

Review Article

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Could Pre-and Post-Op Stem Cell Revitalization Cuisine Bring New Excellence to Spinal Surgery?

James A Cocores, MD

Retired Professor of Translational Neuroscience in Processed Food Reliance and Overweight, McKnight Brain Institute, Gainesville, Florida; Actively Posting The Unseen Treasure of Healthcare Discoveries on LinkedIn, Free of Charge: Palm Springs, Florida, USA

ABSTRACT

Surgeons and clinicians are humbly asked to begin reviewing the known obstacles created by processed food, which block restorative treatment outcomes and successes. Processed food, Maillard reaction product-induced illnesses are itemized by medical specialty within the free public health service reference lists in The Unseen Treasure of Healthcare Discoveries posted on LinkedIn. It is time for healers to put aside their geopolitical differences and restore quality of care and more brisk revenue flow within their medical specialties, ending the hopeless waiting for responsible governments to be established and replace self-serving officials who are careless regarding global public health. The following is a basic sketch of how each specialist, a large group of specialists, or a newly formed all-specialty association can legally proceed to accelerate regional and global public health, along with significant boosts in their practice's daily collections, including weekends and holidays.

*Corresponding author

James A Cocores, MD Retired Professor of Translational Neuroscience in Processed Food Reliance and Overweight, McKnight Brain Institute, Gainesville, Florida; Actively Posting The Unseen Treasure of Healthcare Discoveries on LinkedIn, Free of Charge: Palm Springs, Florida, USA.

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Introduction

The functionality of osteocyte, astrocyte, oligodendrocyte, microglial, ependymal, and oligodendrocyte progenitor stem cells determines the likelihood of optimal results after surgical interventions for herniated discs, spinal stenosis, degenerative disc disease, spondylolisthesis, and compression fractures [1-6].

Dried foods, spices, and teas, high-pressure cooked and canned, ultra-pasteurized, ultra-homogenized, hammer and piston-milled flour, processed vegetable oil, margarine, fresh ingredients heated above slowly simmered temperatures, humidities, and atmospheric pressures transform spinal cord-flourishing fresh ingredients into spinal cord cell crippling Maillard reaction products, Advanced Glycation End-Products (AGEs), Advanced Lipoxidation End-Products (ALEs), and their oxidative stress-enhancing, inflammatory cytokine-enhancing, DNA methylation-propelling, apoptosis-prompting, and stem cell crippling antigens according to the Wellness-Perpetuating Newtrient-Denaturing, bioavailable protein-denaturing, medicinal lipid-denaturing, curative carbohydrate-denaturing, useful vitamin and mineral-deactivated Thermodynamic Laws of the Maillard Reaction to Antigenic-Nutrients [7-15].

Maillard product-free cuisine and beverages stimulate the soluble Receptor for Advanced Glycation End-Products (sRAGE), which trends toward redox balance, pro- and anti-inflammatory cytokine balance, antioxidant and anti-inflammatory dominance without excess antioxidant overdose and resulting metabolic alkalosis, and restoration of osteocyte, astrocyte, oligodendrocyte, microglial, ependymal, oligodendrocyte progenitor cells, and other endogenous stem cell types [16-19].

Why was this Stem Cell Revitalization Cuisine not Made Public Decades ago?

Government officials of all parties across the world have transformed social media into their own private propaganda dissemination machine to keep the collective Global mind occupied about why they should be re-elected.

Like self-serving children playing King of the Hill, the narcissistic government officials worldwide have put the needs of we the people at a very low priority.

Surgeons and clinicians are on their own unless global chaos settles down by the end of 2026, and responsible global leadership is in charge.

The author is willing to help governments, private corporations, private eateries, individual healthcare professionals, healthcare professional groups, or a newly established healthcare professional association establish the logistics, strategies, and infrastructure needed to help surgeons, clinicians, and their patients begin their pre- and post-op Stem Cell Revitalization Cuisine production for

dine-in, production for Mason and Ball jar bottling, Mason and Ball jar recycling, pickup, and deliver.

For venture specialists, startup specialists, healthcare organizations, entrepreneurs, imaginative and creative surgeons and healthcare specialists who wish to earn more revenue than Elon Musk, the following framework itemizes the basic ingredients for roll-out success:

- Design an App for patients within each participating medical practice to order tomorrow's meals and beverages today by 3 pm.
- Principal investments globally, attract regional investors, obtain loans to purchase or lease regional, distressed eateries, catering facilities, large kitchens, and the like. In addition, lease after hour kitchen space in successful kitchens.
- The author asks for 10% of the royalties gained by the entity that arranges and funds the cover design, book doctor, editing, formatting, distribution, and marketing of the self-published Stem Cell Revitalization Cookbook in eBook, paperback, and hardcover.
- Additional consultant details will be provided by the author to the venture entity as a part of the 10% royalty agreement regarding production, recyclable Mason or Ball jar containment, distribution, dine-in, delivery, and pickup.

Conclusion

The preceding is a basic sketch of how each specialist, a large group of specialists, or a newly formed all-specialty association or entity can legally proceed to accelerate regional and global public health, along with significant boosts in their practice's daily collections, including weekends and holidays.

Conflict of Interest Statement

The author has no conflicts to disclose.

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The author thanks the more than 1 million researchers who have contributed to the 70,000 PubMed articles linking Maillard reaction products, processed food, and beverages with the majority of the diseases in the Merck Manual and Diagnostic and Statistical Manual of Mental Disorders since 1912, 5,341 articles regarding Maillard reaction products and oxidative stress, 1,986 articles about Maillard reaction products and inflammatory cytokines, 5,595 articles linking Maillard reaction products with inflammation, 1,672 articles associating Maillard reaction products with apoptosis, 107 articles related to Maillard reaction products and DNA methylation, 2,314 articles related to oxidative stress and DNA methylation, 1,183 articles linking inflammatory cytokines to DNA methylation, 4,168 articles associating inflammation with DNA methylation, 756 articles related to Maillard reaction products and genetic damage, 1,182 articles about Maillard reaction products and neurodegenerative disease, and 134,651 results using the PubMed search term 'inflammation and chronic disease'.

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