

When
does YOUR pain get in the way?

How long
have you suffered already?

How much longer
will you continue to suffer?

What do you fear
from more and more drugs?

What do you fear
from surgery ... *again?*

You want more than answers –
you want relief!

We're ready to help you *right now*:
DIAL 1-800-FIX-PAIN

More life-saving treatments from best-selling author
John Parks Trowbridge M. D., FACAM

When life is your choice, failure is not an option.SM

I need to share this booklet right now with ...

Questions I want to ask so I can get relief:

When life is your choice, failure is not an option.SM
2 Find it *now* – Fix it *right!*

Failure is *not* an Option – 2nd Edition

<i>Ask Rick</i>	5
Lifelong hip pains gone	
Don't Confuse Me With Words!	7
How our treatments are different	
<i>Ask Lois</i>	13
Injuries and arthritis relieved	
Simple Simon Says ... Mother, May I?	15
Do you need permission to feel better?	
<i>Ask Bobby</i>	19
Surgery just made him worse for years	
Choose Your <i>Health Care</i> Like Your Life Depends On It	21
... <i>because it does!</i>	
<i>Ask Shirley</i>	25
Back and hip pains finally relieved	
Poison Pills <i>Exposed!</i>	27
Facts that scare you – and might save you	
<i>Ask Dan</i>	37
Now he won't lose even more of his foot	
Kick the Tail of the One-Trick Pony	41
Real doctoring from a real doctor	

Ask Joanna	48
Neck pains finally improving	
What Have We Learned Today?	53
You get the steak, not just the sizzle	
Safety First, Last, and <i>Always</i>	57
More comfortable and capable -- Safely	
Who Wants To Live To Be 100?	61
... <i>if</i> you remain comfortable and capable	
Just Waiting On <i>You</i>	63
Who we are, why we're here	
We're ready to <i>make your life great again!</i>	65
Find out easily whether <i>you</i> can expect relief	
Now Review the Impact of Pain in <i>YOUR</i> Life	69
Real pain problems deserve real pain relief	
Remove and Replace	71
New plastic and new steel <i>not</i> "new you"	
Are You Ready To Make the Call?	85
The time is now, the place is here	
What we do for you	87
<i>Get out of your pain and get on with your life.</i> SM	

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Ask Rick

Rick was happy with the prolotherapy injections helping his knee. Our natural “prolotherapy” solution placed into his injured tissues stimulated regrowth, repairing the damage and resulting arthritis. He asked about treating his hip. When a quarterback in high school, an onrushing opponent “nailed” his right hip with his helmet. White-lightning pain! Then lingering pains and limitations for *40 years*. I explained, “I would like to try a new and unique ‘cellular allograft’ (‘stem cells’) preparation that I think might help.” Injection of this new umbilical-derived biologic into his hip was easy and his hip pains disappeared quickly. Where the helmet hit was far different and much more serious, a tissue compression injury (RSD) ... and *that* special pain took a whole week to disappear.

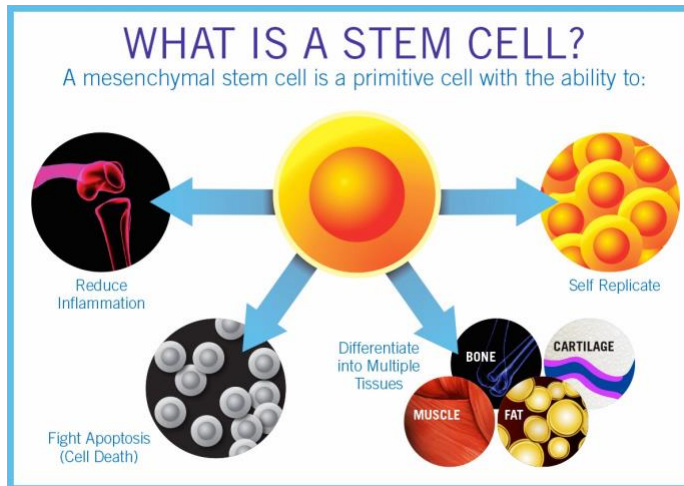
Six months later, he stepped backwards off his hay-baler (*oops* – no step there!) and fell onto – you guessed it! – his right hip. Days later he came in: “This hurts like before; should we try more cells?” “*Wait!* – this is a separate new injury. Let’s see how you recover. Assuming all goes well, that’s confirmation that your earlier treatment was a success.” His *new* injury pains *disappeared in a week*, and he continues to comfortably enjoy usual activities like he had *never* seen in his adult years.

“Growing up” involves uncountable bumps and bruises, sometimes even breaks. We rarely

understand how these often innocent events can lead to pain that arises anytime later and can last for years, even the rest of our life.

Natural healing produced by an advanced, unique umbilical-derived biologic has the potential to restore greater comfort and better function for all joints, tendons, rotator cuff and other strains, back and neck pains, and other support tissues all over. This booklet shares the basic ideas you want to learn.

This illustration shows what you will learn and understand in the following pages.



You will appreciate how easy we will make these ideas for you to understand – and then you will confidently expect our unique umbilical-derived biologic treatments could help you feel better. Honestly, you've suffered enough already.

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Don't Confuse Me With Words!

Here I use <stem cell> to review the general topic of these cells and "stem cell" (in quotes) to refer to the highly specialized, unique, biologic product that *I* use.

As variations on so-called <stem cell> treatments eventually become more mainstream, just *what* they are and *how* they heal is important to understand, to best treat your degenerative diseases. When special "allograft" stem cell tissues (*not your own*) are used, the source *must* be a trusted one: a federally-registered tissue bank is the *only* one I have ever depended on, exceeding my expectations in how these youthful cells are isolated, processed, and safely preserved.

I routinely witness impressive results "all over" ... not just for my patients but also for *me*, personally. This rich source of young cells and essential growth factors ["cytokines" and "exosomes" and much more for you Dr. Google fans to look up] promotes regeneration of joint support tissues and reduces inflammation. I nickname this patented unique umbilical-derived biologic preparation as "the package that performs." *Because it does!*

The term <stem cells> is recognized all over the world but it can mean *many different things*. The National Institutes of Health (NIH) describes their remarkable potential to develop into many different cell types in your body. In general they are your internal repair system in many tissues, dividing to replenish other cells as long as you are alive.

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Each <stem cell> has the ability to make *more* <stem cells> **or** to become another developed tissue cell with more specialized functions in your organs. A “bad rap” on <stem cells> arose over 2 dozen years ago when people realized that embryo (developing baby) cells were being used for research; *that* practice was abruptly *outlawed*.

Today, many “treatments” elsewhere involve harvesting some of your cells by sucking fat from your belly, your butt, or your bone marrow. Then some obscure and *often* non-standard processing is performed on this “soup” solution, to separate your <stem cells> from others *also* removed. You can see the limitations easily: a meager number of <stem cells> can be retrieved; others (such as unwanted red and white blood cells) commonly are blended in the final “soup” solution. In-office procedures might use chemicals that needlessly injure or kill some of your cells; **and** ... *perhaps this is most important*: your harvested cells are “adult” stem cells, they are ***already old*** (your age!) and they have been ***exposed*** to all the toxic chemicals and heavy metals seen by your body as well as stresses and nutritional deficiencies that have long been reducing optimal performance throughout ***all*** of your tissues.

A couple of other questions deserve to be asked regarding your *harvested* <stem cells>: since these cells have been inside you “forever,” why haven’t they *already kicked into gear* and performed needed repairs? And ... could some of your <stem cells> be affected by illnesses brewing inside you, so they might never work as well as before?

Here's why *our* umbilical-derived biologic is the "crown jewel" of all available "stem cell" options: these are obtained from pregnant American women who volunteer to donate the umbilical cord blood that would otherwise be discarded at the time of their scheduled C-section delivery (surgically removing the baby through her belly). All donors undergo extensive questioning and testing merely to qualify for donation. While every medical treatment can involve risks, *tissue banks* that comply with (or even exceed) stringent federal regulations diligently focus on *excluding* all foreseeable complications.

Comprehensive studies are performed on the premium tissue while cells are being processed, isolated, and gently preserved by a patented process to preserve maximum survival and activity (selected cell populations *with* many cell growth factors).

This resulting elegant umbilical-derived blend is quarantined until all tests score an "A-plus" for safety and durability. Carefully measured concentrated cells are deep frozen until ordered and sent overnight to our office on dry ice and kept in our deep freezer, to be gently thawed immediately before your treatment.

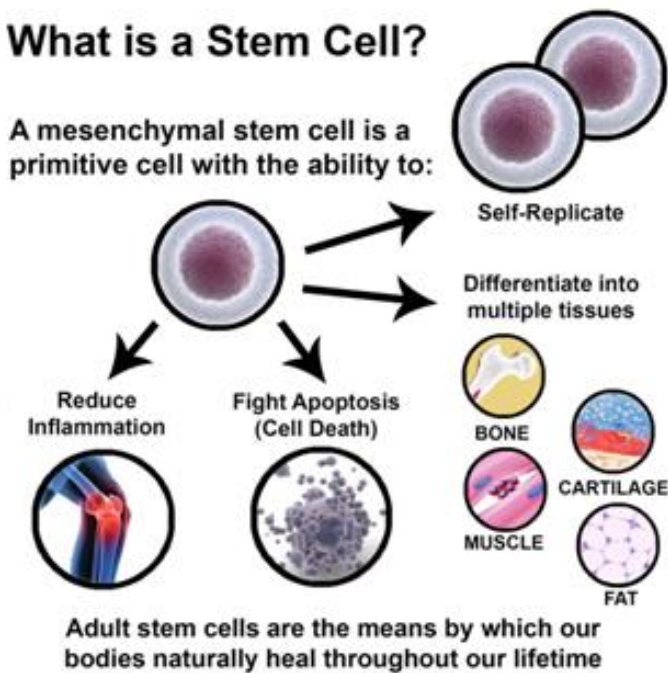
I call our umbilical-derived biologic treatment "stem cells" (*in quotes*, meaning our solution is composed of selected cells *and* many critical growth factors) to distinguish them from many *other* preparations advertised as <stem cells> but where fat harvesting techniques, handling, and processing can vary considerably in private offices. Some commercially-marketed products seem to be tissues

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reduced to fragments or somehow filtered. *None* are prepared in the same way as the unique ones *I* use.

Our umbilical-derived cells are considered pluripotent, meaning they reproduce to make more robust cells *just like themselves* **or** they can differentiate (change into) *many specific tissue cells* in the right circumstances. Your own “adult” stem cells likely already have become *limited* in the changes they can undergo to help your healing.

What is a Stem Cell?



Here's a confusing term: *mesenchymal* stem cells. Carefully and gently isolated, these mesenchymal cells expect to differentiate into

structural support cells – helping you to repair painful injured joints, arthritis, even fractured bones.

Research into their possible changes into *other* specific cell types is promising but still requires more study. Remember: I simply say that my unique treatment offers the hope that you will become more comfortable and capable *but* the results seen by any one patient cannot be predicted with certainty – however, I *do* “stack the deck” for your success!

Should you trust the safety and purity of these very special umbilical-derived biologics? You can feel confident you realize that I *personally* have had several of these treatments to reduce pains and limitations due to lifelong disabilities from a genetic condition related to scoliosis and double-jointedness. [Ehlers-Danlos Syndrome, for you Dr. Google fans]

One more point to consider: I have thoroughly reviewed their laboratory facility, their Ph.D. research scientists, their quality control and regulatory compliance officers, and their chief executive. They do it right, even *more* than right.

Sufficiently convinced of their long-term safety for *me*, I can say without any reservation that I am thrilled to enjoy better comfort and capability, “miracles” for which I have long prayed as I have grown older.

The results our patients enjoy – and *I* enjoy as well – have been truly amazing, beyond what I *ever* expected to see. *Our* unique biologic well deserves the nickname of “*the package that performs!*”

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Ask Lois

Lois has spent years standing on her feet, teaching students. When not at work, she has devoted many joyful hours assisting her mother and other family members less able to fend for themselves. Over time, your usual wear-and-tear takes its toll in daily comfort, a situation that so many people understand. Such suffering, though, is done “in private” for the long hours as we go about our chores and duties and in the quiet of night.

Falls and crashes create lingering symptoms, and Lois was amazed when she realized that discomfort from 18 earlier broken bones is now much less painful after her special umbilical-derived biologics injection. When she stood up immediately after her treatment, she noticed she was walking more easily and with a better gait. She now walks longer distances without having to rest her back *and* her arthritis overall doesn't bother her like before. Better walking means stable, safer balance.

Can our unique injections help all over? Well, Lois says she can get more exercise without pain like before. Is her metabolism better? She notes that she has been able to lose weight more easily – and with her recent changes, her double chin has tightened up. Oddly enough, she claims her hearing seems improved (turning down the radio volume) ... maybe she's just paying more attention to life?

Remember when most of your days consisted of play?

“Let’s go swimming” –

“No, I’d rather play baseball” –

“But I want to ride bikes” –

“Hey – let’s do all three!”

Back then, your body wasn’t the limiting factor, bumps and bruises and painful problems resolved quickly – then you were outside for more fun.

So ... how much fun is it now to finally get going again with enjoyable activities? Get to feeling better, go join your friends, and find out!



(Not into walking or running or whatever? You’re old enough to break all the rules ... *do something else!*)

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Simple-Simon Says ... “Mother, May I?”

So ... what if your doctor disapproves or discourages your seeking pain relief and better function from my unique healing program?

Well, he or she might know next to nothing about this whole field of regenerative medicine, truly a practice with its own tools and expertise, where treatments are aimed at replacing or repairing damaged tissue to restore more normal function. Few doctors have invested the time and study to become recognized as experts in restoring better health. So ... are you willing to bet your future on half-baked advice? If your doctoring has been so great already, then why are you *still* suffering?

What if your insurance company refuses to cover your treatment? You can absolutely count on that! **Medical** care coverage is like fire insurance for your home: you want to have it but never use it. But you want to benefit from drugs and surgery if *that* is what you *need* to “manage” your condition.

Something you can choose instead is totally different: **health** care. First, your doctors are trained in *illness* care and a shocking few have any training and experience in helping you go beyond fancy Band-aids to “control” your symptoms. Natural treatments can help you recover more robust, joyful, youthful, and vital capabilities you might have feared were lost forever. You guessed it: *medical* insurance does **not** cover *health* recovery programs.

What most patients – *and their doctors!* – fail to understand is that *real* care is more than just listening and prescribing drugs to suppress symptoms. What is easy to see is that illnesses “come on” and injuries happen “suddenly” – so these situations attract attention.

What is harder to appreciate is that “stuck” inflammation is creating virtually all discomforts and diseases: *all* aging is a *disease* happening one day at a time. What is needed (for *all* “mental” *and* physical problems) is effective treatment that targets the *cause* of the problem.

Failing organ functions with sports injuries and arthritis, diabetes, cancer, headaches, chronic sinus and lung infections, high blood pressure, congestive heart failure, blocking arteries, macular degeneration vision changes, sleep apnea, gum inflammation and degenerated teeth, dysfunctional mouth (“jaws too small for your tongue”), even “trivial” constipation, “heartburn” / reflux, and a *zillion* other afflictions often go poorly treated (usually *missed*) due to overlooking the root causes.

Even more difficult for doctors and patients to understand are the subtle changes resulting from influences in our environment that degrade our functions. When your body is impaired, inflammation persists – that is, pain continues because injured joints and other tissues cannot complete their healing and repair process.

Personal pollution by toxic metals over a lifetime is stealthy and goes undiscovered, undiagnosed, and untreated because conventional

doctors stop asking “*Why?*” about 5 questions too soon. Drugs are “stoppers” or “blockers” (*anti-histamines, anti-acids, anti-hypertensives* – prescribed by *anti-doctors?*) that interrupt chemical reactions causing discomforts and distress. Toxic metals interfere far more. Our world is more toxic every year. Patients see “organ-specific” doctors (for joints, heart, gut, skin, others) who are unaware of sneaky poisoning ... so *your* health worsens by the day. Makes sense to treat the *cause* not just the *complaint!*

We’ll let you in on some distressing secrets that your insurance company and your doctors have not heard. MRIs are rarely necessary for joint problems. Cortisone never helps joints heal. “Rooster-comb” injections give brief comfort but rarely strength. “*Standing*” regular x-rays are essential to show sagging effects of gravity.

Rarely do neck or back problems require surgery – same for virtually *all* other joints. Knee “scope ‘n’ scrape” operations have been challenged as providing no better result than ... *doing nothing*. (Except they do get you closer to your *next* scope ‘n’ scrape surgery and then the *next* one ... and then finally “joint replacement.”)

Many of our patients have been (mistakenly!) told that their problem is so severe that it is “bone-on-bone” and they need “new plastic and new steel.” (You don’t get a joint *replacement* – you get instead a joint *substitute* made of plastic and steel.) Joyfully, they often improve dramatically with prolotherapy, natural injections that stimulate joints and support

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tissues to heal. (Dr. T has a bit of experience: he has treated **all** joints this way in **many** patients for 35 years.) Results in virtually *any* joint can be long-lasting and sometimes dramatic.

Regardless of which advanced technologies that we need to use to get the improvement you deserve, rest assured that Dr. T has long been recognized for producing results: comfort and capability in people who have suffered for years.

What are *you* waiting for? Didn't you hear that Simple-Simon Says ... Take personal responsibility for your wellbeing:

Get out of your pain and get on with your life!SM

Here's a "stump the doctor" question: In the *first* year of medical school, students learn how body processes *work*; in the *second* year, they learn how illnesses develop and how your body uses *inflammation* as the *very first step for healing* and repair ... So, **why** do they learn in the *third* year to prescribe **anti**-inflammatories that **block natural healing**? Those drugs just make problems feel a little less painful – but then your unrepaired joints can continue to worsen and limit your activities months (usually years) into your future. Does your doctor have a good explanation why anti-inflammatory medications (even aspirin) make any sense?

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Ask Bobby

Bobby was just like so many local Texas heroes, a high school football player whose knee troubles began in 1960. Surgery in 1970 did more damage than help and he suffered constant pains since. Fluid swelling was drained several times over the years; a knee-wrap brace reduced his swelling and helped a bit with support. Walking, climbing stairs, standing for long periods – his life was looking more and more limited. Over 40 years of *unsuccessful* treatments helped convince him to try my umbilical-derived biologics after hearing how this marvelous new approach repairs injured tissues.

Guys are often worse than gals in complaining of “pain with needles” ... and *Bobby lived up to that reputation*. What surprised him, though, was how quickly he began to feel better. He almost boasts as his quality of life is improving: “I’m able to walk up a flight of stairs like a person should without having to pull myself up with my arms, one step at a time.” Bobby is excited about the prospect of a pain-free life in his later years, something he had resigned himself to believing was never achievable.

Surgery is *never* your “last resort.” If you **need** it, it’s your *first* choice, so get scheduled! If you **don’t** need it, it’s *not even on the list*. But ... *what if* you were told you really need surgery by **someone who does not know** about the safe,

effective, unique, umbilical-derived biologic product that I have come to rely on in my years of practice? Would you want to get “all the facts”? Don’t you deserve to give your **fully informed** consent?



As we gain more experience with this premium exceptionally powerful umbilical-derived injection, undoubtedly we will see where it can best be used – perhaps in place of surgery, perhaps to improve the results from surgery, perhaps to repair injuries to the point that they no longer need surgery that earlier had been thought to be necessary.

Without a doubt, our unique, comprehensive program is producing results, reducing pains, improving sleep and exercise, and overall helping our patients to be more comfortable and more capable. *(Isn't that what it's all about?)*

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Choose Your *Health* Care Like Your Life Depends On It

Too many times our choices regarding “getting better” are based on what pill or potion or operation might *quickly* help you to “feel better.”

In almost 5 dozen years, we’ve had patients travel from all continents except Antarctica. the stories we have heard sometimes are so sad:

“Couldn’t you have an office in my part of Houston?” No.

“My local doctor says that he/she can do whatever you are doing.” For which training programs has your doctor served as director and lead professor? Which graduate studies has your doctor completed in nutrition? What books has your doctor written? What lectures has your doctor given around the United States or overseas?

“I really don’t want to drive that far or take that much time.” Most everyone would be happy to drive to M.D. Anderson for cancer-care or to Texas Heart for specialized surgery ... but often don’t realize that enjoying daily comfort and capability as years go by could make a world of difference in life.

“My local doctor says his/her treatments work just as well as whatever you do.” So please *help me to understand* ... why are you *still* hurting, sick, and tired, even taking risky medications?

“I just don’t want to have needles or take pills.” Okay. How’s *that* working for you?

“I’m waiting for insurance to pay for your services.” Do you have a rocking chair and can you play checkers or BINGO, so you can pass the years?

“I really don’t believe that your treatments could help me that much.” Don’t confuse you with *the facts*? The only one who still suffers is ... *you*.

“My husband/wife says that doctors like you just make phony claims and take everyone’s money but you’re not a ‘real doctor.’” Come to our office, sit for a few minutes with our patients, hear their stories, decide for yourself.

“I don’t want to spend that much – I have to keep my [rental houses][stock investments][CDs] [savings] for retirement.” Are you aware that *nursing homes* charge about \$6,000 or more each month – federal and state laws provide for them to lay claim to your assets until you have only a pittance left, so apparently then you could qualify for Medicaid.

The ***very worst*** “excuse” that we hear is this: “I’m doing pretty well right now, I’ll come see you when I need to.” Nice thought. But *those* folks can unexpectedly end up in the emergency room, which some have described as hopping on to the *medical merry-go-round*, with test after test and specialist after specialist. Expenses for drugs and surgery can mount up suddenly, insurance deductibles are enormous, continuing care devours your time and your money ... and then you don’t have *any* funds or energy left to seek effective *health care here*.

How about ... taking time to learn how we might help you as much as we help most others

whom we accept for care makes sense. Comfort and capability allow you to experience a joyful life.

For details on Dr. T's professional background and expertise, check out his curriculum vitae at

www.healthCHOICESnow.com

How did we choose the name for our website? To us, it's obvious: When you don't *know* that you *have* health choices *now*, then ***you don't have any!***
Our logo is an astronaut within a heart:



NASA pushes the limits of our understanding in all areas of science to design a spacesuit for survival in the hostile environment of outer space. We have never lost an astronaut on a spacewalk. Our body is the “suit” we depend on every minute of every day. At Life Celebrating Health, we push the limits of our understanding in all the biological sciences, nutrition, and pharmacology in order to help patients survive in the hostile environment of planet earth.

Once again, honestly ask yourself these simple questions that are critical for your future:

Because *health* is your greatest *wealth!*

When
does YOUR pain get in the way?

How long
have you suffered already?

How much longer
will you continue to suffer?

What do you fear
from more and more drugs?

What do you fear
from surgery ... *again*?

You want more than answers –

you want relief!

We're ready to help you *right now*:

DIAL 1-800-FIX-PAIN

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Ask Shirley

Years of low back discomfort have plagued Shirley off and on as an older adult. Even when not suffering with discomfort, she couldn't do much of anything without provoking an episode of extreme pain.

After seeing doctor after doctor and hearing experiences of friends, it's easy to become jaded and resigned that nothing is available to relieve deep and debilitating back pains. Despite her frustration, Shirley desperately clung to the hope that maybe, just maybe, something could help.

We treated her low back with our special umbilical-derived biologics program. Within a week, Shirley was excited because her left leg and hip were no longer painful. She still notices some discomforts in her back but insists that she recovers quickly after rest with cold packs. After all those years of continual suffering, enjoying more comfortable days is a welcome relief.

For many people, there really are *no words* to describe the pain with which they live, day in and day out. Folks ask, "Hey, how are you today?" That's just a social greeting – because if you reply by describing your current pains, soon they show less and less interest. How can you blame them? They can't "fix" your problem and it seems to keep going on and on and on ... why don't you just see a doctor and get it fixed?

After your endless storms of pain that feel like they will never end, God might offer you the reassurance He gave Noah: *“Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth.”* Genesis 9:16.



The National Institutes of Health are encouraged by the results of early investigations. Their research scientists conclude that “stem cells” might one day be used to repair damaged heart tissue, reducing the tragedy of cardiovascular disease, our #1 Killer. They caution that many more studies are needed to determine ways in which directing such rejuvenating cells to develop as desired might improve treatments for a wide range of diseases, such as macular degeneration vision loss, spinal cord injury, stroke, burns, diabetes, and many others.

For now, we’re thrilled with the results we have seen in our patients suffering with sports injuries, falls, accidents, and osteoarthritis (common wear-and-tear joint discomforts), among others.

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Poison Pills *Exposed!*

The risk of bleeding and death from **any** prescription *or even over-the-counter* anti-inflammatory pain and arthritis drug is well known, including “low-dose” aspirin, non-steroid “NSAIDs,” and *all* cortisone-type medications. NSAIDs are the most widely used medications in the world, now listed as *Number 5* on the Top 10 Most Dangerous Legal Drugs in the United States.

[In case you don’t recognize the term “NSAIDs”: aspirin (*all* brands), ibuprofen (Advil, Motrin), naproxen (Naprosyn, Aleve), dozens of others: check with Dr. Google or your pharmacist. *Other* risks are related to acetaminophen – Tylenol.]

Medication-*caused* ulcers and other gut bleeding from NSAIDs kill many thousands of Americans yearly, a documented “side effect” in every drug brochure – not to mention their known risks for heart attacks and strokes, blood clots and pulmonary embolism, liver disease, kidney failure, and more ... up to 20,000 annually. TV drug ads now race by like a blur, often ending with “and possibly even death.” Many drugs nowadays carry similar warnings – but who expects to be the victim?

Known side effects – all potentially suffered by the *patient not* by the doctor.

Very early in my practice, I discovered *THE* answer: the phenomenal power of natural healing methods to reverse, repair, and even “cure” many

problems that cripple us, strip away our joy, steal our vitality, and even cause our death.

Filling your body with pills in the hope of feeling better? But you're not **made** of *medications* ... you're made of your natural, living cells!



The FDA does insist that the ads rattle off a long, usually grim, list of potential side effects. But how could they do it without turning off “customers” (meaning: patients – *you!*)?

Get this: a research study showed to people commercials for two drugs that had similar side

effects and addressed the same health condition. One of the ads *rushed* through the risks, while the other didn't. People who watched the ad with the hurried narration had a much harder time remembering the drug's side effects.

Research has found that consumers absorb the most information when they can see people speaking rather than just hearing their voice. But sometimes all the positives are said by someone you can see and all the negative things and risks are said by an unseen off-camera voiceover. Did you ever know that factual information is available: 1-800-BAD-DRUG and www.1800BadDrug.com?

Joint “replacement” operations fare no better – remember, “new you” tissues (healing intended with our unique repair and rejuvenation program) are **not** the result: instead, you get only a poor substitute, just “new plastic and new steel.”

The chance of serious complications is about 1 in 50 in the first 30 days after operation. Studies show a small but real increased risk of death up to 3 months following joint replacement – many of these related to common heart/blood vessel diseases, lung diseases, even digestive disorders as well. Maybe you choose surgery because dying doesn't concern you as much as the prospect of continuing ... ***pain!***

Some follow-up reviews show up to 20% of patients are still suffering with persistent pain – often for *years*, even increasing as time goes by – ***after*** their successful knee “replacement.” Their average pain rating is about “3 out of 10” but some suffer as

high as “5” ... which is about the same degree to which they were suffering *before* the operation.

Older patients are understandably at higher risk for surgery complications (or death) ... but regardless of the hazards, pain can drive anyone to choose almost *anything*, hoping for relief. One often overlooked concern: more active middle-aged healthy adults can face up to a 25% risk of a revision operation in their lifetime. Those *later* operations can involve greater risks of massive bleeding, longer anesthesia times, infection, even failure.

Many people are hesitant to undergo operation – but their doctor might insist that they have no other choice. What’s sad is when such a trusted “professional opinion” is offered when the surgeon has little or even *no* knowledge of the remarkable produced over dozens of years by my prolotherapy (natural injections into the joint support tissues, to turn on healing) or even beyond, with my unique umbilical-derived biologics program.

You might ask why specialist doctors don’t actually know about these other treatments. The answers are simpler than you would expect:

first, the volume of information a doctor has to master is beyond imagination, so overlooking technologies not routinely in medical journals is easy;

second, when you already produce impressive results with “what you do,” you have less incentive to look elsewhere for other alternatives; and

third, when the only tool you have is a hammer, all the problems you see look like nails – obviously all they need is to be pounded harder!



Choosing surgery to avoid those “poison pills”? Up to 15% of joint “replacement” patients may end up with ongoing pain drug prescriptions beyond the first year after operation. Perhaps 1 in 20 will have lingering “nerve pain/neuropathic pain,” sometimes to the point of starting new “narcotic” drugs (opioids = *addicting!*).

Younger operated patients – and any who have greater pain before surgery – often need more drugs after replacement. Alarming, younger

patients are more dissatisfied with their results and some complain of “severe-extreme persistent pain” even for years. Remember that the bones of your knee are amputated (cut off and discarded) in order to cement in place your “new plastic and new steel” substitute. *What if ... your earlier “knee pains” actually came from someplace else*, so that carving on your knee fails to resolve your discomfort?

While that idea might sound odd to you, think about this: ligament and tendon pain from strained/torn support tissues around or inside your knee. These soft-tissue problems can be easily ***misdiagnosed*** (missed!) by bone-and-joint doctors who usually operate on ... bones and joints. In almost 3 dozen years, I have found such injuries often can be treated by my prolotherapy program. Others have responded well to my unique umbilical-derived biologics over the last 10 years.

If the ***correct cause*** of your painful problem is *not* treated, you can continue to suffer for years. “*Close*” counts **only** in horseshoes, hand grenades, and shotguns.

Are you likely to get trapped into the addiction pattern of opioids (narcotic pain killers derived from opium poppies)? For major surgery and chronic pain complaints, opioids remain commonly prescribed. Not to mention “on the corner” purchases when long-lasting needs are desperate. Are your doctors missing the real reasons for your pains and, therefore, are they failing to treat you successfully? ***Pain*** deserves *proper* treatment – the true cause!

[In case you don't recognize the general term "opioids": fentanyl (Duragesic), hydrocodone (Vicodin, Norco, Lortab), morphine (MScontin), oxycodone (Oxycontin, Percocet), hydromorphone (Dilaudid), methadone (Dolophine, Methadose), codeine (Tylenol #3 and #4), Tramadol (Ultram, Ultracet), buprenorphine (Butrans, Belbuca), others.]

Long-term use (over 6 months) and higher doses can cause serious side effects. These include hormone suppression (especially in women), weakening of your immune system (more risks for infections and cancers), worsening fatigue, brain fog, constipation, even the need for higher and higher dosages – **and addiction**, despite your best intentions. Misuse, overuse, and chemical dependency occur in about 1 patient in 4 "users" ... *you?*

Did your doctor warn you to be careful? Of course you are – but pain doesn't just **run** your life, eventually it **ruins** your life. Deaths from opioid overdose now far *outnumber* those from car crashes. Other prescription and over-the-counter medications (as well as alcohol) can amplify the effects (and deadly risks) of opioids. News accounts often describe deaths where obviously the victim didn't expect *that* result from the drugs.

Is it finally the time to turn off your TV advertisements, avoid risky drugs, and look seriously at the benefits you might begin to enjoy with our safe, unique, and often very effective biological rejuvenation programs?

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Because *health* is your greatest *wealth!*



Facing the Facts About Pain

Pain is the most common reason for physician appointments in the United States.

more visits than diabetes, heart disease, cancer, infections, mental health issues.

Some 50 million Americans are suffering with pain.

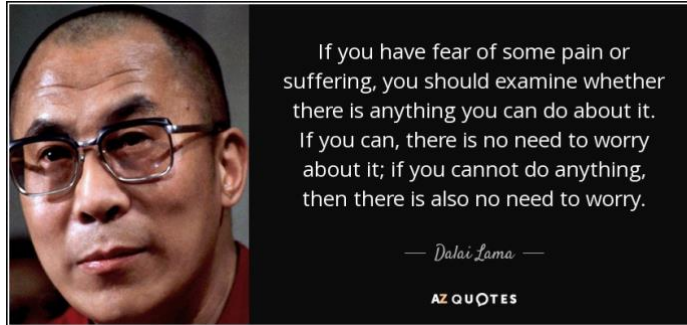
About 20 million adults suffer “high-impact” pain:
limiting work, restricting daily activities,
reducing quality of life.

About 1 out of 3 adults suffer significant pain.

About 140 million doctor office visits each year are for “pain management” or control – *not real relief!*
back pain, joint pain, neck pain, arthritis.

Pain can rob you of your quality of life.
function, mobility, freedom to live fully,
missed work, disability claims.

The Dalai Lama, revered head of Tibetan Buddhism, addresses the issue directly:



So ... when you *can* do something about your pain, then there is no need to worry – ***just do it!***

My long experience with our regenerative treatment programs (prolotherapy and umbilical-derived biologics, complemented by personalized nutritional protocols) shows that they could ...

- reduce your inflammation
- help repair your damaged joints
- improve your tissue quality and strength
- restore your function and mobility
- reduce or remove your pain entirely
- eliminate your need for chronic medications
- avoid the risks and limitations of operations

I carefully select our patients to have the best opportunity for resolving their pain and choose only the most safe procedures ... that *I* enjoy personally.

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Ask Dan

Let's just say that Dan is "a big boy" – actually he was a professional football player, except for the injuries that kept him on the bench or off the roster. The "spittin' image" of a "gentle giant," Big Dan's picture would be right next to *that* definition in the dictionary.

But Dan's life had become a bag full of worries as adult-onset diabetes was rusting out the blood vessels to his feet. Happily, his toe amputations *had* healed, because they often don't. But a troublesome diabetic ulcer on the bottom of his right foot simply would *not* heal. Blood sugar control: great. Keeping weight off the foot: great. Visits to the wound care center every 3 weeks for trimming out the dead skin at the rim and deeper down: great – but the wound stubbornly remained open despite the best of medical care.

Ever hopeful for a solution, Dan found out about a solution processed from the amniotic fluid that surrounds and protects the growing baby in the womb. His doctors said, "Sure, let's try it." The surgery center manager said, "*No way, not here.*"

Dan was finally able to get that healing solution injected around the wound ... and the sudden improvement was startling. Within weeks, the diabetic foot ulcer had healed – and Dan found a new job, working with the amniotic fluid company, sharing this exciting (early regenerative) product with interested physicians.

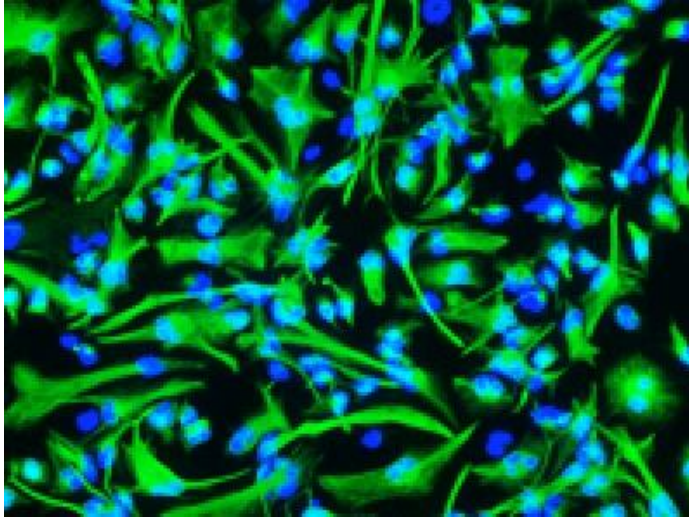
As happens with exceptional performers, Dan's successful reputation preceded him, and the company that developed the world's most unique umbilical-derived biologic recruited him to launch their premium product in late 2015. As a side benefit, those very cells have splendidly helped to restore the disintegrating support tissue and healing of new sole ulcers that resulted from walking across a hot driveway. What fool would walk across a hot driveway? One who *can't feel* the heat that is burning his skin. Diabetics suffer from decreased nerve sensations (neuropathy) and often fail to notice injuries happening. Dan was more than lucky!

Complicated illnesses often underlie what look like simple problems to the untrained eye. This simple fact is why a physician with specific expertise is essential for you to receive complete care, for your *whole* person and your unique problems.

Over time, non-healing ulcers and other ***limb-*** and ***life-threatening*** problems might need repeated special umbilical-derived biologic treatments along with personalized nutritional support, dietary changes, and other specialized programs. The goal is simple: create unexpected recovery by healing the support tissues and encouraging better circulation and nerve function, which means "life function"!

What do cells look like when they get "busy, busy, busy" repairing your tissues? Here's a microscopic picture, not easily obvious to "figure out" – but all *YOU* really care about are the results

you could gain with less pain and more activity as your tissues are rebuilt by these premium cells!



Looks like modern art you might even want to place on your wall. For now, let's "settle" for having these "busy-bodies" working enthusiastically inside, repairing your body injuries and restoring you to a life that is more comfortable and more capable.

Always remember that God put the healing instructions on the inside – all I have to do is find what is blocking you from getting better (remove it), find what you need but you're missing (provide it), find what switches need to be turned on (flip them on) – then step back and get out of the way! Our regenerative treatments help work that magic easily.

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Notes on Diabetic Foot Pain (Neuropathy)

Millions of people suffer with altered, uncomfortable, even painful sensations in their feet – or even loss of *any* feeling needed to have a warning sign. Diabetes isn't the only cause – blood vessel changes (peripheral arterial disease, “PAD”) can cause nerve perception changes as well – and often both equally dangerous conditions occur *together*.



Our unique umbilical-derived treatment program might show major improvements with various neuropathy conditions. For the present, their most obvious effect is to allow and accelerate the repair of broken down, deteriorated, and often-infected structural tissues due to non-healing ulcers. Saving life and limb requires expertise far beyond merely injecting cells and sending you on your way.

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Kick the Tail of the One-Trick Pony

Extreme changes in society, insurance programs, and medical practice itself have led not just to super-specialization but, sadly, to “shopping center clinics” that offer “quick results” for common problems. Consider single-solution “quick weight loss” and “low-T” (testosterone) clinics ... even others promoting stem cell treatments for whatever. Rather than helping find the solution *you need*, they assume that you need the solution *they have*. Yikes! Whatever happened to doctoring the whole person? Not *there*.



Other doctors appear to be “like” Dr. T, they too have an M.D. (or D.O.) degree. Other offices

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might appear “like” ours, they too have assistants helping with treatments. What sets us apart at Life Celebrating Health is our decades-long comprehensive commitment to ... *your health*.

Here’s a couple of outrageous examples to explain why my *comprehensive* approach can succeed when a narrow single-focus can fail. Do you know ... that a powerful antibiotic prescribed for up to 10% of simple infections (where an older drug usually works just fine) can, literally, “melt” your joint support tendons, resulting in lingering pains and new problems you never expected? Do you know ... that medications commonly prescribed to lower cholesterol can cause muscle weakness and pains in up to 25% of patients, even joint pains, problems that could persist for years after you discontinue the drug?

Some folks would have you believe that your illnesses and your care are so simple that all you need to do is follow their program or get their injections. Others would have you believe that your illnesses and your care are so complicated that you “need” big words and fancy instruments and expensive pills or potions – none of which you are meant to understand. Dr. T insists on results and wants you to become an educated partner in your recovery, so that you can *continue* to feel better for years into *your* future.

Your job is to share your concerns and discomforts, **our** job is to figure out what is amiss and how to return you to a healthier, happier life. Some folks are amazed at our success in fixing “most

everything” in your body. What surprises so many of our new patients is how quickly they can recover.

Dr. T has been honored as an acclaimed authority for his skill in diagnosing the root cause of problems sometimes missed by major medical centers for years – then designing treatments that provide impressive improvements in as quickly as 3 months or so. That’s why our simple slogan is ... “Find it *now* – Fix it *right!*”

Our unique umbilical-derived biologics program can be very helpful – but it is only *one* piece of the puzzle that you might actually need. You can’t just “sign-up and pay,” Dr. T has to review your condition and accept you into our care for whichever treatments will best help to solve *your* concerns.

Sadly, many people seek instant results (a “quick-fix”) and they’ll listen to almost anyone – licensed physician or simply “promoter” – who crows a convincing promise. That’s why persuasive internet ads promising modern “snake-oil” miracles can make their hucksters rich within months.

Many folks call our office, some shopping for particular treatments or bargain services. While they certainly have medical problems that need fixing, they impose their *own ideas* on what they need and what they are willing to “spend.” There are clinics everywhere who will gladly cater to those people. Sadly, the “results” they provide might often “miss the mark.” Manipulation of cells sucked out of your fat (belly or butt, even bone) by a clinic might interfere with their normal function in ways poorly understood. Some companies are marketing cells

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“harvested” overseas but relabeled as having been “sourced” here in America. Whatever they are.

When you have not found an effective treatment for a disease or condition, it is easy to understand why you might be blinded by hope and feel you have nothing to lose from “trying something,” even if it isn’t known to the general medical community. Sadly, most of the *unproven* stem cell “treatments” aggressively marketed around the world carry very little promise of actual or lasting benefit – and some can have very real risks.

A new phenomenon appeared in 2016: advertisements promoting the use of “stem cell treatments” for a staggering number of diseases and injuries. A quick search of the internet brings up a long list of clinics offering what *appear* to be “stem cell solutions” for a wide variety of medical issues.

At Life Celebrating Health, we are very aware of how desperate you can be to find relief and feel better. That’s why everyone who is *accepted* as a patient receives our intensely personal attention.

We *definitely* “do it different” from other offices. We have one key question for you to answer: If doctors and patients keep repeating the same treatments that didn’t work before, why should they expect different results with the next attempt? After all, how’s *that* working for you?

Our testing and treatment approach is based on simple guidelines:

Safety – *first and always!*

Results – otherwise, *why are we doing it?*

And *then* ...

Comfort
Convenience
Cost-consciousness.

Cost of care is *never* the major concern, since that would limit what might be the best approach or treatment to finally resolve your problems. We seek to *safely produce results* for you the same way we would for our family: *that's* the **family standard of care.**

Correct diagnosis is critical; correct treatment is essential. Dr. T studies your history details, examines you (sometimes a patient is amazed that he actually lays hands on your body when other doctors never did), and orders tests, all seeking to reveal the root causes of your problems.

Treating *where* your problems arise allows your body to do the natural healing that each and every one of us receives as a birthright from God. Sadly, many people unknowingly trade away this precious gift for a “bowl of porridge” that we now call drugs and surgery, and they often go through life miserable. [Remember that Esau sold his firstborn inheritance, his birthright, to younger brother Jacob for a bowl of lentil soup and bread, squandering his life and forever failing to appreciate his remarkable blessings from God. Genesis 25:29-34.]

Through extensive training and *dozens* of years helping patients heal, Dr. T has gained the skills to “juggle” the many (and often ignored, unseen, undiagnosed, untreated) factors that need his professional attention in order for your body to mend.

[Here's an exciting little secret: every year, Dr. T discovers newer "twists" to add to our already excellent programs. Even better: some of these discoveries consist of utterly novel approaches, never before introduced into practice. If you have a few hours, ask Dr. T to explain startling breakthroughs he has made when treating Yeast or "Deep Blood Fungus" that can create serious, deadly diseases.]

Back to juggling the many details that are essential for you to get results as expected – not just "stem cells" but much, much more involved with *whole* person (*wholistic*) medical and health care:



Remember that "close" counts only in horseshoes, hand grenades, and shotguns. Why trust

your wellbeing to someone with less than world-class expertise?

We take our responsibilities seriously because pain doesn't just *run* your life, it *ruins* your life.

When you suffer with pain, less expert physicians often treat the symptom not the source. They routinely miss joint instability, nerve entrapment, chronic infection, inflammation, microvascular failure, nutrient deficiency, toxic exposures and other stresses.

The foundation of our exclusive regenerative medicine program is a unique “umbilical-derived biologic blend,” providing next-generation tissue repair signaling molecules and scaffolding for the robust multi-potent cells included.

Our comprehensive program enhances this vigorous solution with customized nutritionals and other protocols that serve as “multipliers” to the recovery potential of the “mesenchymal stem cells.”

Our elite approach, based on Dr. Trowbridge's advanced physiology training, remarkably helps to support tissue repair, creates better joint stability, encourages healthier inflammation responses, and could reduce your risks of future medications and surgery.

We are proud to assist adults who want more than just pain relief — they desire mobility, strength, and confidence.

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Ask Joanna

Facing down her “golden years” at almost 65, Joanna agonized for many days each month with painful neck discomfort. Chiropractic adjustments gave relief for a few days at a time and prolotherapy injections (a natural solution to stimulate healing of strained, injured support bands) gave welcome comfort but never permanently.

Dr. T and the nurses spoke highly of the improvements they were seeing in patients with similar problems ... so maybe our unique umbilical-derived biologic (“stem cells”) would be worth a try. Weighing the risks (hardly any) against the benefits (possibly a lot), the decision seemed obvious.

Joanna’s treatment took just a few minutes. For two days, she was stiff and sore – and grumpy. To her surprise, the next day she realized that her headache was gone and her neck moved more freely and without much distress. As time went by, she felt more comfortable: sleeping was easier and more restful, activities were more enjoyable, her life had simply changed for the better.

Her husband observed that her eyes were no longer “tight” from the constant pain. Oddly, the “hump” at the base of her neck was softening, even disappearing. Some would think it’s silly, but Joanna is thrilled that she can look up and turn her head enough to read signs.

After all these many years suffering with a painful neck, Joanna still has days where she is stiff

and sore ... but she notes these are further between and not excruciating like before. “Not being in constant pain has greatly improved EVERYTHING!”

Joanna’s improvement shows something so valuable with these powerful regenerative cells: very few of our patients “need” more than *one* treatment. Could they *get* “more”? Sure – depending on how well your body heals, depending on other problems you have, even depending on your long-term goals for comfortable activity.

After all, what price do people pay for comfort in their lives? ***Unless an effective treatment is found***, some folks turn to daily alcohol, others find that drugs and alcohol help blunt the pain, sadly a few choose addicting medications that change their lives in unspeakable ways. Everyone suffering with chronic or frequent daily pains experiences a change in personality: anger, fear, frustration, loss of patience, loss of enthusiasm, even loss of hope. Disrupting relationships and lives seems a terrible price to pay when relief might literally be within your reach, right now, right here.

In “the old days,” we used to fear dying. Now, we fear getting sick. One major illness or injury – or lingering problems such as arthritis or other joint/muscle pains, that never go away – these can cripple your activities, paralyze your optimism, and literally steal your assets and bankrupt your family. Your loss of joy could be dreadful.

Injuries and aging changes can sneak up to the point where pain can steal any chance for restful

sleep – and getting up from bed or out of a chair or out of your car can become an increasing challenge and a daily worry.



Inflammation chemistry is the powerful system used by your body to signal your natural stem cells to come clean up and repair the tissues. Inflammation is ***painful!***, designed to force you to let injured joints rest and recover. So ... why haven't your own stem cells already gone to work to *solve* your problem?

So many people, as they get older, are suffering from “arthritis pains” in more than just one joint. Drugs can work everywhere – but their side effects can be worrisome, even deadly. Surgery, of course, can work on only one joint at a time. Our unique umbilical-derived biologic solution, powerful

far beyond other products, can be easily injected to repair any inflamed joint.



Take just a moment to consider the few dozen years of your life: growing up is fun and mostly has few problems; getting older is when we learn to ignore “stuff”; as time goes by ... hasn't the time come to put out the painful flames in your body?

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What Have We Learned Today?

- Injuries and illnesses cause inflammation.
- Inflammation is your body's signal, the first step always required for healing: "Help, I have a problem and need repair *over here*."
- Inflammation can get "stuck" for a variety of reasons, then repair simply doesn't happen.
- "Stuck" inflammation *hurts!*
- Pain limits your comfort and your capability.
- Drugs *don't* make healing happen.
- Drugs *don't* make pain go away.
- Operations *don't* make healing happen.
- Operations might make pain go away – *or not*.
- Pain that lasts for months or years – or even for the rest of your life – steals your happiness, your joy, your comfort, your wellbeing.
- Stem cells are born with you, hidden in your tissues, ready to respond to inflammation.
- Stem cells heal and repair injured tissues.

- As you lead your life, your stem cells experience *everything* you do: stresses, toxic exposures, nutritional deficiencies, and so on.
- Aging stem cells, impaired by all the factors experienced by your other cells, become *less and less* able to perform needed repairs.
- When needed repairs remain undone, inflammation continues, gets “stuck” and even worsens, screaming for healing to happen.
- Our unique, powerful umbilical-derived biologic product contains safely harvested cells *and* cell growth factors and chemical support needed for robust activity.
- When our powerful biologic solution is injected into your inflamed tissues, these cells start working immediately to repair your problem.
- When your tissues are repaired, inflammation resolves because no signal is needed any longer to summon any help.
- When inflammation disappears, your pain becomes less and even goes away.
- When your pain goes away, you feel better and move more comfortably.

- When you move more easily, you have more capability to do what you want to do, more joy.

□□□ ***You win!***

You're hurting now and you haven't found anything that works like this, to make you more comfortable and more capable. Maybe thinking, "I can't really believe that this could be true."

I know how you feel. I felt that way, too. And then I found out the facts about this *very* unique biological solution, way different than what I had read about with "such items" over the past 20 years.

I found out quite by accident – just a chance conversation with a doctor friend who had just begun using is unique umbilical-derived biologic, which had finally become available only the month before.

And an accident was what drove me to try this one-of-a-kind preparation for myself. I had *ripped* my knee apart in a (stupid!) fall 5 years earlier. Just minutes before our dinner conversation, I had reinjured my knee (*white-lightning* pain! *again!*) and I was limping badly.

After our discussion, of course I was more than mildly interested. But as my knee pains continued over the next few days, I became desperate and determined to try these "stem cells."

Going on faith, I ordered a vial and injected my knee. And my pain began to improve *right then*.

That day changed my life, *forever* and for the *better*. Now you can understand why *I* am so **committed to helping my patients recover as well.**

You will agree, *our* custom solution *deserves* the nickname of “*the package that performs!*”

When you were younger, recall that you could move comfortably and well. And you expected to do so for the rest of your life. Well, ***today*** is the ***first day*** of the rest of your life. Let’s get crackin’!



Aim for a purpose-driven life, one where you are empowered, passionate, enthusiastic, vibrant, vital, joyful, and robust. Choose to engage again in meaningful and gratifying relationships, fulfilling work, and cheerful play. ***Keep your eye on the prize!***

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Safety First, Last, and *Always*

Hundreds of “clinics” have recently plunged headlong into the stem cell “business” across the country, despite serious reservations and little evidence for the safety and effectiveness of *their* procedures. Many of these “medical offices” are linked into large for-profit chains. These business models offer “doctors” the opportunity to join the franchise after attending a short seminar and purchasing expensive equipment for in-office harvesting (sucking your fat) and then *manipulating* your adult stem cells for reinjection into you.

The founder of Cell Surgical Network, plastic surgeon Mark Berman, was quoted as saying “I don’t even know what’s in the soup [referring to the liposuction fat solution extracted from your belly or butt, maybe bone],” he candidly admitted. “Most of the time, if stem cells are in the soup, then the patient’s got a good chance of getting better.”

If? ***IF?!***

Sounds more like what the appliance salesman said when asked about a guarantee, “*You pays your money and you takes your chances.*” We’ve heard charges as high as over \$30,000 for a single “treatment” (whatever “soup” that means) in a Beverly Hills clinic.

Now you understand why we deal in facts and an increasing body of clinical experience ... *mine!*

Sufficiently convinced of their long-term safety for *me*, I can say without any reservation that *I am thrilled to enjoy better comfort and capability*, seeming miracles for which I had long prayed as I have grown older. *I know* that my unrivalled solution *deserves* the nickname of “*the package that performs!*”

This is “not your father’s Oldsmobile,” to borrow an advertising phrase boasting about all the engineering advances in their new model.



Remember that my *exceptional solution* has “youthful” cells, ready to provide a healing stimulus to your own cells that have become lazy or inadequate. Research has shown them to be safe and effective in repairing inflamed tissues, especially joints and other structures. When we talk about unparalleled, you need to realize that *everything* is different due to their rigorous screening of volunteers

before collection, then gentle processing at a regulated tissue bank: where and how they are obtained, how the active cells are preserved to retain vitality as well as the surface factors that help support and direct these cells to maximum performance.

Everything is different? Think: concept car!

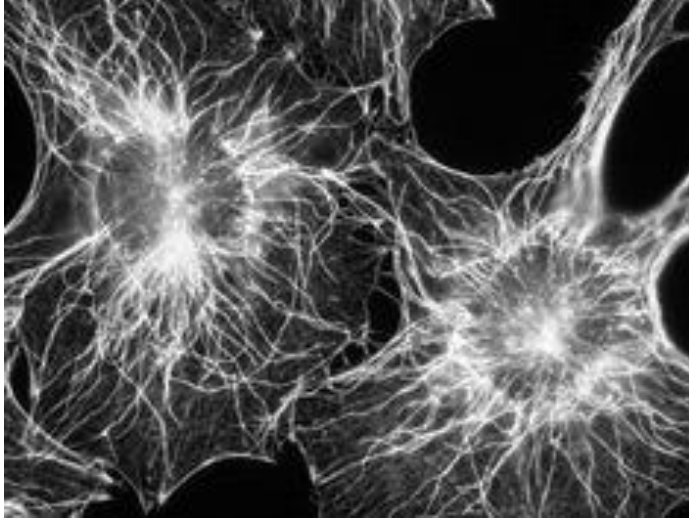


While it is unlikely that you'll ever be parking a futuristic Lamborghini in your garage, very likely you *will* be turning to this highly advanced, distinctive, and potent umbilical-derived biologic solution to help you become and remain more comfortable and capable as years go by. When you're suffering through your days and nights, *sooner* is always better than *later*.

Why not now?

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Because *health* is your greatest *wealth*!

The miracle of healing and repair
proceeds with the innate intelligence
given to each of us by God as a
human birthright



When I was training in surgery, the quiet saying we learned early was this: If you ever want to realize that a surgeon believes in God, simply observe him praying at a patient's bedside, over a wound that stubbornly will not heal.

As surgeons, we simply stitch together the edges of an incision or wound ... but only God does the healing. Thankfully He has given to us another remarkable tool to promote and hasten our repair: our exceptional umbilical-derived biologic solution with cells and factors that are fresh, young, and ready to restore our wellbeing.

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Who Wants to Live to Be 100?

Only folks who are *currently 99 and feeling okay!*

We've seen some "advertising" for "stem cells" as an anti-aging or longevity or regeneration treatment. Honestly, that might be a *major* benefit, that topic certainly deserves further research.

While many claim they "want to live forever" – or maybe 100 or whatever ... what you really mean is that you want to live as long as you remain both ...

**Comfortable
and
Capable.**

For too many years, we've witnessed our older adults debilitated with aches and pains, where drugs provide little relief, longing for rest of any kind. *Successful* medical *and* health care keeps *you*, at the very least, living independently and free of misery or discomfort ... for a long time to come.

"The best doctor in the world is the veterinarian. He can't ask his patients what is the matter – he's got to just know." American actor, writer, and humorist "Will" Rogers might be onto something there ... but I haven't yet found a vet who will take care of *me!* So I have had to place my faith in ...

THE SECRET FORMULA:

$$2 C + 2 C = A+$$

Because *health* is your greatest *wealth!*

Honestly, there are no secrets. Mastering success with your doctoring is quite simple when ***you*** take personal responsibility for your health care. *Your* responsibilities are summed up as “**2 C**”:

Curious patient, ***C***ompliant patient.

Plus the *doctors* you seek have obligations that also add up to “**2 C**”:

Competent doctor, ***C***ommunicating doctor.

The result is an **A+** in your life!

As a caring and curious physician, I was blessed in the first year of my career when I “stumbled” to discover the immense power of natural healing. I have been driven to blaze a trail for both patients *and* doctors, leading to distant horizons of superb results integrating *medical and health* care.

The secrets to “doctoring” are easy: study intently the emerging sciences, seek many details from your patients, ask probing questions and then listen intently, perform competent hands-on exams, and order and understand advanced tests that unlock the secret causes of inflammation, toxicities, deficiencies, and failing functions ... so that they can finally be corrected rather than merely bandaged.

I specialize in pain ***relief***
not pain ***management***.

When life is your choice, failure is not an option.SM

Just Waiting On You

We're standing by, ready and willing and able, whenever you choose to reach for a brighter, more joyful, and definitely rewarding future.

More than that, we see clearly that *our* job is “Just **Waiting On** You” – *we* know that *we're* here to **meet your needs**. Not to do tests or push pills or stick needles. Not to rush you in and out because dozens of others are piling into our lobby. Not to brush off your questions as we're leaving the room. Not to ignore your phone calls or faxes or emails when you really need answers.

YOU are here for results ... not for the experience. *We* are here to be **waiting on** you, just like the capable waiters that serve your every need and make your dining experience so enjoyable in the finest restaurants.

We were surprised to read this section, where **Dr. T dedicates this splendid booklet to *us***, the ...

Awesome Staff of Life Celebrating Health

We're thrilled that he's the boss, developing incredibly successful diagnosis and treatment programs that we see are almost always helping our desperate and frustrated patients to get out of their pain and get on with their life ... *regardless* of the problems with which they have been suffering.

And like all great leaders, Dr. T absolutely relies on his well trained, enthusiastic, and reassuring staff to help meet the needs of those we serve.

Some folks are impressed with uniforms and “trappings” of impressive downtown buildings, high-rise elevators, expensive décor, fancy equipment, and the hushed formality of many medical offices.

What Dr. T values instead is ... *us!* We show up each day bright-eyed and committed to make an amazing (occasionally unbelievable) difference, meeting the personal needs in *each* patient’s life. Many of those who depend on us come from a long distance – and they cherish our single focus on meeting their needs. Our patients give meaning and purpose to *our* lives, year in and year out.

Our Senior Staff

Cathy – 35 years Michelle – 22 years

Lucrecia – 15 years Gabby – 10 years

And Alex just needs a few more years to “catch up”!

Traveling to be seen by an experienced healing expert ensures advanced evaluation, precise treatment, and safer results. A long-serving, well-trained staff provides continuity, confidence, and attentive care — giving you the best chance for meaningful improvement that less-experienced clinics simply cannot match.

So the only question for us to ask right now is ...

“What may we do for you today?”

When life is your choice, failure is not an option.SM

We're ready to make *your* life great again!

Dr. T – as he's been known since 1978 in our office – does “some” of the work ... but we're thrilled to do *all of the rest* for you. And each of us has trained for years, we're excited and committed to helping him everyday: “**Find it *now* – Fix it *right!*”**

Send us your questions:

info@healthCHOICESnow.com

Fax us your questions: 281-540-4329

Call us with your questions: DIAL 1-800-FIX-PAIN

We work diligently with Dr. T to get you the right answers as soon as possible. *And* we invite you to come visit us, face-to-face, and talk with our patients too! We're easy to find: a 2-story red brick building right across the street from the Memorial Hermann Northeast Hospital in Humble, ½-mile south of Deerbrook Mall (FM 1960), just south of Tejas Toyota and Midas Muffler, on the southbound feeder of US 59/I-69 in northeast Houston.

You can count on our best efforts, always. We go home gratified each day that we had the joy, the honor, the privilege to help you ***get out of your pain and get on with your life.***SM

Now for the good news: Dr. T researches and probes daily to introduce newer, outstanding treatments. We never have a dull moment, always

learning and preparing to make all of *your* moments *better and better!*

But maybe *your* problems are ... *different?*

Relax – most everyone is hesitant to get excited and hopeful when learning about treatments they’ve never heard about the scientific facts before.

Yes, *we* know what conditions we help and about how much relief you could expect. We’re one of the most qualified and respected offices in the country. We proudly share our experience with doctors around the country.

So ... rather than let this incredible opportunity slip through your hands, just do this now: **call us** with your questions: DIAL 1-800-FIX-PAIN. **Send us** your x-ray or MRI or CT scan reports, write out just a brief note about what has been bothering you, how long you’ve been suffering, what you’ve tried but it failed to help. Dr. T will review your very real concerns and offer you genuine answers! (*No charge for this professional review and opinion!*)

Now is the time for you to pause – close your eyes – visualize how your life could look if you were to find healing with unexpectedly wonderful results. Could our elegant umbilical-derived biologic solution actually provide such a result for you, too? With just a phone call, you could get more information.

Full Disclosure: Dr. T is just a bit biased. You see, he has suffered with painful joints for almost 70 years and has had over 2,000 chiropractic treatments to keep him “almost” comfortable. He has endured

daily distress with a genetic condition rather like double-jointedness but more extreme, so he injured literally *every* part of his body, just usual living each day. Other treatments (prolotherapy to stimulate healing, which *we also do!*) certainly reduced his own discomforts over the past 35 years. Receiving our powerful healing solution has been the miracle he long prayed for – and for which he is eternally grateful.

I praise You, for I am fearfully and wonderfully made. Psalms 139:14:

Hint: Gentle chiropractic – “low force, low velocity” – can help relieve neck or back discomforts far beyond what many people believe. So ... check it out!



When life is your choice, failure is not an option.SM

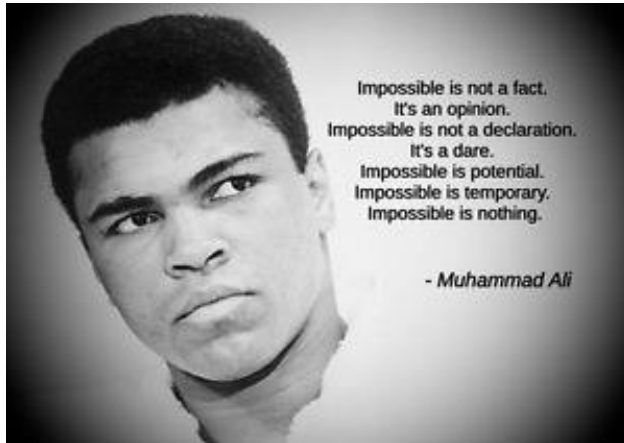
We have every reason to enjoy
when our patients find pain relief
from *our* commitment to
life ... celebrating health!

Because *health* is your greatest *wealth!*

Pause to consider what finally feeling better could mean for you for years to come. We've grown so used to having "insurance" pay for *medical* care that we stiffen resistance when *health* services "cost money." After all ... we look forward to paying for holidays, vacations, remodeling, new furnishings, landscaping, pools and hot tubs, new phones, new cars, bigger televisions, designer clothing, premium pet care. Relieving your pain is worth so much more!

Chronic pain dysregulates your entire nervous system. Your brain stays in survival mode, hypervigilant, exhausted, overstimulated, bracing for the next sudden flare. Pain changes how you think, how you react, how you feel, how you "show up."

Relieving your pain without drugs, without surgery: you enjoy better mobility, doing things you used to do; you enjoy better quality of life; you have reduced long-term health risks. That's *all* possible!



When life is your choice, failure is not an option.SM

Now Review the Impact of Pain in *YOUR* Life

You've taken the medications, you might have done physical therapy or even surgery. Maybe twice. But pains continue to steal your comfort and your capability – you are literally watching your life melt away while others go on.

Take a minute to **touch** the joint (or joints) that are causing daily or frequent discomfort. How long have you suffered? Do you remember the original injury? How did *that* feel back then? Did you have *any* idea that, years later, you could now be suffering pains that limit your life, your comfort, your capability?

Often we seem resigned to a false idea that aging is just “what happens.” Aging is a *disease* that happens *one day at a time*. Our modern technologies can help restore your vitality, your enthusiasm, your activities in ways you might have long forgotten.

Take counsel in the science of the unmatched umbilical-derived biologic product *I* use, safely and ethically obtained at scheduled C-section deliveries. Carefully prepared “cord blood” provides active “mesenchymal” [multipotent connective tissue cells that can assist repair in multiple organs] stem cells, along with active cell factors. *This* science is *new* and is *now* available for you to enjoy the benefits.

People who know absolutely nothing about these latest advances are likely to be skeptical and discouraging about my exclusive solution. The only answer is simple: get the facts, *just the facts*.

Because *health* is your greatest *wealth!*

The warning in Proverbs 12:15 is so true at this important time in your life: The way of a fool is right in his own eyes, but a wise man listens to advice.

We make so many choices that we hope will bring us happiness. Sadly, “stuff” rarely meets our needs – but we’re often willing to make those costly purchases. True joy is sleeping well, waking rested and happy, going through your days more comfortable and more capable. Science now offers you a precious choice: advanced umbilical-derived biologic “stem cells” product that I use ... *“the package that performs.”*

Why settle for less? Isn’t your future is worth seeking the very best? Do you owe it to yourself and to your family to repair your injuries and restore your comfort?



When life is your choice, failure is not an option.SM

Remove and Replace ...

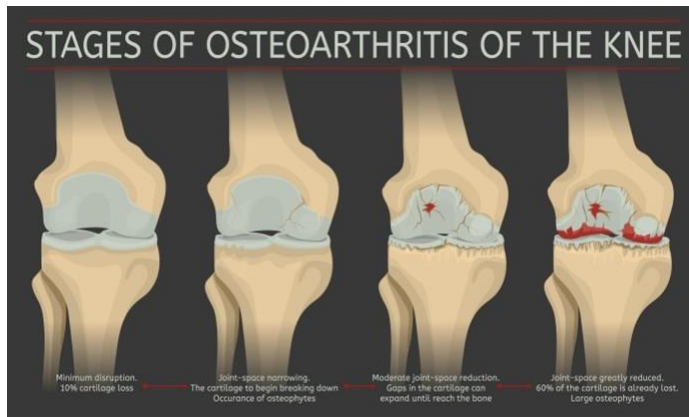
Wouldn't it be great if that really was what conventional surgery offers after you've "had you fill" of drugs? Only a small minority of chronic pain sufferers choose replacement surgery – others suffer in silence and watch their golden years become rusty.

Instead of "new you," you get "new plastic and new steel." Not near what you had when you were younger – but natural healing *might* give you what you're looking for!

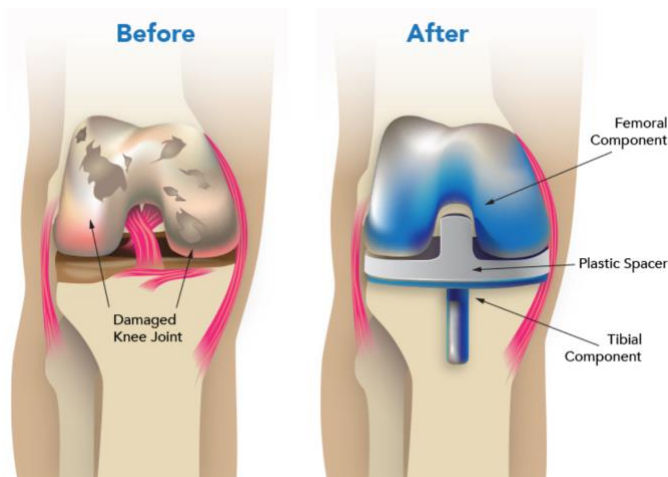
If you were presented with "the bill," you might be startled: total knee replacement up to \$70,000 or more; total hip replacement up to \$100,000 or more; total shoulder replacement up to \$30,000 or more – not counting your extended physical therapy/rehabilitation, home modifications, time lost from work, potential complications or future revision operations (which can be more expensive), long-term medical maintenance.

One fundamental cost *you* might pay: chronic pain *after* surgery ... in up to about 20% of knee or hip or shoulder replacement patients (rarely severe to extreme persistent pain) ... not exactly what you expected to be held captive by for years to come.

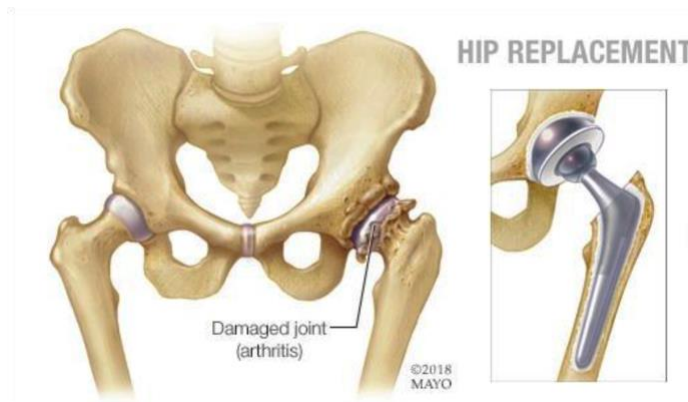
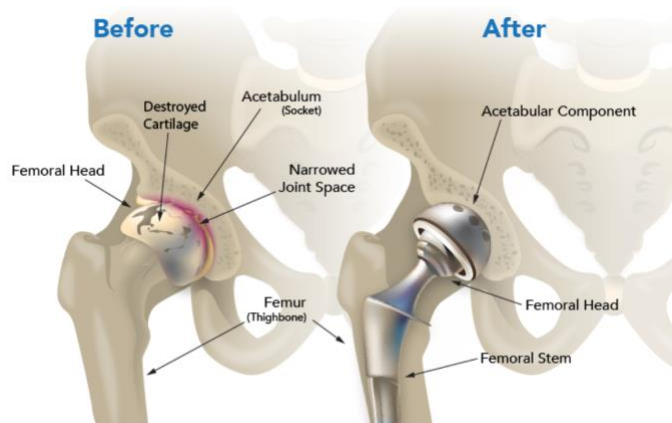
Here are representative illustrations of injuries and wear-and-tear degenerating joints – and "plastic and steel" devices that could be implanted when your surgeon "Removes and Replaces"



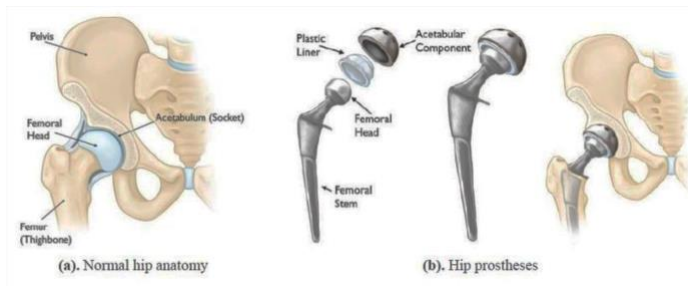
You have regenerative medicine choices before having surgery – my prolotherapy program has been successful over 35 years, and my 10 years’ experience with my unique umbilical-derived biologic “stem cell” solution has been delightful.



Patients with hip joint pathology complain of pain “deep inside,” “in the crease,” “like a toothache” from which they cannot get away. Over time, mobility limitations become more frustrating: trouble getting in/out of car, stairs, tying shoes, limping, just walking in your house. “Night pain” is a major complaint disrupting daily life.



Because *health* is your greatest *wealth*!



JOINT HEALTH
STEM CELLS CAN DIFFERENTIATE INTO SPECIFIC CELL TYPES AND REGENERATE DAMAGED TISSUE, INCLUDING BONE, CARTILAGE, TENDONS, AND NERVES.

REDUCE INFLAMMATION
STEM CELL INJECTIONS CAN HELP REDUCE INFLAMMATION AND PAIN IN JOINTS AND TISSUES BY MODULATING THE IMMUNE SYSTEM.

AVOID SURGERY
THE INJECTIONS MAY HELP STABILIZE THE CONDITION AND AVOID INVASIVE SURGICAL PROCEDURES.

REGENERATION

- Ligament repair: Restoration of joint mechanics
- Comprehensive Prolotherapy: Dextrose Prolotherapy, platelet rich plasma, stem cells

NORMAL KNEE LIGAMENT INJURY MODERATE OSTEOARTHRITIS ADVANCED OSTEOARTHRITIS

DEGENERATION

- Unresolved ligament injury: Destructive joint motions
- Traditional medical therapies: NSAIDs, cortisone, arthroscopy

Headaches



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Neck Pains



Mid-back Pains



Low Back Pains



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Hip Pains



Knee Pains



Ankle Pains



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Heel Pains



Foot Pains / Arch (Sole)



Foot Pains / Sole, Ball of Foot, Toe Pains



Especially Diabetic / Circulation Ulcers



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Shoulder Pains



Elbow Pains



Wrist Pains



Hand Pains



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Frustrating Pains with Jaw Joints (TMJ)



What About *YOUR* Joints?

These illustrations show you how many different ways that we suffer daily then through into later life. Sports injuries, accidents, car crashes, falls – the list is endless. Often we didn't go to the ER or even see a doctor "because it's not that bad." After a few days or weeks, you feel mostly "okay." But stretching or crunching support ligaments and tendons or even joint tissues themselves creates weakness that worsens over time. As we grow older, the "aches and pains" of ~~aging~~ *unrecalled injuries* grab hold and limit our comfort and our capability.

When life is your choice, failure is not an option.SM

Are You Ready To Make the Call?



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DIAL 1-800-FIX-PAIN

Your only “cost” is just a few minutes ...



And what you gain could be *priceless!*



When life is your choice, failure is not an option.SM

86

Find it *now* – Fix it *right!*

Life Celebrating Health
9816 Memorial Blvd – Suite 205
Humble – Texas
DIAL 1-800-FIX-PAIN
www.healthCHOICESnow.com

What we do for you ...

The easiest way to explain our services is simply that we “**Find it *now* – Fix it *right!*”**

Correct diagnosis is critical – correct treatment is essential! Dr. Trowbridge has trained for 53 years to look for and treat the cause of your problems not just slap on another fancy Band-aid. Sadly, many doctors don’t have the time or perhaps even the experience to recognize deeper reasons why you are suffering ... then to design pioneering safe, effective, often natural solutions.

Respected for his incisive thought and broad perspectives, Dr. T’s accomplishments are recognized in over 5 dozen volumes of ***Who’s Who*** – and by being named Marquis Who’sWho™ Top Doctor in Advanced Medicine and receiving the Marquis Who’sWho™ Lifetime Achievement Award.

His professional colleagues have honored him as a Fellow of the American College for Advancement in Medicine – and by receiving the

Distinguished Lifetime Achievement Award from the International College of Integrative Medicine.

Best-selling author of several books, Dr. Trowbridge lectures across the country and around the world. He has authored several invited articles on integrative treatments for the premier *Townsend Letter* and other journals and newsletters.

Dr. T has served as president, officer, or director of several professional associations, foremost among these are the International College of Integrative Medicine, the International Academy of Biological Dentistry and Medicine, the American College for Advancement in Medicine, and the National Health Federation.

His devotion to patient education has resulted in several books, radio shows, and over 5 dozen CDs, and DVDs. Most notable is his million-copy best-selling Bantam Book **THE YEAST SYNDROME** – he’s known as “The Yeast Doc.” Best-sellers include **Mastering the Art of Success** with Jack Canfield of the **Chicken Soup for the Soul** series, **DRIVEN** with internationally acclaimed motivational speaker/author Brian Tracy, and **The Big Question** with media mogul Larry King. Dr. T’s chapters in *each* of these won the Editor’s Choice Award.

His many articles and lectures share plain-language guidelines by which to review whether their specialists are providing the care they really need.

People have turned to Dr. Google in frustration; these resources help steer them in all the right directions.

Here's food for thought: his groundbreaking ideas developed in diagnostic questions, tests, and treatment programs for unexpected "Deep Blood Fungus" and other parasite infections found in a number of apparently "unexplainable" illnesses such as cancer, leukemia, leukopenia, altered immune functions, MS, ALS, Parkinson's, Crohn's and ulcerative colitis, sudden kidney failure, diabetes, severe skin rashes/infections, fibromyalgia, chronic fatigue syndrome, and much more. Patient improvements have been startling.

Dr. T's other clinical research interests include exploring the best procedures for using our umbilical-derived biologic solution to help patients suffering with pain; improvement or control of atrial fibrillation rhythms by non-drug treatments; accelerated healing with natural prolotherapy (tissue growth stimulating) injections for patients with joint injuries, neck and back pains, and arthritis; and advanced treatments to reduce toxic heavy metal levels and manage or prevent cardiovascular disease, especially congestive heart failure and recovery from heart attacks, strokes, peripheral arterial disease and gangrene, diabetic ulcers, and neuropathy, and more.

His vast background is markedly different than almost all physicians. A National Merit Scholar and California State Scholar at Stanford, he

Because *health* is your greatest *wealth!*

rigorously studied molecular biology. Before medical school at Case Western Reserve University, he excelled in studies as a Medical Laboratory Technologist and later was head of quality control for a Kaiser Hospital.

He served as a Senior Aviation Medical Examiner for the FAA and as “company doc” for 53 industrial companies in northeast Houston. Dr. T did research for 3 years on how to make better vaccines, enjoyed graduate studies in immunology and nutrition, and trained as a urological surgeon at the Texas Medical Center in Houston (including a rotation at M.D. Anderson Cancer Center). His medical school training included a hematology/oncology (blood and cancer) rotation at the National Institutes of Health and intensive study of radiology with Harold Jacobsen at Montefiore Medical Center in the Bronx.

Dr. T has been professor-in-chief for the advanced training in toxic heavy metals over 15 times and has offered exceptionally advanced “chelation therapy” since 1983. His background in anatomy, physiology, and healing has produced unexpectedly excellent results with prolotherapy for neck and back pains, joint injuries, and arthritis since 1990. Stem Cell treatments offer even more benefit!

People have questions, **Dr. T** has answers. When you ask someone who *hasn't* studied and researched advanced specialized services whether

they could help you ... you might find that “their” answers *don't help you!*

We invite you to browse our website to learn more about invaluable treatment programs we have designed and refined over many years to help you, your family, your friends:

www.healthCHOICESnow.com or scan ...



Our site will be a valuable resource for you in coming months and years.

Here's our little secret: Right now, you can print a **free** pdf copy of this Second Edition of

Failure is *not* an Option:

[www.healthCHOICESnow.com/
stem-cells-and-regenerative-medicine/](http://www.healthCHOICESnow.com/stem-cells-and-regenerative-medicine/)

Share your questions with our
Treatment Consultants –
Get answers you need and you can trust
to boost your recovery from pain:
DIAL 1-800-FIX PAIN

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The U.S. Food and Drug Administration (FDA) recognizes that the allograft cell product (“stem cells”) used by Dr. Trowbridge is produced by a federally registered tissue bank that complies with HCT/P’s and are regulated under applicable guidelines. Such products do not have a specific indication for use.

They are injected by a skilled, experienced, licensed physician.

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