Why Flying Overseas for Stem Cells Could Be a BIG Mistake! Dr. Joy Kong | Ep. 77 Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Stem Cells and Dr. Joy Kong

So much of people's psychiatric problems could be addressed if you just fix their hormones, remove the toxicity, give them the vitamins they need, reduce oxidative damage, make their mitochondria work better.

Everything can be drastically improved. So, who is Dr. Joyco? Meet Dr. Joy Kong, also known as the stem cell queen, a UCLA-trained physician with triple board certifications in psychiatry, addiction medicine, and anti-aging and regenerative medicine.

She pioneers integrative therapies and Regenerative Medicine with a patient-centered approach. Water stem cells. I always go back to our origin, which is the fertilized egg.

So that is, the very first stem cell that was you. You were once just that one cell. What is probably the biggest myth that you hear people talk about stem cells?

I think the greatest myth. Autism, stem, cells. I want to go right to it. And what did it do to that child with autism? Better eye contact with peers, with family, better ability to verbalize, Better bowel control, able to not be procrastinating all the time, less aggressive, Less repetitive behavior, just more able To play with others, to be part of society.

What was the mechanism of the stem cells that caused that to actually shift? Do you believe that vaccines can potentially cause autism? Well, it's really…

Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. And like usual, we're bringing experts from all over the world to talk about health, wellness, mindset, and beauty.

So today we have a guest that came all the way from LA, the other side of the United States, to get on a healthy point of view podcast. Today's podcast is gonna be about something that we always hear a lot of.

We hear positive things, we hear sometimes what people think are negative things. we here all kinds of stuff about this. And today, We have someone to actually crack the code for us when it comes to stem cells.

We have the stem cell doctor who's been an expert for many years in regenerative medicine. She's coming here from California. Dr. Joy Khan. How are you?

Hi, Sam. Yeah, fantastic. Pleasure to have you here. I'm excited about this episode. Stem cells. Absolutely. You know, you for for quite a while and very impressed with all your accomplishments.

So it's nice to sit down here and have a conversation. Absolutely, absolutely. So Dr. Khan, we're talking about stem cells. But first, before we start talking your expertise, I want to talk about you, because you have a very compelling story.

You even wrote a book about your story as well, too. And you're an immigrant who came here to the United States to live that American dream. And you're doing more than just living the American dream.

You're allowing other people to live their American Dream through what you are doing. So who is Dr. Joy Kong? Well, I just didn't start out as a doctor, of course.

I actually when I was 13, was giving my mom massage because she had a lot of back pain. But when Working on

her, I was kind of using my will to heal her.

I felt like there's power in whatever I'm doing, in what I am bringing in through my body, into her so I kind sense that there is some kind healing capacity that I had.

Well, you know, I grew up in a communist country. It was limited opportunities, but we heard about America a lot. And my parents were teachers, so they have exceptional students who bring their interesting stories back to China.

When I listened to them, they were just fascinated.

Immigration Story and Early Drive to Medicine

So I wanted to be in America. I want to experience the land of the free, the abundance, excitement. At age 18, that's when well, there was a big story behind it because of Tiananmen Square incident.

I don't know how many people know 1989 and the government actually changed policy, making it a lot more difficult for college students to leave China because they were upset that students were creating this, you know, democracy movement, trying to, in a sense, topple the Government.

So all the education were free. So the government didn't really want students to leave the country because, you know, there's a lot of resources given to these students.

But I really wanted to live. So I worked very hard overcoming lots of obstacles for 18 months. And I got Finally, to the point of standing in front of the American Embassy, I was 20 years old.

I thought for sure I would come to America, but my visa was flatly rejected because I didn't have a good affidavit of support. For people who live here, you may not know that to come a American or somewhere who pays taxes here has to sign an affidavit of support saying that we're not going to let you go homeless.

The government is not gonna take over taking care of you if something happens. I'm going do that. It's that sponsored basically. Exactly. And I just didn't have a good sponsor because my family didn t know anybody.

So I was rejected. What happened was that I tapped into really the anger behind this. You know, someone is trying to stop you from your dream. I don't know if anyone has ever tried to.

Stop you. From your dreams. And what happens to people like us? So it could be a impetus to push even harder. So the story, the book Tiger of Beijing was really about what happened after I was rejected.

And how do you overcome that? How do You go from knowing nobody to knowing somebody, and to having no resources, but somehow making it to the other side.

And then when I got here, there's one more obstacle, which a lot of people faces which is like trapped in a very difficult relationship. So I don't care if you're a man or woman, you can be trapped.

In a relationship that was meant to benefit one person. That's not you, right? It's focused on the other person, but you're trapped in it. And for me, it was particularly difficult because I have no families here, no friends, just nothing.

I was also isolated. So how do you break free? I thought I was going to become homeless or worse be sent back to China. So it was that was my first major obstacle relationship.

You were living with that relationship when you came from China with. Yeah. Yeah, so that was an interesting story. I ended up becoming a tour guide to Tibet, in Tibet.

And while in Tibetan, I met an American man. It's a whirlwind, you know, kind of a really fun story, dramatic. To be honest, yeah. That I was going to write it as a novel because it's cinematic.

Now I want to read it. Yeah, so, but it's about overcoming, not let the outside. Suppress your spirit because either you give up and some people do a lot of my friends were telling me what even before I tried to come to America a Lot of My friends we're saying why are you even trying is next to impossible to them is Next to Impossible, but to me there may be half a percentage of a chance That that is there's a possibility.

So I'm gonna go for it. Yeah, and then you know coming here and entrapped in something that's Really, I felt like my my soul was slowly dying that if I did not get out I'll be like a living dead.

So Yeah, you just have to have two leap forward. Yeah And you know some people they don't see the light at the end of the tunnel and sometimes they Don't even have a tunnel.

And and what you've done is you built your own tunnel That's amazing So, okay, so you come here to the U. S. Oh, you were digging, but you don't stop digging because you're still digging.

So you came here and I, listen, I was born a Dominican Republican. I came at a very young age, youngest out of four, You know, I know the process my parents went through where they had to also get the sponsor.

Fortunately, we already had family here that was able to sponsor us to come over, but it was still a process, you know. And my mom's side of the family is the one that really helped with that process.

My mom's side of the family almost all of them are here now mind you my mom has a total of 17 brothers and sisters Wow, so and we were probably like the fourth ones out of out her brothers And sisters, there was a lot of sponsoring that we had to do to bring people over which is a responsibility that goes with that, you know So I get exactly what what you're talking about.

So all right, you come here to the United States. It doesn't seem like the whole doctor thing is even being talked about or thought about just yet. Or no, I when I was in China, actually studied architecture.

That's you know, that shows you can kind of brain I have. I'm interested in a lot of things. And just I like where I can put a different aspect of things together, kind of synthesize information.

So architecture is a very much a synthesis-oriented profession, right? Sociology, art, and technology, engineering. Both my parents are architects. Oh, wow.

Amazing. Yeah, and when I got here, I thought I wanted to challenge myself. Because I just had this idea, the more you challenge yourself, The more, you grow.

Sometimes I wonder if it's the smartest thing to do, because I would want to put myself in more difficult situations, just so that I could grow more. One thing I, what could I study that would be the most challenging?

Well, how about I compete with native speakers in their own language? So so I figured, you know, I would study English and journalism. You know. All right.

And take photos. I was doing photo journalism, but but eventually is my fascination with science that kind of one. It's just, the I grew up on a university campus that's probably the most premier university in science and technology in China.

So that's, you know, science is always something that is really, really exciting for me. So I decided to study biology because I always loved the human body.

I just, I remember even as a kid, taking a bath, just thinking about the blood flowing through my body, how is that doing it? What a miracle. And so I wanted to understand life, the mystery.

of life and then but I was also interested in the brain so I thought I would study neuroscience and just become a scientist and become professor until I did a internship in New York at NYU and we had a chance of following a

physician so I followed an OBGYN doctor so shadowing her and just one morning that I was sold because you are synthesizing right you because she in her office you know people are willing to willing around the ultrasound machine, and they were talking about different tests, there's patients sitting there, I saw a lot of interracial couples, just fascinated, the psychology that's going on in this office.

So that one morning I just knew that I had to be a doctor. Science, always love science, but this human aspect, it's very exciting to bring everything together.

Now you initially, Did your MD in psychology, it was? No, no. So I finished college and went to UCLA and it's only in medical school. After you finish medical, school, right, you decide to go into a specialty.

OK, so I chose psychiatry. Oh, psychiatry. Yeah. I did work as a psychiatrist for 11 years while counting residency. So I was a bona fide psychiatrist, but I no longer identify myself as the psychiatrist.

Psychiatry, Mental Health, and Functional Medicine

But you know, being a psychiatrists, you learned a lot about the mind. Yes. Which you are big into mental health and brain health, cognitive health. A lot of things that you do.

How did that feed into what you'd do today? Yeah, I think it just, one, it gives me perspective that I felt I was barking up the wrong tree a lot when I as a psychiatrist, because so much of people's psychiatric problems could be addressed if you just fix their hormones, remove the toxicity, give them the vitamins they need, you know, reduce oxidative damage, make their mitochondria work better.

All of a sudden, a of the problems can go away. The depression, anxiety, everything can be drastically improved now did you know this back then not really like it was not emphasized okay the emphasis is on neural transmitters and receptors I mean it's it so it yeah it is like a mantra it just neurotransmitters hitting receptors all the drugs is about these two things.

That's kind of scary though. So I want to talk about this because there's a reason why you made a shift, right, is you probably saw something that you didn't agree with and you said, you know what, people need a different type of help clinically.

When we look at psychiatry, what type data is being utilized besides just a questionnaire? Because there's tools out there that I've been exposed to, like neural feedback, where they do brain mapping, but in the world of psychiatry, they're not really using that.

It's funny, I laugh, because no one ever asked that point blank, and it's true. Yes, it is symptomatic diagnosis, right? The DMS-5, you, its all a story.

You're seeing if this person's presentation fits that storyline. Right. So there's almost none, which is why Amen, Dr. Daniel Amen became popular because he actually used a brain scan to look at what's going on in the brain.

But for us is absolute, yeah, symptom dissection and just through talking. Yeah. And when you're talking about things like, you know, things that people might have like toxins or hormone imbalances that can cause, anxiety, depression and all these other.

Parasites, you know, mole toxicity, where all of a sudden someone who has mole-toxicity is being labeled as a psychotic person and all you have to do is really put that person through a very comprehensive detox and you can get them back to normal.

So were you seeing some of these things as the psychiatrist? I think even if they were present, we were completely oblivious to it. So we will have all these patients.

I worked at the psych ER a lot, you know, lot of emergency situations, psychiatric ward. Who knows how many of

those patients, frankly, psychotic manic patients?

How many have raging underlying infections and, or even just nutrient deficiencies that their brain can't function normally. But we checked none of them.

The only thing we looked at that we were proud of was the thyroid hormone, and we only checked TSH. And you know, in functional medicine space, that is just not enough, not accurate.

It could camouflage, you could have a normal, so-called normal TSh. You have just overlooked maybe 90% of people that have problem with their thyroid.

So most of the time people thyroid TSH is fine. The moment, unlike you're frankly, you know, your thyroid is really in very bad shape, then your T SH may be okay.

And then we'll just start giving people drugs. Your thyroid's fine, it's not your thyroid. Then we just started using pretty heavy duty medications. In all reality, for the listeners and the viewers, at that point in time, it becomes almost like this chemical plant inside of their body, where you give them a little medication here, and then you gotta give him this medication to balance this out.

This person forgets to take the medication, then all of a sudden they have an episode, And then it just happens. And the person, unfortunately the patient, is not getting that true definitive care that they should be getting.

Well, I do think there was a reason I did go going to psychiatry because it does talk about particular underlying causes that are physical. I think in the past, people may have thought of mental health issues as all being in their head.

So I thinks it helps destigmatize the whole field, allowing people to realize, okay, I have a chemical deficiency, have the chemical imbalance. That I thing is positive, that people are accepting that there's a physical reality to this.

But it also in emergency situations, I think is very helpful because people can be very acutely suicidal or dangerous or they want to. Yeah. Or they're so psychotic.

They're causing a lot of, you know, problems. So you can't actually change. People pretty rapidly like day to day, right? Yeah a person come coming with frank psychosis And I can give them a drug all of a sudden, you know a few hours later and then they're like well No, I don't think that way anymore.

It could happen that fast. Yeah I agree with that, obviously being an emergency medicine as a firefighter paramedic for many years and dealing with a lot of Baker act patients Yes, 100%. And that's one thing that I always tell people when, because I never like to bring down traditional medicine completely.

I do think there's other things that should be implemented in conventional medicine. But if you cut your arm, we're not gonna sprinkle nutrients on your arms.

At the end of the day, you need to go to the ER and get that thing sewed back down. So in emergency situations, conventional medicine has saved a lot of lives for sure.

All right, so you go from psychiatry. Let's fast forward to what made you decide to actually say, you know what? I want to take a different approach to medicine.

I wanna help people through functional medicine or regenerative medicine I think partially the part of me that's Chinese never left me, right? I grew up in China.

I grow up with Chinese medicine and really is two different kinds of medicine coexisting pretty peacefully in china because in my family's drawer, we have a medicine drawer and there's really, there is no division of eastern and western medicine.

We have all these medications, some are traditional Chinese routes and some antibiotics or you know, whatever painkillers. So it's all there. And my mom will ask me, Okay, tell me your symptoms.

Because she actually I think she she's a hidden doctor, she that that's part of who you she has a talent. But she will asked me about my symptoms, and when I tell her, based on the acuity and the origin, then she figure out what would be the appropriate medication.

So sometimes she will whip out a Chinese medication, sometimes a Western medication and there's really no prejudice. But understanding the Chinese medicine, it has a very different way of looking at the body, of course, because it's looking, for thousands of years, these medicine doctors or healers have looked at the human body in a way that is coming up with this generalization, this visualization in metaphor form about how different systems are reacting and how they're interacting with each other.

So you're putting words into something that's very complex. but you can see patterns. So instead of just focusing on how from A that triggers a B reaction.

You're looking at how you have ABCDE, you got like 10 alphabets, all trying to connect with each other and making a new word. And then you're forming new words from it.

So it's a different way of looking the world and at the human body. so you kind of respecting the body as a complex little universe. you are not saying the bodies just have one relationship to another.

and then a different relationship, and they're all coexisting without interacting with each other. And that's very naive, right? They're interacting. That's why functional medicine is so interesting.

In my mind, it can drive a functional medicine doctor crazy because there's so many relationships. If you look at a chart or even conventional medicine, when you start to look all these different neurotransmitters or receptors, vitamins and different pathways, then you started to come up with this monument of complexity that you can pull your hair out.

You can go down a very crazy rabbit hole. And I remember Dr. Willix, my mentor, I remembered the first time I went to go see him speak on stage, it was at the AMMG.

Before he went up there, there was almost about 1,000 doctors in that auditorium. He said, Sam, watch when I first start speaking. There's gonna be about 30 doctors that are gonna get out of their seat and they're not gonna come back.

And every single time he'd go up and speak, he would always start off with a crib cycle. And he could pull up a chart and start going through it. When you start looking at all the metabolic pathways in this, some people, it'll drive them crazy.

So I get it, now let me ask you this. when it comes to Eastern and Western medicine, Right. Would you say the assessment, the physical assessment that's being done with the patient is a bit different?

It's completely different. It is so different that I actually did an internship at the Center for East-West Medicine at UCLA. You know, it's a wonderful center.

So they do both Eastern medicine and Western medicine, literally in one clinic together. That's the whole You know establishment is about integration, but what I saw was not true integration Because is the doctor was a Western trained but then also has Eastern knowledge The doctor will say here according to Western medicine.

This is your diagnosis And then the doctor will switch gear, completely go into Chinese medicine mode saying, well, according to Chinese Medicine, this is what what it is.

You have wind, you know, whatever liver, chi rising, blah, and then. The doctor would try to kind of put the two

together, but really you're trying to.

crammed together two different languages. So you will say, well, the Chinese medicine can inform us this way. We may want to address this other systems as well.

And the Western medicine, you do have this particular issue, maybe it's something that's acute. Let's give you this medication to calm it for now. Then we'll use Chinese medicine, so they kind of using both, but the languages are not, you're not speaking to each other.

Right. So you are kind borrowing from both. Yeah, because I've seen like, on the Eastern medicine side, where a doctor who's taking the eastern medicine approach and do an assessment, they're looking at the tongue inside of the mouth, they looking the fingers, the fingernails, you know, and they are looking these little particular things that typically my western conventional doctor would not look at.

You know? And it makes, to me, there's a huge difference between the both of them. But I want to come back to your question about how did I even switch gear.

I think knowing that, and that was part of my dissatisfaction when I was at UCLA, you know, going through my medical school program with 150 other students.

And I saw a lot of prejudice against Chinese medicine. against this very, very interesting almost app to me almost avant garde in a sense, that they are almost feel like these older healers in their mind, there's some artificial intelligence going on that there they're collating right there collated information coming up with a system interpretation So this very profound way of dealing with a human body was completely disrespected, saying, oh, they don't have evidence, never mind evidence of thousands of years of human prosperity and health.

And so I was not happy with the kind of arrogance that was exhibited in Western medicine. Oh, wow. Saying that acupuncture have no evidence that ever worked and it's just really silly.

It did but that's real so There's part of me that is embracing Western medicine and part me also resisting Resisting especially the arrogance. I know there's something more.

There is something that we can't understand yet. Just like the book the web with no weaver is about this journalist that went with Nixon to China and On the first trip and somebody got sick got appendicitis and they did surgery without anesthesia They did a surgery with acupuncture and the the journalist was so blown away Wondering what the hell are these people doing?

How could they produce that kind of effects? What is going on in this form of medicine? So there's a whole other way of looking at how, you know, what's going on in the body, right?

That we don't understand. So that's always been a part of me that I don' want to lose sight that. I'm just getting so tunnel visioned into one way. Of looking in.

The body. Right. Also, I know that I'm poorly equipped as far as enhancing my own health. If I finished entire medical school, um, i don't know how to tell people to be healthier except for the mantra of eat healthy.

Exercise and decrease your stress. Every medical student, that's their go-to for preventative health. That's it. Those three markers, right? Three things that they would tell.

But it's just so funny. It's a mantra with no bite to it and it just, there's nothing behind it because we don't understand exactly. We just know, we were told that people need to eat healthy, they need exercise, and they to be less stressed.

So if I want myself to be healthier, I don't know how, because medical school didn't teach me. So I wanted to understand, how can I be more vibrant? How can be happier?

how could I have more energy? My skin, How could make my skin? be in a better condition longer, right? At the time, I think I was having PMS, breaking out with acne, having cravings, like why am I not optimal?

I want to feel better. So that's what got me into trying to understand what other ways we can do to help the body. And that is what led me to functional medicine.

Which was so funny, actually here in Florida at Hippocrates, I came here to experience this different form of healing. And then this doctor said, I am a functional medicine doctor.

I was like, what is that? I've never heard of that one. What year was that. This is like 10 years ago. OK. Yeah. Brian Clements and Anna Marie, and I actually had Likwavita on their campus for about three years.

Oh, amazing. Yeah, so they really opened my mind. And that was the first time I heard about functional medicine. I didn't, you know, I did not understand.

What do you mean functional? So, yeah, now now I what I when I saw what functional medicines doing, which is really to use Western language to look at all these markers, to Look at All these pathways and and nutrients to see how they're affecting the entire body.

Right. How they are all intersecting. So that's when I thought, oh my goodness, I think now I have a language for maybe what the Chinese medicine is looking at.

Discovering Stem Cells Through Autism Treatment

Now we can still use Western medicine. It's almost like it's a true mixture of both, right? Yeah. So let me ask you this question because this is something that I've always been curious of.

In Eastern medicine, is it true that the doctors in Eastern Medicine get paid to keep people healthy versus in Western medicine where doctors get payed to make people, healthy once they're already sick?

When the Chinese medicine doctor always getting paid, if you go see them, they'll get paid. But you often are going to see to them to do better. For example, my mom took me when I was 18 years old, because I had a temper.

My mom said, what can we do for your temper? How can make you a little calmer and easier? So she took to the the chinese medicine. I wasn't sick or anything, but my Mom wanted to optimize me.

No, it gave me all these nasty tasting herbs, but it made a difference. I was drinking it every morning, every night, and then I getting more even keeled.

Probably had some really good natural adaptogens in it, right? Yeah, yeah. So people are going in to just be a better version of themselves. Yeah, that's pretty cool.

I remember growing up, we were big into martial arts, and my father would always, when we would hurt ourselves, he would rub shingu shui. Are you familiar with that?

It's like an anesthetic Chinese medicine. He would get it at the Chinese shop near the house. Did it work? Oh, it would always work. Back in the day when my father was in Dominican Republic, he practiced kung fu.

He was a sensei in kung-fu. Or he would call it sifu, not sense. And he says that the packaging would actually say that it was good for broken bones. I don't think this thing's going to heal a broken bone.

But all right, so I mean, we're over here. Now you become you get interested in becoming a functional medicine doctor. Yeah. So what's the next step from there?

Do you have your own practice at this point? Yeah, so what happened was that I was working in psych ER, of

course there's not much space for functional medicine, and then I working at a mental health clinic.

But patients were very poor, they didn't have the money. They barely had money to take a bus to see me. And then I became a director, medical director in rehab centers.

So I was able to see people who possibly have some means. Some of them are still very trapped in the insurance framework, but some may have extra money to be able do what I'm recommending.

So now I am recommending hormone panels and different nutrient panels because I wanted them to look at the root causes of why they were looking into substances to feel better in the first place.

So that's how I started to incorporate. And I was getting my board certification in addiction medicine. That's when I met this doctor who said he's practicing anti-aging medicine, and I said, what is that?

And he was an anesthesiologist. And then he said, well, you know, I've been doing, transition into anti-aging medicine and you prevent decline. I also do stem cell therapy.

Are you serious? You are giving people stem cells. So this is about nine years ago. He said yes. And I treated this kid with autism using stem cells, using umbilical cord stem.

And look at what the teacher said. So the family never told the. That they gave the child stem cell treatment, but the teachers just started noticing all these differences in the behavior.

Yeah. In the and because autism is kind of my field, right? I was in psychiatry and that's in. that's where the autistic kids go to, go the psychiatrists.

And I know how depressing it is to treat autism patients. That's why I decided not to go into child psychiatry, because that is all you deal with. It's just not effective, it's very slow, and you're sedating the child or stimulating the children, but nothing is there to really address the root causes of why the childhood cannot relate to you and is acting in a very, very erratic manner.

And so we didn't have the, really, we need to have good tools. We didn' have a good way of helping the kid. Yeah, there's some behavioral therapy. So you send the kids to do language, verbal training and behavioral training, but it's a very very long process.

Months and years and maybe you see a little bit of progress. But this anesthesiologist, Just you let a spark in you something in the blood of this child and the child within months is Seeing drastic recovery that I could not even imagine After years of helping somebody so that's when I thought okay if I am a true scientist if i have any inkling or affinity for truth, then I better find out what this is.

So then, I went down the rabbit hole. I wanted to understand what are these cells? What kind of cells is he using? And why are they able to do this? so that's the yeah that that was a point of no return basically yeah yeah so okay so obviously the listeners are probably saying autism stem cells it did something i want to go right to it what did it do to that child with autism better eye contact with peers with family better ability to verbalize, better bowel control, able to not be procrastinating all the time, less aggressive, right?

Less repetitive behavior. Yeah, just more able play with others to be part of society. What was the mechanism of the stem cells that caused that to actually shift?

So there are different theories of why stem cells can help autism. And autism, you really have to look at what's causing a condition in the first place.

So autism there different, um, theories. Some say is, lack of oxygen in, in brain that could cause some of the issues. That's why hyperbaric can be very helpful.

Um, some say, is a gut problems, right? A lot of gut disruption and they're feeling terrible and that causes autoimmunity. and it could be neural inflammation.

So inflammation in the brain that's just not calming down. Information is not passing through. If you just look at these three basic aspects, stem cells can increase blood flow, enhance the production or generation of new blood vessels.

So delivering more blood, thus more oxygen into the brain. It can reduce inflammation, neuroinflammation, as now as I've seen in people with lots of neurodegenerative conditions, Parkinson's, ALS and Alzheimer's or people who have traumatic brain injury, etc.

The brain can recover, you know, two of to an extent that really conventional medicine cannot help. So we know it can calm the inflammation and promote neurogenesis so you can form new neurons or new synapses.

Now you have a more functional network in the brain. And then it help heal the gut, repair the got to prevent this continued exacerbation of inflammation, and triggering of self-rejection.

and of course autoimmune conditions. So autism is very prevalent. in families with autoimmune conditions. So there's already a vulnerability to auto-immune issues.

And so the child then have a higher, so families without immune issues will have higher prevalence of autism. But if you can calm the autoimmunity, then a lot of this inflammation, this dysregulation in the immune system will go away and that can help your body recover.

other topics out there where there's a lot of controversy behind it, like vaccines. Do you believe that vaccines can potentially cause autism? Well, it's really not what I believe is what parents have observed.

I've talked with a lots of autism, autistic children's parents, and asked them, how were they when you when the child was born? Was the Um, majority of them will be the child.

It was fine. He was doing very well. But after we got this vaccine and, or this, you know, set of vaccines, all of a sudden there's a shift. I could tell a.

Shift, but some don't even want to talk about it because they don. Yeah. Actually one of the, uh, one. Of the coaches, health coach, Karen Thomas, I remember interviewing her.

And she was able to help her help, her child to do really well through holistic approaches. And I asked her on the podcast, you know, when did you notice a change?

And then she said, well, yeah, I wouldn't tell I think she's I was six and got the vaccine and there was a huge shift in the behavior. and then She came back to me.

She said maybe let's take that out from the podcasts. she did not want to be perceived as someone that yeah that was you Promoting that I mean this the fear of Speaking to truth.

I means really sad but when I talk to parents, it's just it again again and again it happens so much so I think Of course not everybody who gets vaccine will have autism So obviously some people have vulnerability to it, but we don't know who so for some with just the straw that break the camel's back and Yeah, the, you know, I've heard Del Bigtree talk about it and he goes very deep and is a very passionate speaker when it comes to the vaccines.

And I think his biggest thing behind it is the safety research behind that. You know people say that Do you have the science showing that it does cause autism, but then there's no science that shows that.

It doesn't cause Autism. So it's like, it almost looks like you got two different sides going at each other, But there is no Science on either side really proving it.

And I do think now we'll see what comes up with RFK Jr. and the whole MAHA movement. It's something that he's spoken about with vaccines that, he wants to actually put research behind it to really see if these vaccines are causing that.

So I'd be curious to see, what ends up coming up in the next few years, right? Now going back to stem cells, Doc, what are stem cells? Because I always hear about stem-cells, and I hear the different types of stem cell, your fat has stem, bone marrow has them, plants have stem.

What are them? Well, you know what stem is. But for the audience, I would go back to our origin, which is the fertilized egg. So that is a very first stem that was you.

You were once just that one cell. And that one cell contains all the intelligence you need to become this incredible walking, talking, thinking complex entity, right?

So each stem cell, well, the very first stem cells will divide into a multitude of stem sales and they will keep dividing and there are all stem sells.

But each time when they start to go down the pathway of gaining function, then they lose potentials. So, the first one, first fertilized egg has potentially become anything that you can imagine of the human body.

But when it starts to become more a little going toward as the embryo is forming, then it's gaining certain functions, you know, let's say going toward the route of becoming somewhere in the cardiovascular system.

And then it will gain function and it would lose potentials to become other things like, the brain or the liver. It will start to go into one direction.

until the cell becomes a final cell of an organ, like the liver has a liver working cell, hepatocyte, until it becomes that end cell working, so anywhere before that is all stem cells.

So when people say, oh, you know, stem cell therapy, as if there's a thing just called stem-cells. No, there are thousands and thousands of different kinds of cells that are all STEM cells, but they're all in on their own path.

So where do you intercept? Which kind of stem cells do want to utilize? And that's, you know, a complex subject. So you can grab anywhere along the pathway, grab the cell and put in the body, and that probably can produce some profound effects.

So the end tissue cells, the liver, there's a liver stem cell that will become the livers cell. But anywhere before that the cell can have potential that maybe it can become liver or the heart, and some can be the muscles.

Until you get to the very end, then the pathway is more open. So right now we are utilizing a few different types The ones that are most talked about is the hematopoietic progenitor cells, which forms all the bloodlines, all your immune cells and the red blood cells.

And then there's the mesenchymal stem cells that kind of like a master of regeneration. Some people object to the use of or description of these mesenchymo stem cell as stem even though by definition they are still stem cells.

Although the majority of how they work is not by becoming a particular working cell. How they works is by sending signals. Just blast your body with signals What do they refer to these cells if they're not referring to them as stem cell?

They want to call them signaling cells. So, you know, Arnold Kaplan who discovered mesenchymal stem cells later on was vehement about changing the way we talk about them.

We must not call the stem cell, we must, they should be, instead of MSCs, mesenchymo stem-cells, he said we should call it medicinal signaling stem, cells, so they're still MSC's but it's, with different words describing them, let

me ask you this, what is, Like, when I think about the world of stem cells, I started thinking about different ways that stem cell are banked, right?

And I keep on hearing even more different way. Just the other day I heard about people taking hair follicles and actually banking stem-cells from their hair-follicles.

There's a company out of Canada, Acorn, that's doing it. Which Dr. Bauman, you know, world renowned hair transplant doctor, he backs them. So, it made me kind of just open up my eyes as well.

What's going on over here? But you have stem cells that are coming from bone marrow, from fat cells you. Have in the stem cell world, You hear people talk about amniotic fluid, cord blood.

You here about whole blood as. Well, two stem. Cells coming out of there. We hear the words exosomes weren't just jelly like. if I'm just a random person who's just like, oh, my knee's hurting or oh I want to get my sexual health back, I am confused at this point hearing all of this stuff.

So can you kind of like break it down a bit? Yeah, okay. If you look at how stem cells came about, the whole science, When we first started doing bone marrow transplant, that was the very first stem cell transplant we did that They thought at that point, and for probably a couple of decades after that, that the only stem cells existing in the human body were in a bone marrow.

So they thought that's it. This is the quintessential, we have these stem cell in bone marrow. And then they started to find out, oh my God, it's in, is everywhere.

It's your fat and your blood vessels. In all your organs. Is everywhere! So now they realize, okay, So we've got all these varieties of cells, but what can we realistically use for therapy?

So bone marrow, of course, is very easy to harvest from the same person. Orthopedic surgeons have done it for a long time. They purposely will take out some marrow and put it on the healing bones and they will heal so much better.

So that became a Um, like a classical, um, stem cell treatment, cause that, and some people believe that that's the end all be all because we've used this for this long and this is the best.

And then they, when they found out, okay, so fat, especially with a liposuction and we got all these extra fat. Um. What we're trying to get when it comes to stem cells have nothing to do with the fat.

We're really just trying To get to the blood vessels that are lining are supplying the Fat tissue. So the fact you're getting rid of but along the Blood vessels you've got all these stem Cells now you can extract those and purify them and then give that to people and and you could see some drastic improvements in all kinds of conditions and that became popular And then is actually a newer source when it comes to birth tissue.

So that, you know, I'm not sure exactly how people discovered it, but I assume people were looking for all kinds of places. And the birth issue, obviously, that's a part of the human body that was tossed away all the time.

right healthy part of the tissue but that's an umbilical cord and placenta right so we've always thrown them away right in the in a biological waste basket and then they started to look into what may be in this tissue these tissue and of course the africans have been using amniotic membrane to help wounds you know for i don't know how long hundreds of years at least So they already know there's some something that's very regenerative in this birth tissue.

So now you can actually dissect these tissue and and free these cells up and they turn out they turned out to be very potent.

Stem Cell Types, Sources, and Safety Concerns

And they're newer. Yeah, and you know, I even like what the placenta I've even heard of people taking the Placenta and putting them in capsules after, after giving childbirth.

I think that's great. Of course, you're not going to get life cells, but there's a lot of peptides, right? You're, absorbing the peptide, which probably account for a of the benefits.

That's why people eat organ meat, a lotta organ. There's lota peptids in these organs. So, but the umbilical cord source cells are much newer. But the truth is that they're actually more potent.

I think this is where some of the controversy came from. And that's where I came in and stirred up some things. Um, I really, it was very innocent because when I first encountered this, right, when that doctor enlightened me about what he did with this autistic kid, I thought, okay, I want to do this.

This is, this is something really powerful. That's going to be an incredible, but I, what do I do? Do I go for the bone marrow? Why go forward? Learn how to to liposuction or should I get these ready-made product from a tissue bank that's from birth tissue?

So which one is the best? And then I started researching. I was getting all these articles and, and. talking about not just how they work themselves, but direct comparisons.

When you put them together and looking at different factors, such as how anti-inflammatory are they? How many generations do they have left? how much more can they stay in the body?

and how neuroprotective they are, how neuromodulatory they as far as potency. So I was looking at everything and that's where my lecture came into existence.

It's called R-O-M-I-C is created equal because I was trying to answer are they all created? Equal? I want to know if it's all equal then you know maybe they're not because everyone is saying different things.

But if is not equal, then which one is better? So if you go through my lecture, which is on YouTube now, In every parameter, you will see that the birth tissue stem cells will give you better results.

They're more potent. they are more vibrant. Uh, they produce better and they're also safer. And this is something that's not talked about enough. that when you compare, because there's, you've heard about people worried about cancer risks, right?

That's about the only thing. Yeah, cancer and even different diseases as well too from it. But can't you treat certain cancers with stem cells? Yeah. Stem cells have been used extensively in research to treat different kinds of cancer with actually very good results.

However, the rhetoric of giving somebody stem cell treatment, and then all of a sudden, possibly their cancer was worse, or you're triggering something.

And that has been a concern because stem cells are so good at promoting growth. Now they're worried, what if it's promoting cancer growth? And then when they actually did research, they showed they put cancer tumor in the same container as these stem cells.

And there are times that these tumor will grow even bigger and faster. So that's why there's such fear that has been shown. When it comes to the concern of cancer, there're two aspects.

One is de novo cancer. Fresh new tumor. And that can only happen with embryonic stem cells, which we don't use in this country, except for in research.

We don' use it clinically. But embryon stem cell, s which are from day five, seven of after fertilization. So it's very, very early stage when you can grab a cell from the inner cell mass in the little ball of cells.

And those cells are highly potent and highly versatile and wild. So they can form tumor or induce pluripotent stem cells, which is like when they discovered it, they turned a skin cell back into embryonic stem cell.

And that can have the same problem, can cause this de novo cancer called teratoma. But that's one aspect we don't deal with that very much. But when we were talking talking about using other forms of stem cells, like from the bone marrow, fat, the birth tissue, they don' have the ability to just give you a new tumor cell that they Don't do that.

They don''t have that positive potential. What they can do is that if you person does have existing cancer, which we know, everybody would have these pathological cells, right, your immune system, if it's robust, it would just get rid of them.

But if you have These other agents that are telling these cells to grow fast, fast you know to, you don't be more aggressive, then may overwhelm your system and that can really wreak havoc.

We only find that in autologous cells in the human body. In Petri dish, there has been, you know, a few studies may have shown isolated when you put the cells next to cancer cell, even if they're from the birth tissue, maybe the cancer cells grow more, but it has never been shown in a live organism that can promote cancer.

People really have to think about what happens when you put the cells next to cancer in a petri dish. You're only looking at this very simple interaction.

you're not looking how the cell are interacting with the immune system. In the human body, the cels will actually talk to your immune systems and your system will work on the cancer.

So you are kind of letting go of that whole mechanism. when you're just putting the cells in a putrid dish. But one study that's put things really in perspective is a study using umbilical cord-derived MSCs, putting that next to glioblastoma, very virulent form of brain cancer, versus using fat- derived MSC, mesenchymal stem cells, and putting them next glioplastomas, the same kind of cancer.

So they either did it in a petri dish or put it put in on the live animal's body. In both cases, the fat derived MSCs make the cancer grow. But OK, The birth tissue, then the local cord, you have the MSC's make.

The cancer shrink go away. It was a powerful juxtaposition of the differences between these two kinds of cells. So when people worried about cancer risks, I think they really have to to think about, OK.

My cells have been with me for however many decades. We've been alive and They have aged with us, right? There are people who say oh no Stem cells don't age, you know fat drive stem cells are kept perfectly.

They're in hibernation and that's very that very naive because If you think about What are the most precious cells in your body? Your sperm and egg, right?

Sperm and Egg. What happens to them when you become your 30s, 40s and 50s? For the men it's a little less obvious. For females it degrades rapidly. You would think your bodies would do everything it can.

to preserve those eggs to make sure that they will never degrade. So if they de-grade, even beginning your thirties, you don't think the cells that's tucked away in your fat is going to de grade.

Like, why would your body spend the energy to makes sure they do not change at all? So people all die with perfect fat derived stem cells. Yeah, yeah.

So let me ask you a question about that, because I think age is a huge factor on the type of stem cells that would be utilized for any kind of treatment.

Would you recommend for someone to bank their stem cell early on in life? If you can bank your child's cord blood stemcells, would you recommended that?

I think it's helpful. Yeah, I thing it is helpful, but I thinks for catastrophes, the truth is the stem cells from another person can work almost as well.

Okay, but it yes, it's gonna be a perfect match to you if you I think it It's probably a good thing But you have to really know Who is processing yourselves?

What kind of cells are processed? And they don't live forever either so I've heard of stem cells from even other mammals being utilized on humans like a cell and You know, have you heard of a cells FDA approved product?

That's usually put put on as a mesh For like burn victims and whatnot. Okay, so come from pig bladder Okay To me, I'm just not sure if that's necessary, you know when we have perfect perfectly good human cells Yeah, we haven't amniotic membrane and why?

Why would you use pig bladder? It makes sense. I know there are some doctors, you know, that's actually there's a doctor who had been on the same stage with me from Malaysia, and he's the proponent of using animal derived stem cells, rabbits and.

sheep and all that. Yeah, and he believed that you can only use cells, stem cells from a particular organ to heal that organ. And that is so short sighted.

It's not scientific is not true. Because I've treated people with head to toe, you know, all the organs, from the brain to the heart, liver, kidneys, Lungs, we see incredible improvements in all these tissues.

I'm not giving them anything specific for that particular organ. And giving the signals and mostly mesenchymal stem cells. There are also hematopoietic progenitor cells that are very powerful, very helpful in the mononuclear cells in a core blood.

So altogether, I think it's incredibly powerful and you don't need to put the cells that have differentiated to just be in a particular lineage. There may be times that is necessary, maybe for transplants, but even type 1 diabetes have benefited from mesenchymal stem cell treatments.

Yeah, I've seen some white papers recently of reversing diabetes with stem cells. I mean, people with optical issues with stem cells that they've been able to correct that, you know, cancer.

It's almost sometimes you hear about stem cell, it's like, man, that might be the magic pill, right? Because there's all kinds of, benefits and testimonials that are happening out there.

The thing is, I can never predict how a person how person does. Sometimes I see miraculous results and sometimes there's just not enough benefit. So I wish I could say that everybody benefits.

However, at my clinic I would say over 90% of patients seeing great Results, right? So really good benefits, but still there are you know, 10% 5 to 10 percent that said well, I didn't notice anything You know I don't think it benefited me and that that always bothers me.

Yeah, you are a healer too That's never something that you want to you you wanna encounter you wanted everybody to just flourish and and you Want to be the miracle worker and so?

so why What's the reason why somebody didn't benefit? I think that will go back to the complexity of the body. We know how the cells work. There are all these mechanisms, breaking down scar tissue, create new blood vessels and change your immune orientation and decrease inflammation, telling your local stem cells to start, come alive and make new tissue.

Um, giving you a fresh new mitochondria and can do all of these things and rescuing pathways. So cells don't have to die. But what if the person doesn't have enough zinc?

Something as simple, right? Doesn't has enough, you know, any kind of important minerals or nutrients, or the hormone is really out of whack, so the body doesn t have the right signals.

And or if they have toxicity that just putting a grip on the cells that the sales can not cannot budge into getting over the disease state. So there are all these or even hidden infections like.

the herpes family virus, they actually can selectively attack mesenchymal stem cells. So mesenchymosin cells have receptors for them as crazy as it sounds, but they could select selectivity attack these cells and destroy them.

Do you have hidden infections that's kind of undermining the treatment? There are a lot of things that need to be looked at. I think even if a person did not see benefit, this could really be a chance for us to dig much deeper, that there are hidden causes that we just haven't uncovered yet.

Yeah, it seems like it really has to be a whole body analysis. And it's not just one thing. There's additional things that have to implemented into the patient's treatment plan.

It being nutritional therapy, some of the other things you just mentioned, maybe getting rid of toxins that are built up in their body so these stem cells are actually more effective, right?

No, doc, you know, there's been a huge uptick of a lot of wealthy people flying out of the country to go get stem cell therapy. And for me, I love living here in the US, and I feel like the United States has always some of best technology and things of that nature.

It's probably a question that a lot of the listeners and viewers are wondering like, why are all of these very wealthy people going to other countries to get stem cells done?

I think it's really unfortunate that the atmosphere regarding stem cell therapy from the top level is not something that's supportive because we're looking at the highest level agency that is trying to govern this field, trying direct what we need to do is the FDA of course.

The FDA, what is the incentive for the FDA to promote stem cell therapy? I don't know if there's enough incentive. If an agency, a major bulk of the agency's revenue comes from big pharma, you want to do things that please the big Pharma.

You just took someone's money, right? You don' think the person will have something to say about You know how they would like things to happen sounds like a sick care system Not a well care.

Yeah, you just took our money. So like what what are we doing? The fact that I got people off medications people with all kinds of really dire conditions so I just Took 10 20 years revenue from from a you know, drug company, right patient by patient my patient so Don't think what I'm doing is really welcome By the big pharma.

No, I am completely out of the system. I not benefiting them and benefiting the patients right and so the incentive is not quite there and the The regulation is meant to Well part of this to protect the public which I agree But part them is actually impeding progress so Maybe it made some sense when it says you need you needed a bit more study to be done when you are changing the the characteristics of of these cells.

So if I had just taken cells from one person and want to give it to another person, I didn't do anything to the cells, it's kind of like I'm taking one persons liver and giving it To another I'm doing a tissue transplant.

So that is really not under the purview of the FDA. It has nothing to do with them because this is a practice of medicine. We're not creating a drug and FDA is an agency created regarding drug manufacturing and supervision.

So the practice medicine has always been that doctors can, you know, put body parts together and make a person whole, however we can. We have to borrow it from another person.

You know whether it's the bones, the skin, we couldn't do that as part of medicine. go for a whole FDA application for skin grafting. We don't have to do that.

But they want to regulate this as if we're using a drug. So then they come up with this rationale that if you are transplanting these cells without changing them in any way, then you are doing tissue transplant, but you have to allow the cells to function the same way as how they were functioning in the body, as if the sales have any other way of behaving, except who they are.

Is there a timeframe that you're supposed to do that so-called tissue transplants for the FDA? Not really, no, you can transplant. What they're trying to say is basically if you take those cells out of one person, manipulate the cells and multiply them and repackage them, then they said it's a drug at that point.

The moment you start to use enzymes, chemicals, and you started to grow the cell, now they say you just created a new drug and now you better do drug studies With FDA and that will be millions and millions of dollars and lots of headache and lot's lots.

Yeah, there is a very difficult endeavor. So a lot of these doctors and clinics, what they decided to do is that we want to expand the cells. We want a world of cells because we heard from research that.

The cells were expanded. You grow the cells to a big number, and then you give it to the subject. So we want to keep doing that. We're going to go overseas where they don't have as much restrictions.

Clinical Uses, Anti-Aging, and MAHA Movement

Central and South America have become a hotbed. This is a popular place. They're a little bit more liberal about this. That's how it came about. But in the US, because the U. S.

doctors and manufacturers have to adhere to different standards, because you can't grow the cells. So they said, well, OK, this is what we have. And but strangely, without growing the sales, people are seeing incredible results.

Yeah. That was that that was the child with the core blood treatment of the autism. Right. But that's not expanded. This is just in the US from a manufacturer.

These blood core, blood cells were carefully separated from the blood component. And that clear fluid part that with themselves were given to this child without any expansion.

We don't need huge numbers. The cells did their work and you don' need as many and that's what's interesting because of this rule. Of if you do expansion then you have to do clinical studies because of that in the u.s Then we have this whole other group that do not expand the cells and they're seeing incredible results But then there's this other groups that are going overseas They probably are seeing good results, too, but there are problems that comes with cell expansion the problems are one you are The moment you start to let the cells to grow, there are genetic changes.

Even with one generation, they can start more and to go into different directions. Because one of the hallmarks of stem cells is that they have the ability to replenish themselves while making copies that have other functions.

This is how they save themselves as stem cells. They make one copy that's exactly the same as themselves and another copy. That's a daughter cell. It's just a little different.

There's getting a lot more function, you know, lots of capacity, but gain more functions, so then if you start to grow the cells in tissue culture, Then research, this is not my opinion, from my reading of research.

Then you start to divide, the cells start go through these asymmetrical divisions, then you end up with a whole vat of lots of daughter cells. with less and less of these original stem cells.

You think you're still getting all these stem-cells because they look the same to you, about the Same. Especially if you don't actually check their markers and truly test what's going on with these cells on the surface.

They all look The same. There's still cells, but you think You're getting All these Stem cells and then you take a little portion of it and give it to a person saying, hey, I'm giving you 200 million cells, 300 million in cells because you just grew them to probably a few hundred billion.

So taking a little portion is no big deal for you, right? It's almost like growing cells on trees. Now you're taking low portion, you giving it a patient, but possibly a majority of them are no longer the quintessential stem cells.

They're more differentiated. What happens when it's more differentiate? Well, they lost certain potentials. They're not as versatile and as capable as the quintessential stem cells, because you've lost the ability to have different ways of differentiation.

You also lost in certain generations, so they won't stay in your body with as many generations. There's still debate of how long the cells actually stay the body, how many generation are left, however.

From, at least theoretically, we know that there are not as many generations remaining when you keep dividing them. There's senescence going on. Senescent markers start to accumulate.

also secrete more inflammatory molecules. So it's a stress for the cells. Define senescent cells for listeners and viewers that don't know that terminology.

Cells that are getting older and older, so genetically their genetic material can degrade. The product they secrete may not be as potent as youthful, and they may also accumulate certain molecules that really is what we use to check to see how old the cells are.

So they're just getting older and older. You know, the less vibrant the cells are. So the cell are less vibrate and they have more genetic changes. And they also have, they secrete more inflammatory molecules.

This is something that is unfortunate. I hear people with a high impact and high influence talking about stem cells without really understanding what, you know, the different ramifications for, I know Tony Robbins and Joe Rogan, both are great guys, but they're not stem cell specialists, right?

But they speak of stem-cells in a way that may have given people the wrong impression. For example, Tony Robin said, You're going to get side effect. a cytokine storm, when you go over, you know, where you get stem cell treatment.

So somebody somewhere told him that, that you could get any stem cells treatment, just be careful. You're going to get some cytocines, because he was not feeling well.

He was feeling kind of sick. Um, so he thought, well, this is the pathway, right? This is a path to victory. And you don't have to go through this in order to Which is not true, because in my clinic, we don't use expanded cells.

The cells don' have those inflammatory molecules, and it has not also expressed surface markers that mark them as the donor, right? Now your body realized, oh, so these cells are from somebody else.

So let me attack them and try to get rid of them. They don"t belong here. So there's this immune attack, right? You're having this foreign object in your body that your can't recognize.

And then with inflammatory molecules, now you're creating a storm, then you feeling sickly for a few days. Right. Then your buddy get over it, but it's not necessary.

So, and I know some people don't do well. I've heard, I done an interview with a veteran, 911 responder, incredible, you know, person. who was doing really poorly because he was in the pit after 9-11 for eight months.

And he just barely was not functioning very well at all. Because of Joe Rogan, he went to the clinic in Mexico to get treatment, because Joe Rogen said he's the best, right?

So, this is all on a podcast, in his own words. He was talking about his experience. There were 20 people All in the clinic at the same time. This is, you know, highly advertised as the best clinic in Mexico.

And he kept in touch. All 20 people kept In touch with each other. What happened was that all of them had profound fatigue for two months. Oh, wow. profound, and he thought, well, I guess that's just part of the process.

And then after two months, that was when he slowly was getting a little better, his lungs were feeling a lot better. So then he heard my podcast about me.

Then he came to our clinic. We give him the stem cells at a fraction of the number of what he was getting. If he getting 200 million over there, probably at our clinic, we did maybe 40 million.

So a faction of he had overseas. And absolutely no fatigue, but increased energy. Significant increase in energy, and he started to feel better in his lungs within days.

That's how different it can be. So tell me, as a doctor, in my good conscience, I'm not going to tell a patient that overseas is the way to go. Because I've seen in firsthand of the differences.

Yeah. These stories are something that people really have to think about before they commit to getting stem cells, especially overseas. The other thing is overseas, unfortunately, you do have less ability to monitor the source of the cells.

Women in other countries, in a lot of the more underdeveloped countries don't have the same kind of prenatal care and monitoring that this country has.

So there's an extra risk factor there. Absolutely. Doc, when it comes to these stem cell treatments and procedures, I know we talked about a few different type of things that you're treating.

What are some of the other things, that are a little bit more mainstream, than you are treating with stem cells? Because I have heard of sexual health.

Why are you whispering? Oh, I'll say we're very loud. At least that's a big part of what we do in Lick-O-Vita. We have a whole sexual health division.

And it's something that as people age, they wanna make sure they're good in that department. But then you have other things like medical aesthetics as well too, where you hear about micro-needling, hair regeneration.

What are some of the other thing that you're seeing that are getting some these really good results? Yeah, so sexual wellness, definitely, you know, we've seen very good results.

And and face facial rejuvenation, hair restoration are all really, really exciting areas. I, those are really fun. But I do. Um, I like helping people with very difficult issues that they've struggled, probably for years, a lot of times.

and tried everything. And it's really incredible to see what kind of difference we can make. So we've seen, yeah, really from head to toe. For example, I had a child with progressive cholangitis.

That's the inflammation. The bio-dact and he was he's 18 years old. He was on liver transplant list and within a couple treatment He's off the list, and she's doing really well Yeah, helping people stay off dialysis COPD patients ditching oxygen Tang ditch in almost all medications.

That's amazing. Yeah liver cirrhosis patient Recovering after being in the hospice care that just yeah, absolutely covering after been in hospices care That's that's a powerful.

It's you know, because if you're a hospiced care, you pretty much know You're in your head. You think yeah. This is it. Yeah, that one was mind-boggling to me I really you no as doctors people come to you really sick and you always you pray you prey and do your best Yeah but I never you can't conceive of miracles.

I mean, I will like to pray for them. But I really I can I don't foresee that. So I give him one treatment. He was weak barely was I could hear him talking with big asides, you know, huge swelling in the abdomen.

The abdomen swelling went down. like halfway, even just on the way back to he's, you know, where he was at Sacramento. So four hours of drive, and he is swelling already went halfway down.

Absolutely incredible. Yeah, so heart, improving ejection fraction. And, yeah, testicle, we have people with repeated testicular swelling and nodules and ended up having one taken out was worried about losing the next one because the other one is having the same problems.

and all I did was IV stem cells. And that's the thing, I love the IV route. You put the cells in the body and they will get to where it's needed. It's pretty astounding.

Wow, that amazing. When it comes to stem cell, what is probably the biggest myth that you hear people talk about stem-cells? I think the biggest myth that using your own is better.

A lot of people are hung up on that. They say, oh, I don't want other people's DNA in my body. Yeah, my own it's better to depend on what you're looking at.

There are a particular type of cells called V cells in the body that's supposed to be hibernating and completely intact. And then if you wake them up that they could.

With the frequency? Yeah, using frequency. However, I have heard the results are also inconsistent. It's like, you know, half and half. So it's hard to know why some people are not responding.

What is there? And I think the older the person is, the harder it is to treat. I don't know if exactly it was the cell's fault or just because the patient is more decompensated.

but but in general your cells will decline with you and If you use them, they probably would not be as potent and also There is a higher risk of exacerbating cancer So I think that's one of the biggest myths and the other one is the that more is better they think the more the merrier actually research have looked at a Dosage there's a dose dependence sometimes Usually too little is not good and too much.

It's not a good man. They actually there is a golden lock zone So yeah, and and also the more is better the More of what if the Moore is something that you expanded in a culture medium and they've already changed and went different directions And then you still use them as if they were the original cells that have not changed And now you just give them a lot of something That's not very potent.

Right, right You know right now, you know, we're talking about all of this These great treatments that are making people well and and right Now we have this huge movement going on the maja movement make America healthy again How does you as a stem cell back?

Contribute to this big movement of make American healthy. Um Well, of course, I love I will love to help make stem cells more available for people. And one of the biggest complaints is that it's expensive.

It's not cheap, but it is not exorbitant. You know, really want people understand for a lot of people is still difficult to afford a certain amount. and it will be great to get the price down more.

But on the whole scheme of things, I think is actually quite affordable and quite transformative. And literally, you know the statistics that if you can decrease the aging speed, we can reduce the biological age across the board of the entire population by seven years, you can reduce the event of chronic illnesses by half.

So basically the prevalence of a chronic illness would be cut down by a half if everybody's just getting a little younger. Younger by 7 years. Yeah, actually I heard Ryan Smith with True Diagnostics, he mentioned that.

And he says that it would reduce tremendously, just how you're saying. And what I'm seeing is the anti-aging benefits of stem cells is very exciting because it's not just okay, treating diseases is great, but for a lot of people who don't have any illnesses, you can actually reverse the biological age.

This is not just, you know, I'm thinking this is sounds sounds amazing because people actually studied who actually dissected animals who are getting stem cell treatment and seeing what's going on with these animals.

And it turns out that on a cellular level, all these animal cells. So they were aging. These are either rats or mice. They were ageing. And then, when you age, they have certain markers.

Okay, at this age this is the toxic waste accumulation. This is, you know, the senescent markers, that's the level. So they a particular objective level, but after stem cells, all the levels were down to the same levels that they had when they were younger.

And the neurotransmitter levels, growth factor levels were all restored back to the younger state. So literally your cells are living in a younger stage.

This is in addition to what we found out that stem cell, regular stem cells treatment for animals can extend their lifespan by about 30%, not just lifespan, but health span.

They look better, they move better. Their thinking is better so literally they're just a younger mouse just living longer. So that's where we're looking at.

I feel like if we can't extend the lifespan. By 30% and by regular, you know, on this animal model because it's hard to study for human longevity. It takes too long and we are extending the health, healthy time, the youthful time.

Then in a sense, we're bringing back the age, right? We're decreasing the rate of aging. And I wanna put emphasis on what you said, because sometimes in this functional medicine world, when we talk about longevity, we're only focused on longevity.

But in my professional opinion, one of the things that's even more important is health span, right? Because who wants to live 200 years of very bad, you know?

I'd rather live only 30 years, of good health spend versus 200 of no health spent. So that's definitely something important that people have to think about.

Yeah, I think if we can make stem cell therapy on a more, like if across the board. If everybody have access to it, right, even if it's once a year, and that's going to slow down your rate of aging.

And then that really going cut down the rate chronic illness. So I get my IV every year on my birthday. I call it my Birthday Shot. You know, because I do think that that is what people should do, you know once in a, I won't forget it.

Closing Thoughts, Resources, and Physician Training

When you're younger you can do it you know once a year but when you're older I think twice a, year or even more right depending on how harsh you are you, know treating your body but in general I, think the recommendation is every three to six months and I actually have done it every, three months for the last amazing the, last yeah I'm in the industry So I appreciate you talking about the whole Make America Healthy Again movement and how you're contributing to it.

Now, I know you are part of a documentary. Can we talk about that? I'm just executive producer. Yeah, that's a big

part. That's huge part, so let's talk that.

I'm supportive of the project and I may have some inputs, but I can't really take much credit. But I am very excited about what RFK is going to be doing for the health of this country.

I think it's about time that medical schools actually teach nutrition, that doctors actually are equipped with learning how to make people healthy, like prevent them from getting sick.

Because before we had absolutely no education, there's no emphasis. We really Yeah, it's just, there's so much to learn about diseases. So it is all about disease and we just wait for people to get sick and that's when we bring to life.

But yeah, I'm excited to see and I know it can be a controversial subject. People have different viewpoints about RFK and what he's bringing. It's hard to think how People could be so angry with somebody that is devoting their life really there's there is no personal gain It's really for the health of the country of people to really do what's To protect, you know, yeah, so I I personally I applaud Anyone with that kind of courage with kind drive.

Yeah, and I agree with and II I urge people when they have, they're being brainwashed by something that's out in the media. I urged people to take a deeper dive.

Don't just look at RFK from the last couple of years, if even that. Go into history. Look at what he's done in last decade or two decades. You'll see he has been on this for a while.

Just look everything he did with Monsanto's. It's like, this is, This is inside of him. Yeah, there's he doesn't have to do this. You know, this this is because he knows that this has got a given purpose.

So, Doc, as we wrap up here. There's definitely someone listening or viewing this podcast that resonates with today's message. That one person, what is that one thing that you can leave them with?

that our body is incredibly resilient and it contains so much intelligence that you can't even fathom. And there's this light within us that made us. So if you just stay out, get out of the way, give it what it needs, right?

Give it the right nutrients, respect it, be kind. And and it will do amazing things for us. And just I want people to hold on to that light inside of them and know that we're powerful.

Amazing. I love it. If people want to find you, where do they find? Oh, come to my YouTube channel. I probably put out more information on stem cells than anybody I know.

So it's just joy Kong MD, or they can go to My website joy cong MD comm Instagram, Dr. underscore joy underscore Kong, and I'm very interactive, I really I really care about people.

I want people to get the help they need. So, you know, anyone can ask me questions and I'm always there for for them. Amazing. Doc, it was a pleasure to have you on the podcast and we'll share all the links down below.

And, hopefully we get this message out to the masses. Thank you so much, Sam. What I'm. doing is I founded an academy where we are training physicians on how to go from zero to 100, almost, from no knowledge of stem cells to understanding the science, the clinical evidence, and then having hands-on training on How to provide stem cell treatment through IV route, joint injections or aesthetic treatments or sexual wellness.

We cover a lot of ground from the basics didactics to discussing the regulatory aspects to Hands-on and to business training so only one in two days So we only do that twice a year and the next one coming up is July 19th to 20th this year so it's in Los Angeles and People love it and they have such a Established such good camaraderie among each other as well.

So it was an inspiring time to be together and move medicine forward Guys, you guys heard it from Dr. Joy Kong

here. Your body is a powerful thing, right?

She's the stem cell doctor. There's so many benefits that you can get from stem cells, but you have to do it the right way. And no, You don't have get on a private jet and go to the other side of the world to get this done.

There's things that you could do here. Make sure you check out the doctor here, all the links are down below.