

STEM
CELLS
MADE
SIMPLE

Wellness Outreach Worldwide
Stem Cells Made Simple
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Introduction

Regenerative Medicine and Stem Cell Therapy are the wave of the future. We have good news to share today: the future of medicine is here. All the experts agree that stem cell therapy is the future of medicine and could even be the future of your personal health and longevity.

*What if you could be **YOUNGER** and **STRONGER** for **LONGER**?*

Does this sound too good to be true? The promise of stem cell therapy is real, and even as you read these pages, thousands upon thousands of people just like you are benefiting from regenerative medicine and stem cell therapy. There have been tens of thousands of stem cell therapies performed, and the amazing results that real people are experiencing are incredible. We will share some of their stories with you and you will hear in their own words how stem cells have improved their health and their life.

With health care costs rising and people suffering from an ever-increasing number of stress-and lifestyle-induced health challenges, it is essential that we find simpler ways to help people live happier, healthier, and more productive lives. When it comes to protecting your health, as well as your family's health, the choices are really quite simple: You can choose the agenda of our current pharmaceutical culture (dependency on medications, invasive surgeries, and chemotherapy, to name a few), or you can choose now to adapt a mind-set of prevention and be proactive in your steps when it comes to the essential area of your health.

We want to free you from the fear that some virus or disease will devastate you and that getting old means your body must break down. You do not have to lose your mobility, your freedom, or your ability to live. We want to ignite the possibility of a healing revolution in your life, and we truly believe that regeneration begins in your mind. Instead of expecting and believing that degeneration will happen to us, we can renew our minds and

release our faith to the belief that the **power that created the body is the power that heals the body.** You are miraculously and marvelously made! Healing and regeneration are encoded in your DNA. We want you to be well and to live out your life with lasting health.

“The POWER That Created YOUR BODY is the POWER That HEALS Your Body.”

We designed *Stem Cells Made Simple* to take the complicated, controversial, and often confusing subject of stem cell therapy and make it easy to learn, easy to understand, and easy to access. If you want to learn if stem cell therapy can benefit you or someone you love, then open your mind and open your heart and continue to read. In our experience, people will recognize and resonate to the truth. We desire to impart a powerful truth into your life that the rest of your life will be the best of your life.

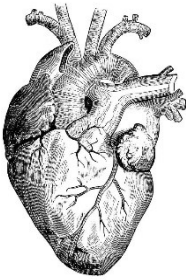
“The REST of YOUR LIFE Will Be the BEST of YOUR Life.”



Chapter One

You Are Miraculously Made

Although we sometimes take it for granted, the human body—your human body—is by far one of our most precious, valuable, and miraculous gifts. It is priceless and irreplaceable. We are all blessed at birth with this most complex, mysterious, miraculous, intelligent, and awe-inspiring creation. The most incredible creation in the universe is you, with your fantastic senses and strengths, your ingenious defense systems, your unparalleled regenerative abilities, and mental capabilities so great that you could never use them to their fullest. Your body is a structural masterpiece more amazing than science fiction. The more we learn about it, the more wonderful your body seems—incredibly intricate, vigilant, responsive, resilient, adaptable, and powerful. It is the citadel of the human spirit. On this earth, our oldest and closest personal possession is the body in which we live, yet who has not been completely amazed to discover how it works? Your human body is overflowing with innate intelligence, universal synchronization, and infinite wisdom that are far beyond our current comprehension. It works for you 24/7, each and every second of your life. It is constantly balancing, readjusting, rebuilding, regenerating, communicating, protecting, and growing. We have no adjectives that are adequate to describe the wonder and complexity of the hundreds of thousands of chemical, electrical, and physical tasks it performs meticulously all the time.



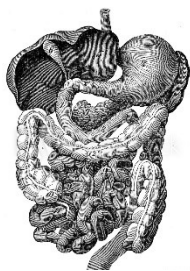
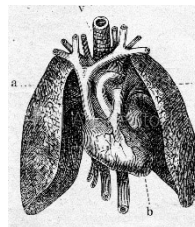
Your heart is the most sophisticated pump ever created. It is a twelve-ounce organ that beats an average of seventy-five times per minute, 108,000 times per day, nearly 40 million times per year, and nearly 3 billion times in an average lifetime. With each beat of the heart about 1/3 cup of blood is being pumped into the body. That equates to two thousand gallons per day, or 730,000 gallons per year, more than enough to fill eighty huge gasoline trucks. In one day the blood travels about 12,000 miles; that is four times the distance of the US from coast to coast.

Your eyes make over 750,000 color distinctions, and they record the images you see directly into your memory.



Your immune system works 24/7 attacking viral and bacterial invaders, protecting you from a multitude of unseen dangers. New research clearly suggests that your immune system actually thinks.

Your circulatory system is made up of three independent systems that work together: the heart (cardiovascular); lungs (pulmonary); and arteries, veins, coronary and portal vessels (systemic). About 2,000 gallons of blood travel daily through about 60,000 miles of blood vessels in your body. This complex network moves blood, nutrients, and oxygen through your body.



Your digestive tract is about 30 feet long and responsible for converting food to the nutrients your body needs to survive. While digestion may seem simple, it actually takes a coordinated act of muscle contractions to move food through the process. This allows digestion to happen even if you are standing on your head.

Your body controls, coordinates, and orchestrates with intricate precision all its systems—muscular, respiratory, reproductive, nervous, endocrine, circulatory, digestive, skeletal, lymphatic, etc.—with amazing precision. Make no mistake about it, you are a masterpiece. Miraculously and marvelously made and healing is already encoded in your DNA.

Chapter Two

Smart Medicine

As we speak to groups and do seminars about health and wellness, we always ask the audience the question, what do you think of when you hear the word *medicine*? Lots of people always yell out “Pills,” “Drugs,” or “Pharmaceuticals,” which is clearly a result of really great marketing on the part of the pharmaceutical companies and the \$2-trillion-per-year industrial medical complex that, in my opinion, frequently over-treats, over-tests, over-prescribes, and performs many unnecessary procedures and surgeries. The true definition of the word *medicine* is stated below.

Medicine is the science, study, and practice of the diagnosis, treatment, and prevention of disease.

That is what medicine really is. Smart Medicine is practicing the power of prevention, taking responsibility, and being proactive when it comes to your health. Prevent an issue before it becomes a serious illness or a chronic disease.

Now let’s discuss three types of alternative medicine that are absolutely essential for you to know about and implement in your life if your desire is to experience a higher level of health, wellness, and vitality.

MIND-BODY MEDICINE

Mind-body medicine is a real science known as *psychoneuroimmunology* and is defined below.

Psychoneuroimmunology is the science of the study of how the thoughts you think, the emotions you feel, and what you choose to focus on affect your health, your physical body, and your nervous system.

Mind-body medicine utilizes the power of positive thoughts and positive emotions to influence and affect your physical health.

LIFESTYLE MEDICINE

Think, Eat, Drink & Hydration, Emotions, Exercise, & Environment

Did you know that eight of the top ten killers (diseases) in the United States of America are preventable lifestyle-driven diseases? Not something you catch, not a virus, not a bacteria, not even in your genes or DNA, but rather something caused by the decisions you make or fail to make regarding what you think about, the foods you eat, the things you drink, proper hydration, exercise/fitness, and environment. You need to treat your body as if it belongs to someone you love. The healthiest, most energetic people I know excel in this essential area of medicine.

REGENERATIVE MEDICINE

Regenerative Medicine is definitely the wave of the future, and it is here. All the experts agree that stem cell therapy is the future of medicine and your personal health and longevity. That's right, it's personal, so healing and regeneration are encoded in your DNA. After all, if your body knows how to heal itself, then why is there so much sickness, disease, injury, illness, and chronic pain? How is it that degeneration overtakes your body's regenerative process so easily and so often? The newest and hottest subject around is stem cells and stem cell therapy. Stem cells have been discovered to be the superheroes of healing and they are now available for you. They are your body's internal repair system.

Stem cells are the foundation cells for our bodies. These highly specialized cells that make up our organs and tissues originally came from an initial pool of stem cells that formed shortly after fertilization. Throughout our lives, we continue to rely on persisting stem cells to repair injured tissues and replace cells that are lost every day, such as those in our skin, hair,

blood, muscles, nerves, lining in our gut, brain, and all other organs and glands.

For centuries, medical professionals assumed that when an injury occurred—such as a cut through the skin, fat, and muscle—cleaning and binding the wound together would cause the muscles and skin to grow into each other, thus healing the wound. By the 1960s, with the help from microscopes and modern technology, people discovered that it was actually stem cells filling in the gap of the wound. These cells were “differentiating,” or transforming themselves, into muscle, fat, and skin cells needed to mend the wound. Stem cell therapy—the future of personal health and longevity—replaces lost or injured tissue. This happens to be the definition of *regenerate*.



Chapter Three

A Brief History of Stem Cell Therapy

The term *stem cells* have been around since the nineteenth century, when German scientist and biologist Ernst Haeckel coined the phrase for scientific literature.

In the 1950s, these life-giving cells were widely used in the treatment of leukemia. Since that time, much more has been learned about the various health issues that can benefit from the use of stem cells.

People tend to think that stem cells are a brand-new phenomenon that landed on Earth in the past few years; however, in reality, they've been around for a very long time. Let's take a minute for a historical perspective. As far back as the 1800s, scientists recognized that cells are the building blocks of the body and that a particular type of cell could duplicate itself. In the early 1900s, they discovered this duplicating cell in blood. And by the 1950s and early 1960s, they found it in bone marrow.

In the early 1960s, and possibly as late as 1968, the first successful bone marrow transplant took place, involving two siblings who had a condition called combined severe immunodeficiency. By 1978, scientists had discovered these duplicating cells in umbilical cord blood. It wasn't until 1988 that they were able to find these cells in adipose tissue. These duplicating cells and cellular components they were talking about are what we now know as stem cells.

Well, with the finding of stem cells in adipose tissue in the 1980s, it was just a matter of a few years before stem cells were identified in every tissue in the body. This created an explosion of research and a lot of excitement and new therapies were associated with stem cells. Over the course of the next several years, scientists began to realize that these cells from our own body did have some limiting factors. These limiting factors, the quality and quantity of those cells, are based specifically on our age and our health. And it's even worse if we happen to have an autoimmune disease.

Chapter Four

Degeneration, Regeneration, and You

When it comes right down to it, the root or foundation of all sicknesses, diseases, illnesses, and aging is simply degeneration. Many people have heard that inflammation is at the core of it all. Although this is not altogether incorrect, it is, however, incomplete. What is inevitably at the core of all inflammation is degeneration, and the simple definition of *degenerate* is as follows:

The Problem:

de•gen•er•ate Verb

/di-'je-nə-rāt/

to deteriorate physically or mentally, or to break down; fall apart; go into disrepair or be less than your former self

This sounds a lot like the definition of sickness, illness, infirmity, chronic disease, injury, and aging. So, now that we have clearly identified the problem, let's discuss the solution: regeneration. The great news is that your body is already an expert at this because it has been regenerating itself since the day you were born (maybe even while you were in your mother's womb). Many of you have heard that every cell of your body is brand new in fewer than seven years. Your skin is brand new every few weeks, your stomach and digestive tract cells are all regenerated in just a few days, and your hair and fingernails are constantly growing. So, if your body knows how to regenerate itself, what is the issue? It's really quite simple. Disease, illness, and aging come about because the degeneration process overtakes the regeneration process. The definition of *regenerate* is as follows:

The Solution:

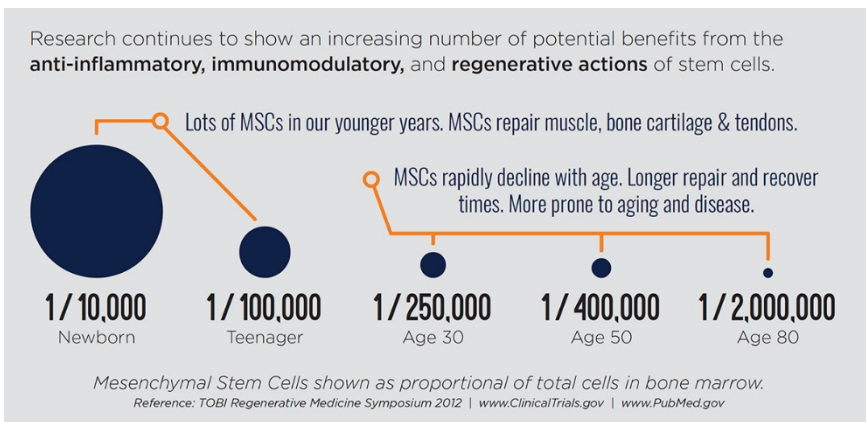
re•gen•er•ate Verb

/ri-'je-nə-rāt/

to build, grow, repair, or create new tissue

That's where your stem cells come into the equation. Stem cells regenerate new tissue and act as your body's internal repair system. The challenge is that they rapidly decrease and decline as you age. The chart below describes how much they decline.

Stem Cells Decrease and Decline with Age Causing Longer Repair and Recovery Times Leaving Us More Prone to Injury and Disease



*“The Key to a Healthy Life is
Healthy Regeneration.”*

Chapter Five

What Are Stem Cells?

Stem cell

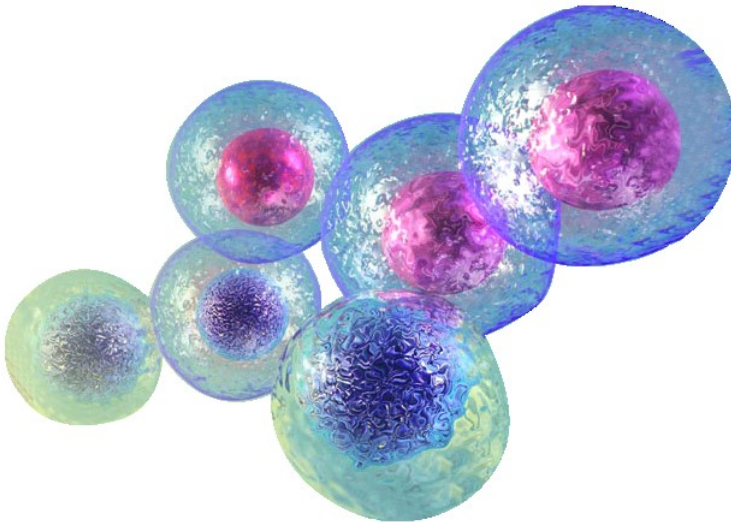
/ˈstem sel/

Noun

- an undifferentiated cell of a multicellular organism that is capable of giving rise to indefinitely more cells of the same type, and from which certain other kinds of cells arise by differentiation

Simply stated...

- Stem cells are your body's internal repair system.
- Stem cells are the foundation cells for our bodies, and they repair injured tissue and replace cells that are damaged every day.



Chapter Six

Types of Stem Cells

Fetal/Embryonic

Derived from the undifferentiated inner mass cells of a human embryo.

Illegal in the US

Extremely Controversial

Many Moral Issues

Jeopardize Human Life

Embryo Taken Before Maturity

Amniotic Fluid

Extracted from the amniotic sac by amniocentesis.

Large Portion of Cellular Debris

Potential Increase of HLA (allergic) Response

Inconsistent Concentration

Unverifiable Stem Cell Count

No CD34 and No Mesenchymal Cells

Placental

Extracted from the placenta by amniocentesis.

Large Portion of Cellular Debris

Potential Increase of HLA (allergic) Response

Inconsistent Concentration

Unverifiable Stem Cell Count

No CD34 and No Mesenchymal Cells

Autologous

Patient's own stem cells are collected through surgery.

Requires Surgical Procedure (potential complications, pain, recovery time)

Not Potent Enough for Substantial Difference

Expensive and Invasive

Dependent Upon Age & Health

Umbilical Cord Stem Cells (Infiniti Cells)

Undifferentiated Cells, No HLA Matching (No Potential Adverse Or Allergic Responses)

Simple, Fast, Safe Delivery Through Intraarticular Injections

Customizable For Individual

Potent, Robust, Consistent

Based On Accepted Medical Practices

Advantages of Umbilical Cord Stem Cells (Infiniti Cells)

- ✓ Because Umbilical Cord Stem Cells (Infiniti Cells) are immune system privileged, anyone can be treated!
- ✓ Best **regenerative** capabilities. They seek out degeneration and build, grow, and create new tissue.
- ✓ Best **anti-inflammatory** activity, immune modulating capacity, and optimum ability to stimulate regeneration.
- ✓ Can be **administered multiple times** in uniform dosages that contain high cell counts.



Chapter Seven

The Science and Research

What Can Stem Cells Potentially Treat?

Many studies indicate that stem cell therapy may be effective in treating many of these issues:

- ✓ Chronic joint pain
- ✓ Chronic back pain
- ✓ Bulging/herniated discs
- ✓ Spinal cord injuries
- ✓ Meniscus, ACL, MCL tears
- ✓ Knee injuries
- ✓ Arthritis/osteoarthritis
- ✓ Hip labral tears
- ✓ Tendinitis

Thousands of studies are being conducted about the effect of stem cells on degenerative illnesses. If you want to learn more about these clinical studies, you can visit: www.clinicaltrials.gov and www.pubmed.com



Chapter Eight

What Scientists & Health Professionals Are Saying

Dr. Neil Riordan: “Stem cells are the repair cells of your body. When there aren’t enough of them, or they aren’t working properly, chronic diseases can manifest and persist. From industry leaders, sports stars, and Hollywood icons to thousands of everyday, ordinary people, stem cell therapy has helped when standard medicine failed. Many of them had lost hope.”

Dr. Matthew Brock: “We are just seeing remarkable results with this therapy. The theories are really coming; the proof is in the pudding, clinically, what we’re seeing thus far. I can tell you two stories, though. One patient came to see me who had significant degenerative disease of her cervical spine, macular degeneration, and just felt terrible, just terrible fatigue. And she decided to get a one-cc treatment of human umbilical cord stem cells. And it was really funny. When she came in to actually receive the treatment, she was terrified. And she almost backed out of the treatment. And my medical assistant had to comfort her and assure her, and she ended up getting an intravenous treatment. And she calls us two weeks later, and she says, ‘I almost don’t know if I should tell you this.’ But she’s sixty-five years old, and she goes, ‘I feel like I’m thirty years old...I’m out doing yard work. I’m digging holes. I just can’t stop moving. I have so much energy.’”

Dr. Margaret Coutts: “We have the capability to restore and regenerate, but as we age, or we are injured, our bodies need a little more support. Stem cells can provide replacement tissues, but more importantly, [they] can calm an overactive inflammatory response, they provide growth factors and cytokines, and most importantly, [they] mobilize our own stem cells within us. Consider the possibility that we have the fountain of youth inside of us, and allogenic cord blood stem cells may be the secret to turning on the restorative waters.”

Dr. Al Sears: “Stem cells are your reserve of ‘replacement cells.’ Your body can use them to replace any kind of cell that is damaged, old, or dying. They can morph into any kind of cell you need, including those for your eyes, kidneys, muscles, skin, heart, or blood. They also allow your body to regenerate damaged tissue in any organ—from your brain to your heart to your liver. As you age, your stem cells don’t repair and regenerate as well as they once did. Fatigue sets in. That can lead to poor regeneration or even degeneration of certain organs and tissues.”

Dr. Jon Young: “I had four meniscal tears, osteoarthritis, and my knee was bone on bone. I was facing surgery as my only viable option. When I heard about the stem cell therapy, I knew I had nothing to lose. In a few weeks, my knee was transformed. My MRI revealed that the tears were repaired, and my knee was rebuilt. I reviewed the science and was amazed at what I found. The research is valid, and I now have the most effective resource to help my patients get well and stay well. I have treated hundreds of patients who have benefited from human umbilical cord stem cell therapy. We now actually have the ability to regenerate and repair the problem.”

Dr. David Steenblock: “We are standing at the threshold of a new and exciting medical era- an era of regeneration, rejuvenation, and renewal in which stem cells will set the stage for healing and, in some cases, the restoration of injured, diseased, and debilitated tissues and organs.”

Dr. Mindy Flippin: “Regular medicine puts Band-Aids on things, but these cells actually regenerate tissue. It has been amazing to see the miraculous results and watch people get better after they had lost hope of ever being relieved of their ailments.”



Dr. Darcy Brunk: “Stem cells have changed the face of my practice. People who were coming in regularly just to manage their pain are now regenerating and regaining their life back. Patients are finding the miracle of motion and gaining back what they thought was lost.”



Leila Brogstedte, MSN, RN, APRN-BC: “I have been involved with stem cells for about a year and a half. I became interested in stem cells when researching answers for my Mom's complex medical needs. Mom was a perfectly healthy 68-year-old woman who had an unexplained stroke, intractable seizures and neurological lupus diagnosis. I've done 3 rounds of stem cells with her over the last year with amazing results. She is emotionally stable, physically stronger, return of peripheral awareness, returning use of her right side and we've come off half of her seizure meds.”



Jenny Hrbacek, RN: “For the last two years, my hip ached day and night. In the last year, it began hurting so bad that I would wake up in the middle of the night from the pain. I feared that I would need a hip transplant like so many of my friends with chronic pain. I found out about stem cells and heard their amazing testimonials. I got an injection in my right hip, and after just two months, I was sleeping through the night, and I have no more pain in my hip.

“I saw that my brother was suffering silently with his chronic pain. When he told me that he would need shoulder surgery because of the chronic pain in his arm, I knew that he was a candidate for stem cell therapy. Three months later, he is doing push-ups, sit-ups, and curls.”



Lacie Chambers: “I am most excited about stem cells for what they can do for our patients. We have had great results for our patients. One patient had trigeminal neuralgia and had received Gamma Knife Surgery that didn’t work. We treated her with stem cells and had amazing results. When she came back for her follow up the next week, she was able to get out of her wheelchair and walk with a smile on her face. It was very exciting.”



Dr. Scott Gray: “I am so excited about stem cell therapy because of the things we can treat and the results we see with our patients. People that are considering surgery or hip replacement now have more options. Stem cells help people get their lives back.”

Chapter Nine

Real People with Real Results



Brad Underwood: “I had a torn meniscus and chronic pain in both knees. I was scheduled for surgery when I heard of Stem Cell Therapy. It was a no brainer to attempt to regenerate before I undertook the potential risks and complications of surgery. I am so glad I said yes to Stem Cell Therapy. Just 6 weeks later, both knees have improved measurably and I was amazed when I saw the x-ray that confirmed the meniscus healing and repairing.”



Bobbie Hood: “I was suffering with chronic neck pain and had no other alternative but surgery to find relief. When I heard about Stem Cell Therapy I got excited because it was a noninvasive, nonsurgical option. It was so simple, safe, and affordable I had to say yes. I’m so glad I did. I received immediate relief and now, over a year later, I am completely pain free.”



David Brewton: “For years I was experiencing chronic shoulder pain and weakness. As a farmer it is imperative I have full use of my shoulder and arm and I was at the point where I was unable to use my arm. I thought surgery was my only option. Then I heard about Stem Cell Therapy and I’m so glad I said yes. I didn’t need to have shoulder surgery and my shoulder has been completely regenerated. I am able to do push-ups again and I can even bench press 250 lbs.”



Gail McBride: “I’m approaching the wonderful age of sixty. Not that too far off from that, and with all of these years behind me, I had several issues. One was I had a ruptured disc L4, L5 in my back, and I suffered from back pain for probably about fourteen years. I also had a knee problem. My right knee would swell up, and fluid would build up, and actually, it felt like something was just really burning in that knee. And this

year was the worst of all the years. This knee was just causing me so [many] problems. Recently— actually, back in May—I was in a car accident. I was rear-ended, and I had already had spinal stenosis in my neck. And this car wreck really played havoc on my neck. And I tell you what, my friend introduced me to stem cell.

So, actually, last month, which was my birthday month, I was able to get stem cell here in Longview, Texas. The next morning, when I awoke, I [lay] in bed for a few moments, thinking, ‘What is this new feeling?’ The new feeling was no pain. I had no pain in my knee, no pain in my back, no pain in my neck. And probably like most people, I thought, ‘Well, it’s probably from the deadening that the doctor used. And it’s probably going to be a day or two, and the pain will come back.’ [laughter] So, I was surprised that the next few days, still no pain. The next week, no pain. It’s been four weeks, and I have been pain free.”



Barbara Schmidt: “I am amazed that stem cell therapy worked so well. My wrists were getting unusable from degeneration, but now I have almost complete mobility back. I am so happy with the results.”



Barbara Pageler: “I got stem cells because I think if I am on this earth, I don’t want to just survive, I want to live!”



Travis Sissel: “I was an active athlete, always trying to get bigger and stronger. I was hit with testicular cancer in my twenties and was subjected to many rounds of chemotherapy. I had brain surgery, abdominal surgery, lung surgery, all to remove tumors left over from the cancer. I began to experience unbearable hip pain that left me practically immobile. My only option was double hip replacement surgery, until I was recommended stem cell therapy. After only five weeks, I am able to walk

around normally without pain. I am working to becoming just as strong as before.”



Jan Buscarino: “I had a torn meniscus in my left knee and was told I needed to have surgery. I am very happy I decided to research stem cell therapy. Only 4 weeks after treatment my knee was 100% better. I can walk again with no pain.”



Ron Campbell: “I was involved in a land mine incident that critically wounded me with a traumatic brain injury on top of other injuries to my body. I recovered as best I could, but as I aged, I began to suffer from the shrapnel and other injuries still present in my body. Doctors told me I would need to start medication long term, which I wanted to avoid. Stem cell therapy became my best option, and [I] found almost immediate relief. It is truly amazing and has positively affected not only my pain, but it has helped my vision and my memory.”



Jessica Henry: “The benefits I am getting from stem cell therapy [are] getting my energy back that I had been without, [and] I am able to think better again and have full conversations where I once got extremely exhausted. My day-to-day life has significantly improved and has allowed me to be more focused and more cognizant of my surroundings.”



Marjorie Thomason: “I could not move my right arm more than 2 inches forward and not at all to the right side. I couldn’t even put my key in the ignition of the car without holding my arm to push it where it belonged. Now, I can easily start my car on my own and I am ecstatic!”



Helen Johnson: “I was living my life with knee pain that I had to learned to tolerate. I always had to choose a chair based on what I could hold to get up. I could never get out of a chair on my own. The day after my stem cell treatment I had relief. Now, I don’t have to think about where to sit because I can get up from any chair on my own.”



Arthlene Rippy: “I’m a television producer, a widow, the mother of two, a grandmother of five, and great-grandmother of eight. I’ve never smoked and have been somewhat diligent about diet—for the most part, a faithful exerciser. But even with these blessings, a few years ago I began to experience those unwanted symptoms of arthritis. About four years ago, after a skilled rheumatologist drained my right knee, he informed me that I would, in the future, require knee replacements. Following this prognosis, I did my best to stay active and put off the inevitable as long as possible.

“About one year ago, I began to hear about stem cell treatments. I heard how they are radically changing medicine, even reversing for some the need for surgeries and lifelong medications. In my work in television, I began to hear personal stories about this treatment and how, in most cases, it offers a far better quality of life. A few months ago, I chose to have this quick and painless treatment, and the results keep me smiling. Within the first couple of weeks following the treatment, I noticed I was sleeping much better. For some unknown reason, I’d been losing a lot of sleep. And I thought, perhaps, it was that aging process. However, I quickly learned that sleep deprivation takes a tremendous toll on one’s accomplishments and actually reduces our overall quality of life. I’m so thankful that, since receiving stem cells, restful sleep has significantly improved.

“Before stem cells, arthritis also began its insidious creeping through my hands. Because of extreme pain and swelling, I could no longer slide a ring on the ring finger of my right hand. But today, rings are no problem—no problem at all. As for the arthritis in my knees, it’s actually a distant memory. I just don’t have it anymore. My knees have no pain, and I have

no problem living my life, by the way, which includes a staircase at home and my office. My overall quality of life is so much better because of this stem cell treatment. As God as my witness, this is my story. You would ask, ‘Would you make the same decision today for stem cells?’ Without a doubt, my friend. Indeed, I would.”



Roslyne Burns: “I have been a physical therapist for over twenty years, which has been a wear and tear on my body. I experienced a herniated disc that intensified the pain in my back and in my shoulder. I tried steroid injections and pain medication, but there was no relief from the pain. I was recommended stem cell therapy and was surprised by how simple it was to get [it] administered. Three weeks after the injection, I suddenly realized that the pain was gone. It put me back to work stronger than before.”



Tracy Sarallo: “I am a gymnast and golfer, which has put a strain on my shoulders and elbows. Stem cell therapy was recommended to me because of the degeneration caused by my lifestyle. And six months later, I am back to working out as hard as I want, and it has even improved my golf game—all pain free.”



Bobbi Vitality: “From the ages of eight to eighteen, I watched over a dozen of my family members die. They were dying in their thirties, forties, and fifties from what I now know to be preventable lifestyle-driven diseases. I was inspired to become educated about taking care of my health, and what I found was that traditional medicine focuses on disease but not wellness. Stem cells were the answer I was looking for, and I will get a treatment every year for the rest of my life because of its power to keep me younger and stronger for longer.”

Chapter Ten

Stem Cells Made Simple Recap & FAQs

So, let's do a quick recap of what we discussed so far:

- ✓ You were created as a masterpiece (healing and regeneration are encoded in your DNA).
- ✓ Stem cells are the wave of the future and the future is here and now.
- ✓ All the experts believe that stem cell therapy is the future of medicine, but remember: it's personal because stem cells are the future of *your* personal health and longevity.
- ✓ The problem is degeneration (i.e., what causes sickness, disease, pain, and aging).
- ✓ The solution is regeneration (i.e., to build, grow, and rebuild new tissue).
- ✓ Stem cells decline rapidly as we age, leaving us more susceptible to sickness, illness, disease, and accelerated aging.
- ✓ Stem cells are now available and are simple, safe, convenient, effective, and affordable, and they produce amazing results.
- ✓ Stem cells are your body's internal repair system.
- ✓ There are five types of stem cells and the most effective and beneficial are human umbilical cord stem cells.
- ✓ The science and research are undeniable and progressing rapidly.
- ✓ The rest of your life will be the best of your life.

Are stem cells FDA approved?

The FDA has allowed the tissue banks to regulate the HUCT treatments. Stem cell therapy is a natural treatment and natural treatments are not approved by the FDA.

How long does the treatment take?

The actual injection is extremely short and can take as little as 10 minutes, including cleaning off the area and making the injection points. Consultation and prep are based on each patient.

How many treatments do I need?

Each patient varies. According to previous research, the body responds very well to one treatment. Other patients benefit from a second therapy three to six months later. Some patients will need a regularly scheduled treatment every six months for anti-inflammatory benefits, especially in areas filled with metal from surgeries, degenerative issues, or scar tissue. Stem cells reproduce every twenty-eight hours for about sixty-five generations for approximately ninety days.

Are there any potential side effects?

Patients could have possible discomfort due to the injection. Two percent or fewer patients experience flu-like symptoms. Physical activity may be briefly limited after therapy (as advised by your health care professional). If possible, limit anti-inflammatory drugs before treatment, for they might cause discomfort. Experts believe inflammation is necessary for stem cells to work.

Are there any potential downsides?

Each patient varies. Patients might experience slower results. However, remember the immunomodulatory effect of stem cells: they will continue to replicate for approximately ninety days post-treatment.

How fast will I see results?

Each patient varies. Results are typical within four to six weeks. Some results are immediate, but most will take longer. Remember, this is a regenerative process, and there are no promises for results.

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Meet Dr. Lena Bruce



Lena Bruce was born in Houston, Texas and attended Spring Branch High School. She graduated high school in 1978 and then went to Houston Baptist University. Initially a music major, she sang and played the piano. When she realized that her heart's desire was to truly help people and not just entertain them, her thoughts turned to medicine and she graduated with a double major in Biology and Chemistry. Before attempting 8 years of dedicated studies, Lena knew she had to gather funds for her training. Thus, Lena worked full-time as a bilingual secretary at Brown and Root for a full year. During her years of college, she was a church pianist, waitress, tutor, and made custom leather garments to support herself. Thus, when she graduated from both college and medical school, Lena had no student loans to repay.

The year of 1978 she had become fluent in Spanish while living in Bogota Columbia as a foreign exchange student with AFS (American Field Service). She also enjoyed taking care of wildlife through the Texas Wildlife Rehabilitation Coalition (TWRC) where she attended workshops at the Houston Zoo for training on the care of exotic animals.

From 1988 to 1991, she completed a Family Medicine Residency at UTMB in Galveston. The last year of that residency she served as Chief Resident. Her areas of interest were in Dermatology, Occupational Medicine, Rheumatology, OB/GYN, and Obesity. She has always looked for better ways to eliminate suffering from disease.