“Secondary Cellular Death” Is Actually **Negligent Homicide**

By: Gary Reinl

You roll your ankle. Some cells die instantly. Many others are doomed to the same fate. This process of selective elimination is known as primary cellular death and there is nothing that you or anyone else can do to prevent or reverse the carnage.*

Next, assuming that you remain fundamentally still (which is clearly out of sync with the basic principles of tissue preservation and regeneration and functional circulation), the area around your ankle will begin to unnecessarily swell, the pressure will build, and the sensation of pain will increase. Within hours normal weight-bearing activities like standing and walking will become impractical and simply wiggling your toes will likely elevate your perception of discomfort. Soon, otherwise perfectly healthy local cells that were totally unaffected by the initial trauma will die from suffocation and disuse because the congestion in the area will prevent the necessary flow of oxygen, nourishment and waste, and disuse will literally cause the musculoskeletal system to self-destruct (atrophy).

Yes, I said “die.” When something that was previously alive suffocates or irretrievably “atrophies” it is no longer alive … which means that it is dead. Collectively this is known (albeit incorrectly) as secondary cellular death and unlike primary cellular death, it is mostly preventable.

Yes, I said “preventable.” If you want to stop the unnecessary killing of these otherwise perfectly healthy cells, simply follow the ARITA (Active Recovery Is The Answer) protocol. In this case, as a place to start, think ankle pumps. **Done correctly and for a long enough period of time** (see example 3), the muscle activation will not only ultimately decongest the area via your lymphatic drainage system (assuaging the risk of suffocation), it will avert, or at least significantly minimize, the disuse atrophy, increase local blood flow, prod the up-regulation of the production of stem and blood cells, stimulate the muscles to produce and release the myokines that mediate the tissue regeneration process (which includes but is not limited to the growth of both new blood vessels (angiogenesis) and mitochondria (mitochondrial biogenesis)), and ultimately reorganize the repaired tissue. 1,2,3,4,5,6,7,8

Will ARITA prevent all cell death caused by suffocation and disuse? I don’t know and frankly I don’t care. What I do know is this: the charade is over and it’s time to rewrite the textbooks and amend related clinical expectations. The whole idea of “secondary cellular death” following musculoskeletal damage is patently false. Cells that are otherwise perfectly healthy do not die as a result of some divinely-inspired preprogramed inescapable injury-driven master plan. They die (mostly) unnecessarily from suffocation and disuse.

*For those who are not up to date on the topic, icing damaged tissue does not prevent the inevitable (e.g. once the tissue rewarms the “slaughter” will resume). More importantly, icing not only does not help, it actually delays the healing process, causes additional damage, increases swelling and shuts of the signals that alert you to harmful movement. 2 Even the godfather of the “ice age” (Gabe Mirkin, MD, the man that literally invented the R.I.C.E. protocol) has publically acknowledged that he was wrong about ice and no longer recommends using it. 2, 9

2.) Gary Reinh (Author), Dr. Kelly Starrett (Foreword), Gabe Mirkin M.D. (Foreword)., Iced!: The Illusionary Treatment Option. October 2014, http://www.garyreinl.com/


6.) J. M. Baker*, Michael De Lisio* andGianni Parise*,†,1, *Department of Kinesiology and *Department of Medical Physics and Applied Radiation Sciences, McMaster University, Hamilton, Ontario, Canada. Endurance exercise training promotes medullary hematopoiesis. The Federation of American Societies for Experimental Biology http://fasebj.org/content/25/12/4348


Additional Suggested Reading


Gary Reinh is the author of “ICED! The Illusionary Treatment Option: Learn the Fascinating Story, Scientific Breakdown, Alternative, & How To Lead Others Out Of The Ice Age

Gary has spent over forty years in the sports-medicine field, with diverse experiences ranging from training professional athletes to pioneering the field of strength-building for women during the pregnancy year to developing rehabilitation programs for injured workers.

Additionally, his ground-breaking senior strength-building protocol has now been implemented in more than 1,000 senior living facilities. Gary has authored two previous books, Making Mama Fit [Leisure Press, 1983] and the 2007 "fat loss" book Get Stronger, Feel Younger [Rodale Press].

Gary lives in Henderson, Nevada, with his wife, Susan. He has two grand children, Mandy and Casey, and three grandchildren, Harper, Hendrick, and Eleuthera.

Twitter: @TheAntiIceMan
Website: GaryReinl.com