



THE
HEALINGMIRACLE



THE ANTI-AGING MIRACLE

THE QUICK RESOURCE GUIDE TO LOOKING & FEELING DECADES YOUNGER
USING THE POWER OF STEM CELLS

Medical Disclaimer

The information in this guide is for education and entertainment purposes only. This guide does not constitute medical advice in any way. You are responsible for how you use the information in this guide. Always consult your doctor before making changes to your lifestyle and health practices.

The information in this guide is meant for healthy adults and is meant to be accurate and authoritative on the topics covered. However, the information in this guide can be dangerous to your health if you have certain medical conditions, if you use the information improperly, or if you are taking certain prescription medications.

Therefore it is important that you talk to your doctor before doing any of the action steps, physical activities, or using supplements found in this guide.

Do not change your diet, exercise routine, or take any supplement without talking to your doctor or healthcare professional first.

Use Stem Cells To Look And Feel Younger

Aging and stem cells

Stem Cell Anti-aging treatments are known as some of the most advanced and modern approaches available for slowing, and even reversing, the aging process in humans. It's not a new idea, but it's finally becoming better known and more accessible to the general public.

Aging is a very normal but surprisingly complex process everyone goes through as they get older. The process of aging is one where the cells of the body become progressively damaged over time due to normal wear and tear and exposure. When we're young, these cells are repaired or replaced fairly quickly. As we age, that process slows down, leaving us with old, damaged cells instead of fresh ones. When that happens, the signs of aging begin to appear. New stem cells and related therapies are proving to be very helpful at slowing down or, in some cases, even reversing this natural aging process.

Stem cells have a unique regenerative and anti-aging effect that help to repair organs, tissues, and cells that have been damaged by stress, age, injuries, and exposure to toxins and pollutants. Stem cell application helps naturally encourage new healthy cell growth so your body stays healthy and strong, unlike traditional anti-aging technology and therapies that only affect the surface symptoms and exhaust your existing cells, rather than rejuvenate them.

Stem Cell Procedures

Here are a few of the ways you can use stem cells in anti-aging practices:

- Facial reconstruction
- Facelifts
- Skin grafting
- Breast augmentation
- Facial repair from injury and disease
- Skin rejuvenation
- Skin repair after chemotherapy and radiation

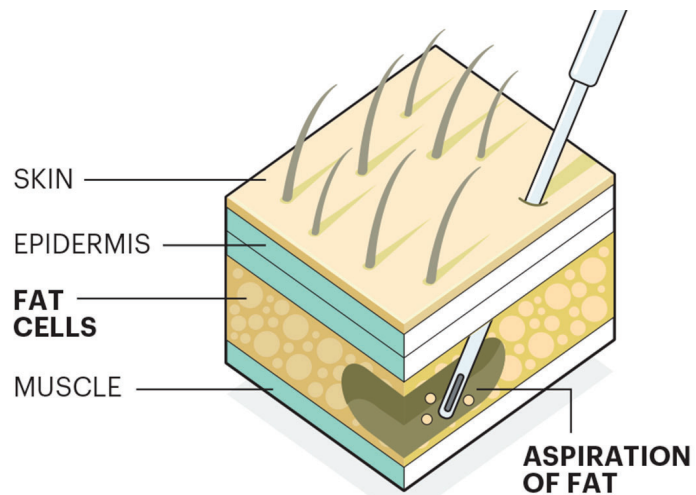
For these cosmetic procedures, specialists often use stem cells from adipose tissue -- your fat cells. Many practitioners find that the stem cells pair well with the fat to reconstruct youthful, shapely features that keep getting more rejuvenated over time, as well as supporting your body to regrow skin in areas that have been severely damaged and need grafting. They will use the stem cells along with the fat cells to adjust the shape to your desired preferences.

How Does It Work?

First, let's look at where these stem cells are coming from. There are several sources of stem cells in your body, with a few options for accessing them.

Adipose Tissue Stem Cells

Adipose tissue stem cells are located in your own body's fat. These stem cells are extracted by a very quick, simple liposuction procedure. After your doctor extracts the cells, they're either placed directly into a centrifuge, where the stem cells are separated from the fat surrounding them, or processed with a growth factor to help "train" the cells into what they need to become to help. Then, these cells are returned to your body with a simple injection to the area they're needed.



While adipose-based stem cells are very popular, there are some other excellent options available. Keep reading to learn more about some of the other options available to you.

Stem Cells From Teeth

You can actually make your dental visits an investment in your longevity! Stem cells are plentifully available in your teeth (and yes, even baby teeth, so reconsider what you do with them when the tooth fairy visits your kids!), making your mouth a “vault” of these rejuvenating cells. If you have an extraction at your dentist, you can actually save the tooth, and the cells within it, for later use. This can be especially convenient, since you're using a part of your body that you're already working on, without an additional procedure for extraction.

Bone Marrow Stem Cells

Another popular option for harvesting stem cells is from your bone marrow. These cells are highly preferred among many practitioners, due to the high quality of the stem cell. To harvest them, the doctor makes a small incision, then inserts a hollow needle through the bone and into the bone marrow. Using a syringe attached to the needle, the doctor withdraws a sample of the liquid portion of the bone marrow. You may feel a brief sharp pain or stinging, but overall, it's a simple and quick process.

Cord Blood Stem Cells

This is an excellent option for stem cells, especially if you're at an age where your own cells are not as ideal for use. These stem cells come from the blood in umbilical cords, from healthy births. After the baby is born, the mother has the option to either keep or donate the umbilical cord. They are processed and tested multiple times to ensure meticulous sanitation and safety standards throughout the entire process.

The Stem Cell Process:

What Happens, What I Need To Do, and Cost

How are stem cells implanted in my body?

There are multiple methods for placing the stem cells in your body, to make sure they do the most help.

- Intravenously (IV) – directly into the vein
- Intranasal – placed in a highly vascular pathway of the nose to encourage stem cells to travel past the blood brain barrier
- Directly targeted methods of administration – injected directly into the site that needs repair, such as into a joint. When practitioners are using fat grafting to rebuild and rejuvenate a part of your face, they will place the fat and stem cells there directly, to deliberately sculpt your features.

How many treatments will I need?

Many people just go in for one stem cell treatment. However, depending on your situation, you may be best supported with an additional treatment about 5 days later, to give your stem cells even more support. For more extensive conditions, some practitioners might also recommend a few treatments, to give your body the maximum levels of support it needs. When you're



"interviewing" a practitioner about their skill set, make sure you ask what their standards are for your treatment and what kind of follow-ups or aftercare you can expect to have.



How to prepare for a stem cell treatment

Stem cell treatments are simple and straightforward, and don't require an extensive amount of preparation, which is a refreshing change from surgery. The day of the procedure, wear loose, comfortable clothes for the experience, making sure that it's easy to access the area that you'll be getting work on. For example, if you're getting an injection in your knee, don't wear tight skinny jeans.

Recovery

Overall, recovering from stem cell treatment is much simpler and faster than recovering from surgery. However, it's important to know what to do to make the most of your recovery, so that you can get the best results.

Immediately After the Procedure

It is very important that you follow your doctor's post-op procedure restrictions. For the best chance of long-lasting benefits, **avoid anti-inflammatory medications**, rest the treated area for the first 24 – 48 hours, and wait for your doctor to tell you when you're ready for heavier physical activity. Expect varying levels of pain the first day or two after the stem cell treatment, although the pain will decrease over time.

Weeks 1 and 2

There may be noticeable inflammation in the treated area, which is normal as your immune system gets to work. This is actually a good thing. The rush of

white blood cells and substances produced by the body create swelling in the area, which sets the stage for the stem cells' regenerative healing of damaged tissue in the area.

After you have rested the treated area for an amount of time advised by your doctor, light, easy movement may be a helpful next step – but make sure to listen to your body and let any pain or discomfort you feel be your guide on when it's time to rest. For example, you may want to avoid too many trips up and down stairs if you have had hip or knee injections and keep lifting to a minimum if you have had rotator cuff or shoulder injections. Going on a gentle walk could be a more supportive option.

Muscle soreness and spasms can be reduced with heat (such as with a hot shower or heating pad), and inflammation with ice. But not too much: if you can, ease up on the thermal applications and let your body work to heal itself.

Because stem cells do not function optimally in the presence of anti-inflammatory medication, you should avoid taking any nonsteroidal anti-inflammatory drugs (such as aspirin, ibuprofen, naproxen), as well as any natural remedies or over-the-counter supplements such as turmeric, arnica, or any other herbs that advertise having anti-inflammatory properties.



Kinesiology tape or other types of medications may also help manage your pain. Speak to your doctor about which types may be appropriate for you.

Weeks 3 and 4

After a few weeks, your doctor or physical therapist may recommend you start a gentle exercise regime that may include using an elliptical machine, gentle walking, or jogging in the pool. To reiterate, the key here is to make sure it is NOT high impact, which gives the new stem cells time to develop into the specialized cells needed to heal the area. Whatever you do, don't overdo it. Healing is a marathon and not a sprint.

Weeks 5 and 6

By weeks 5 and 6, you may feel ready for a challenge. While you may feel ready to increase resistance with light weights, you still must proceed with caution. Your stem cells are building new tissue and need oxygen and blood flow through gentle exercise, but shouldn't be over-taxed with heavy workouts. You may want to explore gentle stretching, yoga or Pilates, but avoid any sort of compressive exercise, such as leg lifts, twisting, squat thrusts, calf raises, etc

Weeks 7 and 8

Over time, you will be able to add aerobic activity to your routine without risk of injuring the maturing stem cells. Still, stop the activity immediately if there is any pain in the treated area. Continue to use heat and ice for pain and inflammation as needed.

Months 3 through 6

By months 3 through 6, stem cells reach their peak of healing potential, although they will continue to keep rejuvenating your body for some time after. Support them by not overstressing them, and using helpful supplements, such as the ones listed in our ***37 Supplements Proven To Help You Grow And Nourish New Stem Cells*** book. Continue to strengthen your joints by walking, biking, stretching, etc., but continue to use caution when hitting the gym or exerting yourself around the house. This is when many

people experience profound improvements to their joint, and get ready to dive back into their normal lives.



If you are unsure how much to push yourself, reach out to your doctor, who will support you with advice for the stage you're in.

Cost

Right now, stem cell treatment can still be on the more expensive side, since it's not usually paid for with insurance. Some providers are starting to cover certain procedures, so find out if your policy covers it, and where. Out of pocket, it's much cheaper than the cost of surgery, if it was also not covered by insurance. On average, stem cell treatments can cost from \$5,000 to over \$10,000, in contrast to back surgery, which can run closer to \$50,000 if you weren't insured. However, even a few thousand dollars can be very challenging for most people. Fortunately, many clinics will work with you to create payment plans. As these treatments become more mainstream, they will continue to become more affordable as well. When insurance starts covering them, they will be even more widely accessible to the people who need it.

Why Stem Cells Are Better Than Cosmetic Surgery

Today, more and more people are turning to stem cell therapy as the ultimate anti-aging therapy. Unlike plastic surgery, countless studies have shown that stem cells replace, regrow, rejuvenate and repair on a cellular level that goes far beyond simply "looking good." People who undergo these treatments often report more success in gaining more youthful levels of energy, and resolve age-related conditions like hair loss, osteoarthritis, and much more.

Let's look at the cosmetic side of stem cells for a moment. In traditional surgeries such as facelifts, there are two significant issues. One is that it can often be visibly clear that surgery was performed. There's a rather "plastic" look that makes it obvious that you've had a facelift. The other issue is wear and tear. While facelifts might tighten everything up, the cells are still the same age, and still deteriorating... so the improvements can't last. When stem cells are introduced, the skin is actually rejuvenated on a cellular level, boosting your skin's elasticity, resilience and youthful appearance... not just stretching it out (and putting more stress on it).

When you introduce stem cells, you get an entirely different experience. Because stem cells are actively rejuvenating the skin's cells, you keep getting more natural, youthful looking skin long after



the procedure is done. With more healthy cell rejuvenation, you continue to look naturally vibrant and smooth-skinned... and the results are sustainable over a much longer period of time.

Anti-aging therapies with stem cells are unique because they can be done using your own stem cells the very same day, by putting them in the areas

they are needed the most. Stem cell therapy specialists will examine you, discuss your main areas of concern, and see what stem cell treatment would support you best. With stem cell treatments, you are replenishing the body with a fresh supply of stem cells to allow the repair and rejuvenation process to continue like when you were younger.

In addition, stem cells transform the healing experience available to people going through cosmetic procedures. They are instrumental in helping your skin and facial tissue heal, and often offer far less invasive procedures than traditional cosmetic surgeries offer.

Boost stem cells naturally at home

If going to a doctor isn't in your budget, there's actually plenty you can do on your own! You can support your stem cells from the comfort of your home with some natural supplements and healthy lifestyle practices. This is just a quick overview, but you can learn about it in more detail in our books, ***7 Secrets Proven To Grow More Stem Cells*** as well as ***37 Supplements Proven To Help You Grow And Nourish New Stem Cells***.

How to boost your body's stem cells naturally

Here are 9 big ways that you can naturally increase the amount of stem cells in your body: ^[18]

1. Exercise

Lifting weights and engaging in aerobic activity can naturally increase adult stem cells. Here are some interesting facts from clinical research: ^[18]

- More active older animals have more stem cells ^{[19], [20]}
- Exercise increases muscle-based stem cells in mice ^[21]



- Weight lifters have better stem cells

How much exercise should you do to maximize your stem cells?

Talk to your doctor before beginning any new exercise regimen. For ideas on what types of exercise to do specifically to boost your stem cell count, have a look at our ebook, ***37 Supplements Proven To Help You Grow And Nourish New Stem Cells***.

2. Autophagy

Autophagy is a detox process your body undergoes from fasting, to clean out damaged cells and regenerate new ones. The **benefits of autophagy** include: reduced inflammation and improvement in daily bodily function; prevention or delay of neurodegenerative diseases; and increased longevity. ^[44,45,46]

Autophagy is also achievable through intermittent fasting just as easily as longer fasts. Autophagy begins when liver glycogen is depleted, around **12-16 hours** into a fast. Scientists have known for years that fasting has increased longevity and reduced signs of aging. But it gets even more promising and specific than that, regarding stem cells.



- A recent study using rats found that short-term calorie restriction significantly increased the stem cell availability in both young and old animals. ^[25]
- Going without food for a few hours boosts stem cell activity by about 20% in both mice ^{[26] [27]} and humans. ^[28]

- Fasting also increased muscle regeneration after stem cell transplant. ^[29]

However, before considering doing short fasts, always talk to your doctor first to make sure that it is a safe option for you.

3. Natural Supplements & Nutrition

Your body needs certain vitamins and minerals to create, maintain, and protect new stem cells. We actually put together a comprehensive guide in another ebook called ***37 Supplements Proven To Help You Grow And Nourish New Stem Cells*** that goes into even more depth. For now, here are five of the primary ways that supplements can assist in increasing your number of stem cells:

- Stimulate the production of new stem cells within your body
- Provide the vitamins, minerals and supplements necessary to create and support new stem cells
- Protect the existing stem cells with antioxidants
- Support a healthy immune system and high levels of energy so that your body has the energy and resources to create and support new stem cells
- Reduce inflammation in your body



An excellent example of a stem-cell supporting food is colostrum. Colostrum is what many baby mammals eat during the first few days after they're born. Bovine (cow) colostrum contains dozens of unusual compounds, including a number of growth factors that stimulate stem cell production. ^[30]

4. Support Your Immune System

Supporting your immune system frees up your body to use its energy and resources on rejuvenation, rather on recovery. That means that your immune system is functioning and not heavily drained by illness or infections, that you are getting high quality sleep so you can rebuild and repair your body, and that you have healthy mitochondria so that you have high levels of energy.

If you are sick or your immune system is constantly taxed, your body's ability to create and support stem cells decreases. Your energy is being used elsewhere, instead of being put towards stem cells. Taking good care of yourself with nutritious meals (we'll be offering a cookbook for nurturing your stem cells soon!), good sleep and a healthy routine will help your body focus on the things YOU want — like building and maintaining rejuvenating stem cells.

5. Support Your Energy Levels

Low energy levels mean that your body is being drained in some way. When your body's energy is low, it does not have what it needs to grow new stem cells or to maintain your current ones well. On the other hand, high levels of energy mean that you are feeling good and have the resources to grow and maintain plenty of new stem cells.

Your mitochondria are particularly vital for keeping up your energy levels. You've probably heard the phrase, "Mitochondria are the powerhouse of the cell." Well, it's true. They produce the energy used throughout your entire body, powering everything you need to do.

If your mitochondria aren't healthy, are damaged by oxidation, or are not given the proper nutrients, your body's energy levels will be low. You may feel sluggish, tired or weak. Low energy also means fewer resources are available in your body to grow and nurture new cells.

So, to make the most of your body's ability to grow and maintain stem cells, you need to have healthy mitochondria and high levels of energy.

6. Sleep

Getting regular high-quality sleep may be one of THE most important factors affecting your ability to grow and maintain new stem cells.

Why is sleep is so important?

A Stanford study actually found that sleep deprivation decreased stem cell activity in mice by about 50%.^[31] However, it doesn't just stop there.

Sleep affects so many systems in your body related to stem cells and your overall health. For example, sleep impacts your energy levels, your mood, inflammation, oxidative stress, and even your immune system.



To take this even further, sleep directly affects your longevity and quality of life. One study found that increasing the amount of quality sleep you get reduces your risk of dying from heart disease, while decreasing your amount of sleep actually increases your risk of dying from heart disease.

^[32]

This next fact might shock you: decreasing your nightly sleep from 7 hours to 5 hours increases your risk of death from all causes. ^[33] So, whether it's a car accident, heart attack, or falling off a ladder, your risk of death increases if you cut your regular sleep from 7 hours down to 5 hours. If you're someone who doesn't make time for quality rest, this may be a good time to look at a more supportive sleep schedule. It's not just about being tired and getting an energy drink.

This study had a whopping 1.3 million people in it, so the results seem pretty reliable. The study also found that sleeping too much is also not good for health. If you are regularly sleeping over 8 or 9 hours, it's a good idea to check with your doctor to see if you are sleeping too much, and find out why.

To live a long and happy life, and to produce more stem cells, a healthy amount of high-quality sleep is one of your best allies.

7. Stress

Decreased stress makes your stem cells better at repairing DNA damage, which slows down your aging^[34] and makes you more resilient to injury. It goes without saying that reducing stress improves your quality of life in general as well.

Tips for reducing stress:

- Adaptogenic herbs
- Breathing exercises
- Going for a walk outside
- Spending time in nature
- Hugs
- Meditation
- Swimming
- Improving communication
- Developing and making time for hobbies

The power of a positive outlook on life and minimizing stress isn't pseudoscience — it's actually well documented in scientific research.

For example, one fascinating research study published in Bone Marrow Transplantation in 2012 found that the patient's pessimism or optimism before a stem cell transplant accurately predicted their health after the transplant ^[22]. Those who were optimistic before receiving stem cells were healthier after the procedure than those who were pessimistic. ^[23]

It may not surprise you to learn that people who scored high in reporting an enjoyment of life and well-being live longer as well. ^[24]

8. Cut out sugar

Sugar is a major culprit in many diseases in your body. Research shows that decreasing sugar makes adult stem cells live longer and run better.

^[35] Increasing sugar actively destroys stem cells.^[36]

9. Spirulina

In a fascinating study, mice that were given spirulina for 28 days grew new stem cells, and the ones they had were more resilient to stress.^[37] While there are no studies for people yet, the evidence indicates that spirulina could keep your stem cells thriving... and has plenty of other benefits as well.



Clinics & Physicians

Six Important Factors To Consider When Selecting The Right Stem Cell Physician For You

Committing to stem cell or regenerative cell therapy is a big decision.

It's not just a significant financial commitment but it's a vastly important decision for your health as well.

Which is why it is supremely important to be as prepared as possible when you do finally make that decision to find your perfect stem cell clinic.

But who do you look to?

Is it the doctor with the TV, radio, or billboard ad you seem to run into every day? Or is it the local treatment center with multiple integrated physicians?

And how can you really trust these physicians once you do contact them? How do you know who is best to commit your time, money, and effort with?

Well, all of these are very important questions and all have answers that will vary person to person.



However, there are a select few qualifying factors that you can look for to see if your “perfect stem cell physician” will really cut it when it comes to treating your health.

Here are our 6 most important key factors you should consider when selecting the perfect stem cell clinic:

Factor #1: Does your stem cell physician have experience treating your specific condition?

First and foremost, if your physician specializes in treating knees, hips, or joints but you're interested in stem cells for rejuvenation or anti-aging, then this doctor might not be best for you.

The more they know about YOUR procedure, the more they have done that procedure, and even more likely you're going to have a better outcome and fewer complications.

Don't be shy to ask your physician about their background and experience.



Investigate how many times they have completed a stem cell based treatment, over how many years, and do they have personal outcome data. Ask for a specific answer and don't “feel bad” for asking follow up questions if their answers are too vague.

This is your body.

Ensure that they're talking about YOUR stem cell treatment (or similar treatment) when they're quoting success stats. If they've completed over 20 procedures, you'll know they're competent in the task, but if they've hit over 100 procedures, you'll know that they are well on their way to expert status.

When they are available, it can help to look at testimonials so that you can hear about the outcomes from previous patients as well.

Factor #2: Does your stem cell doctor have patient testimonials? What do their patients say?

It's not that you can't take your doctor's word for it but... It's important to corroborate the same success information from patients that have gone through similar treatments.

Get feedback direct from the source.

There's a reason why we ask for a Carfax report before purchasing a new vehicle. Ask your doctor for patient testimonials and patient success stories.

Physicians may be resistant to share certain testimonials, as it is a HIPAA violation divulging patient information without their permission.

However, if they claim to have a significant track record of success, they should have attained permission already and have video, audio, or text based testimonials readily available on their website or within their marketing materials.

You should be suspicious if your physician does not have any testimonials on their site nor in their marketing materials, yet they claim in person to have a shining track record.

It's important to call into question their success rate, as it is your body and health on the line here.

Factor #3: What's your physician's success rate? Do they claim that they can heal "anything"?

BE WARY of anyone that claims (or guarantees) your stem cell treatment will have:

- Zero complications
- Perfect (or nearly) 100% success rates
- Pushes back when you do inquire about these claims

Even the most successful clinics have patients who do not respond as well as expected, and even the most elite doctors have patients that develop complications.

Unfortunately it's true, but in the field of medicine these things happen.

You should be highly suspicious if any physician claims otherwise.

Physicians do everything in their power to minimize risks as much as possible, and some aspects of patient care are beyond a physician's control.

Anyone that tells you they have a 100% success rate or close to it are likely not being completely truthful or fabricating these results in some way or another. Just remember, even the best stem cell clinics have a success and failure rate.



The most important thing you will want to do is get real numbers on your physician's success rate for the stem cell procedure you're considering. If the provider discusses the chances of failure amidst the conversation of success, then you can assume he or she is being honest with you.

Your ideal physician should be able to determine whether their procedures will be a good fit for your condition and not. Hold your physician to a higher standard and make sure you get the right information for your health.

Factor #4: Does your provider offer insurance or payment options?

This is a big one... *and kind of an insider secret.*

On average, only 20% of patients have the ability to pay for their treatment outright with cash, check, or credit card.

This is important to know for a couple different reasons.

First, you have to ask yourself whether you can afford stem cell treatment without financing or other methods of covered payment.

Depending on the treatment, paying out of pocket can be a significant financial burden, so any provider that does not offer this assistance may not be the best choice for you.

Second, if a physician does not accept insurance premiums or offer financing options, then they're not treating many patients.

If, on average, only 20% of patients pay out of pocket, then there is no possible way they are conducting that many procedures. This is important to note especially if they are claiming otherwise.

The last thing you want to do is invest in a provider that claims to have hundreds of patient success stories but logistically can not be possible.

Factor #5: How informative is your physician? Are they knowledgeable in your procedure?

Education is key here... especially when it comes to your health.

Your ideal physician will take the time to help you understand the ins and outs of YOUR procedure and the process they use to treat your condition.

Whether it is in the office itself or with the pre-procedure educational material, you should be provided considerable amounts of research and helpful information to be fully prepared when the big day comes.



The more informed you are, the easier it will be to determine whether you can trust this physician or not.

Ask questions like:

- For autologous stem cells (those that come from your own body), where do you harvest them from?
- What harvesting technique do you use?
- What are the benefits of placental derived stem cells vs autologous cells?

- What are the differences in the course of care between the placental and autologous cells?
- How do you determine accuracy for injection?
- Do you use a local anesthetic and does it affect the outcome?

Be wary of any provider that is hesitant to provide you this complete understanding, especially if they are eager or "in a rush" to get in, out, and on to the next patient.

The more you know about the doctor, the clinic, and the procedure, the more informed you'll be about making the right decision. Make sure you feel comfortable with the provider as well as their clinic.

Which brings us to our final factor...

Factor #6: How responsive is their staff? Do they have time for you?

This may sound strange but it is extremely important to ensure you're getting the best service from the time you step in the door to your last and final procedure.

Too often we've seen horror stories of physicians that are "too busy" or "too anxious" to completely commit themselves to your treatment and provide you the best care possible.

Now, quite often, this is no fault to the physician.

Not only is it a struggle to find a reliable doctor, but people are finding it harder and harder to even get scheduled for an initial consultation (...or even get a call back for that matter)!

Most stem cell physicians (especially top tier doctors, like our experts in *The Healing Miracle*) are flooded with hundreds of calls a day and their staff can barely keep up with it all.

So, if you've had little to no luck reaching out to a physician directly, it's not

your fault.

The good news is that we've joined forces with a nationally recognized stem cell physicians network that has agreed to grant priority access to anyone who has supported invested in this resource guide (this is you!).

This group of stem cell doctors has dedicated their lives to providing the very best service and treatment no matter where you live in the world.

Here's why this is exciting.

With the information in this article, you now have a series of questions to help prepare yourself for the journey ahead of you. **You will have the upper hand with the proper questions to qualify and select the perfect stem cell physician for you.**

AND...

To make it extremely convenient for you, this physician network has put together a dedicated hotline specifically to help connect you with a trustworthy, reliable stem cell doctor in your area.

[Click here to find out which doctor is best for you.](#)

Section 2 Review

In this section, you've learned some valuable information on how to use stem cells as anti-aging allies. You've also learned more about the science behind them and some of the different options you might want to pursue in using them to look and feel younger.

Let's review a few key points here:

Here are a few of the ways you can use stem cells in anti-aging and beauty practices:

- Facial reconstruction
- Facelifts
- Grafting
- Breast augmentation
- Facial repair from injury and disease
- Skin rejuvenation
- Skin repair after chemotherapy and radiation

How to boost your body's stem cells naturally

Here are 9 big ways that you can naturally increase the amount of stem cells in your body:

1. Exercise
2. Autophagy
3. Natural Supplements & Nutrition
4. Support Your Immune System
5. Support Your Energy Levels
6. Sleep
7. Stress
8. Cut out sugar
9. Spirulina

You've also learned about some fascinating clinical studies, including replacing skin, and another on frailty. In addition, you've been supplied with a link to show you where current clinical trials are being offered, in case you want to follow them or volunteer to participate.

Here are a few important points to pay attention to when selecting your practitioner, to ensure you get the best possible care:

- Length of time practicing
- Reviews and testimonials
- Well educated in your specific needs and concerns
- Good communicator
- Records of previous clients

You've also been given a great list of questions to ask a practitioner to make sure you're completely clear on the process, the costs, and whether this is the best treatment route for you.

If you have more questions, comments or want to find a practitioner in your area, you have direct access to our hotline and its website. Every question is important when it comes to health, so feel free to reach out and find out more!

Stem Hotline

- **www.StemHotline.com**
- **1-888-414-7836** (A toll-free number)

Research Sources:

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