Introduction to Aging and Stem Cells

So we are now joined by Doctor Ross Carter. And we're going to learn about two big things. And these two things are so related that they we have to speak of them together.

But it's hard to find someone that can speak about both intelligently, like Doctor Ross Carter can. So we're lucky to have him here today. And what we're talking about is aging, slowing it down, anti-aging, all this sort of buzzword you hear about.

But what does it actually mean? What does it do? And then stems out there because they're so intertwined. And the really cool thing here is that we have a unique individual in front of us who can actually speak to it at the genetic level.

Meaning how does epigenetics and informed of some of this stuff? What do you need to know genetically? He's been doing this himself with patients. So first of all, thank you for joining us.

Thank you for having me. So who should be listening? First of all, like, you know, this is such a big topic. Who really needs to understand anti-aging and stem cell therapy?

You know, when I, when I listen to presentations myself, half the time I'll listen to the presentation go. Why was I listening to this? This stuff is not.

It's not for me. I was like, I just wasted an hour ago on this. This didn't work for me. So I really like to just come up front and say, hey, look, this is what this presentation is for.

This is who should listen to this. Basically, if you're someone who likes to really, truly know how to prevent or undo aging and age related conditions like chronic pain, physical disabilities, autoimmune conditions, deadly diseases, or maybe you feel rundown and don't have the energy you used to, and you want to look and feel and have the energy you did, like when you were half your age, or if you maybe have a friend or family member that's experiencing some age related problems and you want some advanced ways to help them.

And the last one is, is maybe you've heard about high level professional athletes like, Rafael Dahl and Tiger Woods that are using these advanced procedures to keep them in the game and excel in their life.

And you're you're curious about doing this for yourself. This is really what, this, this presentation is about. So if you're one of these guys, if you fall in this category, you should really listen to this talk, because I'm going to cover some really, really high level things that I can promise you.

You have never heard so far. So, I'm really excited to share it with you. You know, one of the things. Yeah. Go ahead. So so that's exciting stuff. And I know that everybody wants to know all those secrets that you have, that sort of the professional athletes and the wealthiest people in the world already know well. But we all need to know about.

But just to break it down before we tell us, like, what are the solutions? What even is aging? Like there's age.

What Aging Is and Common Myths

Here's my logical age is, yeah, that actual process of aging. What is it? What does it mean? Well, let me explain it this way. Let's let's first start with a big question, okay.

What is the biggest risk factor for pretty much every disease you can think of. Now a lot of people when I ask this

question will think maybe it's smoking or having a really crappy high sugar diet or high fat diet.

Maybe it's even sun exposure and not exercising properly. But the answer by far is aging. Because think about it how many children that you know die of heart disease, cancer, or dementia?

I mean really less than none, right? So aging or age related conditions kill about 110,000 people every single day worldwide. Now, I know that's a really hard number to to imagine.

So let's just take the United States now prior to the pandemic in 2019. Here are the statistics. About 5000 Americans, died every day from heart disease, cancer, respiratory, stroke, Alzheimer's and diabetes.

Those are the top killers of Americans. And that is about 5000 deaths per day due to an age related condition. So let's now define what aging is. Aging is on several levels.

On an organism level, it is the progressive change in an organism that leads to an increased risk of disability, disease, and of course, eventually death.

Now, on a cellular level, it is an accumulation of damage over time that the cell ultimately dies because of that damage, and it overwhelms the ability to, you know, continue to live.

And these malfunctioning cells lead to tissue that starts to malfunction. The malfunctioning tissue leads to malfunctioning organs, and the malfunctioning organs leads to an organism that's functioning poorly.

And this is what we call aging on more of a cellular level. That's really cool, because I think you're breaking it down and you speak about it so elegantly and make it easy to understand.

Thanks, but you're telling us what it is. Yes. I think there's so much noise out there about aging and anti-aging and living forever and longevity. What is it not?

What are some of the myths, like the things that we're hearing, that we should ignore? One of the primary ones, and this is going to be kind of hard to believe, is that our cells actually don't age.

And now that's going to be kind of crazy. But let me explain how they we figure this out. A while back, they were doing some experiments with rats, something called heterogeneous pair biases.

And what that means is they have taken, a young rat, a very young rat, and they took an old rat, and then they took them and they took their blood, their their arteries and veins.

And they connected them. They sutured them together. So they live like that for a period of time. And what was amazing is they found that the old rat started to become younger, on all areas, on all tissue levels.

It started growing hair back. Its mental acuity became, more acute. Its, strength returned. Everything on this old rat started becoming young again. And as a consequence, the younger rat also became older.

Wow. What? So if if that's what happens, and they can literally show that the cells became younger, then cells can't actually age. It's the factors that's around them that influences this aging.

So this parable meiosis demonstrated that something in the younger blood completely changed older cells to be younger and repair all the problems that this aging process occurred. And.

So that was really what it showed that that aging is really, is not the cells actually don't age, which is really exciting. Now, another myth that, that people commonly have is that you can't stop it.

There's no way to stop the aging process, or at least you can't really maybe slow it down, but not stop it. But that's not actually true. It aging is not ingrained into our genetic code.

I mean, it doesn't say we have to age and die, which is kind of crazy. What aging is determined by is it's determined by three things. It looks at the environment that the cell it's based on the cells, based on the environment that it's in, the cells that surround that cell.

And there are these pro aging and and anti, aging factors in the blood plasma that's delivered to the cell. Now this is obviously kind of a departure from the common beliefs of cellular aging.

Now it's really controlled by the blood. And it's really mainly by the blood plasma. So if we can simply take someone's old plasma and exchange it with young plasma, which they can do now we're literally turning back to the hands of time through system wide rejuvenation.

And this is one big area or a way to to help with aging. The other way is to accomplish that, is to put in anti-aging factors or pro youth thinning factors.

Now these can be included like growth factors, the nucleic acids that are commonly called, found in like things like placental tissue or even placental stem cells and which I'm going to cover that in a little while.

But both of these procedures can really reboot your DNA, which is, of course, your genome to a more youthful state. Which will we're going to talk about soon.

Now, the third myth is how well we age is not determined by our genetics. Now, I know you can speak a lot about genetics, and I'm probably going to going to repeat some of the things you've said, because you've taught me a lot myself, listening to your information.

But I want to incorporate it into this whole plan. Now we'll talk about genetics and the aging process. So our genome or genetics is in every cell in our body.

Epigenetics, Biological Age, and DNA Clocks

It has identical instructions, about 3.2 billion letters from your mother, from your father. And these letters make up your DNA, aka your genome. And it codes for about 30,000 proteins that create enzymes and really the building blocks for life.

Now, the proteins that are in your genome, that code as you're like when you were a child are the same as when you're a 50. So you still have the same genome you did.

Right. However, there's something that changes. It's the expression of those genomes. This is what we get into what's called epigenetics, right? Your epigenetics is the cellular software that controls your DNA.

It tells what cells to turn on and what, to turn off the tells your genes which ones to turn off and on. It's now the cells with different DNA. How is it possible that one cell can be a muscle cell and then become another one, be, a blood cell.

And that has to do with the epigenetic expression. And the way to think about this that makes it easy is think of, the DNA or the genome as this really large orchestra.

The epigenome is the conductor that, that decides which instruments playing and what time it's play. So that's really how the epigenome, epigenetics or epigenome, work.

Now, I'll give you a really cool example. As a child, as children, when we're children, we typically can drink milk without a problem. Most most children, not all, but in general, most children can drink milk.

But as we get older, as adults, most of us become lactose intolerant. Now, since we have the same DNA. Why this is occur? Well, the DNA that codes for the enzyme that breaks down milk, which is lactase, is no longer turned on.

Hence we can no longer drink milk. Now, this is epigenetics. The turning off or on of the DNA that determines really your true age. And as we age, we have predictable patterns of the expression of our DNA.

They actually have these clocks. They're called Horvath clocks. And they determine what's called your true biological age. And they're really the gold standard at looking at age.

And what they do is they look at what's called methylation of your DNA. Think of it like, rust. So you think of a DNA strand, right? You know, the double helix. Right?

And then it starts to get this rust on it. And because of that, rust is on it. It really turns off the expression of parts of the DNA that is what is epigenetics.

And that is really what is our aging process. That's what causes us to age. So and the way our epigenetics can be changed is by our environment, our lifestyle choice.

And what I mentioned before, these youth learning signals this is what changes our epigenetics. So you're so because you have been so precise about what aging is, which is really cool because you broke it down, you know, and literally laid out, here's what's happening, right?

There's this rust, this residue, whatever your overuse is, this thing, there's wear and tear and all of a sudden certain spokes and, you know, cogs and wheels aren't firing properly.

And so communication is poor, things fall apart. So, yep. If that's the case and you've understood so well why it's happening, do you also know how to slow it down.

But yeah, so, so there are a lot of different ways to do this. I want to go over what when I work with somebody my, my clients, they're, they're really ten avenues that we look at.

Some of them are self-evident, but some of the most of them that are more advanced. So let me go over, like, say, ten of these. First thing is you gotta look at your blueprint.

You know this as well as I do. You really gotta know what's going on. The older test, like, when I talk to people, they go, have you ever had your DNA tested?

You know, like, yeah, I had 23 in me or ancestry. And those are. It can be 25 years old. So, you know, what does that you know, you learn about where you're from and then, you know, 10s later that's over.

And now you've moved on. Right? Right. And I think you've said this the best is like the last couple of years, we've learned more about genetics than we knew about in the last 20 years.

I think that's kind of how you said that. Right? Pretty cool. Yeah. Close something like that. But that's in essence, what I understood. So, you know, what we need to do is find, best, the best ways to optimize your health before your body starts to break down.

Because we're we're eventually going to start to break down. And, you know, when we look at our genetics, we know, or we're more aware of what we're more prone to.

Right? So here's here's what I look at. I want to find out everything I can about a client and see what makes them them. And and I use the genetic, genetic testing.

And I use the DNA company to do that because they give us the best information. Now, after we figured out your genetics, then we need to determine how old you are.

Your current biological age right now. Maybe your ID says you're 50, but are you really 55, or are you 45? Biologically, now we can actually test and know what your true wage is.

So we would use a true, one of these age testing, this one of these Horvath clock. And we could look at how old you really are. In addition, we can look at how fast your aging because we need to see if the things that you are doing now, your lifestyle choices, the diet, all these things that you're doing are helping you, slow the aging process.

Are they accelerating them? So we really need to see how fast your aging right now. The next thing, the fourth thing I look at is your ideal diet for longevity.

Now everybody, responds to food differently. So maybe, a vegetarian or vegan diet is really good for you. It's one of my favorite. I like that, maybe you're a paleo person.

Maybe you're a mediterranean diet. I don't know, but this is where we can use our genetics as well to look at what's the best kind of food that you should be, eating, as well as number five, which is creating customized nutrition.

You know, we got to find out what your body needs. Everybody has specific nutritional needs. So we can use your DNA to determine that. Then something that a lot of people ignore, which I don't understand.

But here's the there's always a fall off here. Your sleep. Most people I've, when I do a, I do seminars every week and I'll ask this question. How many of you in the last week have had one night or more?

Well, you didn't sleep well, and I'll watch the hands raise. And it's 90% of the audience with the other 10% just lying. So basically, I'm telling you, most people in the world right now, especially going now, are having problems with sleep.

And if you don't fix sleep, how are you going to let your your body repair itself? It's just, you know, is really, really difficult. So you have to look at things that are that you can do yourself.

These are easy things. Look at your circadian rhythm. Your circadian rhythm is the rhythm your body goes through. On a 24 hour basis. It it tells you when to go to sleep.

It tells you when to wake up, tells you even when to eat. So look at your. Yeah. The first thing I look at when I'm working with somebody is how is their circadian rhythm.

And most people's are crap. And I'll tell you why. It's because we got a phone. We got we got our computer, we've watching TV before we go to bed. And that light tricks our brain to think it's, you know, it's still daylight when it's not so there's a really easy solution that that works for most people.

Put on some dark glasses at night. You know, some of you could use regular sunglasses, but really what you're trying to do is block that blue light. So a couple hours before you go to bed every single night, put those on.

You can still see and do things. I wear them every night. And what it does is when you go on a bed, you you actually you're tired. You're not just wide awake trying to go to sleep, which is horrible.

So that is a really easy tip to to help with circadian rhythm. Then look at your sleep environment.

Ten Strategies to Slow Aging

Is it, you know, is it the right temperature. Is there any light going in. Is there sounds that are bothering you? Look at your your environment to make sure that it is perfect for sleep.

Keep in mind your bed is for two things sleep and sex. You're not supposed to read it, watch TV, play on your do anything else. Don't do anything in your sleep environment.

Then you want to create routines. In the morning. You should have a routine of going outside, getting light in your eyes to turn off the, turn off the melatonin production and you want to have your nightly routines, the things that

make you wind down.

I like playing guitar. I do, some yoga and stretching. All these things will help create routines that your brain really likes. It likes routines. You can check your oxygen levels.

Some people have, sleep apnea and don't know about it. You can do these little rings and put it on your finger, and you can go to sleep, and it'll tell you all about your oxygen levels while you sleep.

You don't have to go to a sleep specialist necessarily. And you can find this information out, upfront. Maybe your sugars are off. You can get a little those little, cgmps.

Right. But those are, the glucose monitors that'll tell you if your sugars are bad, if what you're eating is spiking your sugars as well as when you go to sleep, you gotta to look at those things and supplementation.

So when I look at somebody and I'm working with them, this is a big area. You gotta restore the sleep so that you know you feel better and you're allowing your body to heal.

Yeah. Now the next thing is number seven, which is called fasting. Now, I'm sure you've all heard about fasting, intermittent fasting, all these things really the the essence of fasting.

It helps to clean up the cellular components that the debris it it helps decrease inflammation and it boosts booster cell production. There are a lot of benefits with benefits for fasting.

It can help you lose weight if you want to do that. But fasting is one of those easy ways to restart your your body. The next thing is, now we're going to get into more advanced things, things called senescent cells.

You want to eliminate these senescent cells. They're also called zombie cells. And what are they. These are cells in your body that normally your cells have a auto destruct.

They just they die when they're they're done with after they've replicated a certain amount of times they die and they kind of explode, actually, senescent cells, didn't, didn't do that.

What they did was they turned off their, their productive, function. And now they just sit there and don't die. And they produce these inflammatory components that cause chronic inflammation.

And they also influence the cells around them to do the same thing. And you create what's called inflammation. Inflammation is really just chronic cellular inflammation that you really can't get rid of.

And if you can use products and substances and, and and there's supplements out, there's medications that can help eliminate these senescent cells. And they've showed on studies with like rats and things like that.

If you eliminate the senescent cells, they can live 20 to 30% longer. Which just think about how long that is. That's an amazing if you can do that in human, you're 80 years old.

You can live up to 100 just by eliminating one little component, which is pretty amazing. There's, like drugs, like, does a ten, ten IB. I think it's dasatinib and quercetin, are good examples of things you can take.

Number nine is use something like, blood plasma exchange. Now this can be a little controversial, but think of it like doing an oil change for your body.

Right. Your take blood plasma is a giant controller of aging. Like I mentioned when we talked about pair biases. And if we take out your old blood plasma and replace it with new blood plasma, we're removing all of these pro aging, these pro-inflammatory chemicals that build up in that.

So you're getting like an oil change, and it can really, really make a huge difference. Now, there are methods out

there throughout the country where they'll take the blood, they'll, designate it and they'll use light and they'll they'll put it back in your system.

Or you can actually get blood plasma from, younger sources. There are companies that offer that as well. But if you can basically filter out all the, the, the aging factors in your own plasma, this makes a huge difference.

And the last thing, which is the kind of the most exciting area is, is what's called young stem cell infusions. Right now, let's talk a little bit about stem cell stem cells are great at stimulating, tissue repair.

They create blood vessels. They help prevent cells from dying. They stop inflammation. They can eliminate pain. But most importantly, they can reprogram youthfulness in the cells by adding these pro and factors into the, blood plasma.

They use this, really cool system, a messaging system. So when you put a stem cell in the body, it, it doesn't. Let's say if you're looking at putting it into your knee, for example, it doesn't, create new tissue per se.

That's another misconception. What it does is it coordinates the repair of the damage that it that is there. And it does this through an amazing system where it surveys the area.

Then it creates these little tiny bubbles of information. It basically tells you that it has these instructions, and it sends out these little instructions to these cells.

All of our cells are basically little factories. They, they make whatever proteins are necessary so they receive the signal from the, the the master controller cell, right.

The the stem cell. And then it starts to produce these proteins to help solve or fix any problems. So we can use this, as a repair system of our body.

Now, this these little tiny particles are really what contains, like, nucleic acids. It contains these growth growth factors is really what causes the therapeutic response.

So what they found out recently is that we don't actually even need the live cells. Because live cells putting live cells in someone, causes a lot of problems.

Your body is going to freak out. It's going to kill them. But these therapeutic little messages do not are not perceived as foreign. And they still have the same therapeutic response.

And so now we're just using just those nanoparticles. That's what they're really called to influence the body, to heal itself. So you can infuse these nanoparticles directly into your body without any live cells.

And it can stimulate the body to heal itself. And take down inflammation. But it also influences the cells to change the programing into more of a youthful state.

So those are really the top ten ways that when I'm working with somebody, we look at to really not only just not make them a little younger, but years, decades younger and that's the this is the way that, that science has really discovered to really make us literally ten years younger than we are.

I mean, I don't know about you, but, you know, I would love to be, you know, ten years, 15, 20 years younger and stay that way. You know, that's that's what life is all about is to stay healthy and young and vibrant.

I mean, just imagine how life would be different for your listener here who let's say they cut ten years off their life. Would they travel more? Would they enjoy their family more?

They play with their kids or grandkids, right? I mean, think of the difference on how much ten years of of health span would make in someone's life. So those are I love to see that with results, with the clients that I work with, is

really making a huge difference in their health.

It's what you're describing. I'm going to repeat these ten because I think this list is really thorough. And but what you're describing in the outcome, it's not so much yeah, I'm going to let you live longer.

I'm going to help you prevent disease, which is good. But but extending your youth that you're right, killing somebody with however you felt 20 years ago.

I'm going to give you another 20 years of that. Well, there's two there's three categories. There used to be two. There was there was, life span, which is how long you live.

Right. Then there was health span, how long you're healthy during that period of of life. So we most people have been focusing on health span, making your health as healthy as possible for the time your life.

But now I, I present what I think is a good way to say is you reprograming your youth, not just extending your health, but making you actually younger.

Actually, there was a study, that was done last year, a year ago, where they literally used these, these, these type of nanoparticles into their body of, of rats, and they cut them in half in terms of age, not physically, but their age was half their age.

I mean, what they're trying to get this through the FDA right now and everything, you know, it takes a while, but I what my thought is on what that is, is we have found the fountain of youth.

We have actually found a way to cut our age in half, and it's just a matter of time. So we got to stay healthy until we get this, right? Yeah. You know, it's going to take time to get this through, but I would predict in the next less than ten years, probably five years, we're going to have this elixir that will actually make us stay at half our age.

It'll be unbelievable. But think about it this way. You've got billionaires investing in this. Now think about space travel. Before, the only way you could get into space was NASA, right?

And then you got these billionaires saying, well, I want to get in space. And then they use their leverage and their money to be able to, you know, get us get anybody out to space.

Now you've got, you know, anybody who wants to pay the money to go out there in space, right? So now you've got these billionaires wanting to live forever.

So what are they're doing? They're investing in these companies that are actually doing that. They're going to create they they've already really figured it out, but they're making it so that they can stay around for longer.

And as a result, guess who else gets to benefit? We do when they when it's released and you're talking trillions of dollars in money, who doesn't want to stay young?

We all do. Yeah for sure. It's really cool because you hear all you know, the guys like Peter Diamandis and Tony Robbins are all people saying that if you can just get to 2030 and not break everything, you're going to be in a whole other paradigm of health care because what's going to be available, you know, the innovation that's happening today in the 4 or 5, six years it takes to clear it and get it approved of who we use, we are, you know, blessed in terms of what's coming.

So, yeah, this this list of ten. I'll just quickly cover it again. So go ahead. DNA testing, understand your blueprint. Here's your foundation, right.

Yep. Number two is your biological age, which is really about, methylation markers, epigenetics. So understanding DNA is who are you? And then epigenetics is where are you at. Right.

So you of you know, the two then diet. Of course. And you said the primary tool you use for diet is looking at genetics.

Sleep, Fasting, and Senescent Cells

We look at genetics mainly. Yeah. That's the primary source. Now we do extend more than I mean obviously I didn't want to go way past ten. But we can also do blood test all those things.

We look at the epigenome as well, things like that. But I just wanted to give you just a little taste. If anyone actually does this. Yeah. You don't live to 150.

You know, there's you're doing something wrong. You're doing something wrong because I incorporate get this I end up with these programs. I always incorporate a health coach and we use, the whatever the, the wearables, the wearables.

And that way you can't cheat because we can upload your data into a graph and it'll tell me if you're sleeping or not, what's going on. And if you're exercising.

So I can I can know all this stuff without you telling me a thing. So you can't cheat as a as a client of mine. You just can't do it as it should be, because there's a big difference between when something hurts.

I'm going to call you versus constant real time feedback and intervening before the problem happens. Right. That's absolutely good. So then, you know, some of these things actually can check your, monitor your, your, temperature.

And it can predict if you're developing Covid before you even have symptoms. Yeah. It's pretty cool. Yeah, I know ordering me to deal with some other Las Vegas, I think MGM or something.

Yeah, for that purpose, because I need to. Yeah. So okay. So number four nutrition obviously. Six is sleep. Good high quality sleep seven is fasting. We're going to maybe talk a little bit more about that.

Eight is eliminating stress and cells. And you mentioned a few things people can do. Nine is blood plasma exchange, which is such a cool concept because you're literally, as you said, getting this oil change.

We make sure there's a sticker on our windshield that we would see that marker, like, here's what I got to do it. You don't do exactly like crazy. You do three kilometers over and you get anxiety issues.

Meanwhile, you think that I can get them subway sandwiches my whole life and not have to change my blood? Yeah. It's time. So therapy is the last one, and that's where you're getting more targeted and you can do everything, but you can also resolve very specific problems.

So when it comes to sleep, you know, the way you talked about it, I think, you know, you're like everybody raised their hand, right? Yeah. Every time, every time there's this culture of and it's it's a culture.

We have to sort of shed it. Newer generations don't have it of like this. You got to fight and be strong. And sleep is for weak people, right? It's you're you're new.

That's really what people the challenge of you're literally telling me to be a loser a week. Like, why should I need to? I can fight through it. I only need three hours a day now.

So it's also eliminating the the beliefs or the concepts of what these things are and what they actually are for us. And this is where that fountain of youth is not all.

It's about the tools, but it's also about knowledge, right? It starts with even understanding that fountain is full of knowledge. That's what you need to acquire.

Yeah. So it comes to stem cell therapy and the blood plasma exchange. Yeah. When you spoke about them, are these things that you can sort of walk into your clinic or do you have to go out of the country, or how do you get these things done?

Well, it's both actually, some of these procedures you have to do in another country because they're not allowed. For example, the use of expanded stem cells as, a therapy, whether it be I. V.

or as inter muscular or inter, this tool or joint therapies, are, are really frowned on by the FDA. And, and when, when that's kind of the old mindset when it comes to stem cells.

There's actually kind of a 2.0 version. I call it the next generation of stem cells. It's just using these little signaling molecules, these signaling molecules are really what causes the therapeutic effect of a stem cell.

So you got a stem cell and it since these messages and then those messages stimulate the therapeutic response. So about seven years ago they found out well what if we just remove the stem cell from this whole equation.

Use just the therapeutic, little messages. And guess what? You get the same response without even having to put a live stem cell. It's like a stupid example I like is, let's say you like, sweet coffee, right?

You like your coffee and you want it sweet, right? So you could if you wanted to, you could, let's say you like honey to make it sweet so you could go to one of those, beef farms. Right?

And you could, you could put on. Maybe you go to one of those little hives, you could pull up the little thing, get stung a few times, but get some honey and put in your coffee and guess what?

You'd have sweet coffee. Plus a few, of stings, right? Or or you could just go down to Publix and pick up a bottle of, honey, that's already done that.

So it's it's better just to use the honey than it is to go through the bees. Now, in this case, the example is the bees are the cells and the honey is the are the little nanoparticles.

And so all we need to do is use these nanoparticles and they can get, the what they do is in labs, they can take these different cells and stimulate them to release these particles and then just capture the particles.

And they use that in a therapy, whether it be a joint injection, they can do it for any type of procedure, but systemic wide, it really can make a huge difference on taking down inflammation.

Now, like I don't actually treat any specific condition. I work with a medical team and this is not just me, this is the medical team. But we don't treat any condition because if we were treating condition, we'd be called a, you know, doing medical, we'd be doing drugs, right?

We don't do that. What we do is we make your body work better and take down inflammation, because inflammation is usually at the heart of pretty much every disease process.

Let's say you're having exacerbation of, eczema or autoimmune condition. If you take down the inflammation, that problem can go away. Right. And if you convert the inflammatory markers in your blood to be at high inflammatory markers, that way it could stay away a lot longer or permanently based on, you know, the conditions.

So I don't treat a condition. None of our medical team actually treats conditions. What we do is optimize your body's function, allow it to heal faster and better, and take away inflammation at the same time.

We're we're we're basically tricking the cells into believing that it's in a younger body that they've taken. Look, listen, they've taken cells from a very old person.

They've added these chemicals. They're called Yamanaka factors. Basically, what it does is that it converts the cell

into an embryonic type state. They've implanted them into a young animal or person.

I think it was an animal. Yeah. And then the animal was able the cells worked in through the the whole life cycle again.

Plasma Exchange and Stem Cell Signaling

So they literally could take that. So a cell can be reused. That's why I'm saying that cells don't actually age. It's the it's the environment and these, these, these, inflammatory factors that determine how it's going to function.

So it's more like they get worn out. It's not that they, they do. It's just, you know, taken for granted. You have this many years from birth. Yeah. What are they what did you do with this equipment you were given if you wore it out?

Well, it's not going to last a lot, right? It's like the example where I saying with the rust on the DNA, right. Yeah. Basically if we could just put some this is only for people that are 50 and above.

We'll understand this especially guys. So if we could take some WD 40 and spray it down we can get rid of some of that rust. It work again man. Yeah, but that's only for old people like me that know what Wd40 is.

Yeah. I remember when I was a kid and, you know. So go. What the hell is that it? Ask your parents. Because we all know what that is. Yeah. Cool. So so I've been I mean, as we've been speaking, I've been looking behind you and I see the biohacking university. Yes.

Going on there. What are you are you bringing the knowledge to sort of consumers, clinicians. What's going on there. Both both. You know, I, I've found that there's been a very, big lack of communication between the medical community and these biohackers that basically are using technology and supplements to maximize someone's health.

Right. But then when it comes to doctors, you got the doctors just doing their traditional, hey, let's cut you open and do some surgery or we'll stick you on this drug.

And I mean, really, I mean, that's that's how our health care system is. We're sick here. We're not looking at ways to prevent, you know, problems in the future.

So why not bridge the gap and say, look, these technologies work. They are amazing. I mean, light therapy, sound therapy, you've got all kind of different things that biohackers use that we can incorporate into medical practices, into health coaches, and even just, the general public could use for themselves.

Right? So that's really what I'm trying. That's what the Biohacker University is all about, is really taking all the different technologies and creating it in a cohesive program.

It's like when you go to one of those biohacking, seminars, I mean, you get a flood of information and then you have all these vendors trying to teach you something, and you really don't go away with a lot of really great knowledge of how to integrate into your life.

So this is about training so you can learn all the things and go, wow, I didn't know that I could look at my biological age. I didn't know that this that red light therapy, how it works and what it does.

I didn't know sound waves could actually influence the way my cells function. What about, you know, hyperbaric chambers or, cryotherapy? I mean, there's all these things that how many doctors ever talk about?

Zero. Nobody says, hey, I see, you're I'm a doctor in this. I'll say, hey, a patient. I understand you got a lot of information here. Why don't you take this Advil, then I'll say, hey, why don't you go do some cryotherapy sessions and do systemic take down that inflammation?

You don't ever hear that, right? Yeah, but that works really, really well. So I my goal is really to integrate this and bring about all the technologies that have been advanced in this, these areas and bring them in and basically put them together so that not only clients, but also doctors can integrate this with their patients.

This this was so needed because we know that there's the biohacker innovators like, you know, five years ago nobody knew what that word even meant, right?

Oh, it's kind of mainstream. There's conferences all over the place. But it was still fragmented. Meaning that. Yeah, somebody that wanted to get in and learn and get better didn't know what all the tools were and when to use it, how to use it, what's right for them.

So you're kind of curated all of that. And right there. Right. Right, right. Well, here's the problem. You know, the way they learn is from vendors, right?

The problem with learning from a vendor is they have one focus, right? Because they're like, you, my product is the best. You should buy my product. Just take our word for it.

This is why it's so great. Everybody else's product sucks. This is what you need to do because why? It's all about the money, right? So let's look at science.

Let's look at the science behind everything that is promoted and see if there's some validity and what they're saying. Maybe it is, but it's not the only tool.

You know, when you're a hammer, everybody's a nail. So you don't want that mentality of this is the best. Because that that's what a sales rep is going to do.

Yeah. You know, when I was I started stem cell, the stem cell field, back in 2011, which makes me, a grandfather in this industry, which is surprising.

I actually okay, at 41, that's how old I was. I decided I wanted to meet girls, and I wanted to do recreational sports. I went to play, here's a bad sport to play for.

Meeting girls. Dodgeball. Just. That's just a bad idea. Because when you smack a girl with a pink ball or a red ball that's going 50 miles an hour, it is really difficult to ask her out on a date.

Just. Just word. Don't ever do this. That's good advice. Not any advice. Right? So I was while I was playing, I literally threw it too hard. A torn ACL landed on the ground.

Got some, you know, left and got some memories and I tore my ACL. So I went to an orthopedist. And what does he want to do? Think about it. An orthopedist wants to do surgery, right?

That's all they they think they like I do surgery, I get paid for surgery. I went to him, said, hey, what options can I do? And they said, well, we can, we can repair your ACL because that's what I wanted.

I was like, let's, let's see what we can do to repair it. And I said, well, explain that process. And they said, well, what we do is we take cadaver tissue and we we take out your old ACL.

We put that in or we take part of your hamstring and we'll put that in. And I and I was like, wait a second, you said repair. Yeah. And this is not repairing. This is replacing.

I mean, if you have a let's say you're having challenges in a relationship, you can repair that relationship or you can replace that relationship. Those are completely different.

So he felt that repair he was replacing. And I was like, no thank you. And so that's what I've researched a bunch about what to do because there had to be a there's a gap between physical therapy and surgery because that was

what I'd been doing in physical therapy.

So that's when I learned about stem cells. I learned about it in Thailand, of all places. I flew there, spent three months, learned all about it, and that's how I, I got knowledgeable on it.

And we started doing it in our office in Atlanta. I grew up, one of the largest stem cell specialty centers in the South. And then I got a fellowship from the American Academy of Anti-Aging Medicine and Stem Cell Therapy.

So I really I was all in, but I was just there because I saw the impact that it can make. And as light of the time has progressed, I learned about newer ways to do this therapy.

Like I said, with these little nanoparticles, they get the same results and we're not putting live cells in anybody. Nobody wants a foreign DNA in your body.

Biohacker University and Working with Dr. Carter

I'm just telling you it's not it's not a good idea. So it doesn't have any DNA. And these little, these little particles are free of DNA, right? They have growth factors.

They have nucleic acids, but not, not DNA. They have RNA in it. Basically. Like, that's so cool. And then so if people I mean, I'm sure everyone listening here is like, well, how do I work with Doctor Carter?

You know, the list of ten is interesting, but to work with you is a completely different experience. So how did how does this typical is it like patients enroll with you as a program?

What does it look like? I'm mostly a referral program. I don't advertise or anything on. You know, I do a lot of speaking. And so basically somebody who wants to, talk to me, I have two different routes.

I have my business, set it up, which is Biohacker university.com. It's biohacker like the person, not biohacking. So it's biohacker University and, dot com and then, of course, just, I have a general my own little website doctor Ross carter.com Dr.

Ross carter.com. Either way, those are, easy ways to get in touch with me. And and really, you know what my, my purpose is really to help educate people, to understand that there are so many alternatives that they never knew about that can make a huge difference in their life.

And that's that's why I do all this. You know, I retired from active practice. Now I'm more of a just an educator and a trainer. I'm not really active in doing procedures.

I work with a medical team that does all these things that it's awesome to know so that, you know, people are sort of the list you provided. Everything you said today is so insightful, but then do you actually get it done? Do you do it?

You know, people have heard of bits and pieces of things, but they don't actually do them to work with somebody, to build the plan, to give you that accountability to coach you through and your team does it.

I would advise everyone to, you know, try and take advantage of if you want to add those ten healthy years to your life right now, let me let me do a word of warning.

Don't contact me if you're not ready to take responsibility for your life and your health. I. I used to get these clients that would come in. There were 400 pounds, had shot me and they want me to do an injection in their native fix, all their problems.

And I would turn them away because it's like, look, if you're not, you're not going to take responsibility for your health. And then why should I? I, I'm all in as long as you are.

So if you're, you're, you're you're really committed to following through, then this is the right place. If you're looking for, you know, the Walmart of regenerative medicine, I am definitely not your guy either.

I'm sure you can find much cheaper people that will do crazy stuff, but I've spent my last 11 years understanding these things, and I'm the one that's actually probably training your doctor. So.

So that's what I've done, you know, you know, if you look at I'll give you an example I've worked out with, I've been consultant for some really high level people.

I can't name them all, but I can name one that you would know. Tony Robbins, for example. Right now, if you if you look in his book, which is fantastic, by the way, it's called Life Force.

Yeah. Look at the back on page 6606 60. You'll see on the bottom paragraph it'll say, I want to thank my, my health team. You'll see my name there. And I have been a, an advisor for him personally, not just his team, but him personally for the last five years.

Right. I don't do stem cell regenerative procedure with him, but I do advise him on those areas. And I've done that for the last five years, every single month.

So I'm always getting, you know, giving him education, training because the man is brilliant. I mean, he is the most amazing person I've ever been around, and he's so congruent with his beliefs.

So get his book if you haven't. But you know, that's the level I worked with, I work with, I work with people that want to change their life. And, and I can do it.

I can help them do it. As long as their commit, they have to commit. I don't want any tire kickers. Forget that. I mean, it's what you're providing in the access.

And I'm sure your time is already stretched, but if there enough people should be in it to win it. Right. Exactly. You know, they're not. I'm not your guy. Yeah.

So this this was I opening. It was awesome. You know, I want to thank you for taking the time, but I would urge anyone that wants to sort of there's a lot of sort of health care professionals, you know, health coaches, listening and also, you know, look at the university because if you want to up the game a little bit and if you want to ride that wave that's coming, everyone's looking at personalization, biohacking, what are the tools.

And they're going to there's going to be an expectation that you should know and here's a great place should go for it. But in general for everybody else, you know, again, here's your list.

But you need someone to sort of work with you on it. And guide you through and provide you access to certain things, you know, make you responsible. Yeah. Have your thoughts. Exactly, exactly.

So thank you again. This was this was awesome. Pleasure to speak to you today. And thank you for joining us.