

PREVENTION PLAN

The adult Stem Cell Foundation's Medical Advisory Board bases this Plan on the underlying premise that stem cells are responsible for all renewal and repair processes in the body. Adult stem cells are the repair kits and the more we have circulating in our bodies the better the chance of overcoming disease and achieving optimum health for people of all ages. Obviously having a stem cell transplant helps the body do what it has been unable to do. This simple day surgery intervention takes your stem cells from one part of your body and directly places them in another part that needs help. It is that simple. This Prevention Plan looks at different ways we can in our normal day to day lives help to optimize natural stem cell activity in our bodies.

The keys to this simple Prevention Plan are ways to optimize, stimulate and increase the number of stem cells available to improve the balance between cells dying and cells being replaced. This balance is the key to our ageing and our fight against disease. The ASCF believes that to maximize this fight between cells dying and cells being replaced the following Plan, irrespective of whether you are considering a stem cell transplant or just want a long and healthy life free of disease, should be mandatory. This Plan has been designed to easily assimilate into your current health regime. In most cases the fundamentals of the Plan are inexpensive and easy to adopt:

1. KNOW YOUR DNA PROFILE

Science is now enabling us all to know our genetic blueprint. For the first time you will know what your genetic strengths and weaknesses are. You will, under guidance, be able to logically understand your genetic code and support the code with beneficial actions. The ASCF can direct you where to have this simple analysis done.

2. ALKALINE YOUR LIFE STYLE

Take copious amounts of inexpensive sodium bicarbonate. Bicarbonate deficiency is the most unrecognized medical condition on earth and is extraordinarily common. Problems revolving around elevated acid pH levels (relative deficiency in bicarbonate ions) take a large toll on human physiology and the more acidic a person becomes, the larger the problem for their cell physiology. Every biochemical reaction is pH sensitive, with enzymes being especially sensitive. All disease states benefit from sodium bicarbonate loading.

As we are 70% water the easiest way to begin to increase your tissue alkalinity (which in turn helps your body maintain your blood at a neutral PH of 7.35), is to drink amounts of alkaline water, at least 3 to 6 large glasses per day (depending on activity). Up to a level teaspoon per glass (subject to taste). Do the same with your water bottle. There are usually no complications and it is safe and inexpensive. Your grandma used it for everything – buy at the health food shop for about \$3.99 per kilo bulk.

Make sure it is aluminum free. Your body will heal much faster in an alkaline state. Put “alkaline diet” in to Google and research the results so as to follow an alkaline diet as well. Do not drink any cold water including alkaline water during or after meals, especially after a protein meal.

This allows your stomach acids to do their necessary work in breaking down the proteins ingested. People with high blood pressure should carefully monitor their blood pressure when taking sodium bicarbonate.

Please watch these important videos from Dr Robert Young:

<http://www.youtube.com/watch?v=ThVtWcunoTA>
<http://www.youtube.com/watch?v=T0nwZPqbCb>

3. INGEST NUTRACEUTICALS

Nutraceuticals are products that have the characteristics of both a nutrient and a pharmaceutical. Taken as dietary supplements, they can modulate the symptoms of various disease conditions, optimize stem cell production and provide the additional nutrients our bodies may need to maintain well being. E.g. Resveratrol, Omega 3 fatty acids, Krill Oil, Carnosine, Fucoidan, Magnesium and Colostrum to name a few. We can advise here.

Extra virgin coconut oil has shown remarkable benefits for many people suffering from neurological disorders including behavioral problems. Please watch the following videos:
http://dotsub.com/view/4e26ccaf-e0d2-42cf-8136-48429a1b3386#.TzNRI4M_LIF.facebook
<http://www.coconutresearchcenter.org/>

4. EXERCISE

Science has now proven the link between regular exercise and stem cell release within the body. The more adult stem cells circulating in your bloodstream the better chance the body has of repairing itself, so exercise is a must. We have different exercise regimes for all ages. Brain Yoga - <http://www.youtube.com/watch?v=KSwhpF9iJSs>
Cardio is dead – Dr Al Sears MD:
<http://www.ihealthtube.com/aspx/viewvideo.aspx?v=2cc2bde0f118e7a5>

5. TAKE STEM CELL ENHANCING PRODUCTS

These are the latest supplements backed by science that stimulate the release of stem cells into the bloodstream. Unfortunately as we age the bone marrow releases fewer and fewer stem cells when we need them most. Stem cells are responsible for all tissue renewal and repair in your body. Taking stem cell enhancing supplements can help to overcome the actions of your biological clock and help to improve this vital function in the body. We can advise on the products we feel achieve these states that also represent excellent value. The Medical Advisory Board of the ASCF has endorsed a new first milking, 16 hour, high peptide colostrum called Colostrum MAX.

6. BANK YOUR STEM CELLS

The ASCF is pioneering the promotion of this procedure in Australasia for adults rather than just for newborns. Collection and freezing of your stem cells for future use has only been available up until now at the birth of a child – Cord blood collection. This is about to change with the ASCF working very closely with a company called Stemlife who now have a medical facility allowing the storage of stem cells for future use. Banking your stem cells when you can before you become sick e.g. cancer could be the smartest “Insurance Policy” you have ever taken out.

The ASCF conducts a weekly conference call every Tuesday night at 7.30pm EST via the internet beamed directly in to your computer to a global audience. We have many different doctors and research scientists who regularly discuss online all aspects of stem cell transplants and anti ageing. We show examples of how this Prevention Plan works in tandem with all aspects of illness recovery and living a long and healthy life. Go to:
<http://www.hotconference.com/conference,98625059>