

# Smart Life Forum

SmartLifeForum.org Presents

David Steenblock, MS, DO  
on

**Bone Marrow  
Stem Cell Therapy**

Thurs, April 16, 2009, 7 PM

LOCATION: Cubberley  
Community Center - Room H1  
4000 Middlefield Rd  
Palo Alto, CA

## FUTURE SPEAKERS

May 21, Aubrey De Grey, PhD

June 18, Len Saputo, MD

July 16, James Wilson, ND

Aug 20, F. Shallenberger, MD

October 15, Gary Taubes

**Short Presentation: Michele Reese, BS** in Natural Healing & Holistic Nutrition, will present **“Are You Digging Your Grave with your Fork?”**. Michele’s talk will focus on exposing seemingly innocuous ingredients in everyday foods and graphically demonstrate just how much unwanted material we are taking in each day. These harmful, widely used ingredients pose a real danger in promoting disease and complicating the aging process. By being more conscious of what lurks in your food you’ll be able to make informed choices and increase your overall health and vitality.

**FMBR:** Greg Becker will present a new film called “The Living Matrix-The Science of Healing” that uncovers new ideas about the intricate web of factors that determines our health. See [fmbr.org](http://fmbr.org)

## Meet David Steenblock, DO, MS

DAVID STEENBLOCK, M.S., D.O. was born and raised on a farm in Northern Iowa. His B.S. Degree was in Zoology and Chemistry from Iowa State University (1964), his M.S. in Biochemistry (1967) and his Doctor of Osteopathy (1970) both from Des Moines, Iowa.

In 1978, Dr. Steenblock founded The Holistic Medical Center in El Toro (now Lake Forest) which evolved into his Personalized Regenerative Medicine practice now in Mission Viejo, California. He has been a Medical Editor of *Total Health, Let's Live* and a contributor to a variety of other scientific and health publications. In April 2002, Dr. Steenblock was awarded the Charles Farr Pioneer Award for Outstanding Achievement in Research and

Development in Oxidative Medicine for his use of Hyperbaric Oxygen in his comprehensive rehab programs for stroke and other brain injured patients. In 2006 Dr. Steenblock and Dr. A. Payne published the first book on the clinical applications of human stem cells entitled, “Umbilical Cord Stem Cell Therapy.” Since then, Dr. Steenblock has been concentrating on using patients’ own bone marrow stem cells to treat them for a variety of age related conditions.

Dr. Steenblock uses Bone Marrow Stem Cell Therapy, hard chamber Hyperbaric Oxygen, Intravenous Glutathione, Pulsed Electromagnetic Therapies, External Counterpulsation, Intermittent High Altitude Therapies, Spinal Disc Decompression, and Hormonal and Nutritional therapies for the prevention and treatment of Stroke, Brain Injuries, Huntington's Disease, Parkinson's Disease, Multiple Sclerosis, ALS, Macular Degeneration, Cerebral Palsy, Autism, Alzheimer's Disease, Heart Disease, Kidney and Liver Disorders, Diabetes, and Anti-aging.

In addition, Dr. Steenblock is working internationally with other scientists studying the application of umbilical cord stem cells for the treatment of a variety of health conditions. Dr. Steenblock’s clinic in Mission Viejo (Orange County), California may be reached at 800-300-1063, and his main website is [www.stemcell.md](http://www.stemcell.md).

## Stem Cells

What are stem cells? Stem cells are cells found in most, if not all, multi-cellular organisms. They are characterized by the ability to renew themselves through mitotic cell division and differentiation into a diverse

range of specialized cell types. The two broad types of mammalian stem cells are embryonic stem cells and adult stem cells that are found in adult tissues. In a developing embryo, stem cells can differentiate into all of the specialized embryonic tissues. In adult organisms, stem cells and progenitor cells act as a repair system for the body, replenishing specialized cells, but also maintain the normal turnover of regenerative organs, such as blood, skin or intestinal tissues. [1]

Stem cells can now be grown and transformed into specialized cells with characteristics consistent with cells of various tissues such as muscles or nerves through cell culture. Highly plastic adult stem cells from a variety of sources, including umbilical cord blood and bone marrow, are routinely used in medical therapies. Embryonic cell lines and autologous (transplantation to oneself) embryonic stem cells generated through therapeutic cloning have also been proposed as promising candidates for future therapies. [2]

## Main Presentation

You have within you all of the tools needed to repair your body and keep you healthy. The future of medicine is NOT better drugs but better use and application of your body's own stem cells. As of now stem cells can be extracted from your hip with virtually no discomfort and used to restore your body. This reality opens up an exciting new horizon in preventing and treating disease and reducing the symptoms of aging - if not aging itself. Already, patients are returning for more treatments because they are seeing that their gray or white hair is turning back to its original color. Their skin is looking younger. They have more energy and less arthritic aches and pains!

Over the past two years, Dr. Steenblock has done over 300 bone marrow procedures with much success, using an almost painless approach to the extraction of the bone marrow and the hidden trove of treasures- the wonderful healing stem cells - contained within. Using the patient's own bone marrow rather than someone else's has totally eliminated the risk of graft versus host disease and the need for toxic chemotherapy to suppress the immune system. Since you are merely transferring stem cells from your bones into your blood stream there is never an allergic or rejection type of reaction since these are your own cells.

The results have been very good. Patients with memory loss are beginning to remember more after their bone marrow transplants. Patients with macular degeneration are reporting better eye sight. Many of the patients with

traumatic brain injuries are able to move their legs again. Those with sports injuries, osteoarthritis or a torn rotator cuff are feeling relief from pain within days of their treatment. One person had a heart attack, and then ten days later he came to us for a bone marrow transplant. He was strong enough to return to work in about half the usual time – to the astonishment of his cardiologist. Even patients with genetic disorders are getting improvements from several transplants. The November issue of the *Townsend Letter for Doctors and Patients* will have Dr. Steenblock's article on treating a person with Huntington's Disease. With each bone marrow transplant he received, he became stronger and more coordinated. Now he is back taking his wife out dancing once again!

What is the secret behind the successes with the bone marrow treatments? While bone marrow transplants have been done for the past 50 years for cancer patients and those with blood disorders, this procedure is different because it is being used for neurological conditions as well as other health problems. It uses your own bone marrow and instead of isolating one type of stem cell, it uses a rich variety of stem and progenitor cells that hide deep inside of your bones. The bone marrow is rich in two different types of stem cells. One type turns into blood cells, blood vessels, and cells of the immune system. These cells are called hematopoietic stem cells ("heme" meaning blood-related). The other type of stem cell in the bone marrow are support stem cells that produce bone, fat, tendons, skin, muscles and connective tissue. Recent research shows that these hematopoietic and the support stem cells are also able to divide into all types of brain cells, including glial cells (white matter) and neurons (gray matter). The bone marrow also contains retinal progenitor cells and several patients have commented on how their vision has improved as a side benefit of their bone marrow procedure.

In regard to its anti-aging effects, the bone marrow contains primitive progenitor cells that are associated with the early development of the fetus. These primitive cells lay dormant deep inside your bone and hold a more perfect genetic matrix from your early development. When these primitive cells are released into your system, there can be a revitalization of your body that physiologically "sets the clock back" by reproducing the youthful genes from these cells. Several patients have reported that the bone marrow transplants have also improved their sexual performance. This is a side effect of the stem and progenitor cells repairing your sex organs as well as your other tissues.

What does this mean for you? Your bone marrow stem

cells have the potential to repair most damaged tissue. Whether you want an anti-aging treatment or you need the procedure to repair damage in your joints, liver, kidneys, heart or brain, a bone marrow transplant uses your own stem cells to safely repair your body. The result is an exciting opportunity in regenerative medicine. We will now review several case histories.

### Congestive Heart Failure

J.B. suffered from congestive heart failure, diabetes, hypertension, lung infection, shortness of breath, wheezing, gout, and arthritis in his knees. Because of the arthritic pain, Jim could not run or walk like he used to do. In January of 2008, Jim had an autologous bone marrow transplant from Dr. Steenblock. Throughout the week following the procedure, he said that pain had gone and he felt an increase of energy, enough to resume his walking schedule. Within two months, his heart function was improving (his cardiac ejection fraction had increased from 24% to 49%). He states that he rarely experiences shortness of breath now and that his breathing is much better.

### Dementia

M.A. was brought to his clinic in November 2007 for dementia. She had difficulty remembering and communicating – only able to say one or two words at a time. After her bone marrow transplants, her family reported that she looked better, had more energy and was able to speak in full sentences. Her daughter was very thankful that she was getting her mother back again.

### Arrhythmias

P.B. came to his office in April 2007. She had been experiencing severe arrhythmias that were occurring several times a week. Two months after her bone marrow transplant, P.B. reported with great enthusiasm and gratitude that there had only been one arrhythmia incidence during the entire month of June. P.B. has been referring her friends to Dr. Steenblock ever since.

### Intestinal Blockage

P.C. came to Dr. Steenblock in October 2007 with concerns about a pancreatic cyst and intestinal pressure following colon surgery. He had a bone marrow transplant and reports “significant” improvement in his health. Within 24 hours the pressure in his gut was gone. He says he felt “unbelievable” – like he was 20 years old again. A month later, he had a second treatment. On the next CT scan of his pancreas, the cyst was no longer

visible.

### Parkinson's Disease

T.F. was diagnosed with Idiopathic Parkinson's Disease. In his words, “I found Dr. Steenblock from the internet. A few weeks later, I had the bone marrow transplant. It's a relatively painless procedure that had me up and walking the same day. My life is better. I've been able to control my sleep patterns, increase my lung capacity, have more energy, and most importantly, have the mental clarity to function day to day without being overwhelmed by anxiety - a prevalent symptom of Parkinson's. If you have been diagnosed with Parkinson's, there is hope, don't give up. I won't and neither will the good doctor ever give up on finding solutions for the tough problems that we bring him.”

### Stroke

C.M. is a professional pianist. He had a stroke in April 2007 and a week later, he came to the clinic. His right hand was paralyzed. He was frequently losing his balance. His speech was slurred and he had diabetes and end stage renal failure. After his first bone marrow transplant, his legs were stronger. He reported having more energy and there was less tendency to fall. After his second treatment, his speech began to improve. By July, C.M. was mowing the lawn, his blood pressure was normalized and he was playing the piano again. By August, he was beginning to urinate again and his fingers continued to move easier as he practiced day after day to regain what had been lost.

## **Summary**

Bone marrow transplants, especially several treatments over a series of months, can help with quite a few conditions. However, the results also depend on how clean the body is to begin with. Factors that include infections, inflammation, metal toxicity, stress, alcohol and substance abuse, lack of exercise, a poor diet, etc. can injure and kill the stem cells you have now as well as destroy the circulating stem cells from a bone marrow transplant. Therefore, a “clean up” of the system is usually needed in patients with chronic degenerative diseases before the bone marrow transplants can provide beneficial results. It should also be mentioned that since this stem cell treatment is still experimental, it is not covered by insurance.

1, 2: Source: Wikipedia, “Stem Cell,” accessed 3/17/09.

# Smart Life Forum

SmartLifeForum.org Presents

David Steenblock, MS, DO

on

**Bone Marrow**

**Stem Cell Therapy**

Thurs, April 16, 2009, 7 PM

LOCATION: Cubberley  
Community Center - Room H1  
4000 Middlefield Rd  
Palo Alto, CA

## FUTURE SPEAKERS

May 21, Aubrey De Grey, PhD

June 18, Len Saputo, MD

July 16, James Wilson, ND

Aug 20, Frank Shallenberger, MD

October 15, Gary Taubes

Laurel Corcoran

345 Sheridan Ave., Apt. 314

Palo Alto, CA 94306

### Board of Directors

Dave Asprey, President

Laurel Corcoran, CFO

Effie May Buckley, Secretary

Phil Jacklin, Education

Michael Korek, Programs

Larry Weissenborn

### Founders

Kathryn Grosz

Larry Roberts

### Advisory Board

Alan P. Brauer, M.D.

Bernd Friedlander, D.C.

Tim Gallagher, D.D.S.

Bill Grant, Ph.D.

Philip Lee Miller, M.D.

### Meeting Moderators

Dave Asprey, Effie Mae Buckley,

Stan Durst, Phil Jacklin,

Mike Korek

### Volunteers

Rob Baum, Assistant Editor

Steve Fowkes, Technical Advisor

Laurel Corcoran, Records/Printing/Mailings

Jim Karnstedt, Video Producer

Mike Korek, Newsletter Editor & Program Director

Rob Larson, Equipment Manager

Harvey Miller, Asst. to Program Director

Don Southard, Reception

Larry Weissenborn, Audio Engineer

For further information, call:  
Phil Jacklin at 408.867.1945  
Mike Korek at 650.941.3058