

# Youthful Aging

is a Choice with Regenerative Medicine and Other Pathways

- Live Amplified
- Youth Restored
- Hormonal & Sexual Health



**amplified**  
regenerative therapies

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# The 5 Pathways to Amplifying Your Life

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# Youthful Aging

## is a Choice with Regenerative Medicine and Other Pathways

In this Winter of Wellness (WOW), learn how to expand your healthiest self with my ART (Amplified Regenerative Therapies). As a Doctor of Oriental Medicine for more than 25 years, the host of the Winter of Wellness 2015-2018, international bestselling author of “The Healthy Conscious Traveler,” and a specialist in Regenerative Medicine, focused on helping you achieve optimal health and youthful aging!

This complimentary guide is available for you to use online and/or to print out for your convenience. And don't forget to register for my free podcast about ART, available at: <http://robbynbenison.com/>.

### Breaking free of chronic illness and accelerated aging with the breakthrough science of Regenerative Medicine

The US Spends more on health care than other high-income nations but has lower life expectancy and worse health. The US is ranked 37 in the world right now among industrialized countries in all around health care, while the rates of obesity and chronic conditions continue to worsen.

At least 80-90% of all diseases we now know are caused by lifestyle choices. In addition to poor food choices, a high sugar diet, and increased stress, most Americans are not exercising and getting adequate sleep like our ancestors once did.

With modern Technology such as laptops, computers, modern lighting, and 24-7 on lifestyle including smart phones (aka electronic COCAINE) it is easy to see how the digital age is also causing us to age rapidly as we are breaking down faster than we can regenerate. Why? Because our cells and circadian rhythms are not designed for these artificial frequencies and we don't allow for the proper amounts of rest, exercise and outdoor “fresh air time” to refuel.

I have devoted my entire 25 year career as an integrative doctor of Chinese medicine in Santa Fe NM to finding and treating the root causes of why my patients are wired, tired, sick and in pain. Most importantly I advise my patients on becoming their best self-care advocate and to practice electro-hygiene. This entails educating my patients on their food, exercise and lifestyle habits that are contributing to their condition. My goal always is to help my patients renew, restore and rebuild their optimal cellular health to ensure aging as youthfully as possible if they commit and choose to do so.

We often forget that the human body has a remarkable capacity to heal itself and age well if we simply follow the laws of nature. What is most promising today in regards to youthful aging is the whole new realm of regenerative medicine. Regenerative medicine is the reverse of aging and degenerative disease. It's the science of boosting healing naturally in damaged tissues and in under functioning endocrine and immune systems. This is being 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 rejuvenation and sexual function with your own platelet rich plasma (PRP).



# The 5 Pathways to Amplifying Your Life

01

## Hydrate & Thrive

Water is essential to all life. Without it, our health deteriorates quickly. Dehydration is a serious condition that can accumulate over a lifetime, eroding one's health. It is commonly caused by poor hydration and water sources, eating too much sugar as well as foods full of excess sodium, chemicals and preservatives. With a good hydration plan, however, you can keep track of how much water you consume in a day and assure that you're following a water-rich diet, which requires that you drink at least 48 to 64 ounces of water each day. Drinking 8 to 16 ounces of clean water and one to two drops of lemon juice or lemon oil first thing in the morning is another healthy approach. Do this as often as possible throughout your life to detox your liver and alkalize your body. The number one recommendation is to eat a high-water-content diet on a regular basis, including fruits, veggies and live foods. Make sure you drink at least 48 to 64 ounces of healthy, mineralized water each day.

And adding Aerobic O7 to your water can protect against salmonella, cholera, E. coli, streptococcus and even against giardia lamblia.

**“Water is the only drink for a wise man.”**

~ Henry David Thoreau

02

## Exercise & Earthing

Make exercise a priority in your life by working out at least four times a week. Once you've identified your exercise personality, you can mix and match the ways you exercise for better overall fitness and to alleviate boredom. No matter how your exercise, always remember you can achieve fitness success one day at a time.

**“Movement is a medicine for creating change in a person's physical, emotional and mental states.”**

~ Carol Welch

A few examples of great exercise options include walking, a moderate-intensity physical activity that raises your heart rate and causes you to break a sweat while you're still able to carry on a conversation. Yoga is equally wonderful because you can move and stretch almost anywhere yoga classes are and they are easy to find. Consider Tai Chi and Qi-gong, two Asian exercises practiced for mind and body benefits, and Pilates, which improves flexibility, and develops the body's core strength. Running and swimming are powerful cardiovascular forms of exercise that you can do for 20 minutes three to four times a week for optimal health benefits.

For those who are already fit, high-intensity or High-intensity Interval training (HIIT), done in short bursts, is a great way to workout. Adding three high-intensity workouts to your weekly menu offers a great way to lose fat. Here's my favorite exercise program: a 3-5 minute warm up/cool down (run, bike, swim, etc.), followed by a 30-second quick burst, a 90-second rest, then 30 seconds fast. Repeat this sequence eight times.

I also recommend that you strive to go barefoot by Earthing and get outdoors as much as possible. This reconnects you to the earth's frequencies, and there's a “Gushing Spring” acupuncture point at the bottom of your feet that craves the earth. You can also achieve similar effects if you can't get outside by lying on a PEMF (pulsed electromagnetic frequency device), which mimics nature. We offer this to all of our patients.



# The 5 Pathways to Amplifying Your Life

03

## Food as Medicine

Did you know that at least eighty percent of your overall health status is related to diet and food? You don't have to look too far beyond what you're eating to solve most of your health issues.

For example, avoid white sugar because it's poisonous to the body and accelerates aging. Instead, use 100% cane sugar or local honey or organic maple syrup used in strict moderation. It's also good to avoid all synthetic sugar substitutes such as Nutrasweet (Aspartame), Splenda (Sucralose) and many other sugar substitute chemicals because they contain "excito-toxins," which cause memory loss, obesity and other nervous disorders. The best alternative is stevia or a new alternative sweetener called "Just Like Sugar."

Don't eat processed foods, fast foods and buffet offerings, as they are full of hidden chemicals such as food colors, preservatives and hidden artificial flavors. Pasteurized dairy products and ice cream can be bad, too, because they're hard on your digestive system and often produce mucous. Almost all snack foods, including many energy and sports bars, are bad for your body, too, as they are processed with chemicals and contain dyes and hydrogenated oils. And of course soda, caffeinated drinks and alcohol cause inflammation and imbalances in your blood sugar.

I also recommend avoiding GMO foods. You can download the app ShopNoGMO from the Institute of Responsible Technology on your smartphone to learn about the impact of GMO foods on your health and find the list of safe Non-GMO foods, including the Dine Out Non-GMO list.

So what can you eat? For optimal health, my number one recommendation is to consume a high-water-content diet on a regular basis, including fruits, veggies, cage-free organic eggs, organic grass-fed meat, and wild not farm-raised fresh fish that is low in mercury and other heavy metals. I also recommend live foods.

04

## Sleep to Regenerate

Did you know there are more than seventy different types of sleep disorders that result in reduced sleep quantity or quality? Lack of quality sleep is perhaps one of the most common health problems for people today. We often ignore our body clocks,

and at a price. Moderate and long-term sleep deprivation can lead to attention deficit disorder, weight gain and increased insulin and cortisol levels. The good news is you can take simple steps to ensure a good night's sleep, from regularly going to bed and waking up at the same time, because our bodies are cyclical and have a propensity for what is regular and routine, to sleeping in a completely dark room, which stimulates your body's natural production of melatonin, an important hormone for normal sleep cycles. Try taking a warm bath before bedtime with relaxing aromatherapy essential oils or add some bath salts to relieve the aches and pains of your day.

You could also stretch or do some yoga poses and sip calming teas, like chamomile, just before bed. Listen to a soothing music meditation to relax or write a gratitude statement for the day before bed, which can release the stress of the day by focusing on what was satisfying and heart nurturing, even on hectic and difficult days.

05

## Regenerative Medicine Practices

In my 25-year practice at Santa Fe Soul ([santafesoul.com](http://santafesoul.com)), I have helped people of all ages to renew, restore and revive their bodies so they can live a healthy lifestyle with my ART natural aesthetics. Below you'll find a list of the most popular pathways to achieving optimal health. Check my website to see the full menu: <http://robynbenson.com/>

“*Let food be thy medicine and medicine thy food.*”

- Hippocrates

“*Now I see the secret of making the best person: it is to grow in the open air and to eat and sleep with the earth.*”

- Walt Whitman



# Regenerative Therapies

Following the pathways above is the essential way to achieve optimal results with all of these popular, science-based regenerative therapies listed below.

## The O-Shot®

**The O-Shot®**, is an effective and simple procedure for women who want to improve their sexual function, libido, reverse incontinence, relieve pelvic pain and increase vaginal sensation and tone with the platelet rich plasma from your own PRP. This gentle procedure requires no down time and usually takes 30-45 minutes, from start to finish. The benefits of The O-Shot® include:

- Restoring healthy sexual functioning
- Decreasing incontinence (and often complete resolution in 90% of all women)
- Revitalizing the pelvic floor
- Creating younger, smoother skin of the vulva
- Creating a tighter vaginal opening with increased natural lubrication
- Providing a solution for those who experience painful intercourse
- Increasing desire for sex and a better orgasm

## The Priapus Shot®

**The Priapus Shot®** is a life-altering, safe and convenient procedure for men who desire optimal sexual function from growth factors derived from your own PRP. If you're looking for a solution for your ED or other sexual challenge, this is the ART (amplified regenerative therapy) for you. The benefits of the P-Shot® include:

- Increased sensation and pleasure (and can help correct the damage from diabetes)
- Make other therapies work better (if you still need Viagra or Cialis, then it will work better for you)
- Helpful for men with Peyronie's Condition

You can expect the positive benefits to last for 8-16 months depending on your condition.

## The Vampire Facelift®

**The Vampire Facelift®** is a favorite choice for celebrities and people who care for a natural approach to amplify the youthful face they desire. At Santa Fe Soul, through my ART therapies, we will work with you to help shape, lift and texture your face in a way that reduces wrinkles, scars and rebuilds healthy new tissue with your own PRP. The benefits of the Vampire Facelift® include:

- Diminishing brow lines, wrinkles and laugh lines
- Restoring healthy, vibrant skin
- Reducing or eliminating crow's feet
- Rebuilding healthy collagen and elastin
- Getting rid of or reducing small scars
- Younger, smoother skin on the face and neck
- Reverse aging on a cellular level
- Plumping sagging skin

## The Vampire Breast Lift®

**The Vampire Breast Lift®** offers an amazing way to have shapely, firmer breasts without surgery or implants with your own PRP. It will help if you've experienced:

- Decreased sensation after implants, breastfeeding, other surgery, or simple tissue aging collapse or sagging
- Stretching and crinkling of skin around the cleavage
- Skin discoloration because of less blood flow
- Inverted nipples
- Implants that have shifted and the cleavage is uneven

You can expect results to last for at least 1 year depending on your age, vitality and overall health.

# Regenerative Therapies

## The Vampire Hairlift®

**The Vampire Hairlift®** renews, restores and revives healthy hair. If you are looking to restore healthy hair, or to fill in some areas that have become thinned out, this popular procedure is for you. Also known as the PRP Hairlift, this natural treatment has left our patients feeling thrilled with their results. I invite you to see how we can help you have fuller and healthier hair today and everyday. The benefits of the Vampire Hairlift® include:

- Helps to thicken a receding hairline
- Amplifies the hair you currently have
- Revives healthy hair that has become thin with aging
- Restores patches of hair-loss with one to two treatments
- Stimulates dormant hair follicles, encouraging them to start growing again

## PRP

### **PRP for Regenerating Healthy Tissue.**

Platelet rich plasma (PRP) is a concentrated blood sample that contains high levels of platelets, a critical component of the wound healing process. Platelets contain growth factors that are responsible for stimulating tissue generation and repair. Growth factors derived from platelets are responsible for soft tissue repair, bone regeneration, development of new blood vessels, and stimulation of the wound healing process.

- All natural non-surgical therapy
- Uses your own body to stimulate tissue regeneration and repair
- Dramatically reduces healing time of certain injuries
- Relieves Chronic Pain when other therapies fail

## Prolozone

### **Prolozone**

Prolozone is a natural solution, non-surgical ligament reconstruction that is often an effective treatment for chronic pain. By repairing the connective tissue this is all that is needed to reverse chronic pain. Prolozone Therapy is an injection technique similar to prolotherapy that uses ozone. The use of ozone causes the joint to heal much more quickly than in traditional prolotherapy.

Pain will persist as long as the connective tissue in a joint remains damaged. Connective tissue can be scarred, torn, or overly stretched. Prolozone injections stimulate tissue to repair itself, strengthening and tightening, and ultimately stabilizing the joint. Prolozone therapy involves the injections of ozone into soft tissues, ligaments, and tendons. This causes a localized inflammation in these weak areas, which then increases the blood supply and flow of nutrients, the stimulation of anabolic cells, fibroblasts, osteoblasts, and chondroblasts. These effects stimulate the tissue to repair itself, strengthening and tightening, and thereby stabilizing the area. Prolozone benefits include:

- Often immediate improvement of pain with minimal to no downtime
- Minimally invasive
- No risky drugs or surgery
- Strengthening of all connective structures at treatment site



# Regenerative Therapies

## Nutrient Therapies

### Nutrient Therapies.

Intravenous therapy was started in the 1800s as a way to treat seriously ill patients. Since then, the use of the IV therapies has evolved and become a necessary part of medical procedure for the administering of medicine and fluids.

In recent years the use of IV therapies has again evolved to encompass holistic and preventative care. Indeed, IV therapy {Vitamin C Drips, Myers Cocktail, Ultra-Violet Blood Ozone} has moved from the hospital to become part of sustainable healthcare solutions in spas and health centers around the country. IV Nutrient Therapies benefits include:

- Alleviation of Chronic Fatigue
- Reduce frequency, occurrence, and intensity of headaches
- Reduce Pain
- Alternative treatment for some infectious diseases
- Supportive treatment for chronic illness
- Reduced recovery time from sports injuries



**amplified**  
regenerative therapies

*Dr. Robyn Benson*



**Dr. Robyn Benson**, author, speaker, Self-Care and regenerative medicine expert is known by many to be THE health detective with life-changing solutions! In addition to building Santa Fe Soul Center for Optimal Health 12 years ago, Robyn is now offering the most advanced leading edge therapies, procedures and products designed to renew, restore and revive peoples health called ART (Amplified Regenerative Therapies). For the past 25 years, she's applied her considerable knowledge of acupuncture, PRP, 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.

**CALL:**

505-986-1089 to begin reversing aging on your very first treatment.  
Address: 2905 Rodeo Park Dr E # 3 • Santa Fe, NM 87505

**For more information visit: <http://robynbenson.com/>**

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