Stem Cell-Derived Exosomes: A Revolutionary Approach To Cardiac And Brain Recovery Transcript

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Summit Introduction and Event Overview

Hey, everyone. Doctor Eric Linsky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event.

There's been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, hard, healthy life. This is information your doctor will not be telling you about, so please clear away distractions and get ready to take lots of notes.

No joke, you will not find this collection of practical, natural solutions anywhere else online. From avoiding hidden toxins in your home that are currently damaging your heart to easy natural product swaps, to simple lifestyle habit changes that you can make today, each expert will empower you with simple, money saving tips that put your heart health back in your hands.

And remember to keep this life transforming information at your fingertips. Be sure to pick up a copy of the summit recordings and bonus materials for ongoing support in your journey to enjoy a long, hard, healthy, abundant life.

And today, I'm thrilled to introduce you to a new friend of mine, Doctor Jeff Gross. Doctor gross is a distinguished neurosurgeon and pioneer in regenerative medicine with a lifelong commitment to patient care and innovation.

Growing up in small town Ohio, he earned a prestigious NIH research position in high school and became one of the youngest published medical researchers ever.

He chose UC Berkeley, studying under Nobel Prize winning professors and conducting groundbreaking biochemistry research. After earning his medical degree at George Washington University, Doctor Gross trained at top trauma centers and completed a prestigious fellowship in spinal biomechanics.

His prolific research spans neuroscience, artificial intelligence, and stem cell medicine, including widely cited work on brain tissue optics in his Las Vegas practice.

Currently. Doctor gross has treated thousands of patients achieving a 95 success rate in avoiding surgery through innovative alternatives like stem cell therapy.

He's a sought after speaker, author and global consultant for anti-aging and biohacking. You can learn more at risk, celebrate.com and get ready. You're going to enjoy this conversation.

Well, Doctor Jeff, thank you so much my friend. It is a pleasure. We're we're neighbors kind of, Michigan, Ohio, small town. It was great getting to know you and your story a little bit more before the interview.

By the way, folks, this is one of the best things about this meeting, people. The pre-interview, chats are usually gold, and it's a sweet. So, just falling in love with this man.

Just great heart, great mission, great purpose. And you are in for a treat. So, doc, thanks so much for joining us.

Introducing Dr. Jeff Gross

Thank you. Absolutely, doctor. It's nice to meet you. I've known about you for a long time, and it's my honor. And pleasure to be here and share something that I hope if it just helps, one person will make a difference.

Well, I'm going to be bold enough to say that you're going to help a lot more than one person. Folks. Just just just take a minute and clear away distractions.

You're going to want to pay attention to this. This is cutting edge information. This is stuff that, I don't hear a lot about. And for people that are speaking of it, they quite frankly don't have the expertise that Doctor Jeff has.

So having a true expert on a topic like this is absolutely gold. Thank God for, for for the concept of telemedicine and getting people like, hey, you're in front of the doctor right here.

So let's just kind of get right into it. Doc, we're going to be talking about stem cell derived exosomes. Like that is a mouthful for some people. Like what are stem cells.

What are exosomes. What are we here for? I'm just going to ask with the starting question. Like in your opinion, what is this cutting edge of regenerative medicine in the context of heart health?

Where are we going right now with this? Well, you know, we all we've all heard the phrase stem cells, right? It's very sexy. It's it's, you know, this, this healing, you know, thing that we can use.

And, you know, you think about stem cells are what are they? So, you know, we're we're when we're inseminated egg and we become an embryo, those are all stem cells.

And those stem cells develop into a fetus. And that baby is born. And that baby grows, and stem cells have something to do with that growth and development.

And then when you're an adult, stem cells are still part of you. They help you repair and replace and maintain. But as you get older and as you accumulate exposure to things in the world, we're not supposed to be exposed to things in our food and the electromagnetic waves.

Maybe stress, neuro stress, bad thoughts, what have you. All those things impact your cells adversely, causing you to degenerate, causing you to have chronic inflammation and age.

And even our stem cells are impacted by that, and they don't work as well. And the whole basis of stem cell therapy, or what we call regenerative medicine, is learning from that and strategically using it to help someone with a problem like a problem involving the heart or the brain recovering from, let's say, a heart attack, damage to the heart, or recovering from a stroke.

Damage to the brain where there is a repair process. And if your stem cells are not as youthful and regenerative, you may need some help. And that's where stem cell and stem cell derived, signaling factors called exosomes come in.

Explain what those are for people. So interesting. So the studies show that if you give someone some, stem cells, let's say we have some beautiful young stem cells and we give them to someone intravenous, put it in their vein, let it course throughout their body.

Those stem cells are gone in 10 to 14 days. But the benefits can last months, if not even permanently. So what's going on if the stem cells are gone? How did that happen?

And the reason is those stem cells are actually delivering signaling molecules in small packages, small out bubbling of a of a cell called an extracellular vesicle vesicles like a little bubble for short.

We call those exosomes. All cells make exosomes, but the ones from stem cells carry a regenerative reparative message in a youthful way.

What Stem Cells and Exosomes Are

So our cells then take in these messages and our cells do the work. It's sort of waking them up, activating them, regenerating their activities, influencing what they're doing and taking them from a chronic inflammation where they're fighting in a defense mode against the world's forces, put them in and putting them in an optimal, functioning reparative mode to help heal and repair, which is why they're very useful in, you know, helping someone recover from, some kind of insult to the heart, to the brain and other tissues.

I would like to spend a minute, as a Christian, there are a lot of concerns regarding natural therapies, alternative therapy specifically. And some and stem cells come up.

And there's been there's a wide range of discussion on stem cells about the sourcing of the stem cells. Right. Embryonic stem cells, obviously, I think is the main thing.

So can you kind of unpack a little bit, the stigma why they're so popular, like, kind of like get us up because we, it's a, it's a buzz word. Right? But it's like when I hear it, some people will automatically like, oh, I, I don't want to kill babies like, that's some people's preconceived notions.

Like, we're not we're not talking this. I don't know where that comes from. But we should dispel that myth in others because, it's out there. So the the source of stems, there are different kinds of stem cells.

The ones that are making a baby are called embryonic, like you said. And the embryonic ones we're not currently using for therapeutic purposes, although they're involved in research in other places, and they don't necessarily get them from a fetus, they get them from the umbilical cord after a baby is born.

And congratulations, mom, a blessing. Here's your child. Hey, we were going to throw away this placenta umbilical cord, amniotic fluid, all this, you know, these birth products or, you know, after birth products.

Can we have them? Because what used to be medical trash is now a medical treasure. So that's really the source in the US. Yeah. And then some of those are, you know, used just off the shelf just as they are.

Go on ice. They get tested, screened, and they get to us. Some of them go into petri dishes and allowed to divide and flourish. Those those are the main sources.

I'm not aware of any, you know, immoral or unethical, you know, baby harvesting and all that that you hear, you hear about in popular press. I think that is a disinformation propaganda piece that Big Pharma is putting out there.

Wow. I mean, there's and there's, you know, in our world, we give you know, we're part of a very strong home birth network in Atlanta. And there's a lot that you could do with even harvesting, cord blood and, and what you could do with the placenta and other things that could be used for a variety of reasons.

So, it's good to dispel that myth and that concern. And I know there's a rise in interest in plant stem cell therapies, too. I mean, that's significant.

So, you know, other than the ethical issue, what other myths out there are there that, that we could uncover regarding stem cell therapies? Maybe specifically in the US or globally?

Well, I think in the US people think it's, you know, illegal, but it's not. There are stem cell clinics in, in almost every major metropolitan area and growing.

This is a very, you know, robust development in, in medicine. And it's not illegal. However, just to be clear for everyone here, this is for educational purposes.

The FDA has not approved any marketing claims for any regenerative biologic stem cells, stem cell derived exosome forms, even PRP, platelet rich plasma, which you can get in almost any, you know, orthopedic or the its office today.

You know, for a tendonitis or a tennis elbow or something that's also not approved for marketing claims, but it's just marketing claims. So it's very important that we we say we're not here to make any claims.

I can tell you the success stories. I can speak to literature we've read, you know, that's published in journals. But we're not allowed to make any claims.

Now, hopefully, you know, this will get, you know, fast track towards an improvement with the new administration. And there'll be some, you know, logic and legitimacy to what's going on.

But of course, this is highly suppressed by those who make pharmaceuticals. So as a neurosurgeon, I, I'm guessing that this wasn't part of your, your your medical training.

It was made it. Yes. You walk us through a little bit, I it not just.

Stem Cell Sources and Ethical Concerns

And this is not in the context, kind of like your origin story here, but what makes a neurosurgeon, MD go rogue and start administering stem cell therapy in this way?

Like, highlight the moment that can maybe be transferred over to us, because I think some of us need to be sold on this idea a little bit. And I would love to hear some of those testimonies and, and what really worked in your mind, in your heart to make you think like, wow, this is something I really need to consider.

Well, I think a few things came together for the perfect storm for me personally. You know, having practiced spinal neurosurgery for over two decades, I noticed, and was frustrated with the gap between surgical options and non-surgical options.

So what that means is people with neck and back pain, which is, you know, a common problem, whether it be an injury or, you know, chronic, you know, abuse or something.

Those people have pain and that pain can be debilitating. And sometimes the, the more, simple therapies don't work, like, therapies, physio therapy, chiropractic care, manual therapies, maybe some, some short course of antibiotics and then perhaps, injections, bile injections called epidural or other types of injections.

Those are tried. But there are a lot of people that know those are temporary. They don't do much. And then they come to see the spine expert and guess what's next on the menu?

Dessert surgery. Right. There's nothing. There's no other course in between there. And it's there's a wide gap where there needs to be. So patients will come in and say, doc, how about laser?

How about this. How about that. Well they said how about stem cells. Enough times. Really. That I felt like I was getting hit over the head with a rubber mallet.

Like, hey doc, I don't want surgery. I don't agree, I'm not highly surgical. I'm trying not to do surgery. Let's let's look into that. Luckily, I have undergraduate background and in those in molecular biology, so chance favors the prepared mind.

I was also further disenfranchized with organized medicine because it's not progressing. I would go to these neurosurgery spine meetings and the same.

You'd hear the same talk about the same thing that was presented ten years ago and 20 years ago, like nothing was changing. There might be a new widget or, you know, you know, approach to something, but you're doing the same thing at the end of the day that we're trying not to do surgery unless we absolutely have to.

So I started going to regenerative medicine meetings and stem cell conferences, and I got reeducated and

retrained. And it just opened up a whole new world.

And I did it to help people with their spinal problems. But you can't, you know, avoid all the other things that I can now do. So I treat joints, I treat patients with inflammatory issues.

I treat patients recovering from brain injuries, stroke, heart attack, which is why we're here today. And, it it has created a version 2.0 of my own professional and personal existence, and I have new fired and reinvigorated and, and, that's where we are with it.

I love that, and I just want to applaud you and thank you. You know, in my own world, chiropractic continuing education as it is, is slowly advancing.

But you could find yourself in a rut. And if you go to the same conferences and you know, folks, to keep your licensure, you need continuing education.

But you could just keep on relearning the same thing 20, 30, 40 years. And so thank you for doing that because we need pioneers. And I would love to hear, a couple quick, maybe real life examples of in the context of heart health specifically, specifically stroke or heart attack recovery or prevention.

What have you seen? What are you doing specifically? What are you how you administering these therapies? Like you can kind of dive in that. That'd be great.

Yeah. I mean, let's let's start with the brain. You know, the nice thing about, you know, stem cell derived exosomes is they're 1/1000 the size of the stem cell.

Why Dr. Gross Turned to Regenerative Medicine

And you might think, well, cells are small anyway, but these are even smaller. They're measured on the nanoscale and sometimes referred to as nanoparticles.

And because of that, they cross the blood brain barrier. So if we injected stem cells into you through your vein, those stem cells do not get into the brain.

And the nervous system, they, they're blocked, but they do deliver exosomes. And then we of course, we can cut out the middleman and just give someone concentrated exosomes in their vein, and they will go into the nervous system and cross into the brain.

And that's really a better approach for people recovering from stroke or some other type of, inflammatory related, brain problem. We do see improvements in patients with, you know, recovering.

We see reduced inflammatory markers in their blood tests, improvement on cognitive scores and cognitive means, you know, thinking, functioning executive, activities in the brain, some people have improved vision.

Depends on what the stroke has done to them. We don't yet have a study where we've looked at, sort of MRI eyes before and after. And of course, that would have to be a double, you know, blind study where you match people, and one person gets the medicine they exosomes and one person gets saline, you know, and I don't think anyone wants to sign up for that.

It's going to be a hard study to do. But we have wonderful, studies mostly from Europe and China and Korea, because we are behind here in the US. But everything we do is based on good science that's done somewhere.

So that that's kind of the main approach now with the heart. If I can switch gears a little bit, stem cells might be the better way to approach the heart because when you get stem cells intravenous in your vein, they are a little sticky and big in the heart when they go from your vein right up to your heart, that's the first place they go.

And the heart gets a big whopping dose and keeps it. Then. Then what's left goes, goes into your lungs to get oxygenated and then back into your heart.

So the heart gets a second dose. So heart, lungs, heart. Get a lot. So stem cells could be not that exosomes aren't, a great way to go. And I do have a colleague, I'll shout out to here in the Arizona area who actually for heart failure, that can be related to a heart attack where the heart is not pumping.

Well, place exosomes on on top of the heart with an injection. So in he's got great results. He takes people from heart failure to out of failure where they can, where they can breathe again and they can.

They can walk and they can function and they don't get winded. So so this is a growing field and, and it's hard it's hard to mess up. There are no real downside.

I should also mention one other thing. And I mean to take over the whole broadcast, but the, the other delivery for the brain that's quite useful is actually a nasal spray.

As it turns out, exosomes are small enough that if you squirt them up in the back of the nose, they can pass through some of the membranes, the the, in the nasal cavity, up through what's called the perform plate, which is where the little nerve fibers of smell go up into the brain.

There's a little sneaky way to get in. And, there was one study that showed that might be a better delivery to the brain than intravenous of exosomes.

So and that's an easy thing to do. You come in the office and we, we do some spraying and and get a dose in there. So that's a the two delivery methods for these purposes.

I mean I you talk in my world I mean that's the key to aromatherapy right. Right. And there's no thalamic relay. I mean it's the only sense in the body that has a direct interaction with the brain.

I mean, again, I'm thinking limbic system, mood, memory, motion, but autonomic function. Right. Heart rate, breathing rate. That's fantastic. So I mean, and these are all things that you do currently in your clinic.

You have all these administration options. Yeah we do. It's it's very simple. It's you know, a nice environment and an IV and, and, you know, we don't have a course like you don't come in and it's every week or something.

What we do is we evaluate everyone differently. We try one and see if they get, you know, some benefits and then we can we if they have some and they want more, we might be able to grow on that.

You know, it just depends on that individual's needs. And one thing that's fascinating is, is there seems to be growing support in the medical community for this.

Yeah. And for example, let me let me share my screen if it's going to work. I've been doing this a little bit, and I want to make sure I do it the right way because this is kind of like a wow.

You know, if the American Heart Association can get behind something like this, it makes you wonder, what are we looking at? Hi. Let me go. I have a quote here.

Using Exosomes for Stroke and Heart Recovery

And maybe you can help unpack this doc, too, because people are. People are utilizing. And this American Health Association utilizing simple therapy for heart failure to reduce major cardiovascular events and death.

So you kind of scroll through here. This research for patients that receive stem cell therapy and an 80 or 65% reduction in nonfatal heart attacks and stroke throughout the period of the study.

I mean, that right there in and of itself, let alone a 79% decrease of having a non-fatal heart attack and stroke is being treated, because, you know, in reduction to CRP levels, are you finding more associations like the American Heart Association's are even recommending this, or is it still hey, it's interesting, but I think that's mainly mainly the question are how close are we to fully embracing this as potential core standard of care?

Is that too far stretched right now? Because when I see things like this, I mean, this is not too long ago. This is 2021. Yeah. No, this we are so close.

It's just it's just held down by the people who are incentivized to make money from other treatments like drugs and stents and things. Not that those things aren't necessary in certain situations, but, these, you know, stem cells are natural.

They're organic. They're they're bioidentical. They, they go the they do the work our body has the blueprint for anyway. So, I think these if we can take off that suppression, this will flourish quite rapidly as, an inserted standard of care before, you know, worse things happen before people need, you know, open heart surgeries and things.

And hopefully, maybe as a preventative, we could get there. And really, that's the key, right? If you're at risk for for a heart problem or you've, you've you've had some hard living and you haven't taken care of yourself and now you changed your mind.

You want to, you know, live. So you know, you can actually do something about it. So I'm going to jump to this. This is from Miller School of Medicine, University of Miami.

Right. So this is a medical school discussing the promise of stem cell stem cell therapy after heart attack. And this quote from Doctor Diana, I mean by using stem cells.

And she's basically saying what you just said, we might be able to not only repair the damage heart tissue, but prevent the heart from deteriorating further.

So with this context, can you walk us through how people, like, for example, what are you doing to do this? Like, how are you actually doing this in your office?

On a treatment side, post event? And then let's talk about prevention, because the key to this too is prevention. Because as we all know, right. The first symptom of a heart attack is a heart attack. Right.

So we want to stop that. And so can you go to like what what is Doctor Diana talking about there. How are you actually doing this. Well and in a study like that, they're taking people with significant heart failure and they're delivering stem cells, probably intravenous.

Yeah. They have other methods. For example, I'm just curious, like, it'd be great to know, like how often, how much does this cost? And I'm just curious, is insurance part of it? Like.

I look, I can I can handle all of those. Let's do that. So yeah. So it could just be one treatment, you know, to get your it depends on your heart function, your echocardiogram.

We also want people optimized to if you're if you're smoking two packs a day and drinking alcohol every day and eating, fast food, you know, the stem cells are not going to be as effective, right?

You're still hurting yourself at the same time, you're trying to help yourself. So we really want to optimize people from top to bottom. Sleep, diet, exercise, mindfulness, supplements, the, the, the whole world of, you know, preventative health and wellness and healthspan and, the second part is insurance is not yet paying for it.

But an interesting thing happened. I'd like to point this out that, you know, platelet rich plasma PRP is not yet approved by the FDA, but insurance companies, health insurance companies figured out a few years ago and are starting to pay for it, that it's cheaper to pay for that.

Even though it's not approved because they usually use, oh, it's not approved and as one of the reasons for denying care. But they now are approving for PRP because it's cheaper than alternative surgeries and, rip cortisone shots, which actually can help in the short run that have a deleterious effect on a joint in the long run and in other body parts.

So and cost has come way down the the stem cell derived exosomes, because they come from amniotic fluid, are more abundant than, let's say, stem cells.

So, you know, the cost of the exosomes are probably somewhere less than half of the stem cells. So you don't have to leave the country to get a $30,000 stem cell, you know, injection.

You can do an exosome treatment here for your IVs, depending on the dose range from, you know, 4 to $20,000 and might just take one. Wow. Well, that that's fascinating.

And so how would the treatment be different? Prevention versus treatment. In a sense like post event, mean post event post attack post. So like what paint the picture of of a prevention model.

Prevention, Cost, and Treatment Planning

So, so prevention we, we still want to have something to measure. So we do like to see your echocardiogram or a brain MRI. And we do like some blood markers like the C-reactive protein.

In that study they were looking at the inflammatory markers. And then it would be an IV and we would do one. And then we would look at some measures and the measures could also be from a health tech monitoring standpoint, if you were an Apple Watch or an aura ring, we can measure heart rate variability, resting heart rate, things like that.

We could also see, you know, your exercise tolerance, things like that. And we see improvements in those things when, when we do some of the, biohacking and anti-aging IV exosomes here, we see that in everybody.

So we know they have improved cardiac functions. I could see a world or would it be possible or even advisable for someone to have this be part of like, like an annual prevention treatment model if they're at high risk?

Is that what you're envisioning? Yeah, yeah. We have people that come in depending on their desires and age, you know, from every few months to once a year for these things, depending on their other issues.

And of course, there's this. And you think about it, you know, there are ways you can do this at home right now. Everyone you can, you can, you can get and stimulate your stem cells by exercise, by by fasting, by intermittent feeding or circadian eating, sometimes referred to as intermittent fasting.

Although we're not supposed to eat in the dark, so I don't like to call that fasting. You can do it by eating healthy, fruits and vegetables, plant based exosomes, or like you said, plant, plant based, stem cells you can do it with.

For me, this was for me. It means a little bit of stress on your cells to build resilience, like high intensity exercise, hot sauna, cold plunges, fasting.

Again. As a pharmacist, you can do it by, imbibing the exosomes through bone broth, through colostrum. You can eat bone marrow when you go out to a restaurant or make it at home, if you're so inclined.

Because it's chock full. It's in the bone marrow stem cells, and they're exosomes. So you're eating those. You probably digest the stem cells, but the exosomes, don't get broken up.

In the gastrointestinal system can get into your bloodstream. They're so small and wonderful. That's wonderful. It's fascinating. And to see the grow is becoming more affordable, especially in the plant based side.

Is it fair to assume that the plant based isn't as it's not as potent? Obviously it doesn't have the therapeutic effect as

you would normally. So would there be like, a supplement or something that you would recommend that?

So can you walk us through some of that? Yeah. Well we're working on some things so that you've, you sort of you've opened Pandora's box here, but we're working on a, a plant derived, exosome supplement.

It's very hard to produce these, these where you take plant cells, you have to ultra, centrifuge them and very expensive equipment. And, we're working with some suppliers to do that, where you take basic, some high quality fruits and vegetables.

You would, individually spin them down, and, and there's a separation process. It's it's it's an intense, you know, involved, fabrication method and make this as a, as a capsule or a powder.

And if you, if you took a daily, you know, you know, even though it's smaller effect overall compared to our own, you know, you know, perinatal derived tissues, taking it daily can have, health benefits.

And when you take, if you take a green powder or a fruit powder, they're out there in many different brands. I won't mention one here unless you want to, doc, but, those those probably contain, whether we know it or not, elements of fruit and plant derived exosomes.

And the interesting thing about those exosomes is they all contain similar small peptides and proteins, which crosses over with the peptide side of the world.

But these these small peptides, one of them is called heat shock protein. One of them, heat shock protein 70. These are the same proteins your body can make if you go in the hot sauna.

That helps clear out senescent zombie cells and improve the population of your cells. That are younger. So if the population of more of your cells are younger in your body, and you got rid of all the older cells, you are biologically younger.

So this is how we do it. That's awesome. I, I'm very intrigued by this. And I think this is the future that people need to look into. And the more that we I've noticed this living, this lifestyle, this integrative natural lifestyle for 23 years, things are becoming more and more affordable.

I remember a time when red light therapy and saunas were just outside the range of most people's budget, and now they have this personal sauna thing that you can get for 5 or 6 or $700 that that does the does the job right.

You don't need to spend $10,000 anymore for a red light therapy. You could get it for a few hundred bucks. So as the price decreases, its supply and demand and and once big business figures out a way like, hey, we can make money.

So a lot of it is we vote with our dollar and we make the demand known. And just having these conversations are really important, especially finding people like you who do this, finding a clinician, I just want to invite people and I'm going to go show your website here.

I'm invite people to check out what you are up to.

Lifestyle Support and Closing Remarks

And, if you have any other lasting advice, please share that with people because I would encourage people to join up for Doctor Jeff's newsletter. Go to RI celebrate.com where you can see the URL here r e celebrity and love that name RI celebrate.com and just get plugged in.

Learn. You're going to learn about all the science behind this. You're going to see some really cool videos and testimonials and things. Is there anything that you would like to leave people with?

Any other guidance? I love to meet new people and discuss what your own particular needs might be, or your loved ones. We we do remote. You know, visits just like we're doing here, doc.

And and we can get to know people. If you need labs, you need imaging. If you need testing, we can help you order it. And, you know, we only invite you here to my clinic in the greater Las Vegas area.

If there's a reason to come. Right. Most of this can be done remotely. And, and, it's a it's an honor and a pleasure to help people in a different way and give them options they may not have known about or may not have had.

So I you're you're making me feel good and in my heart. And and this is why I went into medicine and I get to actually live that and breathe that every day.

That's awesome. You alluded to this earlier. The, the the happy, healthy side effects of this therapy. You go for one thing. Next thing you know, the headaches are going away.

Next thing you know you don't have as much, you know, sleep disturbance or joint recovery. So this holistic approach that's what this is. Yeah. This is a systemic, holistic approach that you start to live better.

Your body starts to regenerate, you start to heal. And so maybe the driving force is the brain. It might be the heart and might be the joint. The next thing you know, everything starts to work better.

And so that's where, I hope and pray that this becomes even more and more affordable and that people that can and they want to be involved and they take advice that you're offering that can fit their budget.

They'll think about this long term and think about this preventative, because the best way of preventing disease is, is to not get sick from the beginning, right?

The best way of treating it is prevention, right? Right. Ultimately, we got to use what nature gave us and and there's nothing here that our own bodies don't make or didn't make robustly when we were very young. Yes.

And we're just it just we just need a little help in that youthful reminder that activation. So that's what this is about. That's awesome. Well folks check out celebrate.com.

Learn more about Doctor Jeff. Stem cells. This is the future of regenerative medicine doc. Thank you so much for joining me. And folks as always this is Doctor Eric's Lenski.

I hope and prayers that you and your family truly experience the abundant life. And we'll talk with you soon. Bye bye.