From Wear & Tear to Renewal: The Power of Stem Cell Release Transcript

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Introduction to the podcast and guest

The daily approach fits so much more with the whole concept of optimizing your performance on a day-to-day basis and ensuring longevity. We age over time, breaking down our bodies.

We all know this. Whether it's 30 at the stem cells where they're slowing down, which most of us don't feel, 40 where they tell us, oh yeah, you're going to drop off a cliff.

50 where they tell you the world's coming to an end and it's just over with is kind of the, I get that from patients every day. I got women that are like, I'm 39, this is it.

And I'm like, no. If you're overwhelmed with chronic health symptoms and still don't have answers, you're not alone. I'm Dr. Javin and on redefining wellness with Dr.

Javin, we'll be exploring root causes like Lyme disease, mold and parasites. And I'll guide you with simple and practical steps towards real healing. Hello and welcome back to redefining wellness podcast today.

I am here with Dr. Christian Drappo and he is the owner and CEO of stem region, which is a pretty incredible product. I've had the opportunity to try it out over the last couple of years after he developed it.

A friend of mine put me onto it. He is a scientist, an author, medicinal plant expert, and a pioneer in the field of stem cell research. So we're going to get into stem cells today and what makes his product unique.

He holds a graduate degree in neurophysiology and has been involved in medical research for more than 30 years. In the last 20, it's been stem cells, which is when stem cells really went off the charts.

And we see stem cells, honestly, all over the place. I'm excited to kind of talk through all of that. He's lectured in 50 countries, his five books. So We're going to be digging in today on stem regen and just what it is about stem cells that really create the effect on the body.

So thanks for joining me today. My pleasure. So let's just talk about this stem cells.

What stem cells are and why they matter

Stem cells are this topic that, you know, I think it was about 20 years ago, probably, but probably more like 10 years for me, where it's just like, go get your stem cells for new year generation, get your stem cells for brain for autistic kids that I work with, get stem cells for Lyme disease.

What are stem cells and what are they good at? Stem cells are like, think of a blank cell, you know, that has the potential to become virtually any kind of cell types in the body.

So they were traditionally believed to be precursors to blood cells. They are precursors to blood cells, but they can also become heart cells, liver cells.

I mean, cells of your skin, cells of everything. So they are essentially a depository of blank cells that can move on in the body and replace cells that are being lost.

So they play two big roles. One is to repair when there is an injury and the other one is to replace cells that are being lost as part of the normal process of tissue turnover.

So there's two main mechanisms. A stem cell can get into a tissue and transform into cells of that tissue, or can

also secrete a bunch of growth factors and stimulate the stem cells of that tissue, triggering the repair of that tissue.

So overall, that's kind of what stem cells do in the body. And we're born with stem cells. They're finding stem cells in fat and bone marrow and um you know umbilical cord.

There's all kinds of places that we're getting stem cells from. But why is it that we need other people's stem cells or even ours to be pulled out of our own tissue?

Why is it that the body isn't just using them if we already have them? I mean, it's a big question. I'm not sure if there's a real good answer to this.

The one that I think is at least part of the picture is just to understand that we have evolved over tens of thousands of years with a life expectancy of 30 years of age.

So there's nothing in evolution that has required to be healthy beyond 30 years of age. And it's quite interesting to see that by age 30, we have lost, we have about a 90% decline in the number of stem cells in circulation, which is really the repair system.

We all experienced that past, let's say 40 years of age, which is about, you know, I say we had an average age of 30 years of age. It included a lot of children born, sorry, who passed and at young age.

So it's rare, let's put it this way, that you find in archaeology that you find somebody who lived beyond 40, 42, 43 years of age. I'm not saying they don't exist, but the majority of people just died before 40 years of age.

So we have not in evolution develop a system to really like, we didn't need to be healthy beyond 40 years of age. It's interesting to see today that it's when we cross 40 that we realize you climb the same mountain that you climbed 10 years ago, and now you don't recover as well as you did 10 years ago.

So at some point as we age, understanding that stem cells are literally the repair system of the body. It's what allows your organs to regenerate, to repair, to heal, to get back to optimal health.

Then you want to be able to tap into stem cells to be able to have optimal health.

Aging, marrow decline, and stem cell loss

So I think that's the reason behind it. So you're telling me that without giving myself some stem cells, in the middle of this summer, it's over for me.

I'm turning 40. No, I'm kidding. When you're talking about aging, we're talking about disease, inflammation, oxidative stress, metabolic strain. These things happen, right?

Like we get inflammation in life. That happens. We have oxidative stress, which is cellular inflammation or something that's causation of cellular inflammation.

that can come from radioactive elements and mold and Lyme disease and all the toxins we run into on a day-to-day basis. And we've seen the studies coming out that show metabolically, we slow down over time.

We just don't burn as many calories, which is why you eat the same amount of food and you gain weight as you age. But what is it about stem cells? Cause you said they kind of drop off around that age of 40. What is it about stem cells that we need to know to be able to understand why the body at 40 starts having these symptoms?

Like how can you bring them in to repair? Is there a way from, from stem region or from IVs or that we can bring things back in? So, hey, past 40 for me, past the summer, I don't feel like the floor is dropping out from under me.

Well, it's a natural physiological process that happens in the human body. We're born with red marrow that fills all

your bones at birth, but very quickly red marrow converts into fatty marrow that does not make as many stem cells, and that process is very quick.

If you take the total volume of your bones, then by age 15, you've lost about 50% your red marrow. By age 30, about 70% of your red marrow. As the fatty marrow develops, fatty marrow has a sort of an inhibitory impact on the release of stem cells.

So your stem cells are more difficult to release. So the end result is that by age 30, you have about a 90% decline in the number of stem cells in circulation that you had compared to the day that you're born.

And somewhere there's also a reason for it. Like at 30, you're not growing like when you were five or six or 10. There is a need for all this growth power when you're young, and you don't need as much when you age.

But the problem is that you also kind of, the trait is that you don't have the same repair power. And the point is that if you're able to kind of push back those stem cells outside of the bone marrow and bring them back into the blood circulation, then that's your repair power.

So you can reclaim that repair power. You can start to do things. I mean, it's probably where you see the results the most. People going out and doing something that they know the day after they would be sore, and you just release your own stem cells.

And it's quite impressive to see how your body can utilize these stem cells and repair just like 15, 20 years ago when you had more stem cells. I mean, that sounds nice.

But as a question that comes to my mind is, If we're born and we have all these stem cells floating around and you're building your body, you're growing, you're getting taller.

I got a two-year-old here, so I'm watching him just sprout and his brain's turning on. It's just so fun. I mean, even last night was the first time he was ever just scared and woke up and wasn't happy.

And he heard the water heater turn on and he's like da da, vroom vroom. And I'm just like, oh, I could hear it in his room. And I was like, okay, so just watching the lights turn on is just so incredible.

Is there an issue that we could potentially run into where we run out of stem cells if we do something that stimulates them out of our bone marrow? You're saying, you know, are we born with a certain number of them or do we remake them?

What's going on in that? Yeah, you're not born with a certain number of stem cells. You're born with red marrow. It slowly shrinks. There's not a whole lot of, at least from what we know of, there's not a whole lot that you can do about this.

Fasting is probably the only thing that could have an impact on the conversion of red marrow into fatty marrow.

How to stimulate your own stem cells

But that conversion is moving on as we age and the amount of red marrow that you have can produce as many stem cells as you need. The best answer to your question would be to think of athletes.

Athletes, any time they go and they do something intense, which is every day, they've more than doubled the number of stem cells in circulation after physical activity.

Well, do you see an athlete 30 years later walking on the street and running out of stem cells? Like, it's not a phenomenon that exists. So you don't run out of stem cells.

The red marrow that you have produces as much as you want. It keeps shrinking as you age. There's even And

there's even a thought out there, like if you really look at the entire scientific literature, there's an argument to be said that if you stimulate more your stem cells, like an athlete would do every day, you actually will have healthier stem cells.

So somewhat use it or lose it is what I'm hearing. Yeah, it's like your heartbeat. You're not going to run out of heartbeat because you used more when you were young.

To the contrary, it will strengthen your heart. Okay. Interesting. Oh, we've got red bone marrow. It's producing stem cells. They're getting stuck. They're not.

They're not coming out and being used. And in your research, what are types of things that can stimulate stem cells to come out? There's not a lot of things.

Fasting will do it to an extent. Meditation has been shown to be able to do it. Then after that, physical activity, hyperbaric chamber, it's about it.

And then the plants that I've worked on. worked with and shown that these plants can trigger the release of stem cells from the bone marrow. And so far of what has been documented, a vibration plate has been shown to do that as well.

Probably a simple mechanical process of vibration and detachment of stem cells from the bone marrow. But that has been shown to put more stem cells in circulation.

This is a limited amount of opportunity to get stem cells in circulation. And what's your opinion on these people going out and doing IVs of stem cells versus stimulating your zone out with like plant medicine?

Is there a risk reward? Is it different, better? I mean, my view has changed on this as the science develops, but somewhere in the general gist of it, I'm at the same place that I was when, in the early days, I was wondering why all of these injections are developing, when in fact, the scientific literature, what is reported, is more substantial by releasing your own stem cells.

There's a bias there in the sense that there's a lot of the development of stem cell injection that has not been published because of the control and the restrictions that have been put on stem cell injection.

So if you do it, you don't wanna talk too much about it, and you don't necessarily, as a clinician, you don't necessarily document patients in the way that can meet peer review in the scientific literature.

So a lot of that stuff has not been published. It's happening, but it's not really published. You don't necessarily see it in the scientific literature.

But 20 years later, it's still the same. 20 years later, you look at the outcome with stem cell injection, and it's still not even as good as what has been documented that you obtained by releasing your own stem cells.

And understand here, in the very early days, so I'm going back early 2000, when the role of, not the role, The regenerative power of stem cells started to really be exposed and people started to really run with this whole thing and research it.

It was first with embryonic stem cells and quickly we realized they cannot work because they have too high of a risk of developing tumors. So the next best one is fetal stem cells.

Well, fetal stem cells has obviously unavoidable ethical issues. So they were never really developed. Then you go to the next one, umbilical cord stem cells.

They work, but in the early 2000, there was no network for collection of these cells. So scientists turn around and now look at, okay, let's about releasing your own.

Stem cell injections vs. daily mobilization

And that's where all that research was developed. And it was interesting to see how the results were really quite impressive by releasing your own stem cells, and then develop these networks of collecting stem cells, and it became the, how could I say, it's the productization of stem cells.

Now you can have it in a small vial, I can distribute it, I can make it easy for every doctor, and that's why the injections have penetrated and have become so common.

It's not because they're more effective, it's just because they're easier, they're more practical. So now they're everywhere. But in terms of efficacy, If you're talking about a joint or an area where blood circulation does not have good access, you're better with an injection.

So a joint, retina, inner ear, things like this. But if you're talking about anything that is systemic, releasing your own stem cells every day gives you just about as good benefits, if not more, less risk, less cost, much greater availability, accessibility.

So that's kind of how they compare. And people go and get the injections. I think it's really just because what I just shared with you, although you see it in the scientific literature, is not out there.

It's the market is so influenced by marketing. So right now, I would say anybody would believe, unless they're really exposed to all the data, would believe like, of course, an injection is better than releasing your own.

You're releasing your own is less than a powerful injection. And it's not the case. Yeah, it's interesting. I like what you said is, where there's avascular areas where it's a joint that you can't get blood flow to very easily which you know as a doc I've had to pay attention to those areas because you know if it's a knee joint where you're trying to get to the cartilage of the knee you're probably saying an injection might be more valuable for the meniscus itself.

It's an avascular tissue. Blood doesn't go there very well. But if it's a muscle, joint, ligament that does get some vascularity to it, which ligaments are questionable, some do, some don't, heart, organ system, then being able to release your own is a better, more efficient option, especially on a day-to-day basis, especially preventatively for that matter.

I mean, that's what I'm always wanting to do is I want to prevent the problems before they come. I don't want to get to the point where something's falling apart.

So then, are there best use cases, I guess you could say, for the stem region, your plant medicine, is there best use cases? Is it basically everything non-joint oriented specifically?

Yeah, I mean, what you brought up is a good point when you talk about longevity, because if you have a problem, a specific problem, I don't know, diabetic, COPD, Parkinson's, whatever, you have a problem, and you could go and seek stem cell treatment for that specific problem, but that problem did not develop overnight.

It's been a slow progression over decades sometimes with a decline that is a day-to-day decline that is happening not because damage is developing, but because of a decline in endogenous repair.

You lose the ability to offset the problem that is developing so it's a balance between losing cells and replacing them and supporting tissue and as you lose your endogenous ability to repair the problem slowly develops so you could go and get stem cells once or you can basically give back daily your endogenous ability to repair and then And in that way, not only it's the problem that you're addressing, but every single injuries of life, like you go to the gym, you're not going to go to Costa Rica to get stem cell injection.

Every day that you go to the gym or there's a snowstorm and you need to shovel snow, whatever it is, whatever it is happening in your life. So the daily approach fits so much more with the whole concept of optimizing your performance on a day-to-day basis and ensuring longevity.

That's really where releasing your own stem cells have an impact. But it can have an impact also, for example, we have a number of studies that are going on and we're picking organs that traditionally are not known to repair, just to show really the strength of the body's ability to repair.

So we have one study on stable chronic congestive heart failure. It's an ongoing study, but we published the first 10 patients about a year ago. And on the first 10 patients, at least two years of stable congestive heart failure.

And after six months of just releasing their stem cells every day, they have normal heart function. We have an ongoing one on Parkinson's where we see similar kind of data.

We're starting one on COPD, not to show it's good for heart disease, Parkinson's or COPD. Again, just to show this is your ability to repair. You develop a problem because of an age-related decline in the endogenous ability to repair, your own ability to repair because of that bone marrow conversion.

Longevity, tissue turnover, and repair

And if we basically are able to put more stem cells in circulation, we give back to your body its ability to repair and the results can be quite impressive at times.

So just to break it down, just to make sure I'm understanding because it's super interesting to me is, all right, look, we age over time. We're breaking down our bodies.

We all know this, whether it's 30 at the stem cells where they're slowing down, which most of us don't feel 40 where they tell us, oh yeah, you know, you're going to drop off a cliff 50 where they tell you the world's coming to an end and it's just over with is kind of the I get that from patients every day.

I got women that are like, I'm 39, this is it. And I'm like, no, no, it's not. I have so many women that I'm working with that are 50 and 60, they're feeling great.

They're still running marathons, still doing things, but it's about finding out how to keep your body. moving forward and optimized and certain functions start to slow down so you're saying basically if we can keep stem cells running then that cliff is that started at 30 that you feel at 40 can then just be shifted although it's instead of it being a cliff it's just a slow transition because as you read your red bone marrow is going to decline over time.

It can be a very slow decline. So you get 30, 40, 50 extra years of having these stem cells that come out. And what we're trying to get the stem cells to come out for is normal wear and tear.

We all know about normal wear and tear. And the way that I think about this for my clientele, especially like musculoskeletally is if I take a rubber band and I pull it out and I just rub it across the edge of maybe your deck or something, Over time, it's going to wear.

And if you were to replace it with more stem cells, more rubber, then it's going to stay healthy. And if you let that stem cell rubber addition stop, eventually it snaps.

And that's, that's our ligaments, that's our tendons, that's our brain tissue, that's our joints. And with bringing in daily stem cells, as long as you have the red bone marrow, you're able to continue to replenish those joints, those tissues, and they're not going to break down.

I mean, it's correct. I would just add another layer to all of this, which is the fact that the model that you just described here is essentially telling us as I'm aging, like now, let's say at 50, I have a 50 year old liver.

So that has more wear and tear than the 45 years, 45 year old liver. And that negates the fact that you have about the equivalent of a new liver every three, four, five years.

So your organs, the one thing that stem cell research has revealed is that the body is constantly in a process of

tissue turnover. And it was an idea, but now it's been documented with a beautiful process.

After nuclear bomb testing, there was a sudden rise in radioactive carbon in the atmosphere. And when this was stopped in 1965, it started to slowly dissipate and be captured by the biomass.

And it slowly started to go down. Any day that a cell in my body divides, it needs to make a new filament of DNA. For this, it needs carbon. So the carbon that is going to be used to make this filament of DNA comes from my diet.

And that diet, like these plants or animals that I eat. Well, the plant grew by fixing atmospheric carbon through photosynthesis. So that means that at the time when that cell is dividing, I can measure the amount of radioactive carbon in the filament and it's going to tell me roughly around what time I am in this whole curve.

So that curve becomes a clock for cell birth. So now using this old clock, if you want, you can look at a person and say, let me let's say I take this person born in 1965 at 60 years old.

I take the heart. I separate many, many cardiomyocytes from the heart. Look at the DNA and be able to tell when these cells were born. Traditional cardiology tells us your heart will mature in the first 10 years of your age.

But the question was, like is it limited to this? Can the heart repair over one's lifetime? In that whole analysis I've shown that no, your heart renews during your entire life at a rate of about 1% a year.

And it's true for every single tissue. Everything in your body is constantly through a process of tissue turnover. So it's not so much wear and tear in terms of like the old fence in your backyard that every year is a little bit more decrepit and there's a point where it falls down.

It's to understand that it's a constant replacement of tissues, hewing, repairing of tissues, but the repair process goes down while the turnover does not stop.

And it makes the problem grow out of that. So the moment you give back to the body its ability to offset this process of cellular loss, then you give back the body its ability to reach optimal health.

That's the general principle. Got it. So we're slowing down the ability to repair as we're going through and we got to bump it back up. And I mean, I know for a fact that, you know, eating the right food helps decrease inflammation, helps increase reparative processes.

I've got clients that go through complex chronic illness. They're dealing with mold toxins. They stop eating, repair slows down. But the stem cell piece is interesting to me because As you age and age and age and you're remaking new tissue, one example I can just think of in my head is that a woman come in her 60s and she dealt with Lyme disease.

She dealt with Lebesia. I'm just recalling as I closed my eyes and she was diagnosed with rheumatoid arthritis. And as we were able to work together, she was able to remove the Lyme and the mold and all these parasites that she was dealing with.

And her hand was literally stuck like this. It was just stuck in place. It did not bend anymore because she had all these joints that were irritated. They told her, well, that's just the way it's going to be.

Tell me why four years later, as things are remaking themselves, like you're talking about, this starts happening. And then eventually we start being able to make a fist.

It's just interesting to think that all the things that we've been told that we've been trained in medicine to learn and love and you're stuck.

Stem Regen formula and how it works

may not fully be the truth because you are regenerating and rebuilding but you need the building blocks and it's not just the food but it's the stem cells as you said it's the stem cells a piece of it so let's let's get into stem regen a little bit what you said you made a formula out of plant medicine that's stimulated we haven't really talked about what that is so tell me what is stem regen what are some of the plants in it and how is it working Well, it's a blend of plate extract that we have shown over the years at the stem cell mobilizer.

So in 2001, I'm making the story short here, but out of observations from the scientific literature, it became quite clear to me that stem cells were the repair system of the body.

So we published this article in a journal called Medical Hypotheses, describing how stem cells were the repair system of the body. In the back of my mind, just like we have an immune system and plants stimulating the immune system, I was working with a plant at the time and it was hard to explain how from consuming this plant, how some people had amazing benefits touching their heart, others their lung, others their brain, others their liver, their pancreas, joint and so on.

So I had no way of understanding it. So it made sense. What if this plant is triggering the release of stem cells from the bone marrow? So these stem cells will go in the pancreas of the diabetic and the lung of the COPD and the brain of Parkinson and so on.

So we bought a flow cytometer to count stem cells. We started on ourselves. And we very quickly discovered that this plant was working as a, as a stem cell mobilizer.

So it's a blue-green algae that grows naturally in Klamath Lake called aphanizum in enflos aqua, in short, AFA. It was at the time in the marketplace, it was called super blue-green algae.

And so that's the first one that I discovered. It's not the strongest. It's just the first one. It's the one with which we have the most documentation.

But then after doing the proof of concept, active compounds and all of that, then I was curious to see what else could be out there in nature that has an effect on stem cells.

So that quest led me to test, I don't know, a little bit over a dozen plants and so the five top of these plants are blended into the product stem regeneration release.

You take two capsules and you roughly about double the number of stem cells in circulation. So for an average 50 year old, that's about 10, 12 million additional stem cells in circulation.

It's more for a younger person, a little bit less for an older person. This being said, you could have a healthy, robust 60 year old that has more stem cells than a a 30 year old that is more exposed to health issues.

So it's not truly age dependent, but as you age, you have fewer and fewer stem cells as you age. So you just put more stem cells in circulation. And so that's essentially what stem regen release is.

You take two capsules, you release about 10 million of your own stem cells. And to clarify, because we're talking about just pushing more stem cells into the body, not necessarily putting them in a specific place, because the capsule that stimulates your own body, stem cells, from my understanding, kind of are like a seek and destroy for repaired, damaged, flamed tissues.

Is that right? Yeah. I mean, the probably main reason or main reason to be for inflammation is a signal to tell stem cells where to go and also increase the blood flow in the area, lymphatic return, everything to basically support the entire repair process.

The first step of which is making stem cells find where the problem is and migrate in that area. And so when you put them in the bloodstream, and there was in the early days of stem cell research, like I have a colleague, cardiologist, with whom we do our study.

And when he started around, what, 2004, 2005, to do injection of stem cells in the heart, he was getting good results and he would do this in the heart.

So he needs to go to the EOR. It's an invasive approach. And at some point he did not have access to the EOR. So he started to try with a few patients to just put stem cells, you know, normally like in the vein and what he realized is that after two months if you'd make the injection in the heart the results was better but after six months in the heart or in the blood circulation the outcome is the same.

So it became less and less relevant to put the stem cells in the tissue where you want them to go. They will find their way to where they're needed.

Lifestyle factors that suppress stem cells

There's a kind of a closing thought that I'm just thinking through before we We talk about where people can find you and get stem region, but are there lifestyle habits or situations that people put themselves in or even genetics that would be a red flag of like that is going to decrease your stem cell production, your ability to even release stem cells or things that you know of to tell people, you know, consider not doing this or if this is you, you may need more stem cell support.

Smoke, smoking cigarette, drinking alcohol, anxiety and stress. Every day that you stress, on that day your stem cells are not working as well as they could, which is interesting how stress and anxiety is a component in the development, a causal component of just about any age-related diseases.

So stress suppresses stem cell function. Sedentarity, if you don't move a whole lot, it doesn't help. Stem cells roll in their body, stem cells circulation everywhere in the body.

So those right there are probably the four ones to pay attention to. Systemic inflammation, so add a lot of colors to your diet. Take a lot of berries, everything that has colors.

These are pigments that a lot of them have anti-inflammatory benefits, ginger, curcumin. And as you suppress this overall systemic inflammation, then you make it easier for your stem cells to identify where the problem is in the body so they can migrate there more easily.

Yeah. So if you want to make stem region more effective, decrease inflammation everywhere that you personally can.

Where to learn more and closing remarks

So it can go out and do the things that it needs to do in your body to make it optimal from a perspective of aging disease or your own metabolic issues versus the poor choices that are being made possibly.

Yep. All right. Well. You know, I'm really intrigued by this information and, you know, I've never deep dove into stem cells nearly as deep, of course, as what you're doing.

I have 20 years of, of this topic or 30 years of research. How can people find out more information from you get their hands on stem region? Cause I'm sure some people are interested in giving this a go.

So go in stemregen.co, stemregen.co. You'll find really lots of information, blogs, text, white papers that really describe various aspects of stem cell function, stem cells in general, what the product does, these plant extracts.

And if there are any questions, you can put them there on the email address. And I answer a lot of them on Instagram or TikTok at StemCellChristian. So I really have tons of videos that I've done there.

If you don't find answer to your question there, definitely ask it and we'll give it a response. Amazing. Well, Dr. Christian, thank you for this time.

And to everyone listening, we're going to put links for him and his product in the show notes. So double check there if you want to get more information or get stem region until next episode.

Have a great rest of your day. Thank you for tuning in to redefining wellness with Dr. Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms.

Also, please consider leaving a review. It helps more people find the show. See you here again.