Looking Back at 16 Years, 371 Videos, and Everything I've Learned About Aging Transcript

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Podcast Intro and Episode Theme

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

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

Let's get started. Hi everybody, this is Dr. Ed Park. Welcome to another episode of the Recharged Biomedical Podcast. Today I want to do something a little different.

I wanna talk about creativity. And what prompted this was I've been doing musical improv and two of my favorites I rewatched one of their sets and I thought, how can people do this?

They're so creative. It made me think a lot about themes of channeling, synchronicity, just kind of learning some of the crafts so that the message can come through.

So on the slide we see here, something that came out this week, scientists found that regular cells can become stem-like when they're injured. And I've been saying for years without really a lot of evidence other than some specific microRNA that behaviors can become more stem-like and I think that this validates that theory.

So in life, as in many things, sometimes you have to wait for your hunch or your intuition to be validated and it comes through a different source, I dare say.

So if you're gonna get bored, then skip to the end. I really want you to know the last 60 podcasts, most of which are with experts on really interesting topics.

We've done, as I'll show you, if stick to end, so many interesting topic from psychedelics to meditation, ADHD, autism, mold toxicity, EMF poisoning, stuff that it's not me channeling, I'm interviewing guests and I think it is very, very useful.

So I don't know how long this will run, but hopefully you won't be too bored. And the reason I'm doing this, I had the other night, 373 videos I've created over the years, and I wanted to kind of catalog for you what the journey has been about and what's been channeled through me.

Creativity, Synchronicity, and Early Telomere Work

So as many of you know, 2005-ish, some of that around there, my dad was diagnosed with brain cancer and he would succumb within two years. But it set me into a midlife crisis.

So I decided I'd already kind of done what I could do with OBGYN and I wanted to learn how to be a screenwriter to kind do more interesting and scaled things.

So, I learned the craft. I wrote screenplays. Came out of one Houston Film Festival award-winning one about Hypatia of Alexandria. Anyway, so I started to get Telomeres Activator on 777. That was the day that TA Sciences released it.

Three months later, I had lost a bunch of visceral fat, which remains gone. And I started to think, wow, this is really amazing. Like the premise and my dad's illness made me think why do people age?

I came up with this theory of telomeres, even wrote a graphic novel about it. Partially about that, also about brain computer interface, consciousness transfer and cloning and cross species symbiogenesis.

You've probably lost, you're probably tuning out, but if you are into this, some people say, Dr. Park, I'm such a fan. I've seen all your videos. We shall see if we really know the whole story behind this story.

So 2007, that was the 19th person to take TA65. Lost the weight, started using it, starting recommending it. Started selling it and sold a bunch. And the first video I did was related to that, progerias and premature aging.

So I just, as a beginner, took the beginner mindset and this very brief video, maybe 10 minutes, explains what premature ageing looks like, what causes it.

And I think the purest model of all those is dyskeratosis congenita, which is a flaw in one of the three elements you need for telomeres activity. Then in 2009, this is all 2010, I started posting In 2009, they won the Nobel Prize, three scientists, for the discovery of that enzyme, which, interestingly enough, I've spoken with Alavnikov, who hypothesized the existence of this long before, based on the knowledge that there was a Hayflick limit.

The mechanical copying of DNA shortens it by 50 to 100 base pairs per replication. So there's got to be a mechanism. This guy knew this decades earlier and then they found it in the 80s and got a Nobel Prize in 2000 and long story short.

So these videos kind of go through that. You can see chromosomal damage is the mechanism which I'm suggesting is at the heart of most diseases and barring a term from Joseph Campbell, it's one disease with many faces.

A hero with a thousand faces was interviewed by local TV, CBS, NBC, also Telemundo. That was fun. Speaking my Spanish, there's a patient talking about his experience with TA65, and at the time I was doing biomarker testing, which we no longer do because it's a hassle, but there's How Stress Kills and a picture of Alyssa Epple, one of the collaborators with Greider, Shostak and Blackburn.

She has been doing a lot of kind of soft science research on stress and telomeres and And again, another Spanish interview and then begins the series of telomerase-based videos.

My first was this lovely patient who had had a remarkable remission of her cancer whilst taking TA65. That was the very first telomere-themed podcast.

So you know, there were a lot of videos. Some of these have been taken down for YouTube. I used to put songs that were thematically relevant, so some of them have suppressed and reposted.

But you have thousands of views over the years. Quite prolific during this time. Interviewed expert Miki Shima. We talked about short telomere lengths.

There was a great testing that. Small cell lung cancer, another amazing remission case. Again, and this is something I don't recommend necessarily, taking TA65 when you have cancer.

But nevertheless, interesting anecdotes. One on HGH, again, me theorizing about aging in 2011. We kept on doing stuff with macular degeneration, spinal disc regeneration.

Sleep was a very good episode talking about the architecture of sleep. There's a survey on TA65. The 11th podcast was about The Immune System, which is indeed the driving mechanism of aging.

And it used Jack LeLane's cold, who took him as an example. More recently, we've had this Dutch lady with only two T-cell variants, whereas you should have like 10,000. showing that stem cell depletion in the immune system is a fundamental driver of mortality.

Number 12 addresses why TA65 does not cause cancer, and we took on the topic of obesity, sexual health, psoriasis, cholesterol, depression, Here was a re-posting of the nurse with the brain cancer metastasis who got better.

Telomere Science, Aging Theory, and Early Podcasts

Talked about TA65 and dogs with my good friend Cathy's dog Lulu. And then also we explored hypertension which is actually an adaptation to stiff arteries as I wrote about in a later book.

Interviewed on this show by William Shatner. We had a hepatitis one, again breaking down the mechanism of how TA65 works through which pathways. That was very interesting.

And then moving along, we're in the year 2011 still, we talked about twins, which brought on the subject how identical twins aged very differently. Although they did point out interesting hair growth, I occasionally get very long hair on arm hair as well, or somewhere in the body, a strange phenomenon, undoubtedly related to telomeres activation.

We got to sports injury, Parkinson's, colds and flus, cancer, generally. And then addictions was a good one. The nature of rumination, past trauma. ego and that ties into a later one we did about psychedelic assisted therapy uh we used to go to comic cons this is a wonder con thing my little son there is announcing the raffle ticket winner for an ipad pmr has been very popular see 22 000 views i think out there there have been people who have this TA-65 for PMR.

Then we got into Lyme. Brain cancer, one of my best friend's father had taken TA65 and his brain cancer cleared actually. Ironically, he died of curable prostate cancer because even though the Kaiser neurosurgeon said he's totally clear in his brains, they didn't believe him and they gave him alternative toxic therapy and he die of the complications from prostate treatment.

another Wonder Con raffle, and then arthritis we talked about in the 30th episode. This was before all the hullabaloo about Trump, but we did talk about hair loss and graying.

And then in 2012, I was asked to speak at the conference, Age Management Medicine Group, And gave a lecture about my new theory of aging based on telomeres.

and I recreated that one. 32 was multiple sclerosis. 33, frequently asked questions about the supplement. 34, skin health, and that was with Deb, our lovely patient in San Francisco who was a big fan of exosomes as well initially.

And I just had lunch with one of our colleagues and I asked her, why do you like taking exasomes? She says, I feel like a superhero, feel so energized.

I remember Deb used to send me a little GIF of the Supergirl after every treatment because she felt it in her. In 35, we talked about circadian rhythm, 36, AIDS, and AIDS and aging are basically the same disease.

It's depletion, dysfunction of the immune system, which is why we get the association with cancer, chronic disease, TBI was visited in 39 and then dreams again, diabetes, female fertility.

I went to Vienna a couple of years ago to go to the Exisome Conference, and I just missed meeting this lady. In her 40s, she was having a lot of stress, under 100 pounds, yoga instructor.

And she took the TX-5 and indeed got pregnant, not once, but twice. Now, her kids must be about 12 and 14 years old, so interesting that it can help in that regard.

Number 42 was a stem cell theory of aging lecture. Talked about fibromyalgia and the voice. I'm not a good singer, but definitely it's an interesting thing, the Voice.

And I hope to become a better singer so I take more musical theater improv classes. So 45 was constipation. Then we go to these A4M anti-aging conferences.

This group interviewed me for iHealthTube and topics that were covered were telomere lang sleep, immune aging, just a series of little short videos, stem cell theory of aging.

Another wonder con drawing, why it's better than HGH, Why there may be no maximum lifespan. I still believe that. My son is hoping to save up money for stem cell banking.

So if you have a child, you should probably bank the placenta because in the future, the ability to extract stem cells for new parts is going to be trivial.

And the important thing in stem sales is that they do have major histocompatibility antigens, so you reject other people's stem cells. They don't work for as long or as well.

But given what I've learned from these stem cell scientists, the ability to, you know, slice off a piece 30 years from now and regrow whatever they want is going to be quite trivial.

Because right now they do it through de-differentiation, not like the kind we talked about, maybe one or two steps back in cartilage or in the retina, Now the induced pluripotency is all the rage, right?

So the Yamanaka factors. And interestingly, the vendors at these conferences have cookbooks. They know exactly what genes or chemicals to make. Every single cell type is really quite remarkable.

So moving along, we had a reposting on bone health. Why statins are probably not good. Measuring telomeres is a few of these videos, and I think it's important to understand that.

It's a very difficult thing to measure and there are many years I sent the same blood to three different vendors, sometimes four, and the results varied quite a bit for reasons which are explored.

So this is about the time that my book came out. First one, Teal and Red Time Bombs. self-published not something i would recommend actually no you can do it there's a lot of unknown unknowns like the ability to print and color and i think it was pretty well received it's in layman's language so stuff that people should understand not everyone was a fan but Anyway, 2012, I also addressed doctors at the A4M, the bigger conference on anti-aging, and that was my stem cell theory of aging.

Oh, this is about the time I got to know Soledad Mejia, who was 112 years old, eventually made it to 114, she really enjoyed the TA65 as well. She jokes around very funny.

I think laughter is literally the best medicine. And she actually grew hundreds of black hairs, which you can see in that video, So I started doing little interviews of experts that I'd meet at the conferences.

One was this lovely Allie Berman, and she was talking about art as a mechanism to heal the brain. Terry Hotog has been for decades an expert in hormone replacement.

Jan Landa, a sexpert. And then this time I decided to create my own brand of telomeres activator based on the Likely molecule that was in TA65, that company ran for eight years.

I want to say it was ostensibly a non-profit, but it did some good. It allowed some people to purchase the compound at a lower price. So the next year, iHealth2 folks in 2014 talked to me about what the maximum lifespan is.

We talked about T65, world population, regulations around stem cells. we talked everyone having cancer and how to reverse aging. And then in 2014, my buddy Ed Griffin, who wrote The Creature from Jekyll Island about the establishment of the Federal Reserve, very cinematic book actually, interviewed me about The Science of Age Reversal.

Expanding Topics: Immune Aging, Disease, and Conferences

So we talk about telomerase inhibitors, and that's actually a debate I declined to have many years ago, probably 2008, when I met Aubrey DeGray at their SENS conference at UCLA.

They asked me to do an open debate on telomeres activation versus inhibition and I declined because, well, you know what they say about arguing with people.

Anyway. Here's a good friend of ours, Carl, who does real fantasy baseball, and he talks about his changes in his blood pressure, his energy as a result.

So, we're in 2015 now. Norm Shealy, a beautiful man who died a couple years ago, came up to my booth and said, I go, what are you doing here? And he goes, I think I was guided to talk to you.

Again, talking about synchronicity, a lovely man, honorary shaman of one of the Native American First Nations and the inventor of The Electrical Stimulator.

What do they call that? Yeah, it's the electric thing that you use for rehab that stimulates the muscles. So he invented that. Here's Sandy Chang, who talks about telomere length.

Dr. Dave, my buddy, who is an early adopter of T65, talks about his theory of cancer. We interviewed Alex Zhavronkov, whose made a great deal of money selling the idea that a computer or predictive program can understand a small molecule, even biologics, and you can craft diseases.

So we talk about sinus mold infection, which echoes many years Later, I do an interview with Greg Gubby. He talks about sinus mold, which is a thing. Norm Shealy, Sandy Chang again.

And then we talk about adaptogens. So this is one of the challenging times also in my life. I talk in both books about how my experience with and expertise with IUDs and the local practice led the American manufacturers to a sting operation and my hospital privileges and OB were lost.

Or actually relinquished. I've never been disciplined because I never did any bad medicine. But anyway, that kind of led to an all-in situation with the telomeres activation.

And so here's a Lokahi guru that was the name of my company making the Telomere's activator with a lot of ashwagandha, holy basil, and some Ayurvedic stuff in there.

Spinal cord injury recovery, That was an interesting one. We talked with Christian Bates, a suppler manufacturer. Crostate cancer was one of the last.

Then I did this sort of cool video about telomeres being the ultimate biomarker set in many locations around orange county there's another video with carl the baseball player and then interesting person i met at radfest which i used to go to this is zoltan istvan the transhumanist presidential candidate for 2016 we talk about what that is So here's the hot water we got into.

The Federal Trade Commission decided that advertising and telomerase activity, despite the proven activation of telomeres through the experiments and through patent filing, was an infringement.

So they went after the friends of the company, me being major vendor or distributor and podcast creator, YouTube content creator. And so they sued me.

And I think by the virtue of maybe a few dozen of my friends who watched the videos and followed the work, they sent letters to the FTC and somehow I got dropped from that, which is amazing.

But I really, it was to a point where a lovely patient of mine actually gave me like $5,000 to help pay these lawyers.

My lawyer was allegedly a fan, but not enough to not charge me a bunch of money.

So luckily that case was eventually dropped. Anyway, Tiger Woods here, somebody I've met who I strongly suspect took TA65 after meeting me and become Player of the Year that year.

He was a member of our golf course, but we talk about Achilles injuries. Gene therapy, here's a very popular one. 10,000 views talking to Liz Parrish about gene therapy.

Falastatin, and I think they put the telomerase gene into her and allegedly she got younger. She's interviewed twice in these. Mike Fossil, one of the original architects of anti-aging from three decades ago, also endorsed my book.

He's interviewed. Omcoblot tests, interesting one from 12 years or 11 years ago. A company used to have an early cancer detection test, right? And unfortunately, many people that they detected cancer in had pathologists who couldn't find it and hence lawsuits.

and that kind of thing ensued, putting them out of business. So raises the question of early detection, is it good? Is it clinically relevant? And I've said for years, and I say it again, in this book, people have cancer and they get rid of it all the time, either from self suicide, immune surveillance.

And so it's important to realize that early detections is a Faustian bargain. Okay, so this addictions was reposted, my buddy, Marty talking about vegetarianism.

And here's a recreation of a lecture I did, One Disease with Many Faces. Starting to get a little bored with even my own content, but good content nonetheless.

So I like interviewing other people. I guess it was foreseen that I would be a podcaster. Here's somebody of mine who talks about testosterone blockers, plasticizers.

Florence Komite has interviewed Bill Andrews. Interesting things to say. My buddy and first doctor who treated me for the patent protocol is here, Joe Raphael, talking about CMB as the engine that grinds down your immune system.

Steve Matlin had a good test. I recommended, and he did not take my advice, that they keep the critically short telomere measurement, which they had in histogram, but he said the doctors didn't like it because it was too complicated.

Perlmutter is the thought leader on leaky gut, something I didn't believe until I had a patient with remarkable reversal of his leakey gut. But yeah, it's a very real thing.

And he has made a career out of that, Dave Perlemuter. Dan Purser talking about fibromyalgia and a new idea. Aubrey DeGray is a guy. Dave Asprey and I talked about his work.

Chef Thomas Reyes, great guy, made an amazing original film about food, which was Very interesting. At RADFest, we went to see Jeff Life. He loves taking his shirt off and talking about how great everything is.

Cal Ha- Cycle Ostrigenal, Cal Harley was the original Geron scientist involved with the patent filings. A very interesting guy. Jim Carrey, a little thing, The Power of Gratitude.

Oh, Lily Tomlin became a patient around this time. She endorsed my second non-fiction, the Tea Lemon Miracle. This was commissioned by Hay House, and it's very, interesting stuff.

I couldn't tell you what's in it, but it was really well done and beautifully illustrated by my friend in Australia, Cecilia Snaith. And so we go into very important ways that you can, without any money, hack the six cylinders of health, you know, sleep, supplements, exercise, thoughts, breathing, and etc.

So very interesting book, which not many people have read, sadly. All right, so then we talked to Peter Voss. This is when I learned about artificial general intelligence.

We got to play with his I go and I think the last four years have really challenged what I got from him, which is the very notion of generality cannot be built on a large language model prediction.

And I don't think that that is necessarily true, given these very complicated discussions I've been having with AI. I met Antonia many years, 2012-ish.

She's my friend who happens to be a shaman, helps women with fertility issues. Here's a follow-up with Liz Parrish, here's an interview with Mike Rose, a UCLA biology guy.

Lauren Sanford was my yoga instructor at Core Power, and she gives a really interesting interview. Viraja talks about love. Doug, my sci-fi movie buddy, is an elite runner at the age of 84 now.

And we talk to him, Irina Jadev. Oh, this is a gentleman I met at these, I've been to about seven Renaissance weekends, these ideas festivals. and Stefan and Alexander and I wax about cosmology and gravity waves and whatnot.

Here's a lecture I did at a weird sort of sci-fi alien disclosure five dimension, but I called it aging in five dimensions. And that actually, that metaphor has stuck.

Two versions of the lectures I gave there, a conversation with Brett and Allie in 2019 about crypto. In fact, crypto has been quite influential on the culture in some ways.

cryptocurrency. And then we launched into the exosome era as I started taking TA, excuse me, exasomes, healed my meniscus tear, my Achilles sprain and my rotator cuff.

So I began to treat patients, friends and family. And while we were in a hike in Kauai, my sons and a friend said, dad, you're too old to go hiking with in the Grand Canyon.

So I sat home and I scripted out nine of these foundational lectures, which was also a good use of time. And so these nine are really probably not, well, YouTube didn't destroy them because they have cool music at the beginning and end, but it just nine core topics, which consists of what are exosomes, what is aging, What's parabiosis?

In other words, how does young blood make older organisms?

Exosomes Era and Clinical Applications

When you sow animals together, one gets older, the other one it's younger. We talk about cancer, regenerative joints, comparing brands, the FDA and regulation, The risks, and my particular approach to exosomes.

So those are really interesting and long-form videos. Carl Gitelman back in the batter's box in 2019. And then some more interesting interviews at Nexosome Conference.

We talked to Mike Fossil, founder of Chimera Labs, the first to market 10 years ago. Clem Lee, Doug revisits us, living, not yet living in Hawaii. My son was a boarding student there.

I did a lecture at the Royal Hawaiian for a little over a hundred people. Another one at The University of Hawaii the next year. And then enter the 2000s with these exesome webinars.

So we've kind of pivoted off telomeres. First one was, of course, what are exosomes? Then back pain, shoulders, knees, gout, hips. pretty prolific in this almost once a week phase.

Tendons, menopause, leaky gut, amazing case of that Hungarian gentleman whose appearance his veins, his eczema, diarrhea all went away very quickly. And stasis and dermatitis.

So this was when I was living in Hawaii. My son didn't want to be a boarding student. He wanted to a day student so I moved to Hawaii And we did nerve regeneration, stroke rehab, dental problems, erectile dysfunction.

Deb chimes in about her skin health and knees. I frequently ask questions, acne, tinnitus, face blindness, vision, hair loss, auto-immunity, aging, what are stem cells, comparing exosomes, repeat injections, best cases, unhappy patients.

That was really a good episode, why people aren't happy. Science of exasomes in case you missed it. Injection techniques which would eventually morph into our online training course stem cells versus exosomes ask me anything What's in an exasome and then sadly my friend died four years ago?

Pancreatic cancer so I did this long-form video all the friends and family submitted Vignettes and we even spliced in her original songs that she had created That was 2022, four years ago.

So here I am back at A4M giving a lecture in 2022 about the clinical use of exosomes. And it was in this year I created the master class for online training.

It's been expanding to include autism spectrum diseases now, but on it you have all your forms. Pre-care, after-care, consents, histories. We have the procedures all step-by-step, supplies needed, and we have video demonstrations.

And we go through in 20 modules how to get comfortable using exosomes. I gave a fun lecture. What was it? Two years ago, only two years, ago at our colleague's clinic and her symposium, I used movie trivia as the vehicle for explaining what exo-somes were.

And then came this other self-published exosomes songs of healing two years ago. So that is a really interesting look at aging. In fact, the endorsement on the cover of my buddy, Vince Giappoppa, a superb review of the major systems involved in the human aging process.

So last week, our patient Dave Asprey went down to RMI in Costa Rica, Regenerative Medicine Institute, and he received transcranial ultrasound to heat up the areas in the pineal gland and hypothalamus, I think, then was given exosomes to help rejuvenate his brain.

Dave has been a patient for a couple years now, as has the owner of the clinic Vince. And my son and I actually went down there last summer on a six-week trip.

One of our stops was Costa Rica. We were able to give a lecture to the 20-something staff in Costa Rican on exosomes in the Spanish language. This one from 2024, quantifying exosomes.

Very important to understand you cannot quantify exostomes, they are literally invisible. And that's something that people have a hard time grasping, right?

So how can you measure something if you're interested? Watch the video. Another video I recorded explains it as well. All right, so now we're… getting towards the end of this telomere, I'm sorry, exosome phase 2024. Our exomes of panacea, that's a cute like four minute video.

Are they safe? And then I started going out to conferences. So this is the extracellular vesicle conference in Melbourne, a summarizer of that. Oh, here's a rebroadcast of the movie Trivia Quiz.

And then in 24, I went to my colleague's conference on pediatrics and I learned so much about chronic illness. I saw that there was a Venn diagram overlapping with immune dysfunction and what would soon become like long COVID as well.

So we get into, in the Recharged By Medical podcast, we find answers for people who are struggling with kind of abandoned diseases, right? That was kind of the prime driver.

I don't know enough about gut dysbiosis, about autism, mold, Lyme. So why don' we broaden that for the audience? And if you've made this far, we're about to hit that list of Recharged Biomedical Podcasts.

Interestingly, at this time, it's been five years since I took a shot to my nose. I was a little, you know, scared. So I did it. I got so productive. Every week I do a new provider webinar from scratch and my brain got really, really sharp and I'm just so.

Productive. We did IV, nasal, knees, hips, back, shoulders. And then on December 6th, I had an apartment fire. Apparently my landlord. felt no one needed to know about these stoves that if you bump into they'll ignite anything on or near the stove.

Third time in our building and so the entire apartment went up in flames and it was bad. So I decided with my poor judgment to sleep in the city apartment.

for two nights trying to mitigate some of the soot. Totally ridiculous choice on my part. As a result, I went to our family vacation in Australia, Bali, and Taipei and I lost my phone.

I messed up my passport. And I had to fly back to LA, to Taiwan. Lost my computer, my jewelry. My brain was messed-up. I had to take another shot, and oddly enough, the second shot got me back.

I went from seven to 14 languages on Duolingo. So that resource is there for you. After attending an ISCA event, Stemcell something something in Dubai, I met Adil Khan, met the founders, they liked what I was saying.

And they invited me to go Cancun. So in February of 25, we went to CanCun and, you know, gave a couple lectures, what are exosomes and how to use them clinically in Spanish.

And those lectures are recreated there. So I decided, hey, with my increased brain power, why don't we launch a podcast? So number one, I talk about TS65.

Then number two, Christine Schafter talks about energy healing and quantum. And all these I haven't really archived, but I always ask them three questions.

Who would you interview? What would get rid of? And how do you want to be remembered? And so, you know, I archive these 371 videos, but I haven't archived those.

Hopefully YouTube won't go down anytime soon. Our third was Loretta Gold, who does psychedelic assisted therapy. Fourth was my buddy from Cancun, Scott Martin, who reps for another exosome company.

And we kind of trade barbs and talk about that. Five is another telomere one with Joe Raphael, the original patent protocol doctor. Six is a lovely lady and lecturer I met in Cancon, Darcy DeFede, Who has real, real experience building out stem cell clinics and labs.

So she gives us the nitty gritty about population doublings and whatnot. And then just scrolling through, seven was Dave Asprey talking about meditation and his new book on that topic.

Eight, Duncan Ross, the founder of Chimera, talks about his quality process. Nine, Greg Govett, somebody I met at a stem cell conference, former president of environmental toxin society.

Talks about mold. Tori Smith, somebody I met at the rena- not Renaissance, the Abundance Festival, The $25,000 Peter Diamandis Venture Capital, yada yad.

Interesting stuff. I didn't attend or want to attend the autonomous killing drones by Andrew O founder Palmer Lucky,

but there were the CEO of Claude or anthropic was there.

Google's AI guy was their auto history talks. So Tori Smith invented and swallow the pill on stage and we got to see inside of his stomach and intestines.

Cool stuff. Eleven lovely Dr. Atusa. She talks about yoga and Arya Veda. Adam Bender, another friend I met who lectures and creates about, creates peptides.

I've met him in Cancun. Sabine Hazan, just testified in front of Congress last month. And she's an expert in gut dysbiosis. So she'll describe that. A biohacker conference, I'm at Nadej who talks sex and shame and pleasure.

Kim Ressler, also a vendor who As a company, a mom and pop company but they can do genetic testing on your polymorphisms and tell you which genes are lacking and craft a monthly supplement for you for a very low price.

Recent Podcasts, Training, and Closing Remarks

Jody Repco has a severely non-verbal autistic son and she talks about her success. She really didn't mention success, she was a little scared to talk about that, but she has treated quite a few people for autism spectrum diseases over the years and one of the people that came through our online training course.

Jill Christa, amazing almost witch, She has encyclopedic knowledge of natural healing herbs and we go into depth about treating mycotoxin, etc. lovely lady I met talks about using acupuncture needles for the ear to help with anxiety and addictive behavior.

Another expert in gut brain is Shaina Keha and she has a company that sells ultra good poop to you to reconstitute you from gut dysbiosis. Number 20 was talking about back pain, interesting testimonial.

21 was therapeutic total plasma exchange. Hot topic. Something that Asprey did last week in Costa Rica before getting the Leifu and the exosomes. Here we are with Alisa Song, the thought leader in childhood chronic diseases, autism.

She even talks about homeopathy. In 23, I did a solo about comparing products. 24 is the world's expert on hair restoration, Alan Bauman. 25, facial rejuvenation by me.

26, my buddy in Hawaii, who's only a carnivore, and he's a 55-year-old shortboard surfer, talks about his H-bot experiences. And 27, just recycled the movie trivia, because I thought it was fun.

28 is depression. Achina Stein talks to us about that. EMF poisoning. This autodidact Juan Machado I met at Abundance, he gives a very interesting and detailed lecture about best practice to avoid getting damaged by your devices.

30 is me talking about nerve damage. 31 is PANS, PANDAS, a little-known disease caused by strep toxins. which can cause sudden behavior changes in children.

We go to revisit TA65 in episode 33, gut health also, and then 34 is dreams, neurogenesis, 35 is knees. 36 is this new FDA-approved treatment for certain types of Alzheimer's, mainly with Galactin 3 presence.

37, one of the universal, not everyone loves, but you hear good things, zeolite, which is a gut binder of toxins. 38, one of the patients and actors, writers, Isabella Miko, she just finished three months of Dancing with the Stars in Poland.

She had an eight-year menopause which reversed by taking 14 months with high-dose exosomes. So we go into that with her and again re-broadcast old podcasts on twins.

46 was biological dentistry. This doctor breaks down why root canal, certain kinds of fillings are not good. Very

important topic. 47, I talk about shoulder pain.

48, we've got an expert in Lyme disease, Eric Gordon. And we also talked about alpha-gal, which is meat allergies that's rising up in this country now.

49 is the Dr. Nick Agoshen, another doctor with severe, severely non-verbally affected autistic son. And he's what he claims approaching 100% success using X cells for autism.

He'll be lecturing at the Integrative Mental Health Conference this fall in San Diego, if you can watch him there. 50 is recycled repeat exosomes. 51 is glyphosate exposure with world authority and thought leader Michelle Pero, talking about GMO foods.

52, me talking stem cells. And 53, no one can measure. 54, recycling that 11-year one. 55 is… Very interesting, Dr. Annamarie Frank talks about ADHD and why your brain is not broken.

56 is thyroid disease. We talk about all the range of thyroid diseases. 57, someone I met at a stem cell conference in Las Vegas, which I've lectured at in the past, Cell Surgical Network.

This is Dr Heider Shah, very interesting guy, talks mu cells. 58 is another ADHD, but she has a different take on it thinking that ADHD is from rejection-sensitive dysphoria.

So that's it. Sorry it went so long. I just wanted to make you aware that we're doing some very important and interesting interviews in the podcast. And so if we look back on, again, when I read screenplays I've written, you know, I don't even remember how I wrote them.

It just comes through you. And I think a lot of this, the people I meet, that people that interview for you, it's just synchronicity and it just meant to be.

Does it come down in a form that's perfect for everyone? Perhaps not. But then what is? So we're here 16 years on YouTube. I know we have, uh, 10,000 views this month.

We're gaining subscribers for almost to the 5, 000 mark. So spread the word. There's something for everyone. Again, I am not the expert in everything, but I just try and channel what I can channel.

And someday when most, if not all content is AI, we'll look back on these as the glory days of original quirky and dumb luck. but yeah, that's the over, as they say.

So if you have any questions, I really doubt anybody out there has seen all of them except for myself, but there's kind of a layout of the work I've done.

Yeah, so thanks everybody. If you like this content, if even made it this far, you might as well hit a thumbs up, like and subscribe, and please tune in for our next episode of The Recharged Biomechanical Podcast.

I think the next one is gonna be yeah next week as always so thanks everybody sorry for the rambling and uh thanks for your attention bye many clinicians are getting interested in exosome therapy and they hesitate for good reason questions like does this work what forms do i need how much should i charge how do I stay out of trouble all these questions are addressed in my online course that's why I created to help you get started The online course is your permanent turnkey resource to get started either treating yourself, friends and family, or to expand your practice and help more people, as well as increase your revenue.

Thanks for tuning into the Recharge Biomedical Podcast. If today's episode got you thinking, you'll love my book, Exosomes, Songs of Healing. It's packed with cool analogies, full color illustrations, and all the science you need to understand how exosome 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.