



PERFORMANCE





# OPTIMAL RESULTS

An athlete's most valuable asset is their body. To gain optimal results your body has to be in optimal condition. Injuries, malnutrition and compromised body mechanisms can cause your performance to suffer. PERFORMANCE® utilizes a multidisciplinary approach and stem cell-based therapies to optimize personal performance.

Regenerate/Repair Tissue

Restore Function

Replenish Vital Nutrients

Accelerate Recovery Time

Avoid Surgery

Our custom programs are individually designed by a multidisciplinary team of physicians, bio-mechanical experts, therapists and nutritionists who utilize stem cell-based applications coupled with oxygen therapies, light therapies, and IV treatments. These modalities promote cell regeneration to improve the overall metabolism, circulation and cell function allowing athletes to reach new limits and perform at the top of their game.

Give yourself the opportunity to become stronger, leaner, faster, and improve overall performance by adopting a revolutionary approach to optimal fitness and health by PERFORMANCE® - a worldwide leader in regenerative therapy.



## JOINT REJUVENATION

Combat joint pain and heal damaged connective tissue without surgery. PERFORMANCE® uses cutting-edge, safe, proven regenerative medicine to regain mobility and rebuild deteriorated cartilage with adult stem cells, the body's most powerful natural healer.

## FITNESS OPTIMIZATION

It's time to break the glass ceiling. You've committed to training hard, eating right, now it's time to let PERFORMANCE® take your body to the next level with our 360-degree approach to fitness optimization. Are you ready for the next level?

## INJURY RECOVERY

Training hard comes with its consequences. Injuries can put a strain on your fitness regimen or worse, put athletes on the sidelines. Our Recovery Program is right for you if you want to support your body's healing capacity in the most natural way.

## CONCUSSION TREATMENT

A concussion is the most common sports-related traumatic brain injury and the most dangerous considering its seemingly invisible symptoms. Treatment options for athletes suffering from this silent killer have been limited - until now. PERFORMANCE® provides new and groundbreaking techniques to combat TBI.





# ORTHOPEDIC REJUVENATION

Combat joint pain and heal damaged connective tissue without surgery. PERFORMANCE® uses cutting-edge regenerative medicine to regain mobility and rebuild deteriorated cartilage with adult stem cells, the body's natural healer.

## DON'T LET AGE STOP YOU FROM PERFORMING AT YOUR PEAK

Years of wear and tear on your joints can lead to chronic pain, cartilage reduction, and interference with your movement overall. We are able to heal these injuries naturally by using adult stem cells from the patient's own fat tissue. This activates the body's ability to regulate cell function, promote healing, and turn off an inflammatory response.

CONTINUE  
READING TO  
LEARN MORE  
ABOUT OUR  
JOINT PROGRAM





# JOINT REJUVENATION

Stay active for life. PERFORMANCE® aims to turn back the clock using minimal invasive orthopedic stem cell injections, a highly effective, scientifically backed approach. This procedure increases the body's own natural repair cells to promote healing and reduce years of wear and tear. By harvesting stem cells from your own body and re-injecting them into damaged areas we can revitalize body functions without surgery or downtime. Don't let age stop you from performing at your best.

## HOW IT WORKS

Stem cells are essentially "blank" cells capable of morphing into another type of cell. They serve as a built-in repair mechanism. When a joint or muscle is injured, stem cells can replace and heal damaged cells, giving athletes the best possibility of regaining full functionality of their joints. We can achieve these results with a one-time stem cell injection.

## OUR TECHNIQUE

PERFORMANCE® uses Stromal Vascular Fraction (SVF), an extract derived from fat tissue, which contains stem cells as well as a whole array of other important cells, exosomes and growth factors. This minimally invasive procedure takes less than an hour and does not require sedation.





# THE PROCESS

PERFORMANCE® specializes in lipoaspirate stem cell injections for joint restoration. The properties of this concentrate have the potential to give patients immediate pain relief and to stimulate new cartilage production over time.

Our team of scientists and doctors look back on 20 years of research and experience in stem cell therapies. Our treatments are backed up by scientifically proven results offering you a safe and promising minimally invasive treatment option.

Fat tissue is harvested through a mini liposuction procedure

Through a sterile purifying process a lipoaspirate injectable is created

The highly potent filler is injected into the joint under local anesthesia

Stem cells begin the process of repair and regenerating cartilage\*

## STEM CELLS AND CARTILAGE HEALING

Mesenchymal stem cells (MSC) are adult stem cells that can be found in your fat tissue. MSCs are undifferentiated cells known to repair and replace damaged tissue like cartilage, nerves, tendons and muscles. We are able to mobilize your own stem cells by processing a small amount of adipose tissue and injecting this concentrate into the joint area.

A study performed by Dr. Jaroslav Michalek in 2015 carried out with 1,114 osteoarthritis sufferers showed that adipose derived stem cells have the potential to regrow cartilage. After the application of a single autologous fat cell transplant the patients were followed for between 12 and 54 months. At least a 75 percent score improvement was noticed in 63 percent of the patients and at least a 50 percent score improvement was documented in 91 percent of the patients after 12 months, said the researchers. Typically, patients in the study consumed large amounts of painkillers for their symptoms. Researchers found that painkiller usage declined dramatically after treatment.

\*Minimal downtime allows returning to regular activity usually after 48 hours. Manual therapy and Hyperbaric Oxygen Therapy are recommended for long term stabilization





# STEM CELLS IN SPORTS MEDICINE

Stem cell therapy is revolutionizing the way doctors approach sports injuries. It is the most modern form of regenerative medicine for its potential to renew, repair, and regulate damaged tissues. This means fewer surgeries, faster recovery time, increased injury prevention, and relief from chronic pain.

## STROMAL VASCULAR FRACTION

Stem cells are key to the human body's internal repair system. PERFORMANCE® uses an advanced form of stem cell therapy called Stromal Vascular Fraction (SVF). This multi-faceted substance contains hematopoietic (blood) stem cells, mesenchymal (fat) stem cells, growth factors, anti-inflammatory cells, and a wide array of other vital cells obtained from the patient's own fat tissue.

## EXOSOMES

Exosomes are small molecular particles, which cells use to transfer information to other cells. Exosomes derived from placental stem cells contain anti-inflammatory proteins and can insert regenerative cell information to support healing. Exosomes can be used in combination with SVF or as a stand-alone therapy.

## STROMAL VASCULAR FRACTION

What makes SVF superior to other stem cell therapies? In contrast to the application of singled out stem cells the combination of stem cells, supportive cells and growth factors contained in SVF can provide a more versatile healing potential. The application of SVF intravenously triggers a systemic response, activating the body's ability to regulate cell function, promote healing in

deficient areas, while delivering an anti-inflammatory effect. When applied locally, it has capability to regenerate cartilage, help fix torn ligaments and damaged rotator cuffs, and repair of traumatic brain injuries and concussions. Studies also show improvements in cognition, thyroid function, and weight loss through SVF.



# FITNESS OPTIMIZATION

## MY BODY IS A TEMPLE

We understand that your body is a sanctuary, and it should be treated as such. PERFORMANCE® utilizes a new scientific and medical treatment methodology to optimize and strengthen pre-existing body mechanisms to increase overall resilience and power up your fitness goals. You have made a commitment to your health and wellness, take these extra steps to maximize and perform at your peak.

## OPTIMIZE

You've committed to training hard, eating right, now it's time to let PERFORMANCE® take your body to the next level with Optimization.

This program is designed to strengthen your body, to increase resilience, promote rapid recovery, and transcend your body's best. It is ideal for the elite athlete or fitness fanatic looking to bounce back more quickly and take your performance to the next level.

## HOW IT WORKS

Fitness Optimization is a 30-day program which incorporates usually two treatments per week after a comprehensive assessment.

You will continue your normal workout regimen and nutrition plan while slowly introducing each form of therapy. This way your body is not overloaded.

You'll gradually build endurance and safely enhance your results for the long haul.



# TREATMENTS

## INTRAVENOUS THERAPY

Replace a broad range of deficiencies, boost vitamin levels in the body, and increase bio availability of essential nutrients directly through the blood stream.

## HYPERBARIC OXYGEN THERAPY

HBOT increases the amount of oxygen delivered to your blood to promote healthy tissue function, decrease healing time, minimize injury and help fight infection.

## PHOTOBIMODULATION

Deliver infrared light to the body to encourage cell growth to improve tissue repair, reduce oxidative stress, pain and inflammation.

## CHIROPRACTIC CARE

Assessing the musculoskeletal chain of the body and using chiropractic care to address mechanical dysfunction to relieve pain, improve blood circulation and support healing.

## MANUAL THERAPY

Increase range of motion, reduce pain, decrease swelling or inflammation, and assist the body in muscle or soft tissue repair by facilitating the passive movement of joints to improve full functionality.



# INJURY RECOVERY

Training hard comes with its consequences. Injuries can put a strain on your fitness regimen or worse, put athletes on the sidelines.

The goal of Injury Recovery by PERFORMANCE® is to strengthen and condition these damages to get you back in the game avoiding surgery and reducing downtime. We use cutting-edge science and foundational medicine to help you regain your competitive edge.

## HOW IT WORKS

Injury Recovery is a 5 to 10-day customized plan to treat individual injuries. Our scientific modalities promote cell regeneration to improve damaged cells, accelerate the healing process and enhance overall body mechanisms. These techniques will also strengthen and build joint and muscle tissue to increase overall resilience and avoid future injuries.



# TREATMENTS

## INTRAVENOUS THERAPY

Replace a broad range of deficiencies, boost vitamin levels in the body, and increase bio availability of essential nutrients directly through the blood stream optimizing the cell function.

## HYPERBARIC OXYGEN THERAPY

Hyperbaric Oxygen Therapy decreases the amount of oxygen delivered to your blood to promote healthy tissue function, increase healing time, minimize injury and help fight infection.

## PHOTOBIOMODULATION

Deliver infrared light to the body to encourage cell growth to improve tissue repair, reduce pain and inflammation.

## CHIROPRACTIC CARE

Assessing the musculoskeletal chain of the body and using chiropractic care to address mechanical dysfunction to relieve pain, improve blood circulation and support healing.

## NUTRITIONAL CONSULT

Fuel your body with a customized nutrition plan to aid in healthy food choices and eating habits to maximize your well-being, weight and performance.

## MANUAL THERAPY

Increase range of motion, reduce pain, decrease swelling or inflammation, and assist the body in muscle or soft tissue repair by facilitating the passive movement of joints to improve full functionality.

## SVF CELL THERAPY

PERFORMANCE® uses Stromal Vascular Fraction (SVF), an extract derived from fat tissue, which contains stem cells as well as a whole array of other supportive cells, exosomes and growth factors. This minimally invasive procedure takes less than an hour and does not require anesthesia.

## EXOSOMES

Exosomes are small molecular particles, which cells use to transfer information to other cells. Exosomes derived from placental stem cells contain anti-inflammatory proteins and can insert regenerative cell information to support the healing process.



# CONCUSSION



A concussion is the most common sports-related brain injury and the most dangerous considering its seemingly invisible side effects. In 2013, about 2.8 million Traumatic Brain Injury (TBI) related emergency department visits, hospitalizations, and deaths occurred in the United States. Studies have exposed the severity of these traumatic brain injuries proving concussions cause brain damage responsible for memory loss, mood swings, seizures, and more debilitating effects that can be felt decades after the initial hit.

The Concussion Program combats traumatic brain injuries head-on, making immediate alleviation and long-term prevention and recovery a priority. By using the latest evolution of science and medical methodology, stem cell therapy, and natural alternatives, we can aid in the healing of concussion damage while restoring and optimizing your brain function and overall health.

## THE DATA

NFL players have been the most prominent cases of the negative long-term effects of untreated concussions. A study found that 110 out of 111 brains NFL players suffered from Traumatic Brain Injury.

According to the National Institute for Occupational Safety and Health, it is expected that one third of NFL retired players will develop long-term cognitive problems.

This silent killer does not only affect the NFL league but also sports like hockey, boxing, MMA, soccer and rodeo.

Athletes with concussions are 4x more likely to develop Alzheimer's and ALS, and to live shorter lives (with the current median age at death being 57 years old).

There is an estimated 1.6 million to 3.8 million cases of concussions a year.

## CONSEQUENCES OF CONCUSSION

- Post-Concussion Syndrome (PCS)
- Hydrocephalus
- CSF Leakage
- Strokes
- Cognitive Disabilities
- Impairment of Senses
- Emotional and Behavioral Problems
- Lifelong neurological defects
- Increase likelihood of developing Alzheimer's and ALS

CONTINUE  
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CONCUSSION  
PROGRAM





## HOW THE PROGRAM WORKS

The Concussion Program starts usually with the application of Stromal Vascular Fraction (SVF) . This fat tissue derived extract contains your own stem cells, an array of other supportive cells, exosomes, and growth factors. The treatment regimen continues with Hyperbaric Oxygen Therapy, IV Therapy and Exosome Therapy based on your individual needs. We combine this with ongoing Chiropractic Care, Photobiomodulation, Ozone Therapy, and Immune Modulation for the most optimal results and long-term healing.

## INTRAVENOUS THERAPY

Replace a broad range of deficiencies, boost vitamin levels in the body, and increase bio availability of essential nutrients directly through the blood stream. IV Immune modulation treatments are also used to restore a healthy ratio of the immune cells.

## HYPERBARIC OXYGEN THERAPY

Hyperbaric Oxygen Therapy has shown great potential in neuroprotection and neurogenesis. It can help restore damaged brain cells or repair your brain. Increase the amount of oxygen delivered to your blood to promote healthy tissue function and decrease healing time.

## CHIROPRACTIC CARE

Assessing the musculoskeletal chain of the body and using chiropractic care to address mechanical dysfunction to relieve pain, improve blood circulation and support healing.

## 10 PASS OZONE THERAPY

Promote the release of stem cells by oxygenating your blood to heal faster, reduce symptoms associated with depression, increase energy levels, sleep quality and a variety of other medical conditions.

# TREATMENTS

## EXOSOMES

Exosomes are small molecular particles, which cells use to transfer information to other cells. Exosomes derived from placental stem cells contain anti-inflammatory proteins and can insert regenerative cell information to support the healing process.

## PHOTOBIO-MODULATION

Deliver infrared light to the body to encourage cell growth to improve tissue repair, reduce oxidative stress, pain and inflammation.

## SVF CELL THERAPY

Studies have shown that SVF has anti-inflammatory and immune modulatory benefits in TBI patients. The stem cells contained in it have shown to contribute to neuron and brain tissue regrowth.

## MIND-BODY MEDICINE

Craniosacral and osteopathic treatments, lifestyle and nutritional coaching are just some examples of what we use to reduce the symptoms of concussion. These forms of healing modalities aid in restoring brain pathways and assist the patient's emotional state.



# PERFORMANCE



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## Disclaimer

The content of this brochure is provided for information purposes only. Do not attempt to self-diagnose. Always consult a medically qualified health practitioner if you are feeling unwell. Do not undertake any form of self-treatment for any illnesses. No responsibility is taken for any inaccurate information contained in this brochure.