Introduction to Exosomes and Miracle Cases

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 Hi everybody, this is Dr.

Ed Park, the host of the Recharged Biomedical Podcast. And for today's episode, I'd like to talk about some miracle cases in exosomes. This should elicit some eye rolls.

Everybody in the field of medicine, of healing, has their great anecdotes, and I'm no exception. We'll end with my mom, who I think very happily and somewhat surprisingly has recovered from her horrible back condition.

But before that, let's talk about why exosomes would work. So as many of you know, I am a doctor. I started with training on stem cells, but I didn't find them as effective.

And over the last seven and a half years, i've been treating people with exasomes. Exosome are how stem cell communicate with other cells to get them to de-differentiate and act younger for a time, even stem-like, and this can result in regeneration of nerves, muscles, tendons, ligaments, cartilage, et cetera, which is why over 3,900 procedures and over 830 people have trusted me and many of them repeat customers, including mom, who's approaching almost 50 treatments.

So we'll get to the great pictures and anecdotes, but first let's talk a little bit about evidence. Okay, so the nature, as you know, of human experience is that we are storytelling creatures.

my conversations with AI have revealed. AI suffers from a lack of persistent memory, of personality, or childhood trauma. So it doesn't assign valences in the same way.

Why Exosomes May Work

If we take it way, way way back to the origins of Ed Park, when I was about 10 months old, my family, mom, dad, brother and sister left on a road trip for about six weeks.

And I think that probably had some formative kind of effects on me in terms of bonding. So I had to survive to bond with my new host family. And when my real family came back, I wouldn't go to them for lack of trust.

What does that mean? Perhaps nothing, but if you're a child psychiatrist, it might mean a lot. I that's informed my way of attachment through the years.

Okay, enough about me. My point is that humans live in a world of anecdotes i was just traveling in vietnam and in thailand and vienna my rented motorcycles and you would not believe the way that people can put themselves there so many scooters and.

The dust and tourists everyone just goes when they want to go and ever wants it more. with the exception of these extraordinarily long traffic signals.

So really, it's all just chaos. And it teaches us something that there are no normal rules. Likewise, I had a treatment two days ago with a doctor whose third treatment, we helped his shoulder, and he said, Ed, why aren't there any randomized controlled trials?

Let's get this done. And while I am definitely appreciative of the nature of evidence-based medicine, the answer to that is quite complicated. So what was he saying?

He was saying that in order to really understand truth, we need to have a randomized controlled trial. We need one

case where ideally the patient and the practitioner are blinded to the treatment and see how the results vary.

This, of course, is the gold standard in evidence-based medicine. And as an aside, I was enamored of this. One of my early heroes was David Grimes, who helped to sort of invent evidence based medicine, and before that, what were we doing?

We were doing evidence base medicine but largely was based on dogma and anecdotes. So quick confession, when I'm talking about it, it's just anecdots.

Over the 3900 procedures, i've seen some miracles and we're going to get to that real shortly. But as fate would have it, I actually did a job interview with David Grimes in North Carolina Research Triangle, and he put me up for a position to go to El Salvador, for Family Health International and the USAID program.

I went to el Salvador and taught for week in Spanish about the benefits of IUDs. As fate had it my mentor, Dr. Alan Rosenfield, who was also the son of the founder of We're not the founder, but the head of OBGYN at Beth Israel.

He was our mentor for the School of Public Health in New York City, Columbia. And he invented the IUD in the seventies and gave it to Brazil and Mexico.

So when I was in El Salvador, which is a neighboring country, I actually met a gentleman who invented one of the anecdotes. This is what it's all about, anecdots.

Anecdotes, Evidence, and the Limits of RCTs

In order to discourage what he thought was a board of patients or the IUD, he told women that a baby was born with a cross in his hand, you know, the, uh, I U T and he was very proud of this.

So anyway, for a week I attempted to use evidence-based medicine to explain why. The IUD actually causes an inflammatory reaction that kills sperm, does not kill fetuses or embryos.

But the power of that is that in El Salvador, that story and others like it had promulgated to the point where no one used IODs. Whereas if you go to Mexico, the use is very, very high, 80 something percent.

Sometimes they'll pop them in right after your fifth baby without telling you, but that's a whole nother issue. So we are ruled by anecdotes, you know?

Some people believe they put a man on the moon and Nixon was talking real time to them and they did it five more times. Other people maybe not so convinced.

So, you know, some people will say if a glove doesn't fit, he must have quit. And other people say, well, where's your randomized controlled trial? So anyway, all that aside, AI and I talk a lot about epistemiology, which is the study of what can be known and ontology, what really exists.

So we will touch upon those themes in a bit. Ironically, after being an expert for the government and whatnot, the Government came after me for IUD usage in the local community.

I was treating about half my patients were indigent, Latin American, mostly Mexican patients, and the providers would use IODs from Tijuana, which was gifted by Alan Rosenfield and Family Health International.

to Mexico so these FDA approved or registered factors would make them for very cheap like 70 cents and I asked some of the leading clinicians in my practice what are they doing because we're getting charged 360 bucks and yet we have to get reimbursed 300 bucks for every IUD and they're the same thing just plastic and copper And they said, well, we just go to Tijuana.

So I did that. And over the course of like 14 IUDs, over many years of practice, they did a sting operation and I

wasn't able to practice OB-GYN because Medicare said I could treat their patients, but I couldn't be paid.

I had to resign from my medical practice. My 17-year OBGYN practice so it kind of would have been a dark night at a lowest point. But at that point, the TA65 had really taken off for me and transitioned into medicine of regenerative nature.

So we're seven minutes in, and I have just told you my origin story. So let's go into what evidence really is. Now, everyone would like a randomized controlled trial.

In fact, when I go to these conferences, stem cells, but especially the International Society of Extracellular Vesicles, people look at me like persona non grata.

They're like, how can you be such a cowboy? How can treat people? Well, it's just based on anecdotes. And I didn't do anything that I did to myself seven and a half years ago.

injecting my knee, my shoulder, and my Achilles. And indeed, anytime something happens, even to the point of brain damage, I will treat myself and it appears to help anecdotally.

It's important to realize that in the evidence-based realm, anecdotes are still evidence. Lower quality, sure, but over the course of seven and a half years of practice, we've amassed a lot of good anecdotal evidence, which we'll share with you in a bit.

So yes, there are about a dozen FDA trials going through with MSC exosomes, and hopefully we can have off-label use once any of those gets through. But the whole landscape of intellectual property ownership, of the secretion of a cell, not even a patented thing is dubious and unknown, let's just say.

I think that I'd like to start with some great pictures from my phone. As I lean forward, I don't see the bald patch I used to see.

Personal Background and Shift into Regenerative Medicine

So I had my mom, she was too much of a sadist, so I have to take the needle from her, and it looks like I've grown more hair in that baldpatch, which I only revealed through podcasting.

If you look at me, I'm 59 and I just spent three weeks playing seven rounds of golf and riding hundreds of kilometers around on motorcycles in Vietnam.

I think I am okay health-wise. Whenever there is an injury I will treat it and it will go away. What does that mean? Why do I have all this black hair?

I had some whiskers that are white, but I think it's because I've been taking 18 years of TA65. You may disagree, I do think that it helped me to lose my visceral fat, so now my subsistence on pizza, beer, and donuts doesn't affect my visual fat as much.

And I seem to be staying young in that regard. Also I can read this close up without reading glasses. These are for astigmatism, which is very unusual for someone of my age.

And indeed, when I was 40, I had reading classes and I. Was getting gray hair. So is that relevant information? Perhaps, perhaps not. It is what I attributed to.

So I think we have to be very humble about what we know, what think what know. One of the interesting things in the last dozen years, I met a lady, Antonia, who after 10 years of knowing her, she said, oh, we were related in a past life and that's a whole other story.

The first time I met her 12 years ago, I didn't believe in spiritualism per se or Kundalini awakenings, but she did a

treatment on me, which consisted of her saying, you're safe, just breathe.

And she was ostensibly moving energy. During that first 30 minutes, went back to what psychiatrists would think is a golden ticket. I went to childhood, perceived trauma as sort of the ghost of Ebenezer Scrooge, saw my mom and dad in conflict situations and resolved that.

as the child who was being imprinted and traumatized. And I realized afterwards she said, if you tell anybody that I healed you, I will sue you. I thought, oh, she's just being humble.

But it's quite true. She had no preconceived notion. she didn't tell me anything. Didn't say, tell about your childhood. It was an auto program of my spirit trying to be cleansed or healed.

The remarkable thing was it caused a buzzing in my body of electricity, which some people call, couldn't want any awakening. And I thought, well, isn't that weird that I went back to the childhood, reassessed everything, gave a different valence, and for the first time since I can remember, I was able to look in the mirror without negative judgments.

So that was quite the interesting experience. If we talk about epistemeology, didn't used to believe in reincarnation. Now I'm sort of 50-50, reserve judgment.

So many people a couple years ago came out of the woodwork and were telling me very vivid and specific stories about it that I've kind of moved the needle on.

So with that kind as a leitmotif, try not to be too skeptical about what you know. It is plausible and the majority of world, as my friend Tamara used to say, does believe in reincarnation.

So let's scroll through my phone and see a couple of great cases. Speaking of hair loss, here is a gentleman who came to me, works on movie sets, and had a lot of physical trauma, which we did multiple injections, so many all over his body, including his plantar fasciitis.

And after that helped us resolve all that, he said, can you do anything for my hair? And I said sure, we'll try. In all fairness, I used a product which is no longer available, amniotic fluid exosomes with regular exostomes, these are the results.

Now he came back and said, as people often do, oh, I think it's just a row game. I asked him, have you ever taken row games before? He goes, yeah, been taking it for years.

So that tells you the attribution bias was like, hey, know this stuff works, don't want to pay for it anymore, and I'm good now. There's one good case.

Another patient here on my phone is a lady who came to me after Bell's palsy, which is the paralysis of many different regions or reasons on the face.

Case Studies: Hair, Bell's Palsy, and Gut Issues

And six weeks later, this is her face, so she was quite happy with that. Another one I love to show is Hungarian man who cared to be at the very beginning of my practice, maybe six years ago, and he wasn't expecting anything.

He was suffering from leaky gut, To his credit, over the next two, three weeks, he documented all these amazing images of his eczema clearing up, his spider veins on his legs clearing, up his appearance becoming less inflamed, and his diarrhea and leaky gut symptoms completely resolved.

I think the only reasonable explanation was something I didn't used to believe in. Even after interviewing Perlmutter and hearing patients talk about gluten sensitivity, I was like, this is kind of overdone, isn't it?

But since then, there are some people who have leaky gut, who are leaking food in there, causing a mast cell activation and these kind-of untoward symptoms.

And when I show people these images, they're like this has got to be fake or Photoshopped, but I assure you, it is not. Another great interview we did recently was with Isabel Amico, and I think, you know, things happen for a reason.

And so I met her about two years ago through Melissa and Duncan, who are proprietors of the Chimera Labs exosome company that I use. They asked me to help her.

It helped her with her menstruation. She was eight years menopausal with very low anti-malarion hormone. And since then she's received many injections, perhaps 12 of high dose exosomes, and it has caused her to begin cycling after an eight year period of amenorrhea and a strong family history of ovarian failure.

Even cooler than that, she just got back a month ago from three months in Poland doing Dancing with the Stars, was able to avoid injury, also taking TA65 at the time.

and was one of the most interesting and fun chapters of her life. And she continues to get treated, I just treated her two days ago with IV and with nasal.

The nasal's helping her think better and complete her brilliant comedy screenplay. So check out her podcast where she describes that. I think you'll be fascinated.

We have many people, speaking of nerves, where we're going to be at the IMMH, or the Institute for Mental Something Health, and we are going be talking about autism.

One of my colleagues took the online training course, which many of you are in, and he helped his son, who is non-verbal and autistic. And he's helped dozens of his own patients in this practice.

It's really, in his opinion, transformed it so much so that he added three modules to our online trading course for doctors. He'll be giving a lecture at the conference on mental health in October.

Anecdotally, another great interview was with Jody Ripko, who she didn't really talk about the benefits, but also has a profoundly autistic non-verbal son whose social anxiety, whose apraxia, fine motor skills greatly improved, and she is treating other families and kids as well.

Which brings me to a kid I don't have a picture of, for treatment in a clinic in New York, and he had his mom and two aunts hold him down. He was so kinetic, like 70 pounds, 12 years old, was afraid of what I might do to him.

That he wouldn't allow me to even come close to them. But now his Mom is administering nasal inhaled because he's no longer combative and is much less anxious.

And interestingly, he developed autism after a COVID vaccination and was neurotypical until the age of nine and now at 12. is finally emerging from this profound hyperkinetic combative autism.

Another person, there's very few who've taken high-dose exosomes over many years, but I call him the most interesting man in the world. You know, the Doseckis commercial.

He looks like the actor, probably even better looking. Very muscular. And he was training in his 70s on Muscle Beach with football players like Lyle Alzato.

Hormonal, Neurologic, and Autism-Related Cases

Has been a concert promoter. I called him, The World's Most Interesting Man. Knows Gavin Newsom and his wife quite well. about that. But he has gotten a lot of exosomes over the years and he believes it works.

He just turned 80 and has been telling me about his dating life for many years. It's kind of like he and I are both struggling with the apps and the catfishing and all that but at any point he finally found some dates and he was bragging in a way I can't describe about his exploits and it's quite gratifying to know that not only is the gray hair going away on his head, his eyebrows, and his belly, but he had six years of no erections, meaning no morning erection, no erections when your bladder is filled, because of probably nerve damage from eating a lot of fish.

And the fish, the larger fish could concentrate the mercury. So he had mercury poison, which he actually had to detox himself out of. But now he is dating a 36 year old and apparently everything is swimmingly well for him in that department.

We get to finally my mom, who three months ago could not walk. She had been in the, she discovered about four years ago, casino gambling, and she would spend five days a week, 18 hours a day just hunched like this.

hitting the machine and that her back did not like. And this is a woman who is status post, meaning she had about 16, 18 years ago, a lumbar fixation with Harrington rods.

So she has a history of back problems, but this lifestyle caused two discs to herniate so much so that three months ago she couldn't walk. I had to literally give her a piggyback ride from the parking lot to my apartment where we did an epidural treatment.

And this testimonial, which I'll show you, says that within 10 minutes, some of the nerve pain was decreased. We see that a lot. Wasn't severe. But the last two days, the pain…

The last 2 days I cannot even walk. Shooting down your back, rating to the inner knee, right? L3. Yeah, L 3. I see the picture where shooting pain comes down.

So we did the shot, what, 10 minutes ago? 15 minutes? Yeah. By the way, I couldn't cross my leg. It was painful. You can cross it now. Yeah. Okay. Good.

No headaches. So that means we didn't puncture the lumbar sac. That's good. All right. We are trying to make it, you know, the cat back position like as much as possible.

And I, did I charge you extra? Cause you're my mom. You're trying the charge less, but this is worth it. 12,000. See the side neck, spinal punctured 12 thousand.

They charge it all right? Okay, good job. I think it's worth it. Ten thousand. I don't mind paying you ten thousand I'm not joking. My pains are almost gone.

Wow, that's great. Great. And I did your taxes for free. Yeah. Geez, what a bargain. But really, it wasn't to the point where she could even stand living.

She was very, very depressed. Well, she didn't really do depression, but she was not happy. To put a $5,000 deposit on a wheelchair van, was gonna buy a wheel chair, saw a back surgeon who quite disingenuously said, well, why get an appetizer when you can get the whole meal?

Let's just do another spinal fixation. For those that know, More fixation of the lower back mechanically will just cause cascading stress above and below But she doesn't listen because she is a tiny tiger mom And so she got a second injection of epidurals and now fast forward three months later.

She is doing fine I didn't think necessarily it was going to work. I also have the placebo effect. And I'm trained in the Western tradition of skeptical evidence-based medicine.

So with an N of zero, how can I say that even though most people do get better from epidural ejection, my hope was that it would heal the disc, heal ligaments keeping the discs in, and relax whatever inflammation there was on the nerves.

And I am very happy to say that she at 89 is now pain-free, her sciatica is gone, and something must have happened. You may not believe it, but that is the case.

Indeed, when I came back from Vietnam three, four days ago, I said, oh, you don't have to pick me up from the airport. And yet she rallied and around midnight, this 89-year-old woman got in her car and picked me at LAX and is still very, very sharp and very very on it in terms of her business.

and her life, and luckily she got the deposit back on the van. So I said, Mom, if you go into a wheelchair, that's it. You're going to lose functionality.

If you're into major surgery, you might not emerge the same. And for some crazy, non-evidence-based reason, she is fine and we're grateful for that.

Mom's Recovery and Closing Thoughts on Exosomes

At the end of 22 minutes, I hope I've described to you why I think exosomes are good. You may not believe, but you know, the majority of my patients are repeat customers and they repeat because like Dave Asprey here, his back and his whatever glute no longer hurt.

We treat people's knees and then they come back for something else. So it is my contention that this is like a panacea and it can help, doesn't always, can't help in a lot of different things.

It helps to believe, but just like my Kundalani faith healing, you don't need to know what's going on for the body to have a positive effect. Because even though all those scientists and serious people at the Existome Conference would not even give me the time of day, they at at same time cannot dispute the animal studies, the science, basic mechanism of how Exisomes work to heal us and to repair.

It's up to you whether you want to try it, whether want you to learn it to treat your patients. Yeah, it's a low quality of evidence, but nonetheless, if you are somebody who is struggling with neuropathy and your neuopathy goes away, like my good friend Gloria, who was an OBGYN surgeon who I met many years before, had debilitating facial nerve, actually trigeminal nerve pain, was on multiple meds and wanted to die, and then one nasal exosome treatment just resolved that apparently.

or you could believe that it was something else. But at any event, what we do is often helpful, not always. Having faith in the therapeutic relationship and the mechanism helps.

Again, even if you get a bunch of new hair growth, you can attribute it to whatever you want. You can choose to believe, choose not to But we're out here doing something that is not without scientific evidence, not with a plausible mechanism.

And by all of what we used to call in public health coax postulates or the ability to determine whether something is causal or coincidental, it seems that we are able to help a lot of people by using exosomes.

So anyway, if you like this content, like and subscribe, hit the notification bell. Love to see you in the next episode. As synchronous as you would have it, a person just contacted me, their assistant, to interview them and see if I can get the title right.

It's exactly the theme of what I wanted to talk to you about today. And so I think next week's podcast will be, what happens when normal doesn't explain the patient?

A founder's search for answers. So I ask you all to take a leap of faith, just a tiny one. And you can read my book, Exosome Songs of Healing, to understand the mechanism.

But yeah, ethically, you know, we don't overcharge. We try and customize, but I do think that there's a better than not chance that can help with a variety of conditions and that's why it's so gratifying to be practicing medicine in

space and hopefully this will have some meaningful results for practitioners, for patients, loved ones, etc.

So, Dr. Ed Park signing off, rechargebiomedical.com. You can also find me on Substack at d-r-e-d-p-a-l-k, I believe. Take care. Thanks. 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 communications 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 the future of medicine.

go to www.rechargebiomedical.com, subscribe to my sub stack at DREDPARK and watch my YouTube channel at DRPARK65. Thanks so much. 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 courses is your permanent turnkey resource to get start 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'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.rechargebiomechanical.com to check it out. And don't forget to like and subscribe so you never miss another episode.

See you next time.