restoration procedure, affectionately called the A.R.T. PRP Joint Restoration. The integral part of my revolutionary A.R.T. program, which stands for Amplify, Regenerate, and Transform uses the power of you own biology. This therapy relies on the pioneering science of Regenerative Medicine and has been known to reverse aging naturally using the ability of your body to heal itself.

While aging is part of life, choosing a lifestyle that supports your body and mind and embraces the science of youthful aging is a choice each person can make. Thanks to this revolutionary field, we can transform the health of our clients in powerful ways to help them stay active at any age.

When you make an appointment at **Santa Fe Soul**, make sure you ask about other natural solutions offered that draw on my many, many years of experience working with people around the world. My global travels have helped me address health from a whole new perspective.

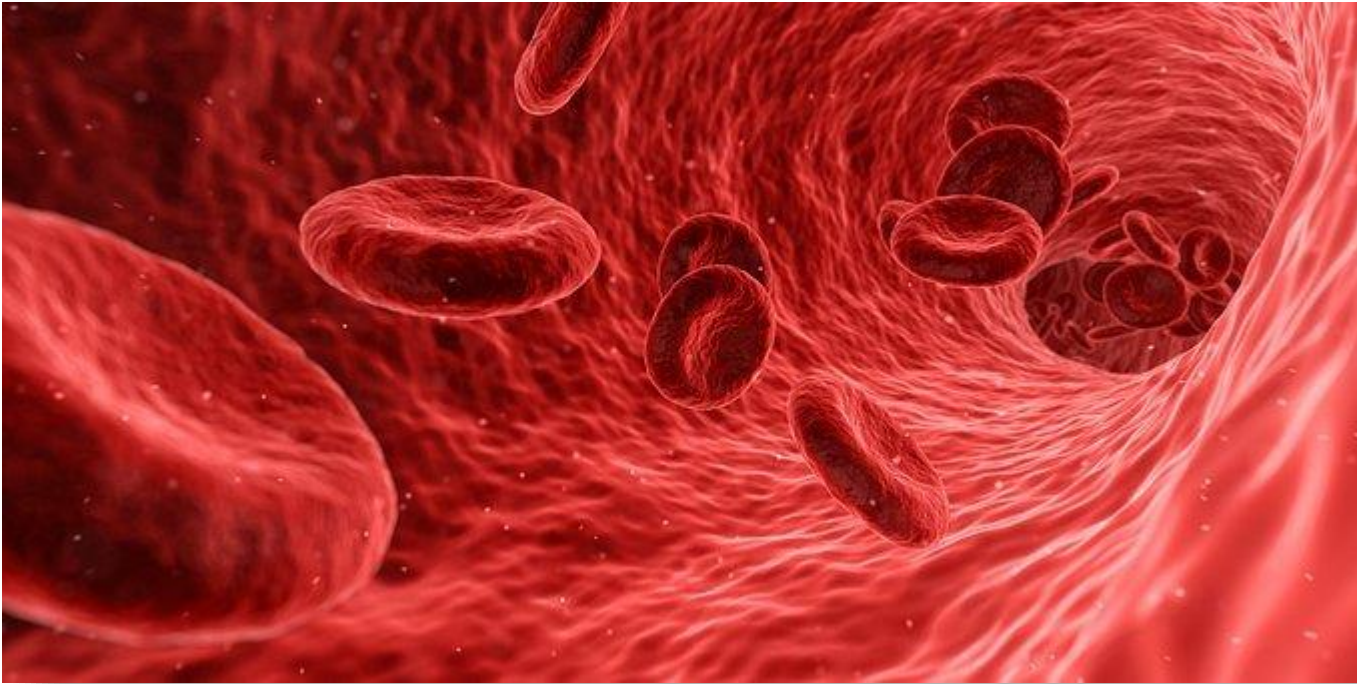
You might begin by asking about the [BioMarker Blueprint Kit](#) that can give a personalized map of your body with information and clues we will use together to integrate into a healthy, custom plan just for you. My goal is to create tailored and sustainable natural solutions for you for lasting health. I find when we keep focused on the science, you understand how to optimize your mind and body in new ways.

WHAT IS THE A.R.T. PRP JOINT RESTORATION?



The A.R.T. PRP Joint Restoration is one of eight easy, natural, and effective regenerative therapies for men and women offered at **Santa Fe Soul Center for Regenerative Medicine**. Each therapy relies on PRP—platelet-rich plasma—a substance drawn from your blood that has the power to reverse aging and degenerative disease by healing damaged tissues and restoring healthy joints. PRP is also used to restore skin and breast, hair growth, and sexual function in both men and women.

Let's take a closer look at the powerful healing benefits of the A.R.T. PRP Joint Restoration. Read more below about the revolutionary science of Regenerative Medicine.



WHAT IS PRP?

The A.R.T. PRP Joint Restoration 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.

HOW DOES THE A.R.T. PRP JOINT RESTORATION THERAPY WORK?

We start the PRP process at **Santa Fe Soul** by drawing a small sample of blood from your arm and processing it in an FDA-approved, high-tech centrifuge. The spinning motion of the centrifuge separates the plasma into a highly concentrated form that we then inject in places where you feel pain. The PRP triggers your body to reduce inflammation and build healthy new blood vessels, repairing damaged tissue and degraded or inflamed cartilage. According to research, PRP can even aid in regenerating cartilage damaged by osteoarthritis or rheumatoid arthritis.



What are the benefits of the A.R.T. PRP Joint Restoration therapy?

The healing power of the A.R.T. PRP Joint Restoration therapy comes from growth factors, which are derived from your platelets. These growth factors help your body stimulate tissue repair and regeneration. Specific benefits include soft tissue repair, bone regeneration, the creation of healthy new blood vessels, and stimulation of the wound-healing process.



How do you know if the A.R.T. PRP Joint Restoration is the right therapy for you?

A.R.T. PRP Joint Restoration is used for people who are still experiencing chronic pain in their shoulders, hips, knees, vertebrae, and other joints after other effective treatments have failed. These treatments include acupuncture, natural anti-inflammatories like fish oil and curcumin, glucosamine chondroitin to help rebuild cartilage, topical analgesics, PEMF, Prolozone, cold laser, and microcurrent for pain relief.

When these effective treatments are not enough to get the desired results, PRP is a minimally invasive therapy that repairs and restores damaged and degenerated tissue.

FAQs



FAQs

How long does the A.R.T. PRP Joint Restoration procedure take?

The procedure takes less than an hour in our state-of-the-art center devoted to Regenerative Medicine. Because there is no downtime and no invasive surgery, you can resume your everyday activities as soon as the procedure is finished.

Is the A.R.T. PRP Joint Restoration safe?

Platelet-rich plasma comes from your blood and has never been associated with infection, malignancy, or any serious side effects. Dr. Benson has safely provided PRP at Santa Fe Soul Center for Regenerative Medicine to more than one thousand patients.

Am I a candidate for A.R.T. PRP Joint Restoration?

PRP is considered by many to be a “new frontier” of Regenerative Medicine. Clinical studies have shown that PRP can be used in many types of procedures for a wide range of patients, but it is always best to discuss your specific treatment with Dr. Benson.

FAQs



FAQs

When will I notice results?

The A.R.T. PRP Joint Restoration works by helping your body to repair itself. You may notice results within a few weeks, but it can take a series of PRP injections to achieve optimal outcomes as your body generates new tissue and your mobility and comfort return.

What do I need to know to prepare?

It is important that you do NOT use anti-inflammatory medications before and during the 48 hours after the injection. In addition, 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 healthy, youthful joints achieved with the A.R.T. PRP Joint Restoration, 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 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* minicourse 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 into a new you*, please contact Dr. Benson's office for a free consultation today at: [505-986-1089](tel:505-986-1089).

Sources

Clinical Update: Why PRP Should Be Your First Choice for Injection Therapy in Treating Osteoarthritis of the Knee

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6220006/>

Is PRP Safe to Use On Your Joints?

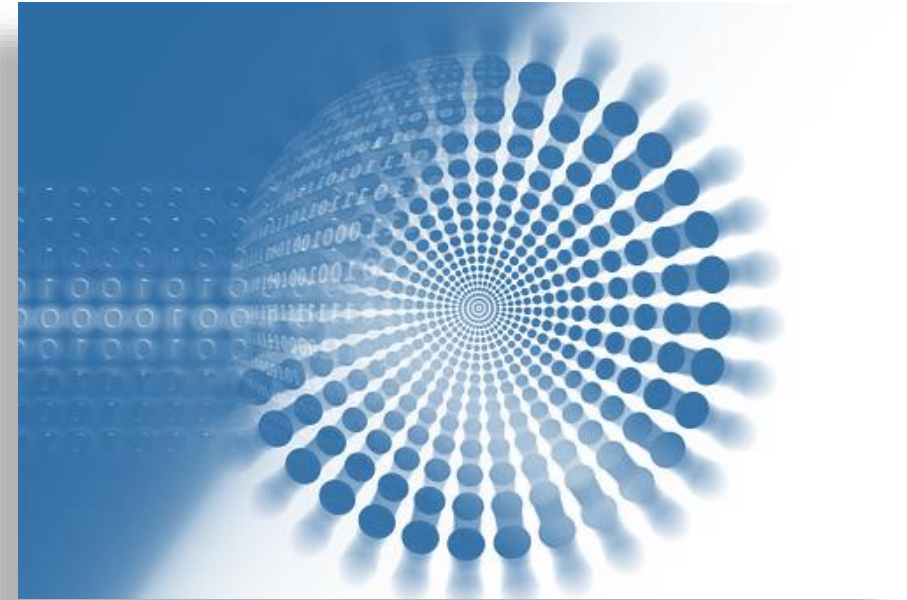
<https://www.healthline.com/health/osteoarthritis/platelet-rich-plasma-knee#who-can-benefit>

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Hear from Those Who Share their Joint Restoration Success!

“ Dr. Robyn has saved me! My knee was excruciating - I didn't want to get in and out of my car, it hurt so much. I was hobbling around like a debilitated person. I saw a surgeon and he said I had a torn meniscus that *might* get better with surgery, and that is after three-six months of recovery and physical therapy.

The procedure was painless, and after just a few weeks my pain was completely gone. The difference is 100%. It's now six months later, and I had to write because until I had a follow up call from the surgeon, I had forgotten it was ever a problem. I can run, ride my horse and walk completely pain-free.

Robyn, I love you! Thank you! ”

—Desirée

“ I am a marathon runner and when I met Dr. Benson she gave me my A.R.T. Restorative Therapy. I was able to compete in a mini-triathlon right after my first shot but noticed the soreness was beginning to come back a few days after the race. Dr. Benson said it might take a few shots, so I went back for my second injection. It was a remarkable change; there was an absolute 180 degree difference back to where I feel NO PAIN. It was the best, and I can't tell you how wonderful I feel and how much I thank you. ”

—Jodi





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, we design 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 and start growing younger naturally!