

Living Pain Free 12/02 /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 Joint Rehab and Sports Medical Center in West Los Angeles.

This is the program that can give you effective solutions for the pain that you've been living with. Dr. Darrow is a medical doctor, board certified through his studies at UCLA. And Dr. Darrow uses stem cell and platelet-rich-plasma therapy to heal your body. He teaches about the use of stem cells, PRP, and Prolotherapy.

Today's program could open up a new life without pain for you. To speak with Dr. Darrow, call 866-870-KRLA, that's 866-870-5752. Ask for a copy of Dr. Darrow's book, Stem Cell and Platelet Therapy. Now here's Dr. Darrow with his co-host, Nita Vallens.

Nita: Hi there Dr. Darrow.

Dr. Darrow: Nita Vallens, are you living it up?

Nita: I am. Are you, as well?

Dr. Darrow: Oh, my God. It's a great day, isn't it?

Nita: It is.

Dr. Darrow: So, Nita, what happened to you when you went to Macy's to buy sneakers, but you came home with no shoes?

Nita: Well, what happened was I just --

Dr. Darrow: That's so funny, do you know why? Because you sent me the joke, and you don't remember what it is.

Nita: Well, I just -- I don't. And I just got, like -- I don't know.

Dr. Darrow: She got cold feet.

Nita: Cold feet.

Dr. Darrow: There you go. I'm going to give you another chance.

Nita: That's a true story by the way.

Dr. Darrow: I'm going to give you another chance, Nita.

Nita: Okay.

Dr. Darrow: What do you call two banana peels on the floor?

Nita: Children's bedroom slippers.

Dr. Darrow: Good. A pair of slippers. I'm going to give that one to you. Okay?

Nita: Okay.

Dr. Darrow: One last one, what did the fish say when he swam into the wall?

Nita: He swam into the wall? Is that what you said?

Dr. Darrow: Yeah, yeah. Damn. Anyway, we're going to talk about pain today, musculoskeletal pain, orthopedic pain, the things that people normally get surgery for, that we are able to avoid surgery. And it's called regenerative medicine. And it's a technique that I've been doing for over 25 years, since my residency at UCLA in physical medicine and rehabilitation.

And as my listeners and my patients know, I was on track to be an orthopedic surgeon. I had a surgery on my right shoulder from a weightlifting injury, and my boss did it for me. I was very excited until I woke up.

Nita: Oops.

Dr. Darrow: Oops, and my arm was totally full of fluid and I had a fever. And miserable, and the shoulder was actually worse. My arm had problems moving, and I was a very -- I still am a very avid athlete, and many of my sports activities were curtailed for quite some time.

And it never really healed. I mean, it took four years, and then I learned about regenerative medicine when I was at UCLA. There was a lecture on it there. And it was pretty amazing. The doctor took me to a national seminar on regenerative medicine. And while I was there, I also had a wrist injury, from hitting a golf ball. Actually, I didn't hit the ball, I hit the ground.

And they asked if anyone had wrist pain, and I reluctantly raised my hand, because I didn't want to get a shot in my wrist with a proliferative, meaning something that stimulates new tissue to grow. But I did, because I was so miserable. And it healed about 50 percent overnight. And then I injected my own wrist after that a few times. And completely healed my wrist.

I'm going to be playing golf later today, so you know my wrist is important in that. And after the wrist, I came home with a syringe and some proliferative solution, and my wife was watching TV. I

hopped into bed, and I pulled out my syringe, and she started yelling at me, what do you think we're doing, with other kinds of words I won't mention.

And I injected my shoulder at that point. And I woke up the next morning, 100 percent completely healed with full range of motion.

Nita: Amazing.

Dr. Darrow: And no pain. And at that point, I stopped doing steroid injections. I stopped doing hyaluronic acid, you know the gel shot injections. And it completely changed the life of my patients also, because at that point, I started begging everybody to let me try this on them.

Back then it was thought of as a new technique. It actually has been around since the beginning of the 1900s. Although, it's actually been around forever in different forms. But in the injection form, it's been around since about 1900. And there were a couple doctors in Chicago, Dr. Hemwall and Dr. Hackett, that did thousands of patients, whiplashes and all kinds of things all over the body with great healing. And as they got older, it kind of fell apart. And they didn't have many disciples so I kind of became a disciple.

And I finished my residency, when was that, my gosh, 1998. And I've been told I do the most of this anywhere in the country, in the world, actually. And we now have Dr. Thomas Grove who is doing my injections for me. I'm still at the office most of the time. My fingers have kind of worn out from injecting all day every day for over 25 years.

Nita: I bet.

Dr. Darrow: People say well, why don't you do this on your fingers. I have done it on my fingers, but it's -- I'm still an athlete, and I still beat up my fingers. And it's just a lot better for me to have Dr. Grove do the injections. He's been very highly trained. He's been around the field of regenerative medicine for over 10 years.

And if you go to the website, which is www.jointrehab.com, on the first page, you'll see a video of Dr. Grove and I and there's some questions that I'm asking of him. And this guy is a prince. He's an amazing person. His skills are the best I've ever seen. He uses an ultrasound to inject, and that means needle guidance. You can watch the needle go into the body to get to the exact place that it needs to go to.

If you're getting injected by a doctor without an ultrasound, you've got problems, because the studies show that a third of the time the needle is not even going to the right spot.

So that's -- that's something I'd want to do. I wouldn't want someone injecting me who doesn't use an ultrasound.

What else, let me see. I want to get some phone calls, so it makes the show interesting. I don't want to keep blabbing or making Nita answer silly jokes, but I can do it if you want me to. But if you want to save Nita, give us a call right now at 866-870-5752, that's 866-870-5752. That's live at the studio. I'm here. You can ask me all kinds of questions about musculoskeletal pain, orthopedics, arthritis, neck pain, back pain, shoulder pain, elbow pain, wrist pain, finger pain, arthritis in the fingers. We get lots of that. A lot of toe arthritis, ankle pain, knee arthritis, meniscal tears, shoulders often have labral tears, that's a lip around the shoulder that holds the humerus bone in.

And for those of you that don't know these terms, just Google them. You can Google them while you're listening, and the upper left-hand corner as an example, if you're on your computer now, you can look up the word, labrum, and then in the upper left-hand corner there is a menu button that says images, just click on that, and it will show you tons and tons of photographs, and drawings of what these anatomical things actually look like.

So if you've been told that you have a herniated disk in the back or neck, look it up, you know, people are becoming very educated because of the internet. Google is a great search engine, and it's very easy for you to actually look at what these things are, rather than just hearing your doctor talk about them. This is a new age of medicine, and the new age has to do with regenerating the body, instead of cutting tissue out.

Cutting tissue failed me personally, and regenerating the tissue helped me. I have self-injected both of my knees with stem cells and platelets, both of my shoulders, I've done. I've done my elbows, my right wrist, what else. I've had other people inject my neck and my back.

I was a world conference on regenerative medicine years ago, and when they said who's got pain, I raised my hand, because I'm always injuring myself in sports. And I had pain all over the place. My entire back from my neck all the way down was still and sore. And so they have me lay down on a table, I was the living example of pain. And they had all the doctors go around the table, stand there watching, and the leader of the seminar injected my entire

back with I'm going to say probably hundreds of injections. And the picture they took was very funny, because I was laying being injected for about an hour.

These procedures don't take that long, by the way. It usually takes me about, you know, 10 seconds or a little bit more to inject. But this a very comprehensive set of injections, just me being the guinea pig. And the pictures that they took of my face were very funny. I mean they took a picture of my whole body, by my face was purple. I was all lit up, because, you know to be honest, I didn't like laying there for an hour being injected, and thank goodness, the body parts that we do, we can do very quickly now, and we usually platelets from your blood, which is called PRP, platelet-rich-plasma, and we can mix it with your own stem cells from your body, also.

And that's a very simple procedure also. We do it all day long, every day of the week. And we'd love to hear from you. You can call the office directly, if you want to get a free consult from my staff on the phone, and the phone number to my office is 800-300-9300. That's 800-300-9300.

The website has tons of videos of me and Dr. Grove injecting. And that's www.jointrehab.com. That website will teach you more about regenerative medicine, stem cells and platelets than you'll find anywhere else in the world. And what we write down, and what we show is real. It's not a lot of nonsense that I read about on the internet from people that don't do very much of this.

We read about these guys who do -- you know, they call it miracle treatments. And this is not a miracle, I'm just being honest with you. It just makes sense, when you stimulate the body to produce collagen which is a major constituent also of cartilage, we're stimulating tissue to grow. Is it a magical event? No. Does it take one treatment, like a lot of these guys say? Sometimes, but usually not. It can take more than one treatment.

What are the biggest failures in regenerative medicine? Too much activity afterwards. Let the body part -- please, let it heal. I get people who come in, they get one injection somewhere, they come back two weeks later, we have everyone come back in a couple weeks, if they can. And they say it didn't work. And I say, did you do activities that were bothering it. And sheepishly the honest people will say yes. The dishonest people will say no. And then their spouse sitting there will roll their eyes, and go, come on honey, you went out played golf three times.

So over activity is not a good thing for healing. You've got to let the tissue grow back in. Some people sneak NSAIDs, that anti-

inflammatory medications. We need the inflammation to heal, it sequesters fibroblasts, which are cells that actually grow the collagen, which is a constituent of cartilage.

So all of these body parts that we work on healing, the tendons, the ligaments, the joints, the cartilage, we need the little bit of inflammation. Ibuprofen is the biggest culprit, but there's you know hundreds of different anti-inflammatories that people take.

And another fault of this is patients don't get enough treatment. They go I did it once it didn't work. And I've been lucky. Typically, on my body I inject it one time and I heal. I guess I must be a pretty healthy guy. But a lot of people take a few treatments.

So another reason for failure is a doctor not using an ultrasound. We need to see where that needle is going inside the body. And then I'm going to say something, I don't know how the right term. A bad doc. A lot of times, there are nurses doing these injections. There are clinics outside of the country that people go to. They'll spend \$30,000 which is absolutely insane. This is not that much of an expensive procedure to do it. It's quick. And they'll get IV stem cells which basically do nothing. It can make you feel good for about a week, and then you go back to your same situation as before.

It's a good anti-inflammatory, it's good for rheumatology, if you're having a, let's say rheumatoid arthritis flare where your joints are red hot, then go out of the country and get stem cells somewhere. But it's not going to fix it. You've got to go directly to the area. And I know you're going to read books about this. You're going to read the internet about this, all these miracle cures. I've never seen miracles like that. I think there are miracles, but it's not really miracles, it's just people can get better if these techniques are done properly.

I'm going to give out the phone number, so Nita doesn't get mad at me, and you can call us right now, live, and as Dr. Gene used to say when he was my host --

Nita: Live and local.

Dr. Darrow: Live and local. And the phone number here right now is 866-870-5752, I'm going to repeat it, if you're driving, you can pull over to the side of the road to be safe, pull off your Bluetooth, so we can hear you very well, and the phone number again is 866-870-5752.

Anybody who calls in will get a free copy of my book, it's a couple hundred pages with about 250 scientific studies on how

regenerative medicine of platelets and stem cells actually work. These are actual scientific studies, peer reviewed by their doctors, and it shows why surgery is no longer the answer for these type of injuries.

I'm not putting surgeons down. They do the hardest work in medicine. I love surgeons. I'm glad they're so energetic about doing surgeries, but please, guys, stop doing the meniscal tears, the labral tears, all of these things that don't need to be done. We can heal this stuff with simple injections. Patients walk in the office, get their injections and walk out.

You do not need anyone to drive you home, or drive you there. Unless you want a sedative, it's very rare people want a sedative, but once in while we get someone who goes, I'm really needle phobic. I'm afraid of shots. We'll give them some Xanax, which makes them a little bit relaxed. But then they have somebody drive them home and put them in bed, because they're going to probably fall asleep later.

So yeah, simple procedures. For the PRP, we just draw the blood, you know, from your arm, we spin it, and then we pull out the platelets from the plasma, and throw away the cells, because they irritate the tissue. And then we inject the platelets. And we can do a simple thing with your bone marrow, a very simple procedure, it's very much like doing PRP, but we take the bone marrow from the back of the pelvis. And there are videos of me doing both procedures on my website, www.jointrehab.com.

For a free consult, a phone consult, with my staff, call my office, 800-300-9300.

So Nita, I think it's time for some questions, what do you say?

- Nita: Yes, I think so. And also, we can remind people that when they call the program today, they get a completely free book, your latest, called Stem Cell and Platelet Therapy, Regenerate Don't Operate, with 264 scientific studies.
- Dr. Darrow: And I will pay the postage.
- Nita: That's right.
- Dr. Darrow: It's actually costs about eight bucks to send those books out, and it's a \$25 book, so it's a good value.
- Nita: Yeah, it's a great opportunity.

Dr. Darrow: All right. So you'll let me know if we get some callers. I'm going to find some questions here.

Nita: Actually, I think one is coming in right now. Do you have a quick question you want to answer?

Dr. Darrow: Well, actually, no. I want to mention we also do these procedures on the face, it's called the Vampire Facelift, makes you look good. It regrows the collagen in the face as we age, the collagen all over our body, not just the musculoskeletal system, but the face dries out. And the musculoskeletal system, we find things like the cartilage wearing down, the disks in the back become degenerative, and these procedures can help all of that grow back.

The other thing we can do with these cells, or platelets or stem cells, is we can put them on the top of your head, if your hair is starting to thin and regenerate the follicles and fortify them to start growing the hair back. If you are a billiard ball, it's not going to probably give you enough hair. It will give you some hair, but probably not enough to make you real happy.

So we use it on three things. One is the musculoskeletal system, joints, ligaments and tendons, and then the face for the Vampire Facelift, you'll never forget that term will you?

Nita: No.

Dr. Darrow: And then also for hair regeneration on the top of the head. So this is amazing, here we go. What is this person's name. Put that name up there, so I can talk to them.

Well, maybe I should go to a question instead, and then you can let me know when the person is ready to speak. How's that, Nita?

Nita: I think is Steve is typing it right now.

Dr. Darrow: There we go, Betty -- Betty, Betty, Betty, how are you, it's Dr. Marc Darrow.

Betty: Good morning. Good morning.

Dr. Darrow: How are you?

Betty: I'm planning to make an appointment to come see you. But I need to find out how long should I be off my blood thinner when you ready to do whatever treatment.

Dr. Darrow: Do you know the name of your blood thinner?

Betty: Pradaxa, 110 milligrams, b.i.d.

Dr. Darrow: Okay.

Betty: And it's 12 hours apart.

Dr. Darrow: I got you. I got you. By the way, I'm taking one myself right now called Eliquis. They're kind of similar. I love talking about this, because I had a cardiac ablation on October 18th, and got rid of atrial fibrillation and so far I'm out of the hot water, I don't have the arrhythmia anymore. But my doctor, Erik Buch, at UCLA who I adore did the procedure, I woke up without atrial fibrillation, and I've been good ever since.

Betty: Oh, that's wonderful.

Dr. Darrow: He wants me to stay on the blood thinner a little bit longer. I haven't any A-Fib since then, and if anybody wants to talk to me about A-Fib or a cardiac ablation, please go to the website and just email me at www.jointrehab.com. It's something that's very easy to do, and it's not safe to have atrial fibrillation, you can have a stroke. And if you don't care of it, even if you're on a blood thinner, it can deteriorate the status of the heart. I have an old friend who refused to the procedure. She went in to get it, and on the table, she freaked out didn't do, because she was afraid, and now she have a terrible heart condition, because of it.

So I recommend people to do it, and anybody who wants to talk to me about it. It's not my line of work, because I just do orthopedics, but I'm glad to help people atrial fibrillation. And what a cardiac ablation is all about.

Anyway, I never take anybody off a blood thinner, because that's up to your doctor to do it, Betty, if they want to or don't want to. That's up to them. So the reason for that is I don't want you to have a stroke, and I don't know what your underlying condition is, but typically, if we do a knee or a neck, I'm going to want people off a blood thinner. You have to ask your doctor to take you off. Usually, it's about a day or two. And most doctors allow it. Once in a while they don't, but so far I think everybody who's come in for knee or a neck. And the reason for the knee and the neck is in the knee, if the needle hits a tiny little blood vessel, there's no big blood vessels, but if you hit a little tiny one, the blood can leak into the knee and cause a lot of pain. So I don't like that, and the patient doesn't like that. So we get them off the blood thinner, and the neck, there is a vertebral artery, and we don't want to tweak that and have a lot of bleeding.

So you'll have to ask your doctor about that Betty. What part are you coming in to have injected?

Betty: My knee.

Dr. Darrow: Okay. Yeah, then you'll have to talk to your doctor first.

Betty: I did talk to him.

Dr. Darrow: And what did he tell you.

Betty: He said asking you.

Dr. Darrow: What did he tell you?

Betty: He told me I could be off of it like three days, and then go back on it.

Dr. Darrow: There you go. So that's your answer. That's what I would follow.

Betty: Okay. Well, thank you. I'd like to get your book.

Dr. Darrow: Yeah, we're going to mail it out to you. And we already have your phone number, so we're going to call you right after the show, and we'll get your address and send you out a copy of my book, Stem Cell and Platelet Therapy, Regenerate Don't Operate. 200 pages of studies and orthopedic information, and how to save yourself from a surgery you're not going to want.

And I say it like that because I had a shoulder surgery that failed me, and gave me years of misery, until I learned about injecting my own shoulder with regenerative medicine. And I healed overnight. It doesn't always happen like that, believe me. It often takes a few shots, a few treatments to get this going.

And in this book there are 250 studies about regenerative medicine and how it stimulates tissue to grow, and how to heal without surgery, and how surgery is not very good for people. All right. You can hang with us if you want, Betty.

We're going to the break. And thank you everybody for listening, God bless you all and if you want to call the studio right now and talk to me, the phone number is 866-870-5752.

Nita: And we'll be right back after this.

[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 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. I'm your host, Nita Vallens, and we are taking your calls right here, right now at 866-870-5752 right here in the studio, 866-870-5752. You get a free book when you call the show, it's called Stem Cell and Platelet Therapy, Regenerate Don't Operate with 264 scientific studies. The foreword is written by the late Suzanne Somers.

And Dr. Darrow, she has you in her book, A New Way to Age, you have like a whole chapter in there or something.

Dr. Darrow: Yeah, she's done interviews on me in a few of her books over the years. And Suzanne Somers was literally one of my best friends in my life, I adore her, and she will live on forever. She has helped so many people stay away from things in traditional medicine that are not good for us.

You know, I use the word, traditional or alternative, but in truth, traditional medicine, the medicine of today, to me the high tech form is very dangerous. It is needed in many cases. If you're dying go to the hospital, you'll get that, but if you a person that's just having some issues please think of other alternatives. To me, traditional medicine is alternative. And that's what we call at least terminology thing.

Nita: Oh, sorry.

Dr. Darrow: I know we've got Betty still hanging there. Betty, I'm with you, don't worry, Dr. Marc Darrow is with you. But I've got some stuff to say first, so please hang with me. And also, you know I don't really mention this often, but Dr. Dre rapper wrote. And Nita, I don't know if you've looked at the back of the book, but he wrote a very nice recommendation for.

Nita: Yeah, I saw it.

Dr. Darrow: Yeah, he's an amazing person. And he's really one of the nicest guys I've ever met in my life, very respectful. And a very healthy guy. He takes care of himself very well. He works out every day, and I'm going to shout to Dr. Dre, I love you Dr. Dre, you're a great, great

person. And you know celebrities get a lot of bad rap, a lot of good rap. And this guy gets a lot of good rap. Get it, Nita?

Nita: Yep.

Dr. Darrow: And you're not laughing.

Nita: I'm listening.

Dr. Darrow: All right. Before I get back to Betty, I want to mention a couple of other things that we do besides healing people's orthopedic pain, the joints, the tendons, the ligaments, everywhere from the back of the head down to the bottom of the feet. And neck pain, back pain, joint pain, shoulders, elbows, wrists, fingers, arthritis, we get tons and tons -- I think the things we see the most of are knees, and then shoulders, and then low backs.

But we do everything on the body, anything that is causing pain. And we use an ultrasound, so we can find little muscle tears. We had an Achilles tendon problem yesterday and we saw this little teeny minor tear there, that you can't really see with an MRI. A lot of times MRIs do not give us the information we want. And don't rely on your doctor saying well, your MRI showed this or that. Because that may not be the pain generator.

We need to find where the pain is using our fingers, using our hands, moving the person around. Then we use the ultrasound which is live, right there to find out what we can see, and go to that area. MRIs are often overly sensitive, they will show things that do not really exist.

A lot of people come in after an MRI and they say I've got an ACL tear. That's the anterior cruciate ligament in the knee. And then we look with an ultrasound or a surgeon goes in to fix it. And they go that weird, it's there. A new study that came out showing that I haven't read it yet, but I was just told about it, 98 percent of ACL ruptures heal on their own without surgery.

And oftentimes -- by the way, that surgery is no fun, and the recovery is no fun. Don't do it, if you can help it. A lot of times if your knee is banged up, and they say you've got an ACL rupture, that's not the problem. The knee just got banged up. And what I do with those patients as soon as they come in, there could be a little tear in the ACL, a little teeny one, or a major one, I just use the ultrasound, we aspirate the blood out so it can heal up quick. And then do some stem cells on it, and get it healed up.

I've had some world class surfers who have come in with ACL ruptures, gotten them back on those waves, and that's one of the most ballistic sports on the knee that there is dropping in, you know, on a 20-foot wave. It's actually like falling 20 feet, and hitting, you know, that turn.

So be careful. Don't get a surgery you don't need.

So Betty, do you have anything else you want to tell us.

Betty: Just I have osteoarthritis and --

Dr. Darrow: Okay. And well I'm not worried about that.

Betty: And I had knee replacement to the left knee 20 years ago. And I'm not a candidate for surgery. And I really wanted to get PRP or stem cells, which one that you would say.

Dr. Darrow: Okay. Well, you'll make the decision. I'll give you all the information.

Betty: I believe I have talked to you before, and this is a workman comp case, and I was saying to this gal that's been doing it like four years, five years, and she wants me to be off the blood thinner for a week before and a week after, so I would have good plasma.

Dr. Darrow: Okay. Well, you don't need to that. And you have good plasma. You have good blood.

Betty: But she's just doing that so I can keep coming in, and she's not doing any treatment.

Dr. Darrow: Well, that's fine. That's not the way I do it. Everybody's got their own way of healing, and God bless her, and God bless all the healers on the planet. I do what I do based on over 25 years of experience, and it seems to work pretty darn good.

Betty, if you want to get a lot of information, go to Yelp, Y-E-L-P dot com, and put my name in, Marc Darrow, MD and you'll see. I think there's a few hundred reviews there that are pretty cool. There's some bad ones too. You should read those, and the funny thing about Yelp, it's not really funny. Is as a doctor, I can't respond and even say that I know the patient. Because that's a HIPAA violation.

Betty: So that's Yelp.com?

Dr. Darrow: Y-E-L-P dot com.

Betty: Yelp.

Dr. Darrow: Dot com, and look up Marc M-A-R-C, Darrow, D-A-R-R-O-W, MD and you'll see what people have to say about me. The good, bad and the ugly.

Betty: Okay.

Dr. Darrow: Be wary, there are a lot of people who like to write bad stuff, because they like to write bad stuff. There is a lot disgruntled people on this planet. And I am not able to reply with the truth from my side.

Betty: Okay.

Dr. Darrow: All right. Betty, God bless you, I appreciate and looking forward to seeing you.

Betty: Okay, I'm looking forward to seeing you too.

Nita: Thank you, Betty.

Dr. Darrow: You know, I just want to mention, Nita, that Larry Marino who is, you know, works KRLA --

Nita: Yes.

Dr. Darrow: Gave out the phone number and all to give a care package to our troops.

Nita: Yes.

Dr. Darrow: And it's something I did, and it makes me so good. I'm going to do it again today after the show, and I think it's something everybody should do. You know, our troops are -- I was in the Army back in '69, and luckily I didn't go to war, but it's lonely there, even not being in a war. So every day I was there, I was lonely. I was homesick. And I wish someone had sent me a care package. So these guys need it. Give them as much as you can. Right, Larry Marino. Larry Marino is a great guy.

Nita: That's a great idea.

Dr. Darrow: Larry Marino is a great guy. I've been working with him for years. All right. I'm going to give out the phone number again, and the website, write this stuff down. So to call us right now, live, like Betty just did, the phone number to talk to me is 866-870-5752, 866-870-5752.

And if you want to call the office and get a free consult on the phone with my staff, that's 800-300-9300, 800-300-9300. To watch me

doing videos, to watch videos of me doing these procedures all over the body, and Dr. Grove, our new injector, he's not new to the field, but he's only been working with me for several months. He is a prince. He is one of the greatest people I've ever met in my life. I adore him. I love the work he does. I love how much he loves the patients just like I do. And he is a healer.

I tell all my patients that he has the hands of God. And he gets amazing results. You can watch videos of him also on the website, go to www.jointrehab.com, you will learn more about regenerative medicine about platelets, about stem cells on my website, than you will any other place that I've ever seen on the planet. And our stuff is real. It's not this made up stuff about miraculous things happening. We don't have testimonials on there, which is really considered false advertising. And be careful if you have someone who's got testimonials on the website, what about the people it didn't work on, where are their testimonials. It doesn't work for everybody. You know, I'm just being honest.

There's reasons it doesn't work, and it's usually because of the patients. Most people who listen to me, heal. So there are reasons for failure. Too much activity, taking ibuprofen or other anti-inflammatories. Not getting enough treatment.

Not using an ultrasound to guide the needle, or just getting a doctor or nurse doing it, who is not really qualified. And that's a shame. People are abusing the name regenerative medicine. It's giving us a bad name, generally. And to be honest, I don't know a whole lot of docs who do this very well.

I don't know guys who do it all day long. There's a few of us. We do it all day long, every day of the week. And take a look at Yelp dot com. Look up Marc Darrow dot com, see what people have to say about this stuff. Don't listen to me.

All right. Nita?

Nita: Yes.

Dr. Darrow: I'm going to -- should I challenge you with a joke, or should I go to questions.

Nita: Oh, maybe it's time for a question.

Dr. Darrow: Okay. Here's the question. What kind of lights did Noah want to put on the Ark?

Nita: I thought we were going to another type of question. You know, like --

Dr. Darrow: I know you did, Nita. Put on your thinking cap, what kind of lights did Noah want to put on the Ark?

Nita: Flashing lights.

Dr. Darrow: Oh, you're so close. Flood lights.

Nita: Oh.

Dr. Darrow: I'm going to give you 50 percent on that one.

Nita: Okay. That's very generous of you.

Dr. Darrow: Here's a good one I know you'll get. Why was the blond staring at the carton of orange juice?

Nita: Okay. I don't know if I heard this correctly. Why was the blond staring at a carton of orange juice? Is that what you said?

Dr. Darrow: Yeah. Yeah, I did. Because it read "concentrate" on the side.

Nita: You just insulted all blonds but it is pretty funny.

Dr. Darrow: I know it. Can we even do blond jokes anymore?

Nita: Not really. It's not really politically correct, I don't think.

Dr. Darrow: No. Probably not. I apologize to everybody.

Nita: That's okay. You could go to an orthopedic question. That's I thought you were going to do.

Dr. Darrow: I know you thought. Everybody thinks. One more, Nita.

Nita: Go for it.

Dr. Darrow: See if you can redeem yourself. So the first half of this, I know you're going to get, but the second half, I don't think you will. You ready?

Nita: Ready.

Dr. Darrow: If you get the first half, I'll give you a point. What's black and white and red all over.

Nita: A newspaper.

Dr. Darrow: Good. You get a point. And what's the second answer.

Nita: The same question?

Dr. Darrow: Yeah. What's black and white and red all over? This is hard. A blushing zebra.

Nita: Oh my gosh.

Dr. Darrow: It could happen, right?

Nita: It could happen.

Dr. Darrow: All right. I'm going to give you one more chance. What do you get when you cross a centipede with a parrot?

Nita: A parrot with a lot of legs.

Dr. Darrow: Well, that's true, but that's not funny. A walkie talkie.

Nita: Okay. We're moving on now.

Dr. Darrow: What do you get when you cross a centipede with a parrot? A walkie talkie.

Nita: Okay.

Dr. Darrow: All right. You're not laughing hard enough.

Nita: Okay.

Dr. Darrow: I'll have to laugh for you. It's so funny, because when I'm with my family and I do my dad jokes, nobody laughs except me.

Nita: Well, at least, you're enjoying yourself so that counts, right?

Dr. Darrow: I do. I do. I do and my brother-in-law, God rest his soul died a year ago, Bob Babbin. He told jokes nonstop. Nobody laughed, but he laughed and his whole body would shake from laughing. So we would laugh at him laughing, but not his jokes.

Nita: That's funny.

Dr. Darrow: He was the guy that would tell these long jokes, where you just wanted him to shut up. At least mine are one-liners.

All right. So here's a question. Herniated disk and knee arthritis. Do you have treatments for herniated disk spinal disk and knee arthritis? Probably, yeah. Regenerative medicine. How do we do

it? Well, first of all, most herniated disks do not cause a problem. How do I know? Because I get people who come in all the time, they have an MRI that shows a herniated disk, but when I examine them, it's not the disk that is causing the problem. They're not necessarily having any pain down their legs, or down their arms, which is a sign potentially of a herniated disk. They're just having localized neck or back pain.

What is that usually? Believe it or not. Most neck and back and spine pain is from sprains. What's a sprain? The tissue has been disrupted from a fall, from lifting, from things like that, and then unfortunately, too many people who come up with an MRI that shows something, get a surgery that they didn't need it for. What's my job? Keep people from getting surgeries they don't need.

So what do we do? We use platelets and/or stem cells around the area that's causing the issue, stabilize the vertebrae, and get the pain gone.

Knee arthritis. The same thing we do it all day long, and with great results. So yes, we can help both of these things. If you have something called degenerative disk disease, generally that does not cause pain. Do not get a surgery for that. It's not the real diagnosis.

Unfortunately, most people who come to me after being diagnosed by another doctor have the wrong diagnosis. Why? Doctors use images to diagnose. Is that a good idea? I don't think so. If it's cancer, sure. But not for musculoskeletal pain.

Nita, anything to tell me before I go to the next question?

Nita: No, this is great information. I'm sure the audience is loving this.

Dr. Darrow: Okay. So this one is 81-year-old back pain. Question, too old? Let me see here. Okay. So this person is very organized, they have one, two, three, four five.

Chronic back pain due to overstretch in Marshal Arts Tae Kwon Do, okay, we take care of those every day of the week, a lot of Marshal Artists. We just had two of them come in yesterday. Pain comes when bending back, walking too long, or sitting too long. Okay. We take care of that all the time.

Weakened back muscle -- I don't know what they're saying here, let not hold me from falling backward, I'm not sure what that means. Weakened back muscles, not really a problem. With pain, most people who are walking around do not have weak back muscles.

They may be told that by somebody, but that's not usually the diagnosis in real -- it's not where the pain is coming from.

Which insurance covers the stem cell therapy. If you want to talk about insurance, we don't do it on the show, we don't talk about money. You can call the office, and get a phone consult with my staff. They'll talk all about those issues with you. And if you want to call the office, there's people there now. 800-300-9300. That's 800-300-9300, the office.

And then a question, too old? 81 years old? No way. We treat -- I had a lady in a couple days ago, she was 97, had treatment on both of her knees. She was in a wheelchair, couldn't get up, no big deal. She had good mobility in her knees. I looked with an ultrasound with Dr. Grove, and we saw some fluid on the knee. We took that out, and then injected her with stem cells. I think she's going to do real well. We'll find out in a couple weeks.

We have most patients come back in a couple weeks. Phone number to studio right now, call us live, 866-870-5752 -- somebody is talking over us, aren't they.

Nita: It's gone, sorry.

Dr. Darrow: It's not gone to me. Alex, get rid of that please. 866-870-5752 thank you, guys. That's live to the studio, we would love to talk to you.

Lipoma removed bulged disk, okay, another question here. So I've been having lower back pain and feel rather confident, the root cause is connected to removal of a large encapsulated lipoma. And by the way, if you want to look up these words, like lipoma, it's L-I-P-O-M-A, go to Google, put it in there. Type it in, and then on the upper left-hand corner, where the menu button has images, click on that, and you'll see what it looks like.

Encapsulated lipoma on my right side below my adrenal gland, it began to bother my back in 2022. And through tumerized, it was identified I had bulging disk and disk degeneration at S1-L5. I can't seem to resolve the pain completely.

I want to see if stem cells might be a resolution. Or see what Dr. Darrow or Dr. Grove has to say as traditional western medicine providers have been unhelpful in addressing me the root cause. Good. Smart person. The recommendation is muscle relaxers -- don't do that. That just covers the problem. And muscle relaxers can make you dizzy -- definitely don't take it during the day,

especially if you're driving a car, or walking down stairs or something. You can kill yourself.

Injections that they've offered me such as steroids, cortisone I am not aligned with in my healing philosophy. Smart person. My father referred to Dr. Darrow, thinking he may have some alternative ways to heal my back. I do. And get me moving my body properly. The grief around movement has been really challenging. I'm so sorry. I understand. I've been there, and thank God, I've healed my neck and back and knees, and my shoulders, my elbows, my wrist with regenerative medicine, platelets and stem cells. And I think this is a good candidate.

I think you should come in. The number to the office is 800-300-9300. We're going to contact you, and send you a free copy of my book, Stem Cell and Platelet Therapy, Regenerate Don't Operate. We're going to pay the postage. And you can read about these kinds of things.

So what does a lipoma mean? It's a piece of fat. And typically there's no reason to remove it, except for a -- a couple reasons. One, it can encroach on a nerve, but typically it doesn't. Sometimes people have it removed for cosmesis, meaning they don't like the way it looks.

Some people have them all over their body and it's not a big deal. So this was removed, but it didn't help. And while they were looking at it under ultrasound, they happened to identify a bulging disk, big deal. It means nothing. And disk degeneration, big deal, means nothing.

We're going to the end of the show, call my office, 800-300-9300. Or go to the website, www.jointrehab.com. God bless you all. God bless you, Nita, Suzette, Alex and the rest of the crew.

Nita: And Steve.

Dr. Darrow: We love you very much. And Steve. Thank you.

Nita: Awesome. See you next time.