Podcast Intro and Guest Introduction

I tell all my friends, just check your AMH, like that's so easy to do. If your AMH is okay, all right, maybe, you know, you don't have to process, but if it's low and you really want to have a child, get on it.

Hey there, welcome to the Recharge Biomedical Podcast. I'm Dr. Edward Park, and if you're curious about regenerative medicine, you've come to the right place.

We're diving into the latest breakthroughs in telomeres activation, stem cell exosomes, and all the cutting-edge science that's shaping the future of healing and longevity.

Let's get started. So in the biz in LA, they call them multi-hyphenates. So Ms. Mikko here, you may know from her work in Coyote Ugly. A big breakout star.

She was actually trained as a classical ballerina. I went to also Lee Strasberg for acting. And even though both her parents were actors, she wasn't intentionally wanting to do that.

So you had your big breakout in that movie, right? Coyote Ugly. There's title in New York all over. So what was that like? Tell us about that. That was my first audition, first movie.

So I kind of got very lucky in the very beginning. And it was amazing. It was the most incredible experience. And because I had some background in dance, it made it a little bit easier.

You still have to learn choreography and everything. For me, the biggest challenge was I barely spoke English. I mean, I spoke English. I'd been in America at that point.

Coyote Ugly Breakthrough and Acting Career

two and a half years, you know, three almost, I think. So I spoke English, but like it wasn't, you know, that wasn't my first language and just, it just, you know, doing a movie, that language was really, really difficult for me.

But yeah, it just, it, you know, opened up a lot of doors for me and I've been, I've been acting ever since and, and got to do a lot of, you know, dance inspired movies, like Step Up All In and Save Last Dance 2. I saw that you did the sequel for Julia Stiles and you were in two of the biggest killer's videos.

What? Mr. Brightside and this atomic bomb. Yeah. That's really fun. So your career first tried out as a dancer and then an actor, and then you've been a producer.

And I know you're working on a great spec, a comedy screenplay. So you're really doing it all. And so people don't always expect that of the, you know, ingenues.

So you really have morphed and evolved your career, which is amazing. I love all these. Once you're an artist, I feel like you always are and my friends make fun of me because even the way I prepare my meals, you can see I'm an artist.

No, I see it. I definitely see it. So the reason you're on, for those that know this is not a late night talk show, I have been treating you since about August or July of 24. So you've gotten a total of nine or 10 treatments of exosomes.

So we wanted to kind of review for the audience what that felt like and what that meant for you. But basically, your mom had had a premature menopause around 43. And so around that same time, 43, what began happening?

Well, I already started seeing kind of the decline. I knew my AMH was very low when I was 37. It was just like, oh, sorry, you're done. You're done with kids, you know.

And I was like, oh, I haven't even started yet. So I knew that was coming. I knew I had a couple of years, but you know, around. So let me break it. Let me stop you for a sec.

So for those that don't know, the average age of menopause around 49, 50 ish.

Fertility Decline and Egg Freezing Journey

But then people stop having periods like a year before they start skipping and being irregular and unpredictable. Not really hot flashes, but that's kind of the peri-menopause.

So you're saying you felt like that was coming on in your late 30s already? Yeah. Yeah, it was. I would say around, probably around 40. I think I was, my period was still okay.

But then, then at like 39, 40, I was like, okay, skipping. I thought maybe I'm just stressed and I'm like, no, no, no, it's, this is coming. So. For sure.

Yeah, but you had a big hit because you actually, if it's okay for me to share, you want to be smart and save some eggs, which you did. So you did ART, assisted reproduction.

And in the course of that, you know, I'm an old OBGY. We used to do FSH, maybe estradiol. Now they have this thing called AMH, which for the audience is anti-mullerian hormone.

So it's a hormone that the egg cells make. So if there's no egg cells, the granulocyte cells, there's no AMH. So it's a much more precise measure of reserve.

So you were already menopausal by that precise measurement at 38. So that's pretty astonishing. And no clinic wanted to take me on because I wanted to freeze my eggs and they were like, it's quite, it's quite unethical.

You know, before the age of all this toxicity, it used to be unethical and they get paid tens of thousand dollars. It used to be unethical to take a woman after 43 regardless, just because the age.

But if you have objective evidence of that low, I think it was like 0.37 AMH. That's menopause basically. But so what happened in your late thirties, early forties, were you really not having many periods or?

No, I would have them, but they were very sporadical. They were, you know, either really, really strong and really intense or like just like nothing. Like, was that even a period or not?

No hot flashes. No hot flashes. No, no. And then, you know, and my hormones were all over the place. And then, then I didn't have my period for over three months.

And it was just like, okay, am I done? So now you managed to get a good number of follicles, right? What was the number? Yeah. So, so I got, well, I did six cycles.

So that's a lot. A lot. And I got, I had to inject, I think I gave myself 200 injections in the course of like six months. So I did them back to back and I was able to freeze 23 eggs, which is amazing.

You know what's interesting, you know, back, I trained OB-GYN in 93 to 97. So they didn't have egg freezing back then. They only had embryo freezing, but now the technology has improved.

So actually I have another actor-patient who did the same in her early 40s, froze a bunch of eggs. And I think this is part of the package sometimes when women who are high-powered like execs, they offer them egg freezings so they don't have to think about them.

But I think for women, a lot of times they just, as with most things in life, we just don't want to think about them. They hit their, you know, quarter life crisis, like maybe I should get married.

Oh, you know, they date, they have serial monogamy. It's their late thirties. Oh, maybe I should lower my standards and settle down. And before you know it, you go to the doctor, they're like, oh, the chances you'd be conceiving between 40 and 44 is like, zero, so save your time.

And now women, the word has gotten out, they freeze their eggs. But yeah, I think people are. Even like, I tell all my friends, just check your AMH, like that's so easy to do.

If your AMH is okay. all right maybe you know you don't have to process but if if it's low then and you really want to have a child get on it like and and that's and i remember when when it happened when i remember the doctor said to me i was like this is very expensive how am i going to do this she's like if you really want a child you'll figure it out and i did you know i figured out i had to you know it was it was nuts but i i really do want to have a child at some point now obviously You never know, right?

So this is not something you're like, oh yeah, you freeze your eggs and you're set. No. So I would like to… Well, you know, in some ways you're kind of in the catbird seat because you got 23 eggs and so you can find any man that you want to be genetically the father and you don't even have to marry them, really, to be honest.

So you're kind of all set as long as your physical health and your spirit is willing. You've made that sort of that stitch in time, you're gonna be okay if you wanna have babies.

Now, 10 years from now, you may be so happily in a relationship and doing other things that you're like, oh, you know, let someone else have my eggs. But these days, you don't even have to carry to term.

You can just use a surrogate. Yeah, yeah. I mean, I still would love to get possibly pregnant naturally. And I think I've had a lot of miracles happen in my life.

And I'm like, well, maybe there's still, you know, still a chance of possibility, which is why I'm, you know, trying to extend my fertility for as long as possible for many other reasons, too, because it's very healthy.

But I think your story reflects a lot of women's stories. They're interested in a career. And they're also interested in being moms. And sometimes the curves get close, but they don't actually cross.

Yeah. I mean, have you been close to being lifelong partnered or married or anything like that? Not really. So that's, you know, I mean, it's something that I think that's a really big decision.

And I want it to be a really big decision. And this is the reason why I froze my eggs, because I didn't want to be just like, oh, I got to get, you know, I got to find someone just because I need to have a child right now.

And I want to be a mother, not just have a child. I think there's a difference. So, you know, I'm doing everything I possibly can to do it, you know, naturally, and then also, you know, with some assistance if need be.

Yeah. Now, so I met you a year ago summer. And the reason that the Exosome Company knows you is because your friend is friends with the owner and founder.

So he was like, hey, why not try it?

Exosome Treatments and Cycle Changes

You tried it and then something kind of happened. You had like a mini period, maybe an ovulation. And so he introduced me, said, hey, Ed, can you help Isabella?

So I said, yeah, sure, why not? And so the first months, you took a pretty hefty dose, and you actually started

cycling, I think three in a row or something.

That was kind of… Yeah. And the pattern has been pretty consistent for me that if I do it, let's say I don't have my cycle, and then I do it within like seven days, I will have my cycle.

Like it does something, it triggers it. And then what's been really interesting, so I had actually three cycles now, very healthy cycles in a row. And one of the cycles, it was like, I went to see my gynecologist in Poland and she's like, she was looking at my hormones and she was like, well, you know, you're, you know, almost there like and then she looked at my follicles and she's like wow you're really like ovulating in a really healthy way she's like this doesn't quite match up she's just like and i didn't you know i didn't really say like i didn't want to explain like you know i that i've been doing exosomes but that was really interesting she was like you you have a really like really good ovulation like It was very interesting.

And it's been definitely, you know, I mean, it was pretty clear to me. That's my, you know, that's my personal. Yeah. As a former OB-GYN and we did training and assisted reproduction, like these things usually go one way.

and which is like the ovary think of it like you know it's a cheese wheel you keep on slicing cheese out of it and then there's no more cheese but it's actually a there's kind of a dynamic process right sometimes people who are small like you or petite they have hypogonadic trophic hypogonadism meaning like they drop below 103 and they don't ovulate but yours was a true because of the amh the measure of the ovaries and what they're missing We presume it was a true premature menopause, which runs in your family.

But like I as an OBGYN, if someone came to me and they kept on going in and out of menopause for nearly seven years with no follicles and follicles and then regular periods and then strong periods with PMS, I'd be like, this doesn't make any sense.

Like the cheese don't just regenerate into a big thing. So I think we're on the, you know, we're in the frontier, right? So this is not approved. It's something that says right up front, you understood it's not FDA approved.

Something I do personally on myself and my loved ones, but you had to take a leap of faith. But in the last year and a half, you've had not 18 periods, but I would guess around at least 12 or 13, right?

Yes, exactly. Exactly. And then the last three were very, like, very regular. For me, that's, you know, I was, yeah, I was really, really just pleasantly surprised.

And also just honestly, like, I, you know, let's talk about other things, you know, that exercise. I feel great. And then RF micro-needling thing. And I've seen this more that it can cause.

Yeah. So when the RF can cause tissue damage, and in your case it caused what, like a nerve damage in the inferior? No, no, so I had, no, I had, I had nerve damage from that, from that tooth.

Dental, yeah. Yeah, yeah, I had so many dental things. And I, and I also had another surgery like a year ago here that didn't quite go well. So, and that was hurting a lot.

And I remember when we did exosomes, that really, the pain has been so much less. You couldn't even like, hard candy. It was so bad, right, you said? Oh, yeah.

No, it was, it was horrible. And it's, you know, I still have to like, now I have to take this tooth out. You know, I have to do all that anyway. But I mean, the pain was, you know, the pain has been just amazing.

Yeah, it's crazy. And then here I had nerve damage from a wisdom tooth removal and you know, it's, the damage is still there. We haven't, you know, it's, it's not like, oh, but it has gotten.

Is your chicken. You never let me do that. Cause I'm so, I'm so like, you know, I'm just like, I like the mouth stuff. Cause once you've had so many surgeries and so much.

I know it's traumatic. So almost the time of the nine or 10 times you've done it. And I know that I read your screenplay and it's gone through iteration.

So the. The creativity is good, right? The mental click. And you know another thing that I just realized the other day? You know, we talked about my veins being super small, right?

And then my veins got definitely much better. So much easier, yeah. So much easier. And also, like, I used to get headaches every time I would get really hot or did like a sauna session or a bathtub.

It was just like, all right, a couple of hours later, I get a headache because I think my veins are so small here that the pressure. That's good for your vasculature.

I remember there just was a funny thing. Yeah. Stand on my counter in my old apartment because we couldn't get anything in the upper body. Yeah. Had to get your foot veins.

And then you would put a heating pad and drink up. It was hilarious. I still do that, I still get a heating pad. I have another guy who's done like 15 treatments and he had like blown veins despite being a botanist from mercury poisoning and chelation.

But now I go up to San Fran and I treat him, it's no problem. So I do think it helps. It definitely helps because I feel like, I just realized the other day, I'm like, oh, I take baths now.

Like, I love baths, but I would always do a bath and then have a headache and then I don't have that. And I'm like, oh, I think it's because my veins got like bigger and there was just, I don't have to worry about that anymore.

So that's like, you know, there's some side effects. I feel like that that, you know, side effect. You came out of menopause, your vasculature is better, less headaches and less pain.

Pain Relief, Mood, and Physical Improvements

But also, I'll take it up a level. When I first met you, you were a little more anxious, I think. How do you think your mood has been? Because I know you've been able to start a new relationship and you've been flourishing in a great way.

And it's been amazing to watch that. Not everyone has the chops to go again and take the risk. Do you feel that? your ability to handle adversity has improved somewhat?

Yeah, definitely, definitely. And now even I'm facing pretty challenging things in my life, and I'm much more clear as well. And I used to take different things for sleep, for this, for that, and I don't have to do that.

And that's another thing that you turned me on was the TA. which is like yeah yeah yeah and like that has it's amazing for sleep and also what's crazy that my nails grow so much faster now yeah my son my hair like what my son in new york and he's like dad why do i have to cut my hair every four weeks i'm like i know it's just crazy yeah I know, I know.

That's another thing. My hair just is like, oh my god, your hair just grows. I'm like, I know. And it kind of grows in like a weird, you know, because it's just like, wow, new hair grow.

But the nails are just trippy. It's amazing, funny, funny screenplay, which is going to probably get produced. And now you're doing Dancing with the Stars.

The day after tomorrow, you're going to Poland. So it's very productive, professionally, time. But to start a new romance and to really commit to that, amazing.

So I just think that the resilience, given what's going on with, you know, the situation that you're at your home is

nuts. Like most people would just be imploding in stress and anxiety, but you're just facing forward and going for it.

It's amazing. Yeah, yeah, exactly. I think it's, yeah, there's definitely a mental component to it, too, that I'm just, I just feel just a lot, just, I'm just super sharp, you know, super sharp, super focused.

The older group of ourselves that just get perseverating and they, they sort of hang out in the anxiety and the what if, and then, oh, I'll never get any of this done.

Yeah. You had this decision to join Dancing with the Stars in Poland, and you're like, that's where I'm supposed to be, you know? I felt like you totally abandoned everything else in your life.

It's all still in the air. Your plates are spinning. It's crazy. And I just feel also like extremely well, like physically right now. I just feel very strong.

You know, it's just like, I just feel whether it's, yeah, just I, my body feels great. I'm like, well, you know what, let's take advantage of it because Dancing with the Stars are really, That's a really challenging time.

You trained so much. But I feel completely up for it. I feel so strong. I'm sure there's going to be a lot of stretching and things that will be challenging.

But just in general, I feel really good. You know, my sleep has gotten so much better. Like I go to sleep now and like at a reasonable time and then wake up naturally, you know, which is like, that's just, I've never done that.

And, and it's just, it's just like a healthier, healthier lifestyle in a way, you know, where I was always a workaholic. And I would just do that at night and I'm like, no, like I have like a healthier way to approach my day and go, you know, just the sun is up.

OK, I'm going to be up. The sun is down. I'm going to start getting ready for bed, you know, just kind of more in tune with nature. I've spent years studying how cells age and why we age and about cell communication.

Exosomes are now changing the way we understand cell communication and providing an opportunity for us to reverse some of these problems. Pick up a copy of Exosomes, Songs of Healing, and in simple English, I explain how this is working and why this is the future of medicine.

go to www.rechargebiomedical.com, subscribe to my sub stack at d-r-e-d-p-a-r-k, and watch my YouTube channel at d-r-p-a-r-k-6-5. Thanks so much. That's amazing.

Yeah, no, I know you've always been very in tune with nature and you do a charity, eco, meco, what's it called? I don't do it as much anymore. I've dedicated my time.

I know when you're traveling with your mom or your friends, it's always about nature. Yeah. I am just, I'm, I'm big on just commuting with the plants and even today, cause I'm leaving for so long and I'm walking around and I'm like, Oh God, I like, I got to say goodbye to all the plants and I'm going to miss it.

Like I was just like, it's giving very forest fairy energy. All right. So, um, have an amazing time in Poland and we will root for you if we could ever see the show.

So is that one of those elimination things where you have to like, Oh my God.

Dancing with the Stars and Future Plans

Yes. Yes. So do you mind if I share your age? No, not at all. So she's 45, she's had ankle injuries from dancing all her life, ballerinas. Is she gonna get up there and just let it all hang out?

Do you know who your partner is? Totally. Yes, I do. You liked him when you met? Great. He's so great. And yeah,

it's just it seems like it's going to be obviously crazy experience because it's I've already done some press and met everyone.

I'm like, wow, it's so intense, you know, but yeah. And I, you know, I don't know how long. No, they got somebody's day. Somebody's day. Not enough because like no one could tell now.

But like, you know, 25 years ago, you barely spoke English. So you like. totally polis with people. That's your mother tongue, right? Yeah, exactly. Yeah.

Yeah, they're going to love you. Yeah, it'll be fine. It'll be fine. I'm very excited. I'm just really ready to get back to dancing. You know, I haven't done that in forever.

I was a ballet dancer, but that, you know, it's very different than ballroom dancing as well. And I haven't really danced in like forever. So for me to get back into that, I've been doing yoga, you know, and Pilates, which helps, but it's very different.

As long as the guy knows what he's doing, he'll lead you. Great. You're on the top. Seems like he doesn't. Also, for me, we need to have a really good time.

This is everything I do and everyone I work with. I'm like, we got to have a good time. Otherwise, what's the point? This shouldn't feel like, well, we're going to work.

No, we get to do this. We don't have to. We get to do this. So I try to approach that, any work stuff like that. And the same thing with my script, I get to write a freaking awesome script that's funny and it's going to help people in some way.

And I get to look for money with the script. I get to produce it and start it. No, I'm glad you're enjoying the journey. It's really what it's all about.

But you have many chapters, even more interesting, I'm sure. Isabella Miko, multi-hyphenate and forever young. We'll see you in a little bit and we'll get your treatment.

And if they put you on break, come back, we'll give you another exosome treatment. But it's going to be what, like two, three months in Polska? Well, let's see how long they have me.

At least two months. Fingers crossed it's four. Okay. Thank you so much. Thank you so much. Thanks, thanks. Thanks for tuning in to the Recharged Biomedical Podcast.

Closing Remarks and Podcast Outro

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'll need to understand how exosomes 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.rechargebiomedical.com to check it out. And don't forget to like and subscribe so you never miss another episode.

See you next time.