

From Russell Miller
MS patient

My Story

I am a 52yrs old man who has MS and I had my first major MS attack 15yrs ago at age 37. I went off to the local GP with my symptoms and was misdiagnosed as having had a stroke. I was correctly diagnosed in 2000 10yrs ago. I was encouraged by my neurologist and started treatment to halt the progression of attacks by injecting with beta interferon which I did for 3 yrs. Unfortunately for me the treatment did not halt the progression of my disabilities, so I decided to stop. My disabilities continued to increase and eventually I was forced out of work. Like most people with a degenerative condition I kept reading and looking for an alternative treatments and came across George Jelinek's approach using both diet and meditation. While this did put me on a good way of eating and living, my disabilities did keep increasing. So for ten years I accumulated many disabilities. My walking was down to a few steps around the house with the aid of a walker and outside in an electric scooter. My bowel and bladder were shutting down and I was in constant pain. The right side of my body had spasticity in both limbs and my foot had dropped. I did like most people with MS in this stage and I avoided going outside, not travelling and not interacting with the community or friends outside of my very small world in my home. I was becoming a recluse.

Anyway, that's the old story of my life and as sad as it is to read, last year it all was turned around. I read the story about Shauna Mclean which was published in Womans Day, a woman with MS that had declined in her health from MS and was using a wheelchair to get around. Shauna had a remarkable reversal in her symptoms and was walking around unaided again. After I had read this story I got motivated to start researching what this was all about. I logged onto the website it referenced in the article adultstemcellfoundation.org. I had a good read of the site and then did some research looking up articles on the use of colostrum for degenerative conditions such as MS. After about a week I decided that I would give it a go, got nothing to lose if it does not help it is not all that expensive and if it does, what a bonus. I rang Bruce Lahey the directory of the organisation and he helped me get in contact with the supplier of the colostrum products. I received 3 months supply of the products in early September and I started taking it and I kept my own diary of my changes. From the first few days I was taking it I had a great increase in my energy levels. I was attempting all sorts of tasks I had not been doing for ages. I also had a huge change in my emotions feeling happy and enthusiastic about life. After about six weeks of taking the colostrum I was feeling so good I decided that if those products I was taking and the philosophy behind them enhancing my stem cells circulating in my blood stream then what would happen if I went to Germany and had stem cells

injected into my spine? I decided to apply to the Xcell centre in Cologne Germany to undertake there stem cell therapy.

Late one evening I received a call from the Xcell centre informing me I had been accepted as a suitable applicant and to arrange when I would like to go over and undergo the treatment. It took about 2 weeks to arrange everything passports, flights and I needed someone to assist me to do the trip, I was going to be in a wheelchair. My son offered to be my carer and we both flew out of Melbourne 29th November. We arrived at our hotel on Sunday - I made use of the service that the excel centre offers it patients. A transport service which picks patients up from the airport and also for all appointments as needed. On Monday we got picked up at 9.00 and got taken to the Edwardus hospital in Cologne where they where going to perform the first simple procedure of extracting bone marrow from my hip bone. The hospital staff all are very well trained at looking after patients and all spoke English. The doctor gave me a briefing of what would happen and also explained of any possible dangers. The procedure of extracting the bone marrow from my hip was carried out quiet easily. I simply had to be lying down on my side and the doctor extracted the bone marrow from my hip. Because I was not in a position to see him doing the procedure I can only describe it as being about as uncomfortable as a dentist appointment. The process only took about 30 minutes. They then send the bone marrow off to the laboratory where they separate the autologous stem cells. After the procedure we were free to do as we wished, I was using a wheelchair the whole time I was in Cologne so my son pushed me around Cologne sightseeing. I don't think anybody has a problem with the collection of the stem cells with virtual no pain afterwards, so most people do some shopping or sightseeing. The next day the Tuesday was a rest day so once again we where free to do whatever we wished. On the Wednesday I was once again picked up and taken back to the hospital for the implantation of the stem cells. I was very nervous about this part of the procedure but I need not have been. It is the most simple and painless part of the process. I simple had to sit on a bed and bend forward arching my back opening up the gaps in between the vertebrae. The doctor gave me local anaesthetic injection in my lower back to deaden any pain, I needed to sit still for 5 mins while the local took affect. When he touched me after 5 mins I imagined he was locating where he was going to inject me and he said OK all over, it really was that simple. He had injected the stem cells in my spinal fluid I then had to lay down for a couple of hours. When they said I could get up I literally jumped out of bed got a walking stick and

down the corridor I bounced. It was the most amazing thing I wanted to stay up walk around just full of energy and a feeling of being high. The doctor explained that this effect is called the dopamine effect it's the release of dopamine in the brain and it is the best natural high. I was then allowed to go back to my hotel and told to rest for the next day. I did crash when the effect wore off and the next day I was very tired and just rested. We then had a couple of days sight seeing before flying back to Melbourne.

I have now been back in Melbourne for 11 weeks, the start of my new life was on December 2nd 2009. I was badly jetlagged when I returned home so my sleeping was all over the place. After a couple of weeks I was getting out of bed about 3hrs earlier each day and these extra hours were good productive time. The usual fog or drunken feeling had just disappeared. My energy levels were so high I did not know what to do first, I had virtually no fatigue at all. My muscles had atrophied so much that even though I had the will to do things again my poor old body was not able to support me. I would wake each morning with a desire to jump out of bed and get started on a new challenge. On Christmas day 2009 for the first time I took my dog for a walk around the block using my walker for support. I am now walking with just a cane and am able to cover about 400meters. My internal organ have started to work again, I sleep 8hrs of peaceful sleep every night and never get up to go to the toilet. I still have spasticity in my limbs on the right and some pain in the body but it is all quiet manageable. I have joined a Gymnasium this week and have a trainer pushing me to do things that I thought where not possible.