Inside Exosome Therapy: Can Cell Signals Repair the Body? Transcript

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Introduction to the Podcast and Exosomes

Isabella Mico, she's the guest of podcast 38. And she had had a menopause at age 38. And in the last year and a half, she's had like 14 out of 18 periods.

And so it's really good. And she's very flexible. Her circulation is better. She used to get a headache after baths. And this picture is from my apartment a year ago.

We couldn't get any veins in her upper body despite hydration heating pads. So she had to stand up on my kitchen counter. You could see the nasal problems after a nasal injection.

and inject her foot artery or foot pain. Hi everybody, this is your host Dr. Ed Park at the Recharged Biomedical Podcast and today I'd like to address an interesting topic which is long-term use of stem cell exosomes.

Who am I? I went to Harvard undergrad and for residency in OB-GYN, Columbia for my master's in public health and my MD degree. And I worked in Kaiser for several years prior to going out and prior to practicing OB-GYN.

In 2016, a fan of my telomerase work hired me to consult on using exosomes and stem cells to fight aging. And then about a year later, I heard a neurologist talk who's currently a colleague.

And we decided that we would try, we meaning the royal we, and I injected myself and the rest is history. I will describe that. I also in the course created an online training course.

About 150 people have gone through that. It's a 12 hour online course and we're excited to add to that an autism module. Doctors having tremendous success.

And stay tuned to the end, you'll hear my mother's testimonial and a plug for the book where you can easily learn about exosomes. So I just recap.

Dr. Park's Background and How He Started Using Exosomes

Turns out it's seven years and 709 patients, distinct patients, about 1382 encounters and 3,454 procedures. The numbers are difficult to count. Actually, the procedure sheet shows a little higher.

If you can see on the histogram and the Excel sheet, IV, nasal are most popular. And then digits, a lot goes wrong with the fingers and toes, followed by knees, then shoulders, then miscellaneous muscular ligament, tendon, and fascia.

You know, like golfers, elbow, etc. These are all kind of overlapping categories, but other more obscure things, we do a lot of facial rejuvenation, epidurals for back pain, wrists, penis, spinal, elbow, hair, restoration.

So you can really use it anywhere. Injecting the bone is sometimes helpful. And we could do intraperineal and dental as well. I forgot to mention I saved my tooth.

Oh, and it's very safe. Less than 1% side effects I would, or adverse effects I would estimate. Four people tried to faint on me. One, the infection which could happen with the ejection of any substance into the knee.

Serious herpes reactivation. Three, I think there were two cases of reported zoster, which is herpes. Two, per respiratory infections, meaning I kind of in my mind suspected that they were getting a cold and we did it and now I never do that.

I just stay away. A new injury during the recovery is common. You take away the pain. People think they're Superman or 18, and they do crazy stuff. Persistent tympanostomy, the hole didn't seal on its own.

That only happened one out of eight times. Spinal headache five times. That's a known complication of intraspinal procedures, but I think it happened once with epidural, from the epidural needle.

But no allergies, no anaphylaxis, because they're so anti-inflammatory. So as you'll read about in the book, exosomes are songs of healing. What do I mean by that?

They have proteins, mRNA, but mostly microRNA. And these songs block certain proteins that are blocking the de-differentiation of stem cells. So we think that in your cartilage or your brain, there's always proteins expressed to keep it adult, mature, not immature.

And that when you get the exosomes for a short time, these stem cells can act young and repair, regenerate. Multiply. So the size of scale shows the exosomes are right there.

They're 1,300 diameter cell. They're not cells. They don't have machinery. They don't have self antigens. So your body doesn't know it didn't make these 100 nanometer spheres.

And what's in them, I mentioned. So again, the cells make these exosomes and they're about the size of 100 nanometers, which is invisible, the size of a COVID particle, which is why that's how COVID replicates itself.

Anyway. So if you see that off my shoulder, there's a bag of little bubbles coming out.

Treatment Volume, Safety, and Common Applications

They used to think that was poop until about 20 years ago when someone said, what if we just melt those little tiny poops, see what's in them and lo and behold, the field of exosome science and in fact, cell to cell communication for all plants and animals was born.

Studies will suggest that good things happen when there are good exosomes and bad things happen when there are bad exosomes. So this is really the songs, the music, the cells used to communicate they're isolated above you take the flasks that the cells are in you challenge them somehow and they get stressed and release exosomes and then you filter them out with its tangential flow filtration this is I pose how we heal whether it's a paper cut or recovering from a broken ankle Your body will create inflammation, which is why PRP works, send stem cells and they'll secrete exosomes.

And for a short time, the local stem cells will de-differentiate, copy and repair. And that seems to be the mechanism that we can go into the nitty gritty.

I describe it in the book of TH2 and M2 changes, but you don't really need to know that. All you need to know is that this is how mother nature does it for us.

And now we can do it like a newborn baby. So this is me a couple years ago. My neck is kind of white because someone had just done a fraxel laser on me.

So, you know, if I wanted to look nice, update photos online, I guess I could do this more often. You can use exosomes in conjunction with micro-needling or with any of the ablative lasers.

It works great. So my experience after meeting the people at Chimera was to try some on myself. And the first time I did an IV in 2019, I had about 10 days of non-prodromic bronchitis.

So what does that mean? I didn't get runny nose, fever, headache, body aches, cough. Well, I did get cough, but it was a bronchitis. I think it was re-hauling some of the damage I had done to my lungs.

I had two extremely large bowel movements, which was weird and that doesn't happen anymore. And I had mood and sleep changes for a while. Second time I did was a nasal turbin injection.

And that caused me to have the voluntary pile elections that I described in episode 40. I also did my rotator cuff. Yes, that went away. I can sleep on my side now.

And I haven't done that again. The meniscus was clicking for years and hurting from a maniacal golf session practice. And that went away for good. So far, not good.

I've taken 36 treatments just mainly for cognition. My Achilles has healed up, foot circulation improved after frostbite. Even had an episode of gout, which I described in a blog that happened in Hawaii after a bottle of two buck chuck.

Anyway, I've treated back spasm. I was on my way to Australia to the International Exosome Conference and my back had been spasm from a gym session and I took the IV and it went away.

So patient number two was my mom. Here she is at eight, this is years ago, but she's now 88. And at the end, you'll hear a seven minute video talking about her experiences.

She's gotten 41 treatments and that's included nasal IV, shoulders, fingers, piriformis, which is in the butt, foot, arteries for her foot circulation, epidural a couple of times, facial rejuvenation, sacrum, IT bands, knees, ankles, Achilles, plantar fascia, and the right metacarpal phalange, which she hits the slot machine button with.

So here she is injecting a little extra residual into her wrinkles. So she's a believer. One gentleman who I have been working with for many years, he's gotten about 18 treatments and he goes a high dose, 24 billion per month.

And he's noticed the hair is coming in black. His gardener was teasing him about dying his hair because it was turning dark. And he said, no, no, look at the roots.

The roots are black. The tips are white. So his history is notable for being a lifelong athlete. He had mercury toxin. toxicity from excess tuna ingestion and had a long road of Mad Hatter's disease and chelation and his veins were totally shot.

But this last treatment, last week I treated him and his veins were perfectly fine now, which is interesting.

How Exosomes Work and Why They Matter

We've done his wrinkles, IV every time we do the penis. We've done his knees, his glute medius, elbow, shoulders. So he and mom use it like spackle, as do I.

Whenever there's a problem, we just whack a mullet, hit it with some exosomes. seems to help. The repeated penile injections have that returning to normal function.

And he hadn't had an erection in six years prior to the exosomes, probably because of the mercury toxicity in the nerve damage. So that's interesting.

And then a patient we've been working with last year and a half, Isabella Mikko, she's the guest of podcast 38. And she had had a menopause at age 38.

And in the last year and a half, she's had like 14 out of 18 periods. And so it's really good. And she's very flexible. Her circulation is better. She used to get a headache after baths.

And this picture is from my apartment a year ago. We couldn't get any veins in her upper body despite hydration heating pads, so she had to stand up on my kitchen counter.

You can see the nasal problems after a nasal injection and inject her foot artery or foot vein. So now she feels better. She's dancing with the stars in Poland and she's living her best life.

Also, her dental pain, we injected in that area and that has gotten quite a bit better. We discussed why nasal refreshes the brain. This picture in the top is from mice and it shows that if you just inhale, Which works, it gets somewhat to the brain, but you really need to inject, in my opinion, to get a higher dose.

But nasal is working, it's working for the autistic kids as Dr. Nika Goshen will describe on a future episode. So intranasal exosomes are again, invisible, quite literally, and small enough to penetrate the cribriform plate and track along the nerves.

And even at the International Exocetone Conference, they had an informal poll, how many people think it crosses the blood brain barrier. It's about 50-50 and it depends on the conditions.

So for the providers out there, we teach you how to do the nasal shots. In fact, all the shots are there. in video demonstration and the one sheets that your medical assistant can use to prepare what to lay out.

It's divided right now into 20 units. Dr. Nika Goshen, I think, will be adding three more about autism and how to use exosomes for treating that and his experience thus far.

And so these are the areas we talk about. Does it work? Will I get in trouble? Which brand? How much should I use? What should I charge? So, and then we go into the regions.

knees, shoulders, how to demonstrate and describe all the common pathologies, etc. We talk about the warnings and how to start your practice. So it's really a turnkey kit for those providers out there.

And even if you don't intend to offer it in your practice, I'm sure your loved ones like my mom will appreciate you if you can treat them for whatever ails you.

So this is a Recharge Biomedical Podcast. Usually we interview experts.

Personal Treatment Experiences and Patient Examples

You can see on the top Achina Stein, expert in depression, Joaquin Machado, fascinating about how to stay away from electromagnetic dangers in your devices and home.

We did one about a new treatment slash sure for Alzheimer's symptoms. And we talked about fecal stool transplantation to modify the gut bio. And of course, Isabel and Mikko told us about reverse tear menopause.

Above me is a friend, Dave Asprey, I've known for 20 years. He has gotten, I think, three nasal injections and he likes it every time. So if you'd like to learn more, go to my sub stack, d-r-e-d-p-a-r-k.

and subscribe go to my website learn more and the youtube channel is drpark65 so without further ado we will listen to mom and at the end there'll be a way that you can buy the book to learn more so thanks very much hey we're interviewing one of my oldest patients my second oldest patient i'm the first she's the second meaning she's had almost 30 treatments Say hi mom.

42. So you're 87. 88. Almost in June in next month, right? June. So how many miles a week do you drive? June 11, 88. How many miles do you drive a week?

Oh, one way 78 miles. So 140 times three. Yeah, three times a week. Maybe. That's about 420. That's a lot of driving, mom. What's your hobby? Do you want to tell people?

Well, I try the AI machine. I want to compete the AI. I will study AI, whether I can beat the AI. I'm interested in learning about contemporary techniques.

Okay. In other words, you play the slot machine. Oh, slot machine. Well, you had your biggest jackpot two weeks ago on Mother's Day. What was that? Let me see.

13,737. Okay. 13,737. All right. Good job. So you're winning back your winnings. Okay. How is your mind these days? You're driving a lot so far, so good.

big problems with your mind? No. What I'm getting on feels like it. Feels like you are. Yeah. So you've had about 10 shots in the nose. So you're pretty good at memorizing numbers and stuff.

I think pretty good. Yeah. Yeah. You still know all your bank account numbers and all your passwords. Somehow. So how long do you want to be around living like this?

I don't know. As long as uh you know can and then it's interesting very interesting things are going on and advanced and new development the invention i love it hydrogen power ai machine oh my gosh does a ai machine reach your mind and do Yeah, now we did a good avatar of you, but show us your hands.

You had some rheumatoid arthritis, right? I had rheumatoid arthritis.

Isabella Mico Case Study and Nasal Brain Delivery

How long time? I think it's more than 30, 40 years. Let's see your hands. My hands are bad. Yeah. So do they still hurt like as much? We've ejected all the knuckles twice, right?

Yeah. It hurts, but nowadays it's a little better. A little better. What about your back? You had back surgery. How's the back? Still hurts? Yeah, it hurts, but I get back support belt on it all the time.

So you've done your knees. How are the knees? Oh, knee. That's wonderful. I had one injection as a son eight years ago. My pain's gone away since then.

I'm still good. I still don't feel any bad. Okay. How about the ankles? Ankles, I don't think there's some reason. It's not working right. Uh-huh. But, uh, bad arthritis.

Yeah. And what do you call? Rheumatoid plus, uh, what do you call that? Osteoarthritis. You had your shoulder, remember? We did your shoulder. Oh, one shot.

My pain for the 30 years, the shoulder pain. Remember you got COVID-19 after that? Listen. I had a one shot for the shoulder pain. For the 30 years, it's gone ever, not come back yet.

I couldn't even sleep on that side a long time, but after one shot, it's disappeared. No more. No, no, it doesn't bother me anymore. So, um, how about your cold feet?

You had cold feet. We did the arteries. Oh, cold feet. Yeah. I think I got problem with that. It's coming back. No, I think the problem is, you know, insulin control.

Yeah. So I only know, but it was very cold feet after I got the injected exosome. My feet are warm. I love it. But sometimes, I don't know, maybe Insulin problem or what?

I got tingling, sometimes sharp pain too. So now I'm controlling sugar control. Okay. Well, you're always bio-hacking. So we'll do the nerves again. So other than that, circulation is good.

Do you have a lot of pain in your body right now? Not really. Good. So another 40 treatments, you should be young again.

Training Course, Clinical Use, and Practice Guidance

Now maybe I can live with 200 years. I don't know, see? My brain's okay all right, but you know, I don't know. Yeah, we got some problems with your eyes recently.

I can see good. I can drive well. So in the night time driving, three o'clock, four o'clock, 12 o'clock, no problem. Yeah, that's not a great lifestyle.

But yeah, you had to go for glaucoma surgery recently, but I guess we canceled it because you got the cold. Oh yeah, I'm gonna call my because I got a catch cold.

I don't want to bother coughing. Yeah, okay. So any thoughts about exosomes before we say goodbye? Well, I think it's somehow helping me for my extended life probably and healthy.

It looks healthier, work better, thinking better. And how's your face? We did your face once or twice, right? I think once. Once? Okay. I know you've done mine.

Okay. Well, thanks for all that. I think it's, I don't know, for the future. Maybe it's going to be, I think, much better to have one treatment all the time, but I don't know.

My dietic nerve, two shots gone too.

Mother's Testimonial and Closing Book Promotion

I spent years studying how cells age and why we age and about cell communication. Exosomes are now changing the way we understand cell communication and providing opportunity for us to reverse some of these problems.

Pick up a copy of Exosomes, Songs of Healing and in simple English, I explain how this is working and why this is the future of medicine. go to www.rechargebiomedical.com, subscribe to my sub stack at d-r-e-d-p-a-r-k, and watch my YouTube channel at drpark65.

Thanks so much. 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.