



DR RAND

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Rand McClain, DO



ABOUT

Though nutrition and wellness have been ingrained in Dr. Rand McClain since childhood, his journey to becoming a leader in alternative and progressive medical treatments has been anything but orthodox. From being the youngest senior account manager in Deloitte's history, to his stint as a professional boxer in Argentina, to being accepted to medical school at age 37 after being repeatedly told it was impossible, Dr. Rand has never been a fan of the "status quo". Dr. Rand's patients (many of which are A-List celebrities and world-class athletes) come to his practice, Regenerative & Sports Medicine, in search of the innovative treatments he specializes in.

From the latest in stem cell and hormone therapies, to IV drips that reduce trauma and anxiety, to human performance health programs and futuristic longevity treatments, Dr. Rand believes that your past health mistakes don't define your future.

CONNECT



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HOT TOPICS OF DISCUSSION

1. The truth behind the Steroid Stigma and how it impacts most people over 30.
2. The Stem Cell Debate: How umbilical infused therapies can help extend life and repair injuries while getting you back in the game.
3. Have you made bad health choices in the past (drugs, drinking, smoking, etc) - it's not too late to erase those mistakes with the latest longevity treatments.
4. Menopause vs. MANopause: Do women truly have it worse than men and how do you take control of your hormones?
5. High Performance Sports: What works and what doesn't when it comes to peak performance?
6. Creating an active sex life at any age: What to ask your doctor and what to do when it comes to sexual longevity.
7. How far would you go to get rid of anxiety, depression, and trauma issues? Is it all in your head or can your body fix itself?



PROFESSIONAL RELATIONSHIPS



REGENERATIVE & SPORTS
MEDICINE

Regenerative & Sports Medicine

As the founder of RSM, Dr. Rand works with elite athletes, celebrities, CEOs and anyone else who wants to make the most of what is available to optimize their health.



American CryoStem

As a member of the Medical Advisory Board for American CryoStem, Dr. Rand focuses on clinical-stage biotechnology, global licensing and pioneering in autologous (one's own) cellular processing and therapies.



LCR Health

With a focus on using the purest and most potent natural compounds on earth to help everyone achieve the freedom of living a longer, healthier, and more active life, Dr. Rand works with LCR Health as their Chief Medical Officer.



VYTALIX

Dr. Rand is a Medical Advisor to Vytalix, an AI based medical company utilizing block chain technology to provide health professionals with unfettered access to intelligence and data for clinical wellness.



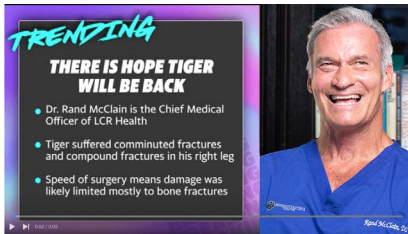
Z.E.N. Foods

Z.E.N. Foods which provides meal delivery of delicious, calorie controlled, healthy meal programs that are tailored not only to dieters but also for nutrition-conscious individuals. Dr. Rand serves on the Medical Advisory Board.

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DR
RAND

MEDIA



YAHOO! NEWS

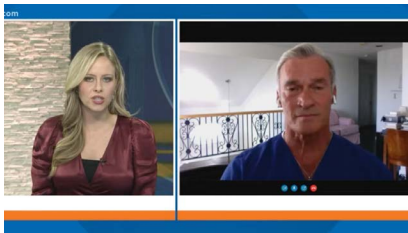
Tiger Woods' early prognosis from Dr. Rand



YAHOO! NEWS

Dr. Rand addresses proper health protocols for return to sports post-pandemic

[VIEW ARTICLE](#)



CBS 6 SAN DIEGO

Dr. Rand explains pandemic safety concerns for seniors as businesses reopen



THE BEET

Dr. Rand's seven reasons athletes should adopt a plant-based diet

[VIEW ARTICLE](#)



NBC 5 DALLAS

Dr. Rand explains how safe it is to return to the gym post-pandemic



PHILLY VOICE

Dr. Rand on why drinking too many energy drinks can lead to a litany of health issues

[VIEW ARTICLE](#)



CHEDDAR NEWS

Dr. Rand comments on NBA's resumption post-pandemic



EAT THIS, NOT THAT!

Dr. Rand addresses the benefits of not eating canned foods

[VIEW ARTICLE](#)

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BRANDABLE CHUNKS

Health + Lifespan = **Healthspan**

Aging: **Can't prevent it. Can control it.**

Live not just longer, **but better.**

Age really is **just a number.**

Regenerative medicine is **all about the restoration of the body, from its roots.**

Here's a trick question: What is the **single best diet** for everyone's health?

The answer: **There is no such diet.**

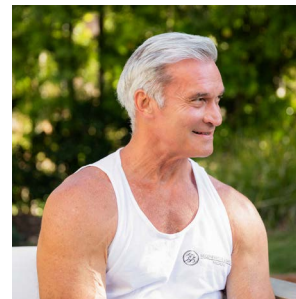
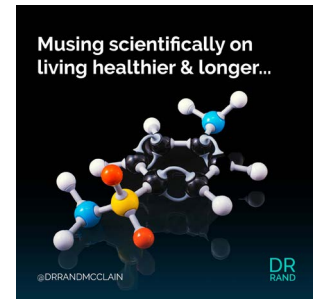
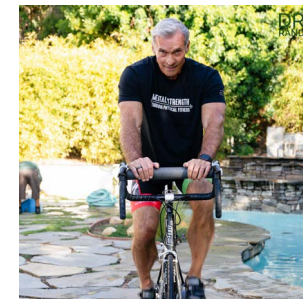
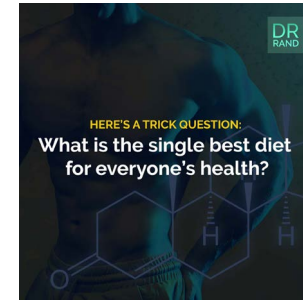
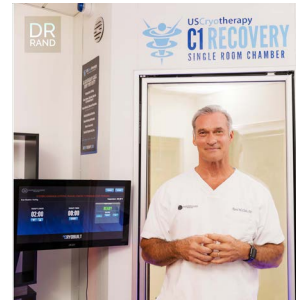
The **biggest risk factor** for most disease is age.

Many diseases are curable or at least **manageable if caught early.**

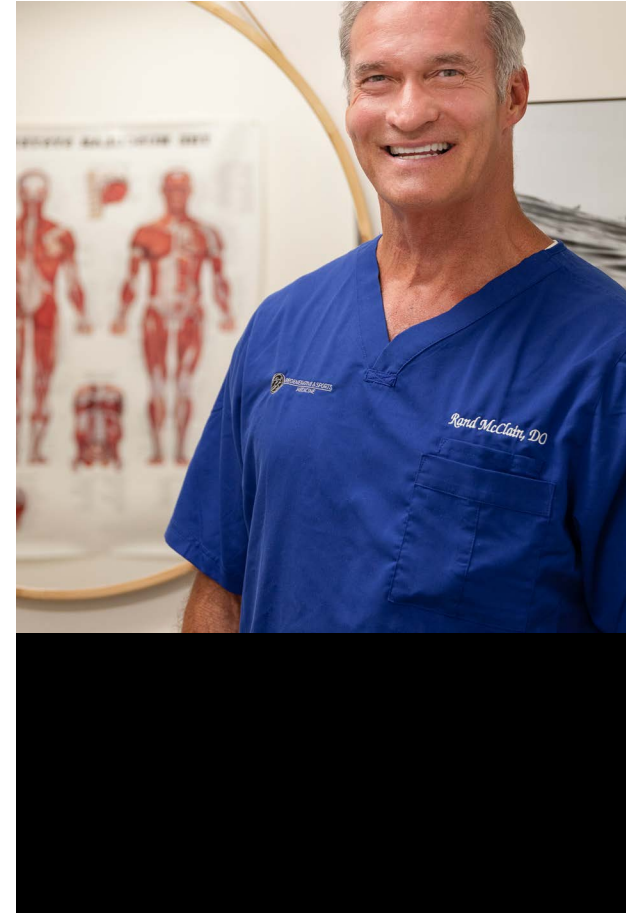
Living longer and feeling and looking better is a healthspan dream.

We treat the patient, **not the numbers.**

Aging is a treatable disease.



PHOTOGRAPHY





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