PALMAVITA

STEM CELL THERAPY

ACCELERATED RECOVERY, REPAIR, AND RELIEF

Harness the power of mesenchymal stem cell therapy to speed healing, regenerate tissue, reduce pain and inflammation, and **maintain peak performance.**

Hi There,

I AM JOSH REDD, NMD, MS, MAPHB — I SPECIALIZE IN STEM CELL THERAPY FOR PROFESSIONAL ATHLETES

Josh Redd, NMD, MS, MAPHB, is the founder and owner of PalmaVita Clinic, recognized as one of the nation's premier regenerative medicine and longevity centers.

Dr. Redd's unique expertise combines elite academic credentials—including a Master's degree in Public Health Biology with an emphasis in Molecular Biology and Immunology from prestigious Johns Hopkins University, where he studied stem cell mechanisms at the molecular level.

His residency was under regenerative medicine pioneer Dr. Harry Adelson. This combination provides him with both the deep scientific understanding of cellular regeneration and the advanced clinical precision that professional athletes demand.

Elite athletes across the NFL, NBA, MLB, MLS, NHL, and UFC trust Dr. Redd's precision-guided regenerative cell therapy to extend their athletic careers, accelerate return to competition, and maintain peak performance while avoiding career-threatening surgeries. His expertise has helped championship-level athletes preserve their competitive edge and optimize their physical longevity.

With over a thousand precision-guided injections performed, Dr. Redd has mastered the art of spinal, joint, and soft tissue regenerative treatments using advanced imaging guidance for optimal therapeutic outcomes. His comprehensive approach integrates functional medicine, advanced blood chemistry analysis, and performance nutrition protocols to maximize athletic potential and career sustainability.

PALMAVITA

REGENERATIVE + LONGEVITY MEDICINE

TRUSTED BY CHAMPIONSHIP ATHLETES

Return to play faster with precision-guided regenerative medicine for professional athletes

From NFL Champions to World Cup Stars — Elite Athletes Choose Dr. Redd

Professional athletes across the NFL, NBA, MLB, MLS, NHL, and UFC rely on our precision regenerative cell therapy to extend their athletic careers, return to play faster, and maintain peak performance without the need for career-threatening surgery.

Featured Leagues:

NFL • NBA • MLB • MLS • NHL • UEFA • UFC • PGA

RETURN TO PLAY FASTER

Our precision-guided injections use advanced imaging for pinpoint accuracy in treating knee injuries, rotator cuff injuries, soft tissue damage and career-threatening joint damage. Avoid surgery and maintain training intensity while your body heals naturally with championship-level regenerative cell therapy.

PEAK PERFORMANCE RECOVERY

Lab-fresh umbilical regenerative cells target chronic inflammation, accelerate muscle recovery, and optimize athletic performance. No surgical harvesting required — get back to competitive training faster than traditional treatments allow.

CAREER LONGEVITY OPTIMIZATION

Enhanced results through ozone therapy, Extracorporeal Blood Oxygenation and Ozonation (EBOO), shockwave treatment, and cutting-edge performance optimization protocols. Extend your athletic career and maintain your competitive edge naturally.

COMPLETE SPORTS INJURY TREATMENT

Comprehensive regenerative cell therapy for shoulders, knees, ankles, spine, and all major joints. Treat tennis elbow, chronic knee injuries, hamstring strains, and chronic pain without career-disrupting surgery or performance-limiting cortisone injections.

CONCUSSION & BRAIN PERFORMANCE

Specialized treatment for post-concussion symptoms, brain fog, and cognitive performance optimization. Our regenerative cells promote neural recovery and support mental sharpness, which is essential for elite competition.

CHAMPIONSHIP-LEVEL EXPERTISE

Dr. Redd's residency training under regenerative medicine pioneer Dr. Harry Adelson, combined with his background in molecular biology from Johns Hopkins, delivers the scientific precision and clinical excellence that professional athletes demand.

Elite Athletic Performance Conditions

Our precision regenerative cell therapy helps professional athletes overcome career-limiting injuries and performance barriers.

Career-Threatening Injuries: ACL tears, rotator cuff damage, chronic shoulder impingement

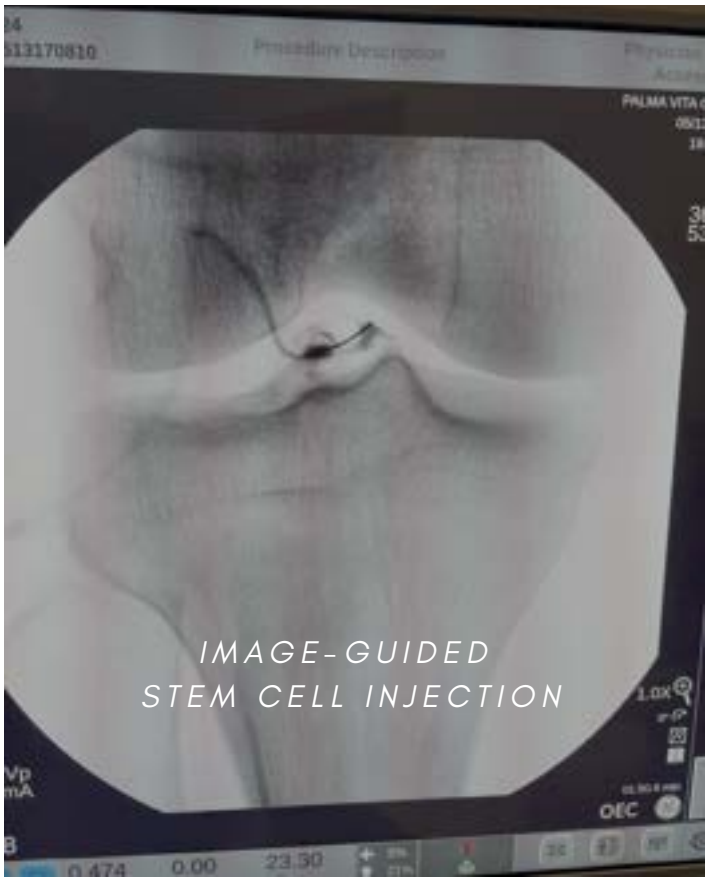
Performance-Limiting Pain: Knee arthritis, hip impingement, chronic back pain without surgery

Overuse Injuries: Tennis elbow, golfer's elbow, Achilles tendon problems, IT band syndrome

Recovery Optimization: Faster muscle recovery, reduced inflammation, enhanced healing

Cognitive Performance: Post-concussion recovery, mental clarity, competitive focus

Chronic Conditions: Drug-free pain management, joint preservation, career extension



Why Professional Athletes Choose Dr. Redd:

✓ **Maintain Training Intensity** - Treatment doesn't sideline your season

✓ **WADA-Compliant Therapy** - Drug-free, natural performance enhancement

✓ **Faster Return to Competition** - Weeks instead of months off the field

✓ **Avoid Career-Ending Surgery** - Preserve joints for long-term athletic success

✓ **Championship-Season Ready** - Treatment timing optimized for competitive schedules

✓ **Confidential Elite Care** - Discretion and privacy for high-profile athletes

Specialized Treatment for:

- NFL players with chronic joint wear
- NBA athletes managing knee and ankle injuries
- MLB pitchers avoiding Tommy John surgery
- MLS players with hamstring and groin strains
- NHL athletes treating concussion symptoms
- UFC fighters are accelerating injury recovery
- Golfers eliminating chronic back pain
- Elite runners overcoming overuse injuries

Meet Our Team

Josh Redd, NMD, MS, MPHb, Stem Cell Practitioner

With over a thousand precision-guided injections performed, Dr. Josh Redd has mastered spinal, joint, and soft tissue regenerative treatments using advanced imaging guidance for optimal therapeutic outcomes. His comprehensive approach integrates functional medicine, advanced blood chemistry analysis, and performance nutrition protocols to maximize athletic potential and career sustainability.

Julianna Farias, MD, Stem Cell Support

Dr. Julianna Farias is a Brazilian board-certified physician with 11 years of experience specializing in regenerative medicine and stem cell therapy. A global lecturer with peer-reviewed publications, she integrates cutting-edge treatments to help athletes recover faster, prevent injuries, and optimize performance through science-based regenerative approaches.

Heather Harper, NP, Stem Cell Support

Heather Harper, NP, brings over 20 years of medical expertise as a Master's-prepared Nurse Practitioner from University of South Alabama. Certified in regenerative medicine, stem cell therapy, bioidentical hormone replacement, IV ozone therapy, and peptide protocols, she provides personalized care to optimize longevity and peak performance for every patient.

READY TO EXTEND YOUR ATHLETIC CAREER?

Join championship athletes who've discovered the competitive advantage of precision-guided regenerative cell therapy. Don't let injuries end your career. Instead, optimize your performance and longevity naturally.

Visit PalmaVita Clinic

Spanish Fork, Utah | Confidential Athlete Consultation |
Schedule Your Elite Performance Consultation: (801) 592-6933

READY TO EXTEND YOUR ATHLETIC CAREER?

As a professional athlete, your body is your career. Every game, every training session, every competitive moment depends on your physical performance and recovery capacity. Traditional treatments often force you to choose between playing through pain or sitting out for lengthy recoveries that can derail seasons and careers. Stem cell therapy taps into one of nature's most potent regenerative tools—specifically, mesenchymal stem cells (MSCs) derived from umbilical cord tissue.

Umbilical stem cells are harvested from the umbilical cords of healthy live births; these umbilical cords would otherwise be discarded. The cells possess an innate intelligence that allows them to seek out and work on repairs to inflamed and damaged areas of the body. When administered through intravenous (IV) therapy, the cells travel throughout the body and congregate where most needed. What makes them unique is their ability to adapt their healing properties based on the body's specific needs.

For instance, when they encounter an arthritic or injured joint, these cells release anti-inflammatory compounds specific to joint tissue. If they encounter brain inflammation, these cells switch gears to produce neural growth factors supporting brain repair.[ii] In autoimmune conditions like lupus, they can detect overactive immune cells and release compounds that help calm them down while keeping normal immune function intact.

The science behind this is fascinating. Research published in leading journals has shown that MSCs can help regulate the immune response by influencing specific types of immune cells called macrophages. Think of macrophages as your body's cleanup crew; MSCs help retrain the cells to focus on healing rather than attacking healthy tissue.

These cells can actually "read" your body's inflammatory signals, calming an overactive immune system and promoting tissue repair and regeneration where needed. They do this by:

- Reprogramming overactive immune cells to behave more appropriately.
- Releasing potent anti-inflammatory compounds to help dampen chronic inflammation.
- Stimulating your body's natural repair mechanisms to heal damaged tissue.
- This makes them particularly valuable for treating complex conditions where inflammation and tissue damage occur together.

Stem cell therapy for brain health

Perhaps one of the most exciting applications of umbilical stem cell therapy is in the realm of brain health. While the brain is incredibly resilient, it's also vulnerable to injury and inflammation.

Studies have shown that umbilical stem cells can help prevent cell death in the brain, promote the formation of new blood vessels to support brain tissue health, and release specific growth factors that support nerve cell repair and regeneration. These effects are especially important following any brain injury or if the brain is inflamed.

Umbilical stem cells versus harvesting them from your own body

When exploring stem cell therapy, you'll likely hear about three primary sources: umbilical cord tissue, bone marrow, and adipose (fat) tissue. Let's break down what makes each unique so you can better understand your options.

Bone marrow stem cells are perhaps the most well-known. They're harvested through bone marrow aspiration, whereby doctors use a specialized needle to extract marrow from the hip bone. While this approach has a long track record in medicine, especially for orthopedic conditions, it has some drawbacks. The procedure can be uncomfortable, requires local anesthesia, and yields a relatively small number of stem cells.

Adipose-derived stem cells are harvested from fat tissue, typically from the abdomen or thighs, through a modified liposuction procedure. This option is appealing because it's less invasive than bone marrow extraction and can provide more stem cells. It's becoming increasingly popular for cosmetic procedures and joint problems.

However, umbilical stem cells offer several unique advantages over these two options. They don't require any surgical procedure to harvest, and they're collected from donated umbilical cords after healthy births. These cells are essentially brand new, untouched by age or environmental factors that can affect adult stem cells. Think of them as factory-fresh versus cells exposed to years of wear and tear.

Umbilical stem cells are more energetic and versatile than those derived from your body. They are in their prime and are believed to possess an enhanced ability to transform and adapt. Additionally, they generally provoke fewer immune reactions when utilized in treatments, making them suitable for a broader range of patients. While stem cells from bone marrow and fat tissue must come from you or a close match, umbilical stem cells are more universally accepted.

The main trade-off here is that while bone marrow and fat tissue stem cells can be harvested from your body multiple times, umbilical stem cells must be sourced from carefully screened donors. However, this trade-off is balanced by their higher potency and the fact that you avoid any surgical procedure. These effects are especially important following any brain injury or when brain inflammation is present. The cells work not just by directly replacing damaged tissue but also by creating an environment that supports your brain's natural healing abilities.

STEM CELL THERAPY IS UNIQUELY SUITED FOR PROFESSIONAL ATHLETES

Umbilical regenerative cells don't just mask symptoms—they actively repair and regenerate damaged tissue while you maintain your training regimen. Whether you're dealing with chronic joint inflammation from years of competition, recovering from a recent injury, or proactively optimizing your body for peak performance, these intelligent cells adapt to your specific needs.

They reduce inflammation without the side effects of repeated cortisone injections, accelerate tissue repair without the risks of surgery, and enhance your body's regenerative capacity without compromising your competitive edge.

For athletes who demand excellence from their bodies day after day, umbilical regenerative cell therapy isn't just a treatment option—it's a performance advantage. It's the difference between managing decline and optimizing potential, between surviving your sport and thriving in it for years to come.

Your career deserves the most advanced regenerative medicine available. Your body deserves cells that are as elite as your performance standards.

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