The Exosome Revolution: Movie Trivia, Regeneration, and the Future of Healing Transcript

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Introduction and FDA Context

The irony is that people think the FDA means something in terms of clinical practice. Well, they put out, you know, many years ago a warning that epidural steroids can cause stroke paralysis, death, spinal cord infarction, yet it's the standard of care.

It's reimbursed. You don't get sued if you do this and people have a bad outcome. So at the end of the day, the doctor and the patient still have an ethical obligation to do right.

And the FDA is not contrary to what some people think in charge of the practice of clinical medicine. We're diving into the latest breakthroughs in telomerase activation, stem cell exosomes, and all the cutting edge science that's shaping the future of healing and longevity.

Let's get started. Hi, this is Dr. Ed Pak. I'd like to recreate an evening lecture I gave at dinner at the Intellics Conference of 2024. It's 11 trivia questions used as segues for our talk.

It's mainly aimed at clinicians, but you might find it interesting even if you're not a clinician. So we did a little drawing. The top 10 won a free treatment with exosomes.

The conference was IntelliX DNA. They have state-of-the-art testing for single nucleotide polymorphisms to help understand how people are different in metabolic ways.

Conference Intro and Exosome Basics

NeuroNutrients is one of their partners. Emily Gutierrez is a influencer and a scientist and a physician, and she is manufacturing high-quality nutritional supplements.

I'm very grateful that they allowed me to present. So the first question was from 2001 Space Odyssey, very prescient movie. When Dave is locked out of the spaceship, he asks Hal 9,000 something.

Ooh, the question is, What does he ask? He says, open the pot bay doors, Hal. And Hal replies, I can't hear you, Dave. Or Hal replies, I'm sorry, Dave.

I'm afraid I can't do that. And of course, the answer most people did get. Why is this relevant? Because if you look at this cartoon next to me, you'll see that these are like pods sent out from the cell into the space of the extracellular fluids and matrix.

A couple of months ago, I was in Australia listening to a thousand of the most intelligent people on exosomes and even they are often baffled and not sure and they love to brag about how wrong they were earlier in their careers.

So on the right, we see small extracellular vesicles. That's what we're using clinically, 100 nanometers invisible to the eye. But on the left, there's giant extracellular vesicles as well.

And they are how cells communicate. So if you burn yourself, stub your toe, your body will have stem cells release exosomes. This is how we normally heal.

So the premise is that we're healing with Mother Nature's help, but in orders of magnitude greater efficacy. They have mRNA and proteins mainly, and some of the mRNA are blocking mRNA.

Rarely do they have any DNA, and of course, they're too small to have machinery, and they don't have any self-identifying antigens, so they can't be rejected.

A couple lectures in Australia, I learned that the larger EVs, or extracellular vesicles, can share mitochondria, like barring a cup of sugar from a neighbor.

So in the eye, retinal pigment epithelium, and in the tendons, this is actively happening. In the old days, or currently, people use PRP to cause inflammation, which will bring in stem cells, which will release exosomes.

Now we just need the exosomes. So how do these work? They cause stem cell proliferation, de-differentiation of the existing stem cells, extracellular matrix growth, and new vessels.

So the second question of the quiz was, what is the song you should be hearing here? We see Toto and the Munchkins. And the test is not live. You can't take it.

But had you been there, you could have. People had 15 to 20 seconds. And of course, the answer is not. I'll get you, my pretty, and your little dog, too.

The answer was we're off to see the wizard. So why Wizard of Oz? Well, a lot of people consider me like the Wizard of Oz. You know, I really am the man behind the curtain.

These miracles that I promise are not my miracles. They're your ruby slippers. In other words, you have the power to heal. You're doing it every day with the FDA permission.

You're secreting exosomes. What my conclusion is that when we give exosomes from a newborn source, your body can't help but repair at an extraordinary rate and sometimes that has really good results as we'll see later.

I went to Harvard undergraduate and for residency in OBGYN, I went to Columbia for my MD and my master's in public health. Back in 2016, I was consulting for a company and we were using exosomes to try and fight aging.

Out of that came a cosmetic exosome brand. In 2018, I heard a neurologist talk about his motorcycle accident. He was up there laughing.

Clinical Uses and Early Case Examples

And I thought, oh my god, if this guy is not a liar, this is incredible. He said he broke nine ribs, collarbone, and ankle, and then lost a third of his blood.

And yet, a month later, he's up there giving a lecture and laughing. So I tried it on myself. And indeed, it did help my torn knee meniscus, my Achilles, and my rotator cuff.

And I started opening up the practice to friends and family. took an Ultratown guided musculoskeletal course. And then I created a couple of years ago, a provider training course teaching providers how to use, how to charge, how to consent and do the basic procedures and some of the advanced ones as well.

This past November in 23, I wrote a book called XSomes Songs of Healing. And that in audio and in ebook and in color paperback explains a lot. So this third movie was Being There.

It is a famous movie with Shirley MacLaine trying to seduce Chauncey the Gardener. And she asks him, I don't know what you like. And he replies, just the normal things or I like to watch.

And of course, it was I like to watch. So the segue here is I like to watch what procedures I'm doing. In six years, I've had over 900 visits, over 2,000 procedures.

The most commonly requested are IV and nasal. We do a lot of fingers. And then we do a lot of knees, shoulders,

a lot of muscle ligament tendon fascia, and nerves.

Then going down the list, we have penis, vagina. We have spinal epidurals, very popular for back pain. Trans tympanic, et cetera. I would say the complication rate is very low, people trying to faint.

We had one knee injection, which of course can happen with steroids or hyaluronic acid as well. Serious herpes reactivations are possible and can be treated.

And other than that, there's been no reports of anaphylaxis or hypersensitivity because they're so anti-inflammatory. This question is showing a man undergoing a metamorphosis.

It is the film Burt Lancaster and Michael York in 77. And was it Dr. Doolittle, Dr. Gervago, or the island of Dr. Moreau? And of course, it was the island of Dr.

Moreau. The segue here is that the literature, there's several dozen studies of using human exosomes in animals. And why not? Because we share somewhere between 96, in the case of mice, 98% of the identical DNA which codes for the proteins.

One of the researchers that just retired, Corumbanus at Harvard, she had studied for over a dozen years stem cells in models of prematurity. And by making these mice deliver prematurely and testing with exosomes with stem cells, she found the exosomes were all you needed to mitigate and remediate.

Also, other animal studies, usually using human exosomes because they're easier to access, showed benefit in stroke, in myocardial infarction, and in a model of osteoarthritis where they hacked up the knee with a scalpel.

How does this work? Well, we're not really sure. There are songs of healing. That's why I called it that because who can really understand cell biology and music?

I mean, there are many different mRNAs, proteins, but All this good stuff is probably happening. Decreased apoptosis, decreased inflammation, decreased fibrosis, increased vessels, and a lot of copying of the cells to replenish.

We age because our telomeres shorten and our stem cells deplete. But what if we could support both? I've been taking TA65 for 17 years. It's the only supplement I trust to support better mood, better sleep, and exercise recovery.

And at age 57, I don't have any gray hair and I don't need reading glasses. TA65 is available now. Go to rechargebiomedical.com slash TA-65 and enter promo code RECHARGE10 to save 10% off.

This is a famous movie by John Ford in 1948 called The Treasure of the Sphere of Madre. Humphrey Bogart and his buddies are running into some bandits and Humphrey says, if you're the federales, where are your badges?

And the bandit replies, I have it right here. Or, amigo, we just want to talk. Or, I don't have to show you any stinking badges. And of course, it's I don't have to show you any stinking badges.

So what is the FDA? The FDA is the one that gives people badges to be legal.

FDA, Ethics, and Regulatory Perspective

And interestingly enough, in Europe and in the US, there are many ongoing trials, at least a dozen, using exosomes for various conditions, burns, infertility, long COVID, et cetera, because clinicians for the last seven years have been using them and getting good results.

When we talk about the fig leaf that the FDA is, think about blood. Blood, of course, the labs are inspected. But that blood that you're putting in your body has never been tested or FDA approved.

It's a one-off. This is the same thing with biologics like exosomes. But in our case, it's much safer because it's a single pre-COVID donor. They test it for 40 PCR infectious diseases.

And there's no multiple donors, multiple risk. The irony is that people think the FDA means something in terms of clinical practice. Well, they put out, you know, many years ago a warning that epidural steroids can cause stroke paralysis, death, spinal cord infarction, yet it's the standard of care.

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And the FDA is not contrary to what some people think in charge of the practice of clinical medicine. Arguably, Frank Capra's masterpiece is the most quintessential American movie, Jimmy Stewart, at the final denouement ending scene.

And the question is, which of these quotes does not appear in It's a Wonderful Life? Number one, every time you hear a bell ring, someone goes to heaven.

Number two, remember the night we broke the windows in the old house? This is what I wished for. Number three, youth is wasted on the wrong people. And lastly, a man on earth needs our help.

Is he sick? No, worse, he's discouraged. This is a trick question. It's actually every time you hear a bell ring, an angel gets its wings. And for the real fans, they probably got that right.

So why do I bring this up? Because one of the most discouraging things you can have is nerve damage. On the upper left, we see a patient of mine I've known for 15 years.

She had some nerve damage, facial palsy, unilateral weakness. And just a mere week later, her eye opened up and her rhizores improved after an exosome injection.

I can't sit here and tell you the exosome injection cured it, but the timing is suspicious. Likewise, above we see a man I blogged about. He had numbness in his feet from standing in decreasing after taking exosome injections in the nerves around his lower leg.

His recovery was immediate and near complete.

Nerve Repair and Neuropathy Cases

One of my good friends is a shaman and she had treated me a dozen years ago and then six years ago came back and said she had suffered dental accident and neuralgia from that and we were able to cure that.

Face blindness, tinnitus, double vision also has been mitigated. And then just a couple of weeks ago, I stayed with the wonderful Bob and his wife, Karen, and he has about a 60, 70% improvement in his leg neuropathy.

So the hope has been restored in these folks, whereas neurological stuff is very hard to cure. In the 67 movie, which is a movie as old as I am, I actually had the pleasure of meeting Justin Hoffman.

He's a really interesting and nice guy. But what's the one word of advice that Ben gets from his dad's friend about career? Was it Bitcoin, plastics or computers?

And of course, a lot of people got this one right, a very famous movie line. So, plastics, why plastics? Well, the book goes into something that I wrote about in my first book, Telemeter Time Bombs, plasticity.

So people don't realize this. It's a very profound realization that arteries have to be rubbery. When they're rubbery, they store energy and then they help propel the blood forward.

As we get old, with our bones, with our skin, and with our arteries, they get less rubbery. Therefore, hypertension is inevitable because the pipes get hard instead of soft.

So this is called the Windkessel effect for the air chamber in German. And I encourage you to read the book just for that chapter. On the top left, we see governor's wife.

She had terrible years of eczema the doctors could not cure with anything in their armamentarium. We gave her an IV injection of exosomes and indeed the leg swelling, which caused her venous stasis.

which caused her stasis dermatitis. All this eczema in the flexural antecubal areas all over her legs went away permanently. Above me is a man in Hawaii.

You can see the imprint of my thumb in his lower leg. One IV shot and a week later his daughter sent me this picture. Much improved. Why? Veins? Lymphatic's forward output through the heart?

We don't know. And then the bottom two photos before and after are probably the best case I've ever seen. A 46-year-old man with food intolerance, he would have gas, diarrhea, bloating, pain.

And worse yet, he had eczema all over his hands. His face was swollen. And he had spider veins on his legs, all of which resolved permanently after a couple of weeks.

We can only presume that his ability to tolerate food meant that his tight junctions in his gut sealed up. There was no more leaking up food particles into the bloodstream, no more mast cell activation, hence all these downstream sequelae or symptoms were gone.

Aging, Plasticity, and Vascular Health

All right, Marlon Brando and on the waterfront in 1964, his brother Charlie's taking, oh, 54, Charlie's taking him for a ride and he's going to get his comeuppance if he doesn't agree to a mob job in exchange for his silence as a witness.

And Terry tells his brother, Oh Charlie, go to Palookaville. Or, you should have been a better brother to me. Or, I could have been a contender. And of course the answer is, I could have been a contender.

I could have been somebody. instead of a nobody. So why do we bring this up? Because we have a lot of injuries as we get older, especially the athletes.

And as we go older, it's a privilege to get old, but we get tendinosis, we get ligamentosis, we get arthrosis. Upper left, we see a demonstration of an injection technique.

This is something I love teaching people. Shoulders, knees, hips with the ultrasound, very good. This is a technique that's very easy to learn and very, very safe.

Above us, we see Cipro. Why? Because the floxins are an antibiotic that prevent bacterial DNA replication, much higher in bacteria than in mammalian cells.

But the upshot is that because mitochondria are like bacteria, this can cause tendinosis as well, toxicity. So we treat tendons. We also treat meniscus.

I've treated my own. I've treated my 20-year-old's meniscus. And now he's back to 100% without surgery. And finally, just a week ago, I treated bilateral hips on my mom.

And she said she was doing the twist like a 45-year-old, even though she's 87. So aging athletes like Terry Malloy are going to love exosomes in most cases.

Iconic Norma Jean Baker, aka Marilyn Monroe in Gentlemen Prefer Blondes. The number is Diamonds Our Girl's Best Friend. It's a bit easy one. Which song lyric does not appear in this number?

Talk to me Harry Winston or he's your guy when stocks are high or it's then when those louses go back to their spouses or girls just want to have fun.

And of course, the last one is an 80s song by Cyndi Lauper. So we see another beautiful blonde here on the left. This is my patient who had 11 kids after returning or, excuse me, retiring from investment banking.

And that takes something out of you. So she decides to do a pretty high dose of exosomes painted on after microneedling. And you could see that the lighting and the makeup are better, but this is not filtered.

These are pictures she took. And sure, light and makeup make a big difference. But she felt like the skin texture, the pore size, the smoothness was improved.

And so God bless. Above me, we see a man who does not attribute his new hair growth to exosomes. We did two types, semi-arc fluid and stem cell exosomes.

Skin, Hair, and Sexual Health Applications

Although we did help remediate his plantar fasciitis and small injuries throughout his body, he thinks this was the Costco Rogaine, which I skeptical about.

Finally, we treat a lot of erectile dysfunction as well. It helps regenerate the nerves and arteries, helping men recover their function. I have one gentleman who's received about 10 injections and now he's having erections regularly, whereas they were absent for six years.

For those Gen Xers, this is our movie anthem, Fast Times at Ridgemont High. Here, Spicoli is being interviewed by the Sports Reporter about the experience of surfing.

This is a trick question. Read carefully the answers. It doesn't necessarily have to be Spicoli, but which line does not appear in Fast Times at Ridgemont High?

The first, if I'm here and you're here, doesn't that make it our time? The second is, I mean if you put the vibe out to 30 million chicks, something is gonna happen.

Or third, hey bud, you're gnarly. And this was a tricky question. Sean Penn's character, of course, Jeff Spicoli says, it's just a way of talking to the wave and saying, hey, bud, let's party, is the actual line.

So I presented this online course I created. It's 20 lessons. It takes 12 hours online. There's up 150 review questions. It's really for doctors. I don't accept anyone without active medical license, but some of the most successful Practitioners have been nurse practitioners and PAs, chiropractors as well.

So you can find that at rechargebiomedical.com slash courses. We also have a lot of great feedback. A lot of people are doing well and business-wise, they're making a good profit.

If you want to go through my videos for the last 17 years now, since I've been taking TA65, you can see that at YouTube Dr. Park 65. And then, of course, pick up a copy of the book, Exosome Songs of Healing.

It does an adequate job of explaining aging and where exosomes fit in regenerative medicine. So in the perfect classic movie in 42, during World War II, they made a movie called Casablanca about the Vichy French Resistance and Of course, Sam, the piano player is asked by Elsa.

Where's Rick? How's he doing? Oh, can you play it? Can you play our song one time? And in response, Sam says, Sure, I bet Rick would love that.

Course, Book, and Closing Remarks

Or does Sam say, can you hum a few bars? Or does he say, I don't know what you mean, Miss Elsa. And of course, he says, I don't know what you mean, Miss Elsa.

And she accuses him of being a much better liar before. So I want to thank Emily and James Boutieres, the owners and proprietors of NeuroNutrients for sponsoring the evening dinner.

And of course, Sharon Houseman Cohen and Carol Billich. for taking care of me during our three day conference. I had a great time, met some of the cutting edge doctors and learned some things about personal genomic testing, which someday soon will actually help us give precision care to our patients.

As time goes by, I have not gotten older as I should have because of the TA65 aka cyclostrogonal I've been taking for over 17 years now. This is me on the left, age 33. I am now 57. Still have a full head of undyed black hair.

and no reading glasses. I can read two, three inches away. So I think it just slowed down the aging of my body. You can read more about my stem cell theory of aging in my book, and you can just see me throughout the years.

My mom has gotten about almost 38 procedures with, you know, 100 different injection sites and she loves it. So if you'd like to learn more about Exosomes or TA65, go to Recharge Biomedical.

You can scan this QR code and learn about all the blogs that I referenced there in the pictures. You can see and judge for yourself the veracity. But my real goal is to have practitioners try it on themselves, become believers, and then order exosomes through me as a distributor.

That'll be fine. And I'll give you support in terms of treatment protocols. I've even come out to several offices and done live training on patients. So let's partner up and see how we can help you do good and do well in your clinical practices.

This is Dr. Ed Park completing a recreation of a lecture I did last Thursday night in Austin. I hope you enjoyed it. Thanks a lot. Give me a like if you liked this video.

Thanks for tuning into the Recharged 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.