Your Path To Stem Cell Revival: Fasting & Plant Medicine Transcript

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Introduction to the Stem Cell Interview

Welcome to the Fasting & Longevity Summit. I'm your host, Dr. David Jockers. And in this summit, we've talked about stem cells and in particular in pertaining to fasting and how that stimulates stem cells.

But in this interview, we are going to talk about how to crack the stem cell code, but not just fasting, but also unique plants and herbs. And so my guest is Christian Drapeau.

He's a stem cell scientist, author and creator of the first stem cell supplement. He holds a graduate degree in neurophysiology, and he's been involved in medical research for over 30 years.

He's the author of five books, including the best-selling Cracking the Stem Cell Code. He's published dozens of scientific papers on brain research in a biological process he coined called Endogenous Stem Cell Mobilization.

We'll need to talk about that with him in this interview. He's also lectured number 50 countries on stem cell research. So he's really an expert in the field.

He's got a great product called STEMREGEN. And you can also find his website, STEMREGEN S-T-E-M-R-E-G-E-N.co and without further ado, let's jump into this interview.

Well, hey, Christian, great to connect with you. And let's let's jump right in and start talking about stem cells a lot of people have heard of them.

What Stem Cells Are and Why They Matter

You know, there's obviously a lot of stem cell treatment centers out there. What are stem cells and why are they so important for the body? Well, to understand what stem cells are, I think an easy way is to describe what is not a stem cell.

So any cell in the body, so-called somatic cells, like a cell of your heart, of your retina, of your of your, of your skin. They are very specialized.

They do only one thing. They will never transform into anything else. And to a large extent, they will not multiply. So this is your entire body except your stem cells.

Your stem cells are cells that really have no identity other than to be sort of a stem cells or a mother cell. They don't have a function. Their function is in their ability to transform into another type of cell.

So they're blank cells, mother cells. Historically, they were believed to be not only believe they correctly believe to be precursors to blood cells, but it was believed to be their limitation like they can in an adult or after birth.

They can only make blood cells, white blood cells, red blood cells and platelets. So the big discovery at the beginning of the century is that stem cells, adult stem cells, have the capacity, capability of becoming virtually every single cell types of the body.

And in such they are indeed the repair system of the body. So any time you've had an injury in your life, the affected area and it could be a small injury or a big injury, the effect a broken bone.

For example, the affected area will release compounds that are very well known today. They will travel to the bone marrow and trigger the release of stem cells from the bone marrow.

Then the affected area will start to release other compounds that will attract stem cells to that area. And when stem cells are circulating into the small capillaries of that area, they will be called to migrate out of the blood to the into the tissue where they multiply and transform into cells of the tissue.

So they are literally the repair of system of the body. Yeah, really fascinating. And so what happens when we're not able to produce as much stem cells?

How does that affect our our ability to repair and our risk of developing chronic disease? I mean, there is a direct link between the number of stem cells in circulation and the body's ability to repair and keep the health that you have today for the years or decades to come.

But the question is not so much what happens when you don't produce enough stem cells because everybody produce stem cells. I guess the biggest the bigger culprit into this whole into this way of looking at stem cells is the fact that we have evolved over tens of thousands of years with a life expectancy of about 30 years of age.

So longevity has never been selected in our evolution. And this is not better reflected or illustrated then by the reality of stem cells in the human body.

We are born with red marrow that makes stem cells very early in life. Red marrow converts into fatty marrow that does not make stem cells yellow marrow.

And that transformation happens so fast that by age 30, we have lost about 90% of our red marrow, and that is reflected by a significant or similar decline in the number of circulating stem cells.

So we are left with about 10% of the stem cells that were born with in circulation. So there's a point in our thirties where we all discover we're not Superman, we're not Wonder Woman.

We don't repair like we used to. It's because the number of stem cells has gone below that critical point of the number needed to properly satisfy tissue repair.

Stem Cell Decline, Aging, and Disease Risk

And at the same time, it's not only repair because that's the other super important aspect of this whole story, is that while stem cells are the repair system of the body, they have been studied in many different models of injuries.

Hundreds of studies have been done in those studies. There were very interesting incidental observations where stem cells also migrated into organs and tissues that did not have an injury.

So if I summarize all that data, it's the fact that stem cells, while they are the repair system of the body, they also play a critical role in maintaining our tissues when you're 60.

So, for example, you don't have a 60 year old liver or a 60 year old pancreas or 60 year old lung. Everything is constantly in the process of tissue turnover.

This is clear from stem cell research. So turnover means you lose cells on one hand and on the other hand you need to replace. the cells that are being lost if your tissue, if you want your tissue or your organ to keep functioning properly.

That's the role of stem cells, the fact that stem cells continue to decline. So you're left with 10% roughly at 30. That goes to 5% at 40. 50, it goes to 2 to 1, 2% when you're 60.

So there's a point in that process you just don't have enough stem cells to offset cellular loss. And that is pretty much when you start to develop so-called age related problems.

So there's a direct link between how many stem cells you have in circulation and your ability to repair and stay

healthy. So and in all of that picture, the thing that is also important to understand is that of all your blood parameters, I take your red blood cells, for example.

The range of red blood cells is something like 8000 to 13000, I believe, above 8 to 13. So it's a it's a fairly narrow range and it's the same kind of range for almost all your blood cells.

Your stem cells will range between 0.05 stem cells per microliter to five stem cells per microliter when you are an adult. So this is about like a 100 fold range.

So if you happen to be in the people that have fewer stem cells, that is the reason why you will develop an age related disease in the future. So with all of this in mind, the point is if there's a means of putting more stem cells in circulation, then you want to do it as you move into your late thirties, early forties, to give that ability to your body to continue to renew effectively.

Yeah, great, great explanation. there, what kind of strategies can people use to help improve their endogenous stem cell production? Well, fasting, if we start with those that are sort of natural or ancient natural, but lifestyle fasting is one of the very, very important one.

We all know. I mean, you know very well, fasting has been documented for centuries for its ability to trigger regeneration of all kinds and healings of all kinds in the body.

There is no clear there are tons of documentation as to what it does in the body autophagy and different things. But why would it actually repair, help the body regenerate, recover.

It was kind of a blank box for a long time until fairly recently, a few years ago it was documented that through fasting for three days and more indeed increases for quite sometime, you know, for a week or two, the number of stem cells in circulation.

So you're giving your body a real dose of repair when you fast aside from this one, the only other thing that we can do to put more stem cells in circulation is intense physical activity.

But it's probably for the simple reason that super, super intense physical activity will create micro lesions, micro injuries that will trigger the repair process on their own.

So they call for repair. So, so the stem cells are then consuming the repair. So it's still limited in actual its effect on overall body regeneration.

So where my work has been for the past 20 years or so is to study and identify plants that act by triggering the release of stem cells from the bone marrow.

So I've studied a number of plants and right now we have about a handful that you simply consume these plants orally and it triggered the release of your own stem cell.

So that's the path that I've been engaged in in terms of R&D and clinical trials for quite some time. Yeah. Now I want to come back to those plants now with fasting, you mentioned three days, has the research what does the research say about intermittent fasting or time restricted feeding?

Let's say somebody is doing like a 16 hour fast every day or maybe like a 24 hour fast once a week. Is there any literature on stem cell production with or not?

That I know.

Fasting and Other Ways to Boost Stem Cells

Not that I know of in terms of literature, which is not to say that there's no effect. You need to understand that

quantifying stem cells is not an easy task because we quantify a very, very small population of cells in the body.

When you're talking about 0.05% of you or point 1% of your your white blood cell population, that's a really small number of cells to quantify reliably and be able to do statistical and analysis with a person when he's fasting or not fasting.

So this isn't these are not simple studies to do. So you could have an increased that is just missed and is seen as not significant. Could it be that it does trigger a stem cell release?

I think everything is a gradient. I would not be surprised that it does, but a 16 hour fast is still not in the body. Triggered the reactions of I would say not injury but like like significant stress.

So I would assume that if there is such a release would intermittent fasting, it's minimal and probably not the reason why intermittent fasting brings all of its benefits.

Sure. Now, how about that? Like the fasting mimicking diet with Dr. Valter Longo, where they're doing five days, where they're eating, but it's very low calorie.

And I know he's done research using this kind of fasting, mimicking diet approach. And I believe that they've shown stem cell production on like day four, day five.

Be familiar with any of that research. I am not. I am not. But I would be interested to to look at it because any ways that put more stem. Yeah. So the University of Southern California Dr.

Valter Longo Longo is his last name. I know he's done research with this so yeah good thing good thing to look at. Now let's go back to those plants. So you've been looking at which of these plants stimulate endogenous stem cells and you actually coined this term endogenous stem cell mobilization.

And so let's talk about that term and then also some of the plants you're looking at. Well, endogenous stem cell mobilization, of course, it's kind of a technical term, but the reason why I coined the term is because right now in the entire world of stem cell, if I say stem cell for just about anybody, it means it's a treatment.

You go somewhere and you get an injection. And the question is, which kind of stem cells, where are they injected or are we doing something to them? Never is considered the fact that your own stem cells in your body, so when they're extracted, they come from the bone marrow, from the blood or fat tissue, meaning they're already there.

They're not better because you take them out and put them back in. So the question is, what are they doing in the body? And when we realize that there are means of releasing stem cells, then the the big comparison and I'm summarizing here to to to quite significant extent, but nevertheless, it remains a fact that when you do an injection, you increase the number of stem cells in circulation through an injection.

But you can also increase the number of stem cells by releasing your own, which is already now a well documented phenomenon. So the idea was to to really develop up an approach that could be compared to what is normally done in the medical field with stem cell injection, which is endogenous stem cell mobilization, meaning the release of your own stem cells.

And and I started into this field in 1995. I was hired by a company at the time that was selling blue green algae from Klamath Lake. You may have heard of that product.

So most of the research that has been done right. Sorry, Delina was out of spirulina. No, it's not spirulina. Spirulina is spirulina in climate lake. The species is a fan is all in on flush aqua also known as RFA.

So it's a difference is the same broad class it's a blue green algae but it's a different species. They're both very good.

Endogenous Stem Cell Mobilization Explained

But the effect on stem cells, we have not seen it with spirulina. There are very few very small differences, but they're notable in the sense that when I started that research on that blue green algae from Climate Lake in southern Oregon, the main benefits were effect on the immune system, effect on inflammation and on the mind, and that effect is specific to RFA.

It makes a compound called phenyl ethyl amine, very well known in biochemistry as the molecule of love with a molecule of joy. Any time you feel content satisfied, your financial problems will come back tomorrow.

But today, for some reason, they're not a problem. Well, your brain is making a. Chocolate has peas, right? Chocolate. Painful? Yeah. Correct. Assay as way more so. So to put it in perspective.

So it was a common benefit that people were reported. So anyway, we started the research to identify active, active compound mechanism of action is that as I'm doing this work, I came across people who reversed multiple sclerosis, insulin dependent diabetes, liver failure, severe emphysema, Parkinson, all kinds of problems.

And the extent of the benefits were at times quite significant. So, you know, these are just stories scientifically they have no value. But when you've got 100 of those and then you start to get some of the medical file and you can clearly see in the medical file something really changed in someone's life after years of evolution of a problem.

And suddenly it starts to improve somewhere. It warrants looking at it a little bit deeper. So there's a point where it became very, very compelling. And I started to to really want to look into this and so we did a number of studies.

And to make the story short, it's in 2001 when I came across what was, to my knowledge, the first paper documenting this, the title was Turning Blood into Brain.

It was the first study documenting stem cells going from the bone marrow to the brain and becoming a neuron. Now, my original field of training is brain research, neurophysiology.

We were all told the brain does not regenerate, and we were all told in med school that stem cells are only precursors to blood cells. They don't make anything else.

So that paper was extremely compelling to me. So I went to see if I can find anything else. In the scientific literature. I found one other study documenting stem cells, being able to become liver cells, and another one documenting that they could become heart cells.

So you take a step back. So we're in 2001, you just look at just a general concept of human physiology. If a stem cell can become liver, heart and brain, what mechanism could it be that it's just these three?

It can't. If they can become those three, that means they can also become pancreas, long a skin and the rest. It's just a matter of time that scientists will document them.

So if we accept that stem cells can become all these cells, they cannot do this without being the repair system of the body. They have to be the repair system.

So we published this hypothesis in a journal called Medical Hypotheses that stem cells were the repair system of the body. In the back of my mind, the thought what was what if that plant triggered the the release of stem cells from the bone marrow?

If they are the repair system, they will go into the pancreas of the diabetic, the heart of the heart disease patients, the long of the infezione and so on.

So you should expect that plant to give to people's experience a broad variety of benefits, and that's what we had. So it became really my first solid, though far fetched at the time, and I faced it was called ludicrous many, many,

many times in the in the first years.

But but for me, purely scientific, an intellectual way. It was my only solid hypothesis. It just made sense. So we bought a flow cytometer we start to count stem cells in our own blood, took the product very quickly.

We saw that that's what this product was was doing, putting more stem cells in circulation. Once we documented the effect of LFA, we had to show the mechanism of action, the active compound, proof of concept, of fighting the patents.

When all of this was done, then in my mind all along I was kind of eager to go back and test other plans because if stem cells of the repair system of the body, you cannot beat it.

There's only one plant having an effect on stem cells. So the first question that comes to mind is what else has been associated with a broad variety of health benefits?

So immediately you think adaptogens products that are known to be associated with many benefits, but we don't have a clear explanation. We always talk about the fact that they support the immune system, but the immune system means you would not get a cold in the, you know, in the winter.

That's it. It don't it doesn't mean you would recover from all these other conditions. So it was an explanation that was not one. So we we studied medicinal mushroom, goji berry seaweeds, many of these plants, Jensen, they all have an effect on stem cells.

But the real heroes, the real star product is when I had opportunities to go in remote areas of the world, like you go on the Tibetan plateau, you go to Madagascar in the Congo, but New Guinea, South America, what are they doing locally where they don't have Chinese medicinal, you know, mushrooms, they don't have goji berries, where do they have locally?

And and we found Suboxone berry from the Tibetan plateau used in Chinese medicine, traditional Mongolian medicine, Tibetan medicine used for lung disease, lung cancer, heart disease, cardiovascular, diabetes, and to help repair from bone to the skin, broken bone.

So you see the spread.

Plants and Herbs That Trigger Stem Cell Release

So I'm thinking maybe the effect is stem cells. So I traveled there, met with farmers, we derived an extract from Suboxone berry. We tested it and we found a very significant increase in the number of circulating stem cells.

The biggest response that we've had right now is from one specific species of aloe from Madagascar. They have about 65 species of aloe. There's only one that they have used for century to make a remedy called the HONA that is used for old age.

So we hope it's coming from a species of aloe called aloe macrolide. So we developed with a colleague the whole system of harvesting manufacturing. So now we are able to produce this aloe macrolide from Madagascar and that one gives us an increase of about 80% in the number of circulating stem cells.

So I've developed a product where I blend all of these together. So you take two capsules and you put roughly on average about 8 to 10 million new stem cells in circulation within two or 3 hours.

Wow. And so these plants, they stimulate your body's own endogenous process. So it's not like you're ingesting stem cells, but inside the body, they're triggering the production of stem cells.

Correct. I guess the easiest way to think of it is if I tell you what can you take for immune system? There's tons of polyphenols. Goji berries. Goji berries, yes.

Echinacea, medicinal mushroom. They're all known for the immune system that you will go and take these if you need to stimulate your immune system. We just found plants that work by stimulating the release of stem cells.

And it's a novel observation. It's a novel knowledge. But the reason why we studied those plant is because we have century of views and documentation for them to bring all kinds of benefits.

So the effect has been there for thousands of years. We just now documented scientifically. So it allows us to to kind of narrow more specifically on developing blends that will specifically support stem cell release from the bone marrow.

But it's something that we have done, obviously, since since we are humans. And when you take. A mammalian nature. Yeah. And when you take this sort of plant based medicine, it's stimulating kind of in a sense systemically the production.

So and those stem cells are probably going to go and correct me if I'm wrong and they're probably going to go to the areas where there's the most damage, where there's the most need.

So, for example, if somebody has maybe a knee injury or osteoarthritis, right, it's in their knee or potentially a fatty liver or, you know, something along those lines, my hypothesis would be that the stem cells, as they're being triggered and they're mobilizing in the body, they're going to go to the area where there's the greatest need for healing.

What are your thoughts? Absolutely. Absolutely. You know, in my early days of researching this blue green algae EFA, I remember the consumers were talking about how this product was doing to your body, what your body needs.

And and as a young scientist, it's a statement that was just annoying the heck out of me, because from a scientific standpoint, it's fruitcake, you know, it's fairy dust.

You know, it will do to your body what your body needs. I just I really dislike that kind of statement. And I look back at it 25 years later and I'm thinking, if there was a way of summarizing all the science that we know about it, it would be to say it will do to your body what your body needs, because if your body is a problem, that area signals for repair.

That's how your body is designed. Wherever you have inflammation, part of the inflammatory signal is signals to attract stem cells. When stem cells migrate in that area, you cannot repair and add inflammation at the same time.

So the first thing that stem cells will do is to suppress the inflammation and start the repair process. So, of course, stem cells will be attracted wherever there is an inflammation signal, which is wherever there is tissue damage to be repaired.

So, yes, your stem cells will go exactly where they need to be and they will do for your body what your body needs. So it was fruitcake, but years later it was actually fairly accurate into into what it does.

Yeah. I mean, just you had mentioned adaptogens kind of like how Adaptogens work where, you know, we always say they work kind of like a thermometer where, you know, if you want to if you're if it's 75 degrees outside, you want you want your house to be 70 degrees.

The air conditioning is going to come on, lower it down to 70. And if it's 65, it's going to bring on the heat to bring it up to 70. So it's, you know, keeping everything balanced and and in tune.

Now, with with with your STEM region product, you've obviously got a whole bunch of different herbs. You mentioned the I believe it was Appa, the algae, and then you've got the aloe in there as well.

The specific type of aloe, you've got the ceiba buckthorn. I saw you got 13d Beta Glucan You've got a couple of

other compounds. And how did you come up with like the proper dosage for all of those?

Well, the depends on what we can find in the literature, depending on the traditional use of these products. Historically, what was recommended in use then we would we were able in most cases to come down to what would be a good effective dose and also cost, you know, if at the end we can show that a three grams of a product will do the effect, but three grams would make the product completely, you know, in affordable, then then then it there's no point continuing.

So I do have ingredients that are very interesting in which I am sure we will find significant effect on stem cells, but they would be completely cost prohibitive to develop.

So so there are many factors that coming into what would be the chose the choice of a of a dose to study. So once we've gone to a dose, we have at times we have studied various doses along Macrolides, for example, we have studied a very small dose, medium dose and high dose.

Very interestingly, with Aloe Macrolide, we got the exact same effect. Whether we take 750 milligram, whether we take 250 milligram, and almost the same effect if we take 60 milligram.

So so you look at that data, it's almost like it worked at fairly low dose and it plateaus very, very soon. We have not done those dose dependent studies on the other ingredients, but stim region contains the dose that we have documented as an effect on stem cells for all the key ingredients.

And then obviously there's a limit of how much we can put into two capsules. So it was kind of a fine balance between making sure that we have all the effective amounts of the key ingredients and then as much as we could of the others.

Now, you mentioned a few of them. Let me kind of complete the picture here. So we have EFA, we have sea buckthorn, we have aloe microbiota, we have PANIC'S Nora Jensen that has also been documented to put more stem cells in circulation, one that we have studied, not that it has a very strong effect on stem cells, but but there's so much literature on the various benefits of that plant that I'm including it for its effect on stem cells, but also other benefits, which is efficacy done in the future going on, which is a polysaccharide from seaweeds.

We're getting it from a type of seaweed that provides in that extract, not only if you done, but also flora tannins. Flora tannins is a kind of polyphenol that is the sort of the star active ingredient in the seaweed colonia kava, which has been claimed.

This is coming from Korea, from Japan, the kind of seaweed that is used by old people who live like centenarians, who live on islands and and they feed off of it.

Colonia Kava did dove to go in to harvest it, so I chose that seaweed to bring those to benefits from from from that plant. But as we were doing all this work, so think for example goji berries is one but medicinal mushroom so we, we go and we test reishi cordyceps in lion's mane.

And as we test these, the response that we're getting is a, an immediate drop in the number of stem cells in circulation after about 20 or 30 minutes, like 25 drop, 25% drop in the number of stem cells in circulation.

Everything we have done until that point is showing an increase, if anything. So I'm thinking there's something wrong with that response. So maybe the machine is contaminated or something.

So you stop, you clean the machine, you do it again. We give the same we get the same response. So maybe the problem is the antibodies that we're using, they're not functioning properly.

Some of the regions, something is not working properly. So we clean everything, we change everything. And a few months later, we realize that this is the response.

You know, we just have to accept it and simply dig a little bit deeper.

How STEMREGEN Is Formulated and Dosed

And and at some point when we started to quantify the the density of the receptor that stem cells are using to receive the signal from a tissue that is that is asking for repair when the stem cells goes into the fine capillary, when these to connect, it triggers the migration of stem cells out of the blood into that tissue.

So the whole process of repair, so by increasing the density of these receptors, the stem cells become much more receptive to the signal of repair. So that means they are more effective in their ability to migrate in the tissue so they disappear from the blood.

So it was a true response. Within 30 minutes you see this drop in the number of circulating stem cells since stem cells do their repair by migrating in the tissue.

Although in science the release of stem cells from the bone marrow and the consequent increase in the number of circulating stem cells is what has been documented by far the most.

It's obvious that to repair they need to migrate in the in the tissue. So if I have a component that is triggering that migration, it makes total sense.

Just blend them together. So there's very little that we can say because there's very little documentation of this process of stem cell migration in the scientific literature.

No drugs have been shown to do that, therefore very little documentation. So we would have to go back into much more pure research, which I would love to do if we had the funds.

But from a purely the standpoint of effectiveness, we started then to blend ingredients that trigger endogenous stem cell mobilization when components that do migration.

And that is why we have the one three beta glucan in the colostrum, highly fractionated colostrum. These were the two most effective ingredient to trigger migration.

So we have essentially seven key component five that trigger the release of stem cells to the trigger. Their migration into tissues. Are really, really interesting and they can find it at STEM region cocoa and yes, you have a ton of information there, research, different things like that.

Are you guys able to do any research with the product as well? Yes, we have started one. I mean, we're starting a number of clinical trials right now.

We have two that are ongoing. One is probably like a year or so in the works. So it's continuing. It's on stable, chronic congestive heart failure. So the data that we have at this point is preliminary, but so far, all the participant in the study after six months, so they all started with stable, chronic congestive heart failure.

And at the end of six months, all patients have normal cardiac function and we're comparing that. So we have three arms in the study. One is STEM region and the other one is stem cell injection.

And the other one is a combination of both because that's what we have seen in clinics with the doctors we're working with. That's when they see the best result is a combination of both.

Then we're starting also a study on Parkinson. I'm basically targeting targeting the conditions with which is strictly over the past 20 years we have seen generally speaking good results.

So we have a study on Parkinson that is starting this month and we have in preparation a study on colitis, one on diabetes as well. And at the same time we are starting a number of animal trials.

Also on those conditions, spinal cord injury, Parkinson's, heart disease, diabetes and multiple sclerosis to be able to document mechanism of action because in humans you can document mechanism of action, you can inject stem cells with tags that you can then follow the histology on tissues and document the whole process.

So while we document the benefit on the actual health of the participant in these studies, we go into the animal study to show what's the mechanism of action behind these benefits that we see in humans.

So we're starting all these studies basically as we speak now. What's the typical length of time that you guys are doing these studies or just in general for consumers that are that are taking STEM region, what's usually the length of time that they're taking them to where they start really seeing that these kind of results and changes.

In our studies, we give it six months because that's kind of the time frame that is enough that we have seen over the years. We have had people who have reported great benefits that are gradual over 12 months.

So so the study being six months is a blend of really testing what it can do in six months. It's not to say here that the the full benefit that one could experience, but I would say, generally speaking, the main experience that people will have and it depends on the condition because what we're doing as well right now is really working with surgeons because nothing screams for repair more than an open wound, because for the body, this is a risk for systemic inflammation, sorry, systemic infection.

So it's it's a it's a risk. It's a lethal risk. So the body will seal that wound as soon as it can. If there's not enough stem cells in circulation, it's the local fibroblast that will kick into gear and will seal that wound, and you will obtain fibrous tissue, which is a keloid scar.

If you have enough stem cells in circulation, they migrate into that wound and they become keratinocytes hair follicle, sebaceous glands, everything that you need in normal skin.

Clinical Research, Recovery, and Surgery Support

So the typical story is that when people start to be able to do endogenous stem cell mobilization with a product like STEM region right after a surgery, they will come back within that, say, a week, ten days, and they will have achieved the kind of repair that normally they see in four weeks, very, very, very common.

So we're going in that direction. So so in that example, we're talking about two weeks. So it really depends of the condition. But generally speaking, for anything that is more like a long term type problem, we do our studies over six months.

The general story is, I would say come in at least for three months, you should see something in three months. It may not be the maximal benefit that you can get, but you should see something within three months.

It is not uncommon for people to see benefits within four weeks. Within three or four weeks. But you know, if you try to reverse the past 15 years, you may need sometimes, you know, if to go to three.

Exactly. You need to give it some time. The thing takes time. Yeah. And the thing to keep in mind and that's really from a, from a sort of knowledge standpoint is to understand stem cells are the repair system of the body.

This is not an analogy. This is not a metaphor. They are the repair system of the body. Any time something is damage or broken and it needs to repair, you can do a lot of things to help repair.

But but stem cells are still the building block that are at the core of that process. So you can do a lot of other things that are good for you that, you know, help you repair.

But it always happens through stem cells. Sometimes stem cells don't go where your mind wants them to go. They will go where they are attracted. Sometimes the area where you want them to go because it's chronic.

Maybe it's chronic because the circulation is not effective. So there's no delivery of stem cells in that area. Maybe there are other things that needs to be done with it.

Red light pulse, electromagnetic frequencies, maybe making the blood more fluid with narrow kinase. Things that we can add to the whole approach to make sure that the stem cells we have released will be delivered to that tissue.

But the stem cells that you have released, whether you notice it or not, they are doing what stem cells do in the body. If they did not, you would not be alive today.

If you've got a new liver every two or three years, that means if you're 40 years old, you've had many livers so far. Yeah. So your stem cells have done their job.

They do their job every day, whether you know it or not. Yeah, really fascinating. And you were talking about surgical wounds. I get asked a lot like, what should I do?

Pre-surgery or shady post-surgery? How do I speed up recovery? So if somebody were to use the STEMREGEN, would you recommend, you know, let's say they've got two weeks before their surgery.

Would you would you recommend they get started right away with it, take it up to the point of surgery and then start taking it afterwards. You think that will speed up our recovery there?

The main approach is really after surgery. Yeah. Now, if you really want to be optimal, you could start maybe a week, a week, ten days before surgery.

And the reason why I'm saying this is that what we have seen is that the response is always greater in somebody who has taken the product for a little while compared to somebody who takes it for the first time.

And I believe that the reason for this is that when you release stem cells, they don't all migrate into tissues. There is one tissue or one part of your body that constantly calls for stem cells.

And that's your bone marrow. The system to maintain bone marrow in the stem cells in the bone marrow is the same system that calls them. So when they are released, the next time that they go to the bone marrow, they have a good chance of being recaptured.

The life, the residence, time of a stem cell in your blood is on average about an hour. So if you start to release stem cells on day 1 of the stem cells that have been released, a number will go back to the bone marrow and you slowly increase over maybe a week's time the pool of stem cells available for immediate release.

So, so if you start earlier, I would say a week earlier, I would say the day after your surgery, your response is just going to be bigger.

Final Thoughts on the Body's Repair System

But the real effect will start after your surgery. Yeah, really interesting. And you know, thanks so much for your time, Christian guys. Check out STEMREGEN. CO and check out one of Christian's bestselling books, Cracking the STEM Cell Code.

Really great book. He's got a lot of great content on that website, STEMREGEN. CO and Christian. Any last words of inspiration here for our audience? Really, it's I think we mentioned it a few times today.

It's really if we look at all of this from a distance, and I think that before it gets really recognized, it will require some level of, let's call it academic humility to realize that after documenting the last systems in the body about a century ago, immune system, endocrine system, nervous system, a century later we realized there was another system in the body that we did not know existed, which is the repair system.

It is literally a system in the body and you cannot repair if you don't consider in leverage that part of your physiology. Yeah so true love that. Thanks again Christian guys again STEMREGEN. CO That's a place to find all the information and we'll see you guys on a future interview.

Be blessed everybody.