



STEM CELL.MD

Personalized Regenerative Medicine

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Dr. Steenblock Does It Again!

New discoveries and “miraculous” improvements are happening almost every day at Dr Steenblock’s clinic. One of the reasons for this lies in the contributions of his staff such as nurse Gina (Photo below.) According to [Dr. Steenblock](#), she is extraordinarily personable, very bright and is uncommonly adept at helping him introduce innovative new ways to turn the tables on hitherto treatment-resistant medical conditions. In addition, she is great at answering patient questions when Dr. Steenblock is busy.



As a farm boy member of [4-H](#) Dr. Steenblock took their motto, “Make the Best, Better” to heart and ably applies it to the development of new therapies. For example, Dr. Steenblock found that oftentimes the marrow of older folks just does not have what it takes to effect healing, while the bone marrow of people under 40 is vital enough to ably facilitate healing. In light of this Dr. Steenblock realized that new therapies were needed to “revitalize” the bone marrow of people over the age of forty. This background will help you understand why:

Each of us has in the hollows of our bones both red bone marrow

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tissue and yellow fat. When we are children our bones are full of active healthy bone marrow that is growing and releasing healthy stem cells 24/7 year round. This is the reason why children can heal so much better than older people.

As we get older our bodies make less new tissue including that in our bones, and as a result there is a shift in the amount of red bone marrow to fat present. This decrease in the quantity of stem cell-rich red bone marrow in our bones is one reason healing and repair is slower and less efficient. Interestingly, Dr Steenblock has observed that older folks who hike in the high mountains or donate blood tend to have healthier, more abundant red bone marrow than their less active peers. This is due to that fact that exertion at high altitudes as well as blood donation creates a state of hypoxia or oxygen deprivation in the body. As a result Dr. Steenblock included [Intermittent Hypoxia Therapy](#) as a pre-bone marrow transplant measure.

In addition, the bone marrow in people with Parkinson’s disease or dementia has diminished in quantity and quality to the point that most of the cells have entered into state called “senescence”. They are in-a-word too old to do anything but sit in-place and take up space. To offset this Dr. Steenblock prods the body to mobilize these tired old stem cells into the

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"Dr. Steenblock Does It Again!" continued
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patient's blood stream by use of some hormones called [colony stimulating factors](#). These are given for 5 consecutive days by injection. After this only healthy stem cells remain behind in the marrow and these then begin reproducing in order to replace the cells that have been mobilized. Dr. Steenblock has found that in two weeks time a patient's bone marrow has upwards of 10 times more healthy stem cells than were present prior to this! As-a-result, when this bone marrow is harvested and given back to patients by IV drip the results are far superior to what has been seen in older folks who have had a bone marrow transplant without the use of the CSF injections. Many see anti-aging effects like better skin color, a healthier "glow" and fewer wrinkles.

After Dr Steenblock established the value of his improved or enhanced bone marrow transplant method he then pushed the envelope by added the use of [fat derived stem cells](#) (by themselves or in combination with bone marrow.) So far the clinical results have been very impressive!

In the beginning was the simple bone marrow transplant. Then the enhanced version was introduced. Now fat derived stem cells. In short, *the best got better!*

The [blue underlined](#) words and phrases are links that can be clicked (On-line version only on www.stemcell.md.)

How Dr. Steenblock Can Help You Turn the Tables on Aging & Chronic Disease

There are things you should be aware of if you....

- Have had a stroke.
- Have blood pressure issues, especially BP that seems to go slowly up with each passing year.
- Look or feel older than your actual age.
- Are developing so-called age-related aches, pains and discomforts.
- Smoked sometime during your life.
- Drank heavily at some point-in-life.
- Used illicit or recreational drugs.
- Have been a couch potato for some time.
- Ate poorly, especially foods rich simple carbohydrates and omega-6 and trans fatty acids.
- Have lots of abdominal fat ("Apple shaped" upper torso.)

You likely have circulatory issues like **arterial calcification** and **atherosclerosis** (blood vessel blockage) that have either not been fully explored or else dealt with in ways that do not get to the root of the problem. Perhaps your conventional doctor has identified the problem but has dealt with it by giving you drugs that tend to wind up doing more bad than good over time; "Prescription pad medicine," in short.

You may have **poor oxygen flow to tissues**, a condition called "hypoxia."

Your body **may not be handling the cell-damaging free radicals** it has been generating and as a result your tissues and organs may have lost vitality and optimal function.

You may be **getting infections more frequently** and some may be hanging on longer than was true in the past.

Some doctors just write these things off to "aging" and focus on symptom management. Picture the little Dutch boy at the dike, furiously plugging one hole while two new ones pop out. Doctors may admit that your past as well as present lifestyle, diet, and personal habits are catching up with you, but just don't possess enough knowledge of effective non-pharmaceutical measures to do you any good. [Dr. Steenblock](#) on-the-other-hand has spent more than forty years exploring and zeroing in on ways to finger the culprits in aging and chronic disease and effectively turn the tables on them using often gentle, natural means. He has, in fact, identified and developed ways to slow, halt and even reverse diseases and medical conditions that poor habits, genetics and the passage of time have visited on people's bodies. Among the tools in his "super-sized black bag":

Diet, oral & IV nutritional measures plus botanic (herbal) medicines to slow arterial

calcification and atherosclerosis (blood vessel blockage) and then reverse them; support for the body's own natural mechanisms for combating free radical production and a host of other noxious compounds that damage cells and tissues; ways to increase immune function especially *immunosurveillance* (Your built-in cancer detection & elimination mechanisms); and much more!

[Hormone assessment and replacement](#) when indicated
[Chelation therapy](#) to remove toxic heavy metals from the body as well as engage natural bodily processes & mechanisms that promote cardiovascular health and more.

[External Counterpulsation](#) (EECP): This FDA approved computer-driven machine has been compared to a **nonsurgical bypass**. In-a-word it mechanically and effortlessly increases blood flow to organs and tissues, **and actually facilitates the growth of new blood vessels**.

[Hyperbaric Oxygen Therapy](#): Many chronic diseases involve hypoxia or a lack of oxygen supply to various tissues and organs. **Hyperbaric oxygen therapy literally drives oxygen into the body and floods every part of it with life sustaining oxygen**. Dr. Steenblock has four HBOT chambers in which patients receive pure oxygen under pressures that typically match what they'd experience 16 to 30 feet or more beneath the ocean. This raises the partial pressure of oxygen in every tissue, which turns the tables on hypoxia. **To**

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combat aging, HBOT is done once daily for at least a week. This boosts the levels of antioxidant compounds such as SOD, glutathione, etc. This also doubles the rate of nerve regrowth.

[Pulsed Electromagnetic Therapy](#): PEMF is an FDA approved for the treatment of certain bone fractures. **Dr. Steenblock has found that PEMF and hyperbaric oxygen work synergistically to step up healing in certain chronic health conditions.**

[Periodic Acceleration Therapy](#): PAT refers to treatments involving the use of a **very sophisticated machine in which a patient lies prone on a platform and gets a moderate cardiovascular work-out via a gentle back-and-forth motion**. This creates a very mild stress on blood vessels that gets them busy producing Nitric Oxide (NO), a chemical that confers all kinds of health benefits including facilitating better blood flow to organs and tissues body wide. NO also plays a role in mobilizing a person's own stem cells from their bone marrow. Dr. Steenblock often uses it as a prelude other therapies including his **whole bone marrow transplants**.

[Short-duration intense exercise & Intermittent Hypoxia Therapy](#) (See next col.): Greatly increases circulating stem cells.

Don't listen to people and especially doctors who tell you that your aches, pains and medical problems "come with age and there isn't much you can

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do about them." *There is a whole lot you can do about them*, but in order to do so you need a doctor-partner who is an expert in chronic disease & antiaging medicine. **This is your antiaging and more doctor -- [Dr. David Steenblock](#).**

POWERFUL WAYS TO HELP UNDO BODILY DAMAGE ACCUMULATED OVER A LIFE TIME

[Diet & Nutrition](#) ☺ [Chelation Therapy](#) ☺ [External Counterpulsation](#) ☺ [Periodic Acceleration Therapy](#) ☺ [Hyperbaric Oxygen Therapy](#) ☺ [Intermittent Hypoxia Therapy](#)

[Intermittent Hypoxia \(IHT\)](#)

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Increases collateral circulation.

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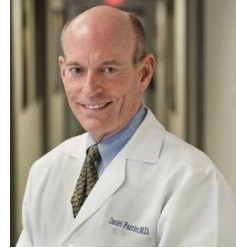
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Dan Farrier, M.D. Joins Dr. Steenblock's Clinic

Dr. Steenblock is pleased to welcome Dan Farrier, M.D. into his medical family. Actually this welcome is a formality insofar as both doctors have collaborated privately for over a decade!

Dr. Farrier, who earned his M.D. degree from the University of Texas Medical Branch and did residency training in internal and emergency medicine, is a specialist in advanced integrative medicine with 15 years of clinical experience. In addition, he became a Certified Clinical Nutritionist (1996) and a Doctor of Integrative Medicine (1998) in the inaugural class of Capital University of Integrative Medicine (CUIM.) At CUIM he also served as a pro-bono part-time core faculty member for six years with a variety of teaching responsibilities.

Prior to affiliating with Dr. Steenblock's Clinic Dr. Farrier spent eight years in practice at one



of the largest alternative medicine clinics in the country. Here Dr. Farrier tackled everything from basic wellness & hormone replacement issues to the advanced care of complex fatigue, heart failure, kidney failure and severe neurological cases. This and all his previous clinical and academic experience is a perfect fit for the complex & varied medical challenges that crop up daily at Dr. Steenblock's Clinic.



from Dr. Steenblock, Dr. Farrier and all the Staff at Dr. Steenblock's Clinic



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