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# Orthopedics 2.0 - How Regenerative Medicine And Interventional Orthopedics Will Change Everything



## ORTHOPEDICS 2.0

How Regenerative Medicine &  
Interventional Orthopedics Will  
Change Everything

3rd Edition

Dr. Christopher Centeno



## Synopsis

Want to get in on the cutting edge techniques that are changing the way medicine treats long term degenerative diseases such as osteoarthritis? Using a patient's own stem cells, this new technique has made tremendous strides in helping patients get healing faster, with far less recovery time. Written by Dr. Chris Centeno, this e-book explains the Regenexx approach to patients and orthopedic conditions. Whether you're suffering from an orthopedic condition, or simply interested in the human body and how everything ties together, you will enjoy exploring this book in-depth. With hyperlinks to more detailed information, related studies and commentary, this book condenses a huge amount of data and resources into an enjoyable and entertaining read. This is the third edition of Orthopedics 2.0 with even more content and graphics. Regenexx believes in educating patients, providing choices, offering options and encouraging people to take an active role in their own treatment. They strive to improve the quality of life for each patient through compassion, dedication and innovative treatment plans designed to meet the individual needs of the patient. In summary, Regenexx is the longest running, most experienced, best published orthopedic stem cell therapy in the United States. They have collected more data on more treated patients than any other company and are dedicated to reinventing orthopedic care so that in the future, most patients can avoid invasive surgery. Featured on many television and media outlets such as the Doctors TV show, ABC News Good Morning America and many others, Regenexx is taking stem cell therapy for regenerative disease to an exciting new level.

## Book Information

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## Customer Reviews

In reading Orthopedics 2.0 I had a number of light bulbs go off in succession! What a brilliant way to manage pain and get healing. This book comprehensively looks at chronic pain, and where it originates, and how you can address this non-surgically. Using your own stem cells for regrowth is a great deal more appetizing than the surgical options, that in my experience, don't always do all they say they will. I have two trouble spots I'm hoping to address using this method. Good stuff!

I have suffered with joint pain for many years from being overweight for many years. I have chronic back and knee pain that I thought for sure I would need surgery for. A few months back I started using Regenxx for this pain and it has made such a difference. When I saw this book, which focuses on Regenxx I decided to check it out. First of all, I have to say I was very impressed by the comprehensive knowledge offered in this book. I learned so much more about anatomy and my own body with the different tests on my overall stability. I would definitely recommend this to anyone who is suffering from chronic pain!

I'm a professional minor league baseball player and I've been at it for seven years now. When I was younger, I could work out, eat "road quality food", go out drinking and then hit the field the next day to perform. Not anymore. My skill with the game increases, but I can feel the subtle effects of aging. But one of the trainers that I worked with a few years ago got me into corrective workouts, understanding the body, learning to heal like a younger person and becoming the best athlete you can be. I never knew just how out-of-wack my body got over the years until I started to understand the body. I went out and got certified as a personal trainer, that was step one, and I have been thirsty for knowledge ever since. And this season I went one giant step forward and bought a bottle of stem cell formula for my joints. The grind of the game wore me down without even knowing it and that stuff made me feel a lot better. So, I bought the book and have invested myself into it. Like it's mentioned above by the nurse, there are some difficult concepts in here, but most of it is easy to understand and will translate to everyday life, especially if you are an athlete like me. And trust me, our knowledge of the human body keeps changing. When I entered the pro game they told me not

to lift; to go out for a run to train. Now they tell me to lift and avoid running. But this book is the next step in our understanding of the fluid human body. Good read.

Thank you Dr. Centeno for writing this book. I have had knee and back pain for five years and I now have a better understanding of what could be wrong. I wish I had discovered this book before my two knee surgeries because I would not have had them. I am thankful now because I know for sure I am not having the recommended knee replacements. I am going to explore the many different options that are in your book and for the first time I feel hopeful. I would highly recommended this book to anyone with any kind of joint, bone, or nerve pain to read this easy to understand book that will, I know, change the course of your health and pain road you are on.

As a former orthopedic nurse and advocate for stem cell research, I find Orthopedics 2.0 revolutionary. Not only am I able to apply the concepts Dr. Centeno discusses to my patient care, but I am also using his ideas for my own health. Regenerative medicine is the future as we learn to heal ourselves more efficiently while gaining the ability to prevent injuries all together. My favorite concept in this book is the fact that it is meant to be ever-evolving, growing with medicine. For the none medical reader some of the discussion in the book may be difficult to grasp, but there is so much knowledge at your finger tips in this book that it is well worth your time. As for the orthopedic enthusiast, this book is awesome. I hope you love it as much as I have!

Great info. Had stem cell injections in my knee ligaments and went from 20 years in a custom knee brace to no knee brace at all and doing hiking, biking, tennis, all activities, with no problems or pain!

I just finished reading Orthopedic 2.0 and I think there is a wealth of excellent information here. You can never arm yourself with too much good info. It's like have a really good orthopedic Dr. come and do a house call. I wish more Doctors would approach a persons issues this way. Many Thanks!

Jst started it but seems to be just D3 plus a few antioxidants. I take hyaluronic acid which has lept me put pf knee surgery that wors within a few days. Not sure this product is effective for the price,

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