

## Living Pain Free 1/14/23

Narrator: Are you living in pain? Is it joint pain or muscle pain? If so, stay tuned. Welcome to Living Pain Free with Dr. Marc Darrow, from the Darrow Stem Cell Institute in West Los Angeles.

This is the program that can give you effective solutions for the pain you've been living with. Dr. Darrow is a medical doctor, board certified in physical medicine and rehabilitation. He teaches about the use of Prolotherapy, PRP and stem cells. Today's program could open up a new life without pain for you. Now here's Dr. Darrow with his co-host, Nita Vallens.

Nita: Hi there Dr. Darrow.

Dr. Darrow: Hello Nita Vallens, how are you today on this beautiful day?

Nita: I'm great. How are you?

Dr. Darrow: I'm living it up, like always.

Nita: Well, that's very exciting. Do you think that we can help our listeners live it up, because lots of them are in pain?

Dr. Darrow: That's the plan. How do we get rid of pain that is musculoskeletal in origin? We used what is called today, regenerative medicine. That means we regenerate or stimulate new tissue to grow back. So this works on your tendons, ligaments, your joints. It works literally from the top of the head to the bottom of the feet, and everything in between. All of the joints. I treat shoulders and necks, and backs, and hips, and knees, toes, ankles.

I've got a question here actually that we can go to in a second, after I give out the phone number.

Nita: Okay. And the website.

Dr. Darrow: Yes. All the good stuff. And we're going to send you a free copy of this book that I'm showing to the camera right now. It's Stem Cell and Platelet Therapy, Regenerate Don't Operate. Regenerate meaning to grow back the tissue, instead of operating and cutting tissue out. I'm not for that.

I was being trained to be an orthopedic surgeon, until I had a shoulder surgery in medical school. And that was it. I switched horses midstream, and decided to do regenerative medicine, instead, because it healed me. It's healed both my shoulders, both my knees, my elbows, my right wrist, my neck and my back. I was a

wreck, you might say. From gymnastics and all kinds of sports that I did. I loved high speed, and I loved my muscles growing on my body, and that took a toll.

In my 40s, I was a wreck, and I learned about this. And I got better, I'm good shape, and the funny thing that people can't believe, if you want to call it funny or weird is I do these injections on myself. So I know what it's like to get the feeling of the injections. And I know what it's like for you to get the feelings of the injections. That's why I use thinner needles than most guys do.

So the phone number if you want to talk to me right now, and you will get, if you call in, a free copy of Stem Cell and Platelet Therapy, Regenerate Don't Operate, this book is all full of scientific studies on how to heal the body without surgery, and why surgery fails so often. And we're still unfortunately in the culture of surgery, and it is shifting, there are more and more doctors who are learning how to do regenerative medicine.

I have taught it at UCLA to the physical medicine and rehabilitation doctors. I taught there for 20 years. I was an assistant clinical professor of medicine there. And I still have doctors from all over the world who train with me. They fly in and spend several days, I just trained a buddy of mine in Hawaii, to start doing this there.

And actually, while I was doing that, I got my medical license in Hawaii, just in case I had to come over there to do some work.

Nita: Oh just in case. Oh, yeah.

Dr. Darrow: Yeah.

Nita: It's always good to be prepared, that boy scout motto. Were you a boy scout?

Dr. Darrow: I was a boy scout. How did you know that? Yes.

Nita: Because you always are being prepared, that's good.

Dr. Darrow: Yeah, yeah. And when I was -- it was so cute, I remember being a cub scout, and my dad would be -- I think he was called a scout master. We had those little uniforms.

Nita: Yes, that's what they were called.

Dr. Darrow: Yeah. It was fun. So anyway, the phone number to get a hold of me right now and talk to me and ask me questions about your musculoskeletal pain and if you're shy just use a fake name, or say

it's your mother or your father, or your friend. Or you can get to me on my website, every single page has a spot to email me. And that website is [www.lastemcells.com](http://www.lastemcells.com) and there's videos of me doing these procedures, you can watch, see if it's something you want to do.

And then the phone number to get a hold of me right now in the studio, live and local as Dr. Gene would used to say is -- God bless you , Dr. Gene, I should call you up and see how you're doing, he used to be my radio host, before Nita was born. The phone number here is 866-870-5752, please write it down and give us a call. If you're driving pull over to the side of the road, write it down, 866-870-5752, 866-870-5752.

And if you want to get a hold of us at the -- or my staff at my office, the phone number there is 800-300-9300, that's pretty easy to remember, 800-300-9300.

So before I get going, Nita, is there anything else you want to say before I take this question?

Nita: Well, I want to let people know that when they go to the website, they email you off of every page on the site, as well as see you performing the treatments on a whole bunch of videos, all the different body parts, so it's very cool. So that site again is [www.lastemcells.com](http://www.lastemcells.com) that's lastemcells.com.

So if you're driving pull over to the side of the road, jot it down, and you can check it out later, or you can call at 866 --

Dr. Darrow: 866-870-5752. You don't want to hear Nita and I just talk. You want us to talk about something that is important to you and your friends and every time a person calls with their aches and pains, or syndromes, or meniscal tears, or rotator cuffs tears, whatever those things are that are bothering you, you can help everybody else also. So it's a service to call in.

So this question says subtalar joint surgery, let's figure out what that is.

Nita: Okay, but before you get into that, though, did you want to talk to Tracy in Manhattan Beach.

Dr. Darrow: Oh, yeah, we got a few callers already. Yeah, Tracy, let's go to you. Your son has lower back pain, is that correct?

Nita: Tracy, are you there?

Tracy: Doctor, I'm a patient, as you know.

Dr. Darrow: Oh, Tracy, I know who you are, yeah, you're one of my favorites. How are you today? I haven't seen you in ages.

Tracy: I'm good. This is my son, he's 39 years old. He skied Mammoth last weekend and no problem there. Tuesday, he came down with pain. Wednesday, he was in the ER. He got an x-ray, and MRI, they put him on Prednisone, a steroid shot, morphine, and Percocet.

Thursday, he saw a surgeon, and the surgeon I think rightfully so, thought it would be better to wait a while, and see how it comes out.

Dr. Darrow: When that happened, what did they say the diagnosis was?

Tracy: I've got the MRI impression here. And this is a comparison to an MRI he had in 2017.

Dr. Darrow: Okay.

Tracy: A new right foraminal disk protrusion, plus the existing right L4 nerve root, and a slightly increased right subarticular foraminal disk protrusion likely abuts the traversing right S1 nerve root.

Dr. Darrow: Okay. Can I respond to you?

Tracy: Yes.

Dr. Darrow: Okay, does he have leg pain or back pain?

Tracy: Leg pain and back pain also.

Dr. Darrow: Okay. So typically, I will work on the back, and those things that show up in the MRI don't necessarily cause back pain, but they could cause leg pain. It's possible that you could have back pain also from sprained ligaments that hold the back together, iliolumbar ligaments and other things that are important there, inner spinous ligaments.

And personally I don't like taking Prednisone by mouth, because it can kill the hips. So I don't give that to people. But I know a lot of -- it's sort of the tradition of medicine to do that. When did he start the Prednisone?

Tracy: On Wednesday afternoon.

Dr. Darrow: Okay. Is he feeling better yet?

Tracy: One of the 6, 5, 4, you know the --

Dr. Darrow: Yep, is he feeling any better?

Tracy: Yeah, he is somewhat better, but at least it's workable -- he can work from home.

Dr. Darrow: Well, that's good. Well if you want to drag him into the office, I'm glad to take a look. In one second, I can just touch the area, and do a quick exam and let you know if I can help him.

Tracy: Okay.

Dr. Darrow: I know we've had great success on your body over the years, and how old are you now, Tracy?

Tracy: I just turned 80.

Dr. Darrow: Are you kidding me, my God. Tracy, you are the youngest 80-year-old I've ever met in my life. Tracy is super, super active.

Tracy: Well, I don't know about that, but I am going skiing the week after next.

Dr. Darrow: And there you go. And we've had terrific success I know on your body. And if you want to drag your son over, you know the office number is 800-300-9300, you can call there now, and get an appointment set up. And I would love to --

Tracy: Yeah, I think it's worth a shot, no pun -- or pun intended.

Dr. Darrow: Yeah, pun intended, right. Yeah, I'd be careful not to get sucked to getting a surgery for that, because a lot of people have that and have no pain at all. So don't assume because you have that, that there is pain that is with that. X-rays, MRIs, CT scans are big liars. You know a lot of people have problems --

Tracy: But they do help you somewhat I take it.

Dr. Darrow: They can, but they can also hurt you, because a lot of people get surgeries, based on them, when it wasn't showing what the pain is being generated -- where the pain is being generated from. So they're kind of a wild card, they can be helpful, or they can be a problem. And way too many surgeries are done because of them when the person didn't need any surgery and we could have just injected with stem cells or platelets. And healed the area up.

You know this, I've talked to you about this over and over, over the years, when you've come to see me.

Tracy: Also, is it better for him to finish the course of Prednisone before he sees you?

Dr. Darrow: Yeah, you don't want to cut that off too soon, because he can go into adrenal failure.

Tracy: Yeah, it's one of those ones where you taper it.

Dr. Darrow: Yeah, well let him taper it down, yeah, I don't want him to just stop abruptly. Let him taper it down until it's done. I don't want to stop abruptly because he can go into adrenal failure or other things.

Tracy: Does the Prednisone affect any of your -- your shots, like I know that you don't like ibuprofen and what have you?

Dr. Darrow: It would affect it if he's still on it. But what we're going to do with him, is we're going to do an examination first. See if I can help him. If I can, he'll come in when he's finished with his tapering dose.

Tracy: Okay.

Dr. Darrow: But he might be done by the time you come in. And by the way, if you have trouble getting into the office quickly, because I'd like to see him soon, if you have my cell number right, you just call me up.

Tracy: I do, yes.

Dr. Darrow: Yeah, just call me up and I'll slip you in anytime you want.

Tracy: Okay, if I get through to the front office staff, I'll call you.

Dr. Darrow: Yeah, exactly. And you know this, Tracy, every one of my patients gets my cell number and my email address. So I stay close with my patients.

Tracy: I do know that.

Dr. Darrow: And I love my patients, I love you very much, Tracy, you're an amazing person, and it's been great working with you all these years.

Tracy: Okay. Thank you for the advice, and I will call the office.

Dr. Darrow: All right. Thanks so much for the call, Tracy.

Nita: Thank you, Tracy.

Tracy: Okay.

Dr. Darrow: So this is a perfect case of someone who will probably end up getting surgery unless I get to him first.

Nita: Yeah, exactly. I get it. Okay, do you want to give the phone number?

Dr. Darrow: Yeah. Give me a call right now, 866-870-5752, I'll repeat it, 866-870-5752. And if you want to call the office, there are people there now. The number there is 800-300-9300, and if you want to watch these procedures, you can watch me injecting the low back, as I would do on Tracy's son, at some point probably, that's [www.lastemcells.com](http://www.lastemcells.com) [www.lastemcells.com](http://www.lastemcells.com) there's a spot to email me on every page.

And there's videos on most parts of the body of me injecting. I'm not limited to the back or neck or the elbows, or the wrist or the fingers. I do the whole body, whatever you need, I can inject and with stem cells or platelets and stimulate tissue regrowth, and hopefully help you get rid of your orthopedic pain.

Nita: Okay. Shall we talk to Mo in Orange.

Dr. Darrow: Yes, Mo, Dr. Marc Darrow, how are you today? Thanks for hanging on?

Mo: Hello.

Dr. Darrow: Yeah, Mo, yell at me, I can't hear you.

Mo: Hello.

Dr. Darrow: Yeah, there you go.

Nita: Can you hear us?

Mo: Are you there?

Dr. Darrow: Yeah, yeah, yeah, I'm here. Can you hear me?

Mo: I sure can. Thank you for taking my call.

Dr. Darrow: Good, what kind of hernia do you have?

Mo: Down in my -- in the groin area is it -- I don't know how you pronounce inguinal?

Dr. Darrow: Yeah, you're close, inguinal.

Mo: Inguinal. I have -- I went to see the doctor and they wanted to do an ultrasound and surgery.

Dr. Darrow: Yep.

Mo: And so I do not -- I've been wearing a belt for work.

Dr. Darrow: All right. Does the tissue stick out?

Mo: Yes, it does.

Dr. Darrow: Okay. So that's not something I can help you with. Back in the 1800s there was doctor named Paré in France who did this work on hernia repairs, because surgery was dangerous then, and he would just do injections with something very caustic and heal the area up like that. But it's not the best way. And surgery is the best way as of today.

I would be careful not to get mesh put in there because there's a lot of lawsuits out there, you can look up on the internet, mesh hernia lawsuits, where they have to take the mesh out. It seems like a good idea to use the mesh to hold it together but then people have problems, pain problems afterwards.

Mo: Um-hmm. Yeah, I saw that.

Dr. Darrow: Yeah, I'm not a surgeon. I don't do those surgeries, but be careful when you get it done, how you get it done, and go to someone you know, who you're not going to have to go back to for a revision surgery later, okay.

Now, there is something else that goes on, that relates more to my practice, which is called a sports hernia. And that's different than an inguinal hernia. That's where the adductor muscle, you know, the muscle in the middle of the thigh goes up and attaches to the pubic bone.

So a lot of people come in, they go I've got a hernia. And I examine them, and I go well, you don't have an inguinal hernia, you have a sports hernia. And I can fix that, by injecting platelets or stem cells, there both, and sort of regrowing that tissue that connection of the muscle to the bone.

So from what you're telling me, you have an inguinal hernia, you may also have sports hernia at the same time.

Mo: Yeah, I was just going to say, are the symptoms the same?



Dr. Darrow: Well, with the sports hernia, it feels the same, but the tissues does not distend out.

Mo: Oh, okay. Okay.

Dr. Darrow: Yeah, and you should get an ultrasound to see what really is going on, so I would go ahead --

Mo: Is it arthroscopic surgery? Is that what they -- is that the method they use?

Dr. Darrow: Well, arth means joint, so not, it's not arthroscopic.

Mo: I think it starts with an largoscopic (phonetic)?

Dr. Darrow: No, I don't know what it is that you're referring to. There's a lot of different ways to do a surgery. But endoscopic would more of using a camera scope, scopic, and then endo means going into the tissue. Arthroscopic means going into the joint. But talk to your surgeon, and then if you want, you can email me on my website at [www.lastemcells.com](http://www.lastemcells.com) -- I'm glad to -- well, actually, I'll have your phone number from you calling in. And I can get a hold of you, if you ever want to talk more.

Mo: Okay. I appreciate your time. Thank you. I love your show too, by the way.

Dr. Darrow: You too, man. Thank you. I appreciate you; I appreciate your call.

Mo: Yeah, thank you. God bless you guys.

Dr. Darrow: God bless you, too. Thank you so much.

Nita: Thank you, Mo, bless you too.

Mo: You guys do a great job.

Dr. Darrow: Well, we're working at it. I've only been doing this show 20 years, a little bit more since my babies were born. But I love doing the show. It's a lot of fun educating people, and I love that the work I do is sort of what I'll call Maverick.

Mo: Yeah.

Dr. Darrow: And Maverick meaning it's not necessarily the tradition of medicine. And of course I know the standard traditional medicine backwards and forwards, and I went to UCLA for my medical residency. So I'm very well trained, obviously, but I don't find that

-- well, if it's something you've got to do, it's something you've got to do.

Mo: Yeah.

Dr. Darrow: But it's something you can talk to me about later, and you can call the office anytime to get more information at 800-300-9300 or if you want to come in for an appointment and we can talk more there. But we can talk, just go the website, [www.lastemcells.com](http://www.lastemcells.com) and you can shoot me an email from there, and we can talk anytime.

Mo: Okay, great, thank you very much. You guys take care, and God bless you both.

Nita: You too, thanks, Mo.

Dr. Darrow: All right. God bless you too. So give us a buzz right now at the station, it's 866-870-5752. I love taking the calls, and talking to people, and try to stump me with something I don't know. I'm not going to be shy about not knowing something. I don't know everything. And I learn a lot from my patients, and I actually learn a lot from people calling in, because often when they call in, I've got to get on Google, and figure out what they're talking about. And then I learn something from that too.

I want to continue learning every day of my life. That's what makes life fun for me. I love to learn. You know I did 22 years of college including law school and medical school, medical residency, fellowship after that. And I actually did a Master's of tax when I was a lawyer at night, which took me three years at night, and it was a very busy time. But I love learning.

And medicine for me is the ultimate learning, because it goes on -- on infinitous -- infinatum, whatever those words are that I'm making up.

Nita: On and on and on.

Dr. Darrow: On and on and on. I will never learn it all. And I like that. I like that it's endless. I love that there's endless Universe. You know I just finished a book by Neil deGrasse Tyson on Astrophysics --

Nita: Oh yes.

Dr. Darrow: Which is not something I've ever read about before. I never took a course on it. And I do audible.com in the car. Every time I'm in the car, I'm listening to a book. And I just looked at the list, I've read 300 plus books in the car. So anyway, I read this book on

Astrophysics, and it opened up my vision of what is going on here, it's endless. It's totally endless, and I love that. And I love, you know, the spiritual intertwinement of Astrophysics and spirituality. It's endless.

Nita: It is. I'm fascinated by it also. I love that.

Dr. Darrow: And you being a -- you being of doctor of psychology, your work is the same, it never ends. You never know it all.

Nita: Absolutely. There's always a surprise.

Dr. Darrow: There's always a surprise, there's some new patient you'll get next week, who is going to teach you something you never even thought of before, and that's why I love the work I do.

Nita: That's true.

Dr. Darrow: People say, Marc, you're 74, you've done this for a long time. Don't you think you should retire. I go what would I do. What could be more fun than what I am doing. And people say, well, I guess it's not work. I go it isn't work. It's better than any hobby I could ever conceive of.

Nita: And that's the distinguishing factor, that if it feels like work, then you use words like retire, and all that kind of stuff, but if it doesn't feel --

Dr. Darrow: And what a long day it was.

Nita: Yeah, if it doesn't feel like work, then there's no conversation in that realm.

Dr. Darrow: No, I mean I had jobs when I was young. And I was always watching the clock. Now in the practice of medicine for me, the day is over in one minute, it seems like it's never long enough. I just love it. And I'm very fortunate because I love talking to people, and I get emails from all around the world every day, all day long and I get to talk to people and do emails when I wake up, in between patients, at night, and I give out my cell number, so patients call me all the time. I love it.

It's the perfect line of hobby for me. You know, it's not work. It's just fun. I love watching people heal. A lot of times when I'm at a party, and people say what do you do for a living. I go I watch people heal. It's exciting, it's fun. Not everybody heals. Most of the time, it's because they don't listen to me.

I had a guy come in yesterday who is 91 years old, but he was like a 20-year-old. He had so much vigor in him. And he said what do you think the chance is that I would heal, 10 percent, 20 percent, 30 percent -- he was tying me down, right?

Nita: Yes.

Dr. Darrow: And I said based on what you had, which was low back pain, and I touched the body, he was typical for low back pain that I can heal. I said based on what I see here, you have about an 80 percent chance of healing, if you listen to my advice. And he goes well what do you mean if I listen?

I said, too many patients cheat on me. Meaning they don't follow my advice yesterday also come in, I'm trying to think what happened. It was a shoulder. So I did one stem cell injection on his shoulder two weeks ago, and he came back and said I didn't get any better. And I said pickle ball, right? He goes yeah, I played three times. You know, you didn't listen to me.

Nita: Ah.

Dr. Darrow: Anyway, give us a call right now, let's talk to you, 866-870-5752. God bless you everybody, we're going to a break, we're going to come back for another half hour, thank you, Nita Vallens.

Nita: Well, thank you. And we'll see you in just a minute.

[Break]

Narrator: Whether you have pain in your back or joints, surgery may not be the answer. Instead of the dangers involved in cutting out tissue, consider healing and rejuvenating the area with stem cells, platelet-rich plasma or Prolotherapy, the treatments that are available to professional athletes are now available for you. Watch the videos at [jointrehab.com](http://jointrehab.com) or call the Darrow Wellness Institute at 800-300-9300, 800-300-9300, that's 800-300-9300.

Nita: Welcome back to Living Pain Free with Dr. Marc Darrow. We are taking your calls at 866-870-5752, that's 866-870-5752. And you can check out the website at [www.lastemcells.com](http://www.lastemcells.com) that's [www.lastemcells.com](http://www.lastemcells.com).

And when you phone the program today, you get Dr. Darrow's latest book for free, Stem Cell and Platelet Therapy, Regenerate Don't Operate. It has 264 scientific studies. What do you think?

Dr. Darrow: I think I'm living it up, Nita.

Nita: I think I am too.

Dr. Darrow: Let's go to Dash, she's got low back pain.

Nita: All right.

Dr. Darrow: Dash, Dr. Marc Darrow. How are you today?

Dash: Hi, I accidentally turned on my radio, instead of my normal Bluetooth. And I just heard about this back pain. I've never heard about your show before. And I'm like -- and you said call in, so I called in.

Nita: Yay.

Dr. Darrow: Well, God bless you, welcome to the show.

Dash: Thank you. I have a form of scoliosis, I have leg length discrepancy, my right leg is an inch and a half longer than my left. So I've always had a little back issue growing up. And my line of work I'm a seamstress, so I sew sometimes 20 hours in a day, or even longer. And the end of last year, I had a herniated disk, I had severe pain of sciatica and going up and down in my leg.

The worst episode that I've ever had before, and then I got an MRI and told me like my disk was bulging, 7.3 millimeter disk and I've gotten better since working out, but I'm still like struggling a little bit. It's just I've been dealing with my lower back is really --

Dr. Darrow: Dash, do you have pain down your legs?

Dash: Not currently, it's been a while since I've had the sciatica.

Dr. Darrow: Okay. Let me respond to everything you've said so far, and then you can talk and tell me more later. 94 percent of sciatica's go away by themselves without doctors, so keep that in mind, okay. That's very important so you don't rush into a surgery, when you don't need it.

Most likely you have a back sprain, okay. Sprain means the tissue's been disrupted in a way, you know like when you sprain an ankle, same kind of thing, you twist it. The back is sort of the center of the upper body and the lower body, so bending, stooping, pushing, pulling, twisting, all of those kinds of things can stretch out the ligaments and cause low back pain. And that's very, very easy to fix in most cases using regenerative medicine of platelets and/or stem cells, okay.

So I need to touch the area. I really don't care at all what your MRI says, all right?

Dash: Um-hmm.

Dr. Darrow: Because when we do studies of people that have no pain, we find the same things and we tell them what they have, and they go, well how could I have that when I don't have any pain? So don't get locked into your MRI or x-ray or any of that stuff. It can be important to look at it as an ancillary measure, but the most important thing is the examination. So I would have to touch your back, see what's going on, and then decide whether we can help you or not.

If you wanted to call the office for an appointment, the number there is 800-300-9300 I'm going to write that down for you and now you write it down.

Dash: Okay.

Dr. Darrow: So again, it's 800-300-9300.

Dash: Yeah, okay, I got that. Awesome, okay. I didn't know what to expect when I called in. But I just know I needed to hear from somebody.

Dr. Darrow: Well, the thing is, you may not really have a problem at all. I mean, have you ever sprained your ankle?

Dash: No.

Dr. Darrow: What?

Dash: No, thank goodness there's nothing has ever been broken on my body.

Nita: That's great. That's amazing.

Dr. Darrow: Well, a sprain is not a break.

Dash: And I'm 37.

Dr. Darrow: You're a young babe. So I can tell you is I can't tell you anything without touching your back and moving you around.

Dash: Okay, awesome, well I'll be calling soon. Thank you so much.

Dr. Darrow: All right. God bless you.

Nita: Thank you Dash.

Dash: God bless you.

Dr. Darrow: Boy, today is back day.

Nita: I know, I'm starting to get a back pain, I think.

Dr. Darrow: Uh-oh. Well you had neck pain years ago, that we fixed with regenerative medicine and you haven't had pain in years thank God.

Nita: I have not, except I did fall down on my knee. And that's like a whole other show, we won't even go there. Let's give the phone number.

Dr. Darrow: All right. The phone number to the studio right now, so you can talk to us, is 866-870-5752, 866-870-5752. If you want to get to the office, there's people there, 800-300-9300. And if you want to watch videos of me doing these procedures all over the body. I don't just do backs. I do necks.

Sometimes we have to do the back of the head, for headaches and other things, necks, the entire back, hips, knees, shoulders, toes, fingers, wrist, ankles, you name it, I do it. I've been doing this work over 25 years, and I've been very lucky to do this, this -- I shouldn't use the word "work", I should use the words, this hobby, because it's fun. I've don't it on my own self.

Nita: Well, you could say healing. You could say do the healing.

Dr. Darrow: I don't like to -- people say, well you're a healer, and I don't want to claim that I'm a healer, because that seems kind of presumptuous to me. I'm just a guy that fell into something that works, and it's conservative and I love doing it. And it's a lot simpler than getting a surgery.

Here we go, we shoulder and a knee.

Nita: We do.

Dr. Darrow: Abraham, Dr. Marc Darrow, how are you?

Nita: Hi Abraham, are you there? Abraham, there you are.

Abraham: Good morning.

Dr. Darrow: Good morning. How are you, sir?

Abraham: I'm good. Listen I have a question in regards to my mom.

Dr. Darrow: Good.

Abraham: Good. Thank you.

Dr. Darrow: Let's hear you.

Abraham: Listen my mom, she's just fall down, maybe like nine months ago, and then she put all her shoulders and everything you know on the floor. And then a week later, she tripped and fell again, and this time she broke her knee. She had a surgery.

Dr. Darrow: Okay.

Abraham: But they put like 29 stitches on her knee, they put like replacement knee, but her shoulder and her upper, you know, body, she has too much pain.

Dr. Darrow: Okay.

Abraham: And I'm just wondering if she can -- maybe she can be seen you and --

Dr. Darrow: Yeah, I mean there's a good chance I can help her. Did she get a knee replacement?

Abraham: Yes, she did.

Dr. Darrow: Complete? Upper and lower on the femur and the tibia both, both sides, huh.

Abraham: And now the doctor, he says, maybe this is part of the -- and now I try this, and the pain now must accumulate, you know, now she has terrible pain. And I just want to know if there is something maybe she can take or maybe does she need another surgery in her shoulder or something, I don't know. I just see my mom stop (inaudible).

Dr. Darrow: I'm so sorry that's going on with your mom, Abraham. Let me ask you this, does your mom have any knee pain anymore, or is that all fixed?

Abraham: No, she have --

Dr. Darrow: She has knee pain or does not have knee pain?

Abraham: She have a -- she don't have a knee pain, what she have, you know little metal like (inaudible) this is crazy, yeah.

Dr. Darrow: Yeah, sometimes the knee replacement can be really noisy, I know. Yeah, there's not much I can do about that.



Abraham: You know, at this moment, I tell my mom, you don't have to worry about this, just worry if you have a pain let me know.

Dr. Darrow: Yeah, exactly, exactly.

Abraham: But as far as the shoulder and the two times she fell down, people heard you know her body on the floor, like you know, the same way you fall down.

Dr. Darrow: Yes, this is what I tell every single person who asks. I have to see the shoulder, I have to touch it, I have to move it around. And then see if it's something that I can help. I can't tell you on the radio whether I can help her or not.

Abraham: Okay, so I would like to do an appointment, then I follow the -- the phone number and then we can go from there.

Dr. Darrow: Okay. You can just write this down, it's 800-300-9300 to the office, 800-300-9300. And by calling in today, I'm going to send you a free copy of my book, Stem Cell and Platelet Therapy, Regenerate Don't Operate. And you can -- there's a whole chapter on shoulders, you could read about it, and see if it's something --

Abraham: Oh, perfect, okay. I thank you so much for being you know on the radio today.

Dr. Darrow: Yeah, thank you Abraham, you can also go to the website right now at [www.lastemcells.com](http://www.lastemcells.com) and you can watch videos of me injecting the shoulder to see how that works, and see if you think it's appropriate for your mom.

Abraham: Oh, perfect, okay. Thank you so much.

Dr. Darrow: God bless you, and God bless your mother, Abraham.

Abraham: Thank you so much, and you as well. And thank you for this program, it really helps everybody.

Dr. Darrow: Oh, you're so sweet. I appreciate that thank you.

Abraham: Thank you so much, bye-bye.

Nita: Thank you. Bye.

Dr. Darrow: So the phone number to talk to me live just like Abraham did is 866-870-5752, that's 866-870-5752. We love to have callers call in and talk to them. And solve their issues, if we can. And it could be anything about the musculoskeletal system, any pain that you have

in the joints, ligaments, tendons, from the top of the head to the bottom of the feet and in between.

And if you call the office to get an appointment, the phone number to the office is 800-300-9300. Also I want to mention besides doing the musculoskeletal system, the orthopedic issues, we also do the face, and you're going what? You do the face? Yeah, we grow the tissue, the collagen back in the face by using platelets and/or stem cells, and that makes people look younger. Gets rid of wrinkles, all that good stuff as we get older, the whole body dries out.

We are made out of the collagen, that's the structural protein of the body, and it dries up. People get shorter when they get older. The face dries up, we get more gaunt looking. So we can actually do, we can numb up the face, do some injections there, it's very quick. It's called the Vampire Facelift, nonsurgical.

We can also inject the top of the head for people that are losing hair and revitalize the hair follicles and grow more hair, thicken it up. So there's a lot of magic in medicine these days, and Tony Robbins has a great book about the new medicine, I think it's called Life Force, I read it, and it's got a lot of the new technologies in medicine, quite a big on stem cells. So I would get that book, if I were you. You can get it on Amazon or other places and learn about what's going on in medicine today.

He talks about focused ultrasound for Parkinson's instead of having surgery, brain surgery. They can just use an ultrasound and focus it and help get rid of the tremors of Parkinson's disease. There's so many things going on now, that are amazing, but you've got to stay ahead of the game. And unfortunately most doctors are very traditional, and they don't want to hear about it. And the work I do, I mean I've been doing this over 25 years, but most doctors don't want their patients to get it. They don't believe in it. Well, I've been doing it 25 years on body, Nita's neck.

Nita: Twice.

Dr. Darrow: And thousands of other people over the years, I get like 60 new patients a month now, that are doing this, and not everyone gets results, usually because they're not listening to me, and a lot of people come in and they go, well I went to another doctor, I tried stem cells, it didn't work, and some of the reasons are that doctor doesn't know what he's doing, and doesn't do it as a full-time procedure and took a seminar on it, and then is trying it out, or the doctor doesn't use ultrasound for the joints when it's needed.

A lot of it is the patient's own fault, they don't get enough treatment, or they overuse the area, like that pickle ball player I was talking about, he came in after one stem cell treatment to his shoulder, and said it didn't work. And I said, pickle ball, right? And he goes, but I used to play five times a week. These last two weeks I only played three times a week.

Nita: But he didn't rest, that's the point.

Dr. Darrow: No, he didn't rest it. And you need to rest it to grow the tissue back unfortunately. And then sometimes people take anti-inflammatory medicine like Prednisone, or ibuprofen or things like that. And they actually block the healing. So you've got to be careful. You've got to listen to your doctor, and like I say too many of my patients cheat on me, and then they come back, and they go it didn't work. And then I've got to straighten them out and go, you've got to listen to me if you want to get better. I'm not brilliant, but I know I do enough of this to know what works and what doesn't work.

So question time, Nita?

Nita: Well, I just wanted to --

Dr. Darrow: Or joke time?

Nita: Well, I wanted you to mention what else is going on in the office.

Dr. Darrow: I just did.

Nita: And I also want you to talk about the website a little bit, which is [www.lastemcells.com](http://www.lastemcells.com) as well as give the phone number.

Dr. Darrow: Okay, I'm going to give the phone number one time, and then if we don't get a call, guess what happens?

Nita: Joke time.

Dr. Darrow: So the phone number to the studio to talk to us right now, 866-870-5752. So where are these nasty jokes that Nita loves so much. Here we go.

Nita, did you hear about the kidnapping at school? No?

Nita: No.

Dr. Darrow: Well, it's fine, he eventually woke up.

Nita: Oh.

Dr. Darrow: Come on, Nita, you should have known that one.

Nita: Yeah, that was right there.

Dr. Darrow: You ready?

Nita: I think I see - feel a call coming in.

Dr. Darrow: You do?

Nita: I feel a call coming in. I feel it. I feel the energy of a call coming in.

Dr. Darrow: I see it coming in.

Nita: Someone had just dialed 866-870-5752. And they are wanting that free book, your latest book, Stem Cell and Platelet Therapy, Regenerate Don't Operate, it has 264 scientific studies. Would you believe that?

Dr. Darrow: Nita. Nita, what's red and bad for your teeth?

Nita: Red wine?

Dr. Darrow: A brick.

Nita: Ouch. Oh, I didn't like that image, okay. Where is that caller?

Dr. Darrow: Okay. Nita.

Nita: Yes.

Dr. Darrow: Why can't a nose be 12 inches long?

Nita: A nose can't be 12 inches long, because it would fall off and be too heavy on the face.

Dr. Darrow: Nope. Because then it's be a foot.

Nita: Okay. Okay. Oh, look Matt is here.

Dr. Darrow: Matt, you saved Nita from another torture chamber and the jokes. Hey Matt, Dr. Marc Darrow. You separated your shoulder, which is a really common incident.

Matt: Good morning, yeah.

Dr. Darrow: Most of those that I see are from guys going over their handlebars.

Matt: Well, I hurt it doing football, but I never got it looked at you know. And I've just been dealing with all the pain off and on.

Dr. Darrow: Okay. How long ago, did it happen?

Matt: Back in high school about 25 years ago.

Dr. Darrow: Okay. So a very common injury in football, because we use our shoulders to bang people with and what happens is the acromion which is the top bone in the shoulder gets pushed down, and then the clavicle, which is the bone from the sternum to the acromion gets pushed out of space, and pushed up a little bit, usually. And my God, if this happened 25 years ago, it's probably healed up pretty good.

Matt: Yeah, but then it seems like it's getting worse, because it kind of was healed, or it didn't bother me much when I was younger, but now I'm kind of -- it's starting to hurt now.

Dr. Darrow: Okay. So that's typically a very easy thing to fix using your platelets and/or stem cells. I've done tons and tons of them. The nice thing is we get to use a 30-gauge needle. It's a teeny-weeny needle, because that joint is so small.

And I go all around the bone there, all around the joint, and we can use an ultrasound to visualize, so that we can make sure that the needle gets into the joint. And every one of those that I've worked, that I know of, is healed up. So is yours mobile, where you can push it up and down?

Matt: You mean where I can push my shoulder up and down?

Dr. Darrow: Now, where you can push the clavicle down and you see it move?

Matt: No, no.

Dr. Darrow: Okay. All right. Are you still active? Usually guys who played football are still active 25 years later. Weightlifters --

Matt: Well, the only thing I kind of do is just run on the treadmill three times a week, that's about it.

Dr. Darrow: Okay. And what causes the pain?

Matt: I guess I'm just getting old, I don't know.

Dr. Darrow: You're not old. You're a baby. Anything it's something that's pretty easy to fix. Does it stick up? Is it flat like the other shoulder or does it stick up?

Matt: No, not really. No, this I just -- like I have pain, and sometimes I can feel that it's not setting you know when --

Dr. Darrow: Yeah, that's the clavicle being out of place a little bit. Yeah. Anyway, the good news is I've tons and tons of those. Everyone of them that I know of is healed up and it shouldn't be a problem getting rid of the pain that you have there.

Matt: Okay.

Dr. Darrow: Separated shoulders are real, real common. And like I say the most frequent one I see are guys who fly over their handle bars of their bicycle and land on their shoulder sideways. But football is common also. Golf, it can happen, any kind of ballistic movement can -- can push that clavicle up out of the AC joint, the acromioclavicular joint.

Matt: Okay.

Dr. Darrow: Any other part of your body that's bothering you, Matt, or are you in good shape?

Matt: I have a bout of pancreatitis in there, can you fix that?

Dr. Darrow: Well, that's dietary. You can look that one up on the internet.

Matt: Okay.

Dr. Darrow: Yeah, you're probably eating fatty foods or something.

Matt: Yeah, they're saying my triglycerides are too high.

Dr. Darrow: Yeah, yeah. Yeah, I can help you with stuff like that, if you need help with that, and for that, just go to the website, go to the website and email me. That's [www.lastemcells.com](http://www.lastemcells.com) lastemcells.com, every page on the website has a spot where you can email me, I'll give you a call, and we'll work on that together.

Matt: Okay, great. And thanks for helping everybody out,

Dr. Darrow: Oh, God bless you, man I appreciate that.

Matt: Yeah, you're authentic, you're genuine, is coming through you know 100 percent.

Dr. Darrow: Well, I'm doing my best. You know, I could always do better. I keep working on getting better every minute of my life.

Matt: Is there a schedule there on the website, lastemcells.com? And I can look on there and try to schedule an appointment.

Dr. Darrow: No, just call -- call the number and talk to somebody at 800-300-9300 is the office number.

Matt: Okay. All right.

Dr. Darrow: All right. Matt, God bless you, I appreciate your call.

Nita: Thank you, Matt.

Matt: Thank you very much, God bless you all too. Take care.

Nita: You too, bye.

Dr. Darrow: Now, it's actually pretty amazing, because guys who played football usually have so many injuries later on in life, and often they'll come in and they'll say my knee hurts, and we fix their knee. And then they go, now my shoulder hurts. And then we fix that.

And they go, now my ankle hurts, and now my back hurts. Now my neck hurts. And they get so beat up. You know, a lot of high schools are taking out, they're not doing football anymore, I don't know if you know that, because of all the concussions.

Nita: No, I didn't know.

Dr. Darrow: Yeah, yeah. It's a dangerous sport. And you know, it's ballistic, and personally I don't think there should be football. I know everyone is going to hate me for saying that. But football players die you know the concussions are high. And I know people love the ballistics of it. They love the gladiators and all that stuff.

And I know football players make a fortune and the TV shows and the teams make fortunes, but you know, I'm a pacifist. I think that there's better ways to do sports that you're not going to hurt other people. And that's just me, sorry. Don't hate me.

Nita: Well, that's okay, you know, you raise good points, actually. We want people to live long and healthy and happy. And not get hurt.

Dr. Darrow: So Nita, is it time for a joke, or time for a question?

Nita: I think it's time for a question.

Dr. Darrow: Oh, darn, we're done. So give me a call at the office, we'll send you a free book, Stem Cell and Platelet Therapy, Regenerate Don't Operate. The number to the office is 800-300-9300.

You can watch me doing these videos on my website, of different parts of the body using stem cells and platelets,

[www.lastemcells.com](http://www.lastemcells.com), God bless you all. Thank you, Nita and Alex and the rest of the staff, Suzette, and we'll see you soon.

Nita: Thank you, too. Bye.