# 11 Years on TA-65: Honest Report on Telomerase Activation Medicine Transcript

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## Podcast Introduction and Symposium Context

Hey there, welcome to the Recharged Biomedical Podcast. I'm Dr. Edward Park, and if you're curious about regenerative medicine, you've come to That's the first thing that she's gonna do To ease the pain that's she going through She don't need a Cadillac BMW To show the world That she loves it true And baby you're about to Soothe the wound We're at the 5D Symposium of Quantum Consciousness and Healing.

So what does that mean? It means we're talking about the many ways that people get younger and healthier. And I do think you're in a very cutting-edge symposium.

The thing about being at a cutting edge is that it often looks bizarre or unfamiliar. Maybe some of it won't pan out, maybe some won' t be for everyone.

But I'm here to share my 11 years of experience with this molecule as I will explain. Now, some people like examples. This is me two years ago with my boys in Southeast Asia.

On the left, in my 30s, I was very sick, obese, hypertensive, pre-diabetic, fatty liver, weighed about 15 or 20 pounds more. And then over the last 11 years of constantly ingesting cyclostrogenol, it's flattened out my aging curve.

You know, my kids always give me a hard time when I get card for alcohol. And I guess the cutoff is 30. But you know we could talk about the objective reasons.

I think I might not be getting old as fast, but some people like this sort of thing. So I put that up there. So in most people's minds, they want to believe that you have some credentials, so I'll just throw these up there.

I grew up here in Southern California, went to Harvard, studied biological anthropology, and then went into Columbia for four years, great four-years, got trained as a medical doctor.

And also got my master's of public health at the same time, which has been very helpful. And after that, I went back to Beth Israel at Harvard and did my OBGYN training and then transitioned back into LA to Orange County where I did four years with Kaiser, Which was very, very busy and 10 years in private practice.

So how this all got started for me was that my dad was diagnosed with brain cancer about 13 years ago and I, for the first time in my life, thought, well, I'm going to get old.

I wonder why. And I looked it up on the internet and all the theories that were out there were kind of silly to me and there was only one that made sense.

You know, kind I liken it to gravity. If you said, well, there's some unknown force that keeps the planets rotating around the sun and the solar system around, you know, the supermassive black hole.

You'd be like, okay, that makes sense. There's got to be one explanation. But when you look at the explanations that are out there that people champion, they're like…

## Personal Background and Aging Story

Well, you know, old people get old because they're not socially engaged or they lose hope or don't listen to the music of their youth. I mean, it's all just kind of silly stuff.

Mitochondrial not as silly, but there are a lot of evolutionary theories and coming from a biological anthropology background, I know that most of those are unverifiable, untestable, just sort of like stories.

Anyway, I took this supplement, it transformed my life and after that I got really interested in screenwriting, philosophy, history, actually never read a book throughout my entire adult life.

I wasted most of it with the kids, not that that's a waste, but trying to make money, getting a bigger house, all this stuff that we kind of do as adults until we learn better.

In the last 11 years, I've made YouTube videos. They've been viewed half a million times on YouTube. I have done blogs. I continue to do them weekly. Been flying around the world doing lectures.

And it's all kind of around this theory that I came up with. So in 2013, I wrote this book based on my experience, my theories, my clients called Telemare Time Bombs. And I said, well, what if instead of many, many diseases, we're talking about one process that is looking like different diseases?

And then I kind of did a whole tell-all book, you know, about the embarrassing things in my life. And this year I was fortunate to be asked by Hay House to write a book called The Tea Lumber Miracle.

This book is more of like a quick start guide to being human. So it turns out that even things like breathing that keep us alive from moment to moment, It can be clearly understood.

Consciousness, I came up with a theory of consciousness, diet, exercise, supplements. It's my gift to try and debunk a lot of stuff because we had a saying at Beth Israel Hospital, you ask five doctors, and you get 10 opinions.

And it's very confusing for the lay person, let alone the doctor. So what we end up doing is just degenerating into some dogma or belief system and that's not helpful.

In the book, i really try to explain how breathing works, how people get fat, etc. So again, just to revisit, if you go to the theories of aging, they're contrived, unfalsifiable, and they lack real-world experience.

I started every chapter in my new book with an epigram and the one on the theory is, intuition is the royal road to wisdom. For those that don't know, the royal road in ancient Rome and Persia was the king's road.

They would have like a pony express thing. So in order for the message to get from Rome to Parthia or whatever, it could go quick because people would gallop on the horses.

The quickest way to wisdom, which is not just knowledge, but also experience, is intuition. If you Google these things, they don´t make sense. Old people get old because they do not exercise.

Now we see lots of elite athletes who are exercising, and they are still getting old. But yet, the majority of human knowledge is conflated and confused by a difference between causation and correlation.

So, there was a guy named Coke who came up with reasons to think that a bacteria or organism is causing disease. These are some of the nine good criteria for knowing that something is cause another thing.

It's consistent, it's specific, and makes sense, is plausible, that comes before the effect. It's specific and there's experience. There's a human or a biological analogy or car analogy and a dose response.

I think that the telomere theory of aging fulfills all of these. This is the most important slide you'll see. And I mentioned my other talk. The gentleman is a young old man.

He's probably only 14 or 15. About to die of emphysema, osteoporosis, heart disease. If you had one copy of any of the three things in the bottom, then you would also die at the age of 15 of old age.

Most of us have, all of have two copies. So we're gonna probably check out in our 80s. And so the theory is that we get old because we don't have… three copies or four copies.

There are some animals and trees which have high activity of telomerase which is the telomere lengthening enzyme which do better. We know this because contrary to what most people think about what disease is and how it's explained by genes, what we have here is a red engine.

That's the Telomerases enzyme. It's a complex protein that lengthens the It requires this green piece, which is the RNA component, the template. Six at a time, it punches out a message to lengthen the DNA.

It's interesting, at plants it's seven base pairs, for all animals it is six. For fungi, 23. Doesn't matter what the message is, like blank tape leader on cassette tapes.

and that's the green component. The purple component is the key for the lock. And in stem cells, it's cut in such a way that the engine runs. In regular cells like skin cells it doesn't run and they can only copy a certain amount of times before the telomeres, which are the ends of the chromosomes, burn down and cause mutation.

So if you have 50% gene dose, It turns out in the purple, the Green or the Red, if mom or dad gave you a defective copy, you're going to die an old man in your teens.

So no other model of aging or theory has a real biological test case. And people love to say, well, it's autosomal dominant, recessive, yada, bottom line.

It's much simpler than that. If you only get 50% gene dosage, then you're going to show up like this guy. Now, I'd like to just kind of indulge a little of my personal story, which I think is kind interesting because we're here at a mind-blowing, you know, kind-of conference about aliens and ancient civilizations and chakras and everything, so everyone's kind open-minded.

And I want to point to the fact that in 2006, when I was really sad about losing my dad, The original Dr. Park, I thought, oh my God, OBGYN is great, but you know, i know how to do it.

I'm pretty good at it, there's really no way to change the world as some people like to want to, or improve the word. So I said, what's the best way? I love movies.

i'll be a screenwriter. so I started watching a bunch of movies, learning everything I could about screenwriting. And basically I wrote a script and I converted to a graphic novel.

I only bring this up because this midlife crisis kind of put me back into a discovery mode, a beginner mode history philosophy writing.

## Telomere Theory of Aging

And the funny thing is the ironic and strange and maybe serendipitous thing, is that it was about a scientist who wanted to live forever by inventing a telomerase activator, and I didn't think that was a thing.

It wasn't a think at that time, it was just something that I imagined. And it came to be next year that such a things happened. In this story, a lot of prophecies, if you want, were in there, like pet cloning, consciousness transfer, I already know the cryo people who freeze and cut their bodies off.

A lot this is kind of fun futurism, Philip K. Dick, lot philosophy, so I'm giving that away for free if that thing, you'd like to pick it up. But come to find the next year on 777, which was intentional, there was a company that released a telomerase activator.

So I don't know if I got this from the Matrix or whatever, it was coming, Premonition, whatever. They said, we got it. Come to New York, pay us $25,000, go see our doctor.

and you can do it. So I did all this testing, I got my telomeres and my age tested, and I started on this adventure, keeping it kind of on the down low.

The product was known as TA65, standing for telomerase activator 65. It was invented by a company in Silicon Valley called Geron, which was founded by the gentleman I interviewed many decades ago, promising to cure aging.

And because they've always been looking for the money in the banks, so to speak, everyone A lot of people in the field have thought, well, telomeres are associated with aging.

That must be where the action is. And that's kind of how they discovered that TA65 was the molecule from a Chinese herb known as huangji that has been taken for thousands of years for longevity, immunity, and chi tonification.

So it's not really the herb. The herb itself is, you need 10,000 pounds of it to make one kilogram of this molecule. It's like pure, purified substance.

but the Chinese have long used this particular herb. So anyway, how this touched me was, you know, I came to work one day, 15 pounds lighter, it was very strange.

And over the course of years of administering this to clients and listening to them, over course administer this, like I found that there was a break point at about three months.

The reason for this I believe is due to the Hayflick limit. Open your mind for a second. Leonard Haylick was the scientist who said contrary to an earlier scientists who told us that cells are all immortal, and that was based on a…

John, how are you? Come on in. There was a guy who's a friend of Chuck Lindbergh, the flyer and the Nazi sympathizer, who was famous for saying that, cells were all, immortal.

Well, which is it? Are they immortal or do they all die in age? Well it turns out it's both depending on the type. So this guy had a chicken embryonic heart and he kept alive allegedly for 20 years.

Now Hayflick took regular skin cells, put them in a dish and fed them. They only lived 40 to 60 cell divisions. That's the normal state of cells unless they have the magic key to turn on and re-lengthen.

Replicase senescence means that any time a cell divides the ends, which are like fuses on firecrackers shortened by 50 to 100 base pairs, it's just a fact of life.

It's a mechanical thing. And that's true of all animals and plants. All animals have telomerase to re-lengthen their telomeres. This is not a backwater fringe area of science.

In this chart, it's important to see what happens when you put a non-chicken or embryonic or stem cell in a dish. It'll copy and then the number of abnormal chromosomes will go up and the numbers of live cells will down.

Boom, you're dead. That's the destiny of your cell. The reason why I believe I lost all that weight is there was an extinction event in my visceral fat.

It happened right away at a very low dose, but the daughter cells of those are mental fat cells had to copy 40 to 60 times. And that's why at about three months, a lot of people have weird sudden changes, usually consisting of weakening of the reading prescription and then really fast hair.

Some people get a little darkening up the hair, it varies. So does anybody remember what movie this was from? And what was the line that Rob Reiner's mom said?

Right, everyone knows. So people ask, how as an OBGYN did you get into this thing? I was keeping it quiet because anti-aging seems kind of nuts. And so my patients were coming back for the annual Pap Spears.

OB is a very primary care specialty. They knew me for years and they said, what happened to you? You look like a

totally different person. So I don't know, but I kept it kind of on the down low.

After a year, nothing was happening. I wasn't growing a tail. You know I didn't have any cancer. Everything seemed fine. It wasn' crazy or addicted to it.

So, I decided to ask the company if I could start providing it to my patients who were very interested. They wanted to have what I was having. So initially, they started sending me patients.

It cost me a lot to join up actually. And I found there was a trend in the patients who came to see me. They were usually engineers, meaning they were scientific minded.

they didn't worry about the spiritual, the religious or the moral or that economic implication. There were just like, well, if this then that they came with their due diligence and they tended to be CEOs, which what is a CEO as a person who's used to steering the ship in a different direction.

Their lives had not been predicated upon asking first mates or lieutenants or middle managers where they should take the ship. And they tend to be free thinkers.

What I mean by free thinker is they had gone through the medical establishment. At some point, they'd either reached friction or had let them down in a substantive way.

So since then, it's been 11 years. For me personally, I used to have gray hair in my early 40s. I don't dye my hair now. I don t need reading glasses. These are for astigmatism.

And I still eat quite like a teenager, which was not the case in 30s and 40. So I would try and just have a yogurt for lunch. This could have been for any number of reasons.

But there was an extinction event which pulled me out of what we call metabolic syndrome. So one of the podcasts I did is called Aging, Obesity is Aged.

And I make the argument that even if you go to the gym and watch your calories, the little thing is actually a form of senescent phenotype. It's an accumulation of damaged but not suicidal stem cells in your viscera.

And that's why people get old, they get fat. It's not a moral thing, it's no even an environmental or dietary thing. Could be an aging thing." So, you know, I didn't have that many patients the first year, although I did pay $40,000 to get the licensing and to sell their product, even though they were directly competing, and I had to buy the equipment.

But, people would be like, this guy is into some nutty stuff. And then the next year after, the award a Nobel Prize saying, yeah, This is real science.

It's been around for 20-something years, but these three doctors' PhDs were awarded the Nobel Prize in Medicine Physiology for discovering how chromosomes are protected by telomeres and the enzyme telomerase.

All of a sudden, it didn't seem like a lunatic fringe thing. In fact, now the kids in high school, they learn about telomares, and this is not any kind of obscure esoteric thing, So as I told you, I've been making these blogs.

This is for my YouTube channel. I interview experts, which is really fun. And I have done 50 podcasts about my client's history. So what happened was when people would call me and say, Dr.

Park, you know, where they come in and visit. Has anybody ever told that their diabetes got better? I said, no. Another person told me, Once two or three people came up with the same thing, whether it be vision, depression, addiction, injury, exercise, then I did a live podcast and we did these live podcasts.

We'd interview the people at the end and the first 30, 40 minutes would be a setup of how the physiology works. I

think that's really my best skill is explaining kind of complex stuff to people who don't have the background.

And so we do that, we kind of edit them together. And together, as I said, they've been viewed about 500,000 times. From a beginner mindset, you can really learn a lot.

I used to be a believer in the cholesterol drugs, the state statins. As you go through the real physiology and you question what you know and why you it, You can come up with some pretty interesting things.

The telomere miracle is so helpful because in learning it with fresh eyes but a lifetime of bias, you can actually come up with some new wisdom.

## TA65 Origins and Personal Results

Some of the things on my YouTube channel DrPark65 are insomnia, addiction, many on cancer, sports injury, hepatitis, Lyme disease. I think that's been helpful to some people who are looking for answers.

Now, it's not that I'm saying and would never say that TA65 curses these things that would be not allowed and irresponsible, but we're just presenting anecdotes.

And indeed, you know, if people do get better, that's their right to say so. It's everyone's right, to doubt that that was the cause. But as we know placebo effect, as the gentleman said, beaver saved my life, the ability to visualize and change where your troops are going and the path is it's real.

I give lectures and all this and I do these blogs. So anyway, I already told you about my first two books in the nonfiction realm and this is The Heart.

Now 26 minutes in, we're just going to talk about what my big idea is, why my idea's a little different. So as you go through life, you see that you have the Alzheimer's Foundation, the Parkinson's foundation, atherosclerosis, macular degeneration, and isn't that great?

Everyone has their own cause, they get their money and you weigh your own ribbon. I'm asking, what if it's really the same thing at the core, just showing up differently?

If we're talking about stem cells in your blood, you're gonna get weak immunity. If it's in you retina, your macrodegeneration. if I sent you to an auto mechanic and the auto mechanics said, well you need a new carburetor.

So well, nobody in my family's ever had a bad carburator. I mean, that's literally, I don't have the bad carborator gene. But if you said to the mechanic, Well, what causes my car to get old as I get older?

And they say, it was just, friction and oxidation. Okay, That makes sense. So same process, replicative senescence in different stem cell types throughout your body causes what we recognize as many diseases, but it could be just one.

Everybody with me on that? People like a simple answer, even if it's not true. But you know, the funny thing is if you Google any of these diseases you'll find over 20,000 articles linking short and dysfunctional telomeres to these disease.

So it's a real emperor's new clothes situation. I mean, it could be 10, 20, 30, 100 years before people go, oh yeah, that idiot was right about the tea limbers.

It's really driving everything. So you're kind of privileged to be listening to the cutting edge, the sort of wild west of theory. I mean, most people will in their heart of hearts if you corner them say, yeah, the guy's probably right, but we'll never be able to prove that.

But why? These people are all so ensconced, entrenched, and they get paid to know that these are different diseases with different cures. And so that's really the problem.

We're running up against the experts who have a financial motive to not actually cure their diseases. It's very ironic. Anyway, this is how it mechanically works.

Think of chromosomes as trapeze artists. Now when the telomeres shorten, the machinery thinks it's a cut, like a clean cut from a cosmic ray and it splices them together.

That's constant, always on repair of cuts. So these guys get joined together and next time the cell divides, you'll either get the rope breaking and two chromosomes on one side and none to the other daughter.

or you'll get, God forbid, a broken chromosome. One and a half that way,.5 here. And this, if you look at advanced cancers, this is what you see. You don't see the normal 46 chromosomes, you'd see 80, 60, breaks, triples.

This is just, there's that movie that Oprah Winfrey was in, The Life of… Henrietta Lacks or whatever. The HeLa cell, which is used in standard laboratory testing, is a total mutant as a result of this.

It has 86 chromosomes or something like that. So why would we ever use that as model for testing in the lab? We do. The only thing you need to know is p53.

This is the watchman, this is brain, the CPU, everything. It tells the cell, we can die, repair, stop and repair. Anyway, that's what's in charge of your cells.

And thank God, 99.999 times out of 100, it's working. So when something goes wrong with the chromosomes, they die. That's a very good thing. How it does this, this is a picture from my first book, is that there's something called the spindle activation checkpoint, which, you know, my high school son was learning about this.

Just a thing. Before the cell is able to copy into two and continue on in life, it's like marionette strings. It pulls on the chromosomes and if it doesn't check out, if its not 23 and 23, It kills itself.

And how it that is by poking holes in the mitochondria and leaking this battery acid. So it is like the Wicked Witch of the West melts from within. And this is why we have the red herring of antioxidants.

People see old cells, damaged cells. Inflammation, oxidation. What they're really coming by is, you know, two minutes after the bucket of water, the monkeys have all flown away and Dorothy's sitting there.

And basically, we were looking at a dead cell. We're saying, aha, it was the smoke that killed the wicked witch of the West. No, inflammation, and the oxidation is a result of conscious puncturing of these mitochondria, thousands of them, to melt the cell from within.

So you have to be careful about explanations that are just hand-waving. Now, if we get down to the nitty-gritty, what is TA65? Well, we don't know, but we know from the patent application, this is one of the candidate molecules.

There are other submissions that the company has made, and they do assert their intellectual property rights. You can look it up. And the basic upshot of this finding is that it triples the Thomas activity for around 14 hours.

Now, if we see here, that's vitamin D, which doesn't always look like that, but what we're see is a rhyming between that and cholesterol, the foundation of female hormones, male hormones stress hormones cortisol, this is blood pressure hormone.

This ABCD structure is just a master template used by signaling hormones. That's what cyclostrogenol looks like. What is the mechanism? You know, strangely, when I first started doing podcasts, I thought it was increased transcription.

No, it's not, actually. You don't get more gene transcription, It goes through something called MAPK, which is a protein kinase. It's a very complicated signaling thing.

Whatever. All you need to know is that the same M. A. P. K. is also regulated by endocannabinoids. So we got this blissed out person. When you're happy and you know it, you make an anandamine and 2 AG.

And if you are happy because you smoked it you're getting it from this THC and CBD and what we're finding is all these health benefits and you know whatever the psychogenic part it's because it is mimicking our endogenous happy hormones.

So this is probably one of the mechanisms that the TA65 works by. Is it safe? Anybody remember this game show? Let's make a deal. I think this is actually not Monty Hall.

He's a little thinner and younger, but the principle is the same. And I like the graphics. The old 50s art deco. Door number one or two or three? This is how it works.

As the audience, we love these because we're always like, you idiot, You got the rice-a-roni. You could have gotten the convertible, right? But this life, in a nutshell, We don't know what's behind door number 1, 2, or 3. If I had just gone to Starbucks, I wouldn't have got hit by the blue Subaru.

This life. Before I embarked on this journey, I looked at the white paper, I look at data and what that consists of is looking at toxicology. So they take like $20,000 worth of TA-65 and inject it in a mouse vein for 30 days and they autopsy it.

Looks pretty good. No specific toxicity. There's something called the Ames assay, which you put anything in, you know, let's say Roundup or whatever into a dish of salmonella and you see where the subsequent generations mutate, whether the chromosomes mutates and that's so-called carcinogenesis.

Nothing there. For the last 11 years, I've taken it, given it to my kids only intermittently when they were injured or jet-lagged. I give it my mom. If it was going to give me a tail or cancer or make me crazy, probably would know by now.

The question is, is it safe? I don't know. It kind of depends on what happens. We reserve the right to be conditionally revoking our consent for things.

## Mechanism, Safety, and Heuristics

Well, if I had known you're going to be like that, I never would have married you, right? That's a thing. So people get car washes and they say, well, i don't want a bird to poop on me.

Well we don' know if a birds going pooping on you. Your car looks nice. That just how life is. Same with car insurance. You get your car insured, you get in a car accident, it doesn't matter.

Is it safe? For me it's safe. Does that mean that nobody's ever had an untoward reaction? Certainly not. But how can you say that anything is going inoculate you from bad outcomes, you can't.

So what is the only, this is not a rhetorical question, although slightly facetious, what's the one way to avoid the risk of dying? Oh, that's a good one.

But that, presuming that you've been born, What then is then the way is to the avoid risk to die? I mean… What is that? No, no. That you're gonna die later when you thaw.

It's actually quite simple, much more simple than that. Okay, I'm gonna give you the answer. The only way avoid to risk dying is die. Right? The risk of dying goes to zero after you've perished, right?

And that's the truism of life. What we see here, we learn in public health school. I'm not trying to figure, oh, that is like a bad pun or yeah, he's just playing a mind game.

It's actually very true. When you look at what we do in in Public Health is we look a Kaplan-Meier survival curves. And this shows you, as we go along, you give something.

Maybe they die faster, maybe they died slower. But everybody ends up in the same place. Am I right? I mean, I'm not going to get an amen, but it's a sad but true statement.

Even this brilliant comedian had a character, Emily Lattella, and she died early of cancer. But if it's not one thing, it is another. I mean, that's quite literally true.

Let's say you had something to completely eradicate the risk of cancer, like some special gene that naked mole rats or elephants have. You're not going to get cancer.

Guess what? You might get diabetes, heart disease, hit by a blue Subaru. So you have to understand whenever something happens to a person, It's a question of man biting dog or dog biting man.

If I give you a secret amulet, John, and I say this was blessed by the high priest of Tibet and it will change your life, you know, then you die two years later.

You go, well, it must have been that amullet that he got from that crazy doctor, right? Because all of a sudden, you've imbued it with that. There's so many things going on in life.

So the question is, if you pay your money, it takes your chances. You know what I mean? So I've decided to pay my money and take my chances, and I have hundreds of patients and many, many thousands of people taking it.

And on balance, that appears to be safe, effective and working. So what are the side effects? There's something called a heuristic, which is not a theoretical or scientific.

It's an empirical test. Does something work? It is a practical test, you know, it's like throwing darts. Say, well, am I getting closer? Heuristics is what I depend on to tell me if people are absorbing this.

So if you have vivid restorative dreams and sleep, its working. If you're in the middle of the night, abrupt awakening is working, If your mood is improved, it's working.

If you recover from soreness from exercise, weight training, its working, people have increased aerobic capacity to exercise. That's very typical. Very, very, typical such that becomes a complaint is nail growth.

Nails grow too fast. Some people get darkening of the hair, it's not typical, although there is a show I did on YouTube with a 112-year-old woman who grew hundreds of black hairs, so that was interesting.

People generally have lower blood pressure, though this is not a treatment for blood-pressure. In general, both men and women tend to have higher libido for a variety of possible reasons.

All these things that I have footnoted are videos, podcasts I've done on these subjects. It's not to push the product. A lot of people don't actually know what the science is or the physiology.

I'm hoping that it will help you. As we come to the end, the question is, is it worth the cost? I mean, that's kind of a philosophical question. You know, some people would rather spend money on a car or house, other people spend it on vacations.

So the questions is are you in an abundance and growth mindset or a scarcity and fixed mindset? Does anybody know the reference here? Remember the movie?

Oh good, that's really good. No, but that is wrong. Yeah, it's the seventh seal I think. But there is the knight, the grail knight. That's very good This is actually a spoof with Anna Kendrick of Indiana Jones and the the guardian of the grail, the Holy Grail.

So a lot of people want the shiny cup. Of course, we know now that the nice carpenter's ceramic cup was the one that gave eternal life. What are the risks?

We have seen a few cases, case reports of divorces. Well, why would that be? It's not a direct effect of a cyclostrogens molecule. It is an existential effect.

Let's say you're in an unhappy relationship and you don't know or don´t believe that it can be fixed. Well, what was a life sentence of 15 years becomes a Life Sentence of indeterminate length.

So, a lot of people just decide, or a couple people, not many, have decided to just cut their losses. A lot of people say, well, I can't afford to live that long.

I don't have enough income. But they don' factor in the fact that you can push social security back to 75, 85, 95. If you're still working, paying taxes, Uncle Sam's gonna love you.

So the real question is, what is the value of hope? I call it the existential U-turn. It happens sometimes two weeks in, sometimes four months in. Someone will call me and go, oh my God, Dr.

Park. I feel totally different about my life. I want to start a new career. And sure, it's an enthusiasm of the moment. It's infatuation. But it is a real sense that the diminishing returns, the end point, you know, to train at the of tunnel is not as real as it once was.

Whether you like it or not, everyone here has a conscious little clock ticking out and saying, I probably have this amount of time, and so when the blue Subaru or the sudden disease comes, you go, that's not fair because I was counting on this time.

But when people start to decouple the expectation of death, and decline, it really transforms them. And that's what's illustrated here. You know, I don't know why people feel better, do better.

Change jobs, they're more optimistic. But it probably starts with things like sleep, better food, exercise, mood, appearance, confidence, their relationships.

And most importantly, hope. And we can generate hope in any situation. I mean, those of you who have read A Man's Search for Meaning by Viktor Frankl, written partially about his experiences in Auschwitz, the human animal can generated hope any environment.

But when you take this, something about the cylinder firing just makes people feel better. So I'd like to close now and take questions. You can learn more about about time I was going out with my book, Elizabeth Blackburn, who's the Australian scientist who led the lab that found telomerase.

She has a book called The Telomere Effect. My friend Mike Fossil who's doing a fundraise for gene therapy, increasing gene copies of telomerase for advanced Alzheimer's.

He has great book which explains the provenance of TA65 and these are the key articles I would urge you to look at. One is about telomeres length and cancer because that's always the main focus and this study looked at people prospectively measuring their telomeres and showed those with the shortest telomerase had the highest rates of death, the worst cancers.

It was very convincing for that thing we talked about, which is causation. At Harvard, they engineered mice to have increased teloma race and the mice got younger.

Same experiment at the Cancer Institute of Spain. mice got younger, turn up the telomerase, mice get younger. The mechanism I talked about, the MAPK can be found in this.

There are about a dozen studies using cyclostrogenol showing that it rehabilitates HIV-infected aging cells. some showing it lengthens telomeres at a low dose and then also go to my YouTube channel and you might experience what I call a Pringles effect.

I sometimes meet people at conferences and go, oh my god Dr. Park I'm such an honor I've watched all your videos and and that's hundreds of hours and I just my head is off to them but I think you'll find that I always come from a very simple beginner standpoint and i don't claim to know stuff I don´t know and by and large I present You know, the anecdotes as anecdots and the science as science.

And I think people have resonated with that over the years. So you can come to my booth and get a free sample. You can buy a book and you could also sign up for the newsletter where I'll repost this and other lecture.

If you'd like, you also can opt in and opt out later for my weekly newsletter. These are my other contacts and I want to thank you for your attention.

Appreciate it. Do you want to share what exactly happened? So I was really fascinated when I saw you about the lecture last time, and I decided also to buy the book.

## Hope, Clinical Anecdotes, and Q&A

And yesterday I tried one of the pills for the first time by just one before I went to sleep and had a 10 hour sleep. Not at all actually not I mean I'm fifty five years old I am not sleeping for the last maybe seven eight years I hardly sleep I I sleep and I wake up I fall asleep easy but around three o'clock in the morning I'll wakeup and i don't sleep until the money pretty much.

The recharge. So last night, uncharacteristically, I slept for five hours and then I woke bang and it almost felt like my head had jerked. It felt my had snapped with like a startle response, like someone who shot a firecracker up in the bed.

I snapped awake and I had to pee so bad that I just had jump out of the. And, and run in there and big long pee got back to bed, this untypical way. Don't wake up that way, new, a new way to awaken for me, unless somebody shoots me or grabs him by the shoulder and shakes you awake, start a response.

And then I thought I wouldn't get back to sleep. I was thinking about the show, mind is racing. Had a lot of thoughts from yesterday. And finally, I don't know how long, but I woke up four hours later, set my watch and same thing, snapped awake, peed.

Then after nine hours sleep, i'm feeling good. and I strictly didn't need coffee this morning and i always have two cups of coffee to get started. That's amazing.

Thank you for sharing that. People don't really believe until they try it that there is a qualitative difference. Now, neither of them really experienced the vivid dreaming.

But, oh, you did have vivid dream? Yeah. Well, that's normal. And if you pick up my book, You'll understand. Oh, this is amiss. The physiology, the mechanics of dreaming and so that tends to happen the last two or three cycles or more of REM sleep.

But sleep is quantized and actually every human being that's ever lived has always woken up every 90 minutes and we know this by hooking them up to machinery.

But that is even a basic thing that people don't even know. So what happens is that If you see here, sleep is quantized. The first two, you're generally paralyzed.

Your body's growth hormone is surging. And the last two cycles, and you really need to do that five plus four thing or that 10 hours. So these are adaptogens.

They let you sleep more. because the middle of the night awakenings that punctuate every 90-minute cycle are so much more abrupt. It's that reticular activation system that the chiropractor doctor had mentioned.

You're alert every ninety minutes because like a sprinkler on a timer, it wakes you up. For whatever reason, that happens more efficiently like everything else.

So I always warn people you might wake up in between cycles. But as you know, as a man probably has a slightly large prostate, Unless you have to pee or it's cold, you kicked out the blankets.

You don't really boot up your mind. But this is one of the heuristics of taking an adaptogen is that for the first time in your life, if you're wide awake at three in the morning, what the heck?

And I always tell people that's normal, it means it is working. And if they know that it normal and they assign a good valence to it, they can go back and sleep another six hours.

Okay, so the question is, I've been taking it. I believe it's been helping me. So how long would you take it? Would you took it for life? I guess to answer your question, the nice thing is it is not really psychotropic so you don't get any withdrawal from not taking.

You feel good, you look good. Everything's good." You might as well take it if you can afford it. Now having said that, some people I guess you could say in some ways I'm kind of a low-level drug dealer because I have people who've been taking it for years and they're addicted to it, which is not to say that if they stop, they would have shaking withdrawals or cold sweats.

They would just be like, oh yeah, now I remember what it's like to age. It's kind a drag. Every day you get a little more tired. You just feel older. It's really usually I get the call and they go to high school reunions or a friend of theirs dies and They they're like, oh god, you know, i'm only like there's only Like 15 of my high-school class left and half of them are in walkers.

It''s like i gotta reorder. So, it's a value equation. Is it worth it? I don't know. Some people are very comforted by the notion of dying soon but a lot of other people Are just like no, I want to get stuff done.

I like living and so they figure in the cost of it. The cost is very, it's dependent. If you only take it as needed like aspirin, the question is, what's the costs?

Maybe you have three or four stressful days a month. Maybe your jet lag, maybe you're injured, not sleeping. You could just make that last a But some people take two to four nights, so that would be $200 to $400 a month.

Other versions are more expensive. I have one client who is very financially okay and she takes 12 TA65 a day and that could run you thousands a months.

So it kind of depends. The question is, how do you titrate the dose? How do know what will work best? You know, it's generally a heuristic, again, what works for you.

How did you feel on three? how did to feel one? How big are you? Do you metabolize stuff well? One big key is you need to take it with fatty snack generally so that you absorb it well because the molecule looks a lot like vitamin D and you can't absorb that without bile from your liver.

So, but the study and the patent, if you're interested, shows that telomerase activation happens at three dilutions, which means, you know, one, 10, and 100 all kind of work similarly to activate telomeres, Which is not to say that clinically the effect is the same.

Most people I know and, there's probably hundreds in my inner circle, we can feel the difference between one two and three. I mean, having said that, I lost all that fat.

That extinction event happened at a 10 milligram dose. So, you know, maybe a little dab will do you for some people. Dave asks, are there any contraindications or interactions?

And the answer would be not really. If you take it for a while, You can have to adjust. maintenance doses of things like thyroid medication, you might need less.

Some people, on the hypertension video, I describe a taller gentleman with high blood pressure in his 70s who started getting lightheaded standing up and that's because he was on two, three drugs and his blood was too low now.

So as with any general adaptogen, as it adapts your body back to normal, you know, if you sleep 4 hours you're going to sleep 10. If you 12 hours, your going sleep 8. You know as your thyroid maybe arguably recovers for whatever reason, As your blood pressure improves, which is not atypical as we've tested people's blood pressures over the years.

You might need less and you might have to prepare your doctor because doctors are not used to things getting better or the same, they're used It's a good question.

I'm not sure what you mean by that. In terms of nutraceuticals in this country, if you're not making a pharmaceutical drug disease treatment or prevention claim, then you generally are not regulated by the Food and Drug Administration in the same way.

So all the supplements and that was something that resulted from voter activism and they threatened to take away all supplements and move them like they're doing with cannabis derivatives to pharma so that the good people can make money.

In one of the few groundswells of grassroots political uprising, people wrote to all their congressmen and said, please don't take away our vitamins. You know, despite the fact that I believe most of them don't work and the science shows that they don' help, I could be wrong.

And so that was one of the few times the American people said, we don''t want to be regulated. Even people went to jail to fighting that. But you know in every area, the government is always trying to assign winners and losers and make a profit.

But there are 12 studies related to cyclostrogonal, and so a lot of it falls under the purview of anecdotal. And we certainly have to be careful about the claims we make.

So whenever I make a video, I always say, these are just examples. Anecdotes doesn't prove anything. It's not an FDA claim. I think, as with everything else, if it works for you, it's works you.

We can talk about reasons for it, we can break it down into science. But for a lot of people, they don't find it worth their money or time and they do not find that it works.

The question is, did they absorb it? Did they take it right? Was it an adequate dose? I don´t know, I do know. But you know empirically speaking, most people do feel an effect like John, like Dari right away.

And that's why they feel it in their sleep.

## Exosomes Course and Closing Promo

So that is impressive because there are not many supplements other than gross psychotropics or magnesium that you can feel right way. They say, well it takes weeks to build up the This is real time, and when you take it, you feel

different.

Last question. Yeah. The question is, does it make a difference if you have one bottle, two bottles, or five bottles? Does it makes a, so your question I believe is really an area under the curve question.

The cumulative dose versus, you know, is taking it once good enough? And I don't know the answer to that, it's probably like washing your car. If you wash it one versus every week, its a different thing.

But yeah, I would say that the extinction event that happened to me is not typical, but I have seen other clients where they've lost weight suddenly, and that's a nice thing when it happens.

Is it typical? Not necessarily. In fact, older women tend to gain weight because they get more core musculature, but everyone is different. So it has to be titrated.

But yeah, I think most people would rather feel good every day for five months than just feel for one month and then wait for. It does help your functional day-to-day happiness and your sleep and recovery.

Yes, David. Dementia is a form of degeneration, de-generation of the brain. You know, I haven't seen a lot of dramatic improvement with dementia, but in the people that helps their sleep, there is reason to believe that it would improve your risk for Alzheimer's, certainly.

But again, because disease is rarely ever one thing, one person, and one gene, it's usually as ill-defined as headache. You can get headache from many things.

So same things with Alzheimer's, degenerative disease. There are probably many ways to get a broken carburetor and there's many way out of it. Right. Well, if you were here last night, you heard us riff a long time about Dave was saying that his dad started using cannabis, a vape, for dementia.

And what is dementia? But just, confused, lower cognitive function. Indeed, the 20, 30 years search for the magic bullet just proves that this idea that there's one disease, one cure, pharma drug, it's never worked because they're looking at the wrong end of the spyglass.

So what we need to do is realize that the epidemiology shows that sleep deprivation in old people is contributing. So, what you've discovered is that when your dad sleeps better, there's less messed up brain stuff.

And that happened with my friend whose mom was going crazy. She needed shock therapy for depression and she just slept and she came out of the psychosis.

So that's true of everyone. There's all these functional ways to get better and healthier and because nobody can make money off that, they don't push it.

But the truth of matter is most things are. We don' t get there for no reason and there are many natural ways that our body will heal itself. When she drives by in a Subaru She'll honk and call my name But it won't be just the same But I know she'll get through Baby gonna buy Many clinicians are getting interested in exosome therapy and they hesitate for good reason.

Questions like, does this work? What forms do I need? How much should I charge? how do i stay out of trouble? All these questions are addressed in my online course.

That's why I created it to help you get started. The online course is your permanent turnkey resource to get started either treating yourself, friends and family, or to expand your practice and help more people, as well as increase your revenue.

Thanks for tuning into the Recharge Biomedical Podcast. If today's episode got you thinking, you'll love my book, Exosomes, Songs of Healing. It's packed with cool analogies, full color illustrations, and all the science you need to

understand how exosome are changing the game in aging and regenerative medicine.

You can grab it in paperback, ebook, or audiobook, whatever works for you. Now head over to www.rechargebiomechanical.com to check it out. And don't forget to like and subscribe so you never miss another episode.

See you next time.