

2010-
2011

Stem Cell Therapy Now

**Bone marrow, umbilical cord
blood, placenta, amnion, fat
tissue-derived and more**

StemCell.md
Natural healing begins at the roots

2010-2011



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The information contained in this handbook is provided for informational purposes only and should not be construed as medical advice or instruction. Readers are advised to consult a licensed health care professional concerning all matters related to their health and well being.



IN A RUSH TO LEARN MORE? THEN CALL NOW!

**Information Phone # for the adult (nonembryonic) stem cell therapy
program in Mexico  - 1-800-288-7016**

If you or a loved one is saddled with a serious disease or medical condition, especially an intractable or terminal one, you want to know what therapies (if any) can confer relief and hopefully improvement. This is a daunting task; often a wild roller coaster ride through a surreal landscape filled with doctors and conflicting opinions.

No doubt you have already heard some not-so-encouraging news from various medical experts. Maybe you've checked out clinical studies that are recruiting patients and found little if anything you are qualified to get accepted into. You may have even delved into the treatments that lack scientific substantiation and are actually on the fringe.

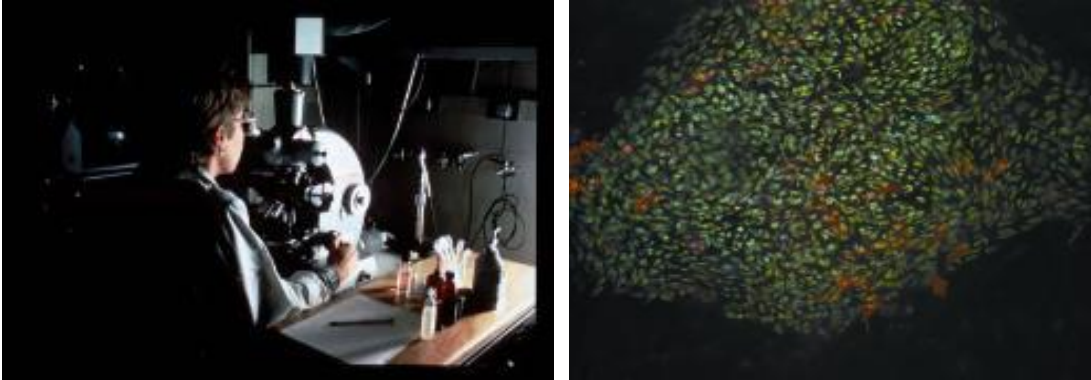
Naturally you do not want to waste time and money pursuing treatment options that hold out little promise of making a real difference. You certainly do not want to wind up in the hands of those who are doing medically worthless if not outright bogus forms of intervention.

Medically dubious treatments aside, people understandably do not want to invest their money in legitimate forms of stem cell and complementary therapies that are second or third rate.

StemCell.MD is your nexus to medical (and especially stem cell focused) programs that offer first rate, scientifically validated and promising therapies and treatments. This guide concerns two of them:

- Dr. Steenblock's whole bone marrow transplant program (Mission Viejo, CA.)
- The Mexican Stem Cell Medicine Program headed by Fernando Ramirez, MD

Introduction to Stem Cells



Images from the National Institutes of Health Image Bank [NIH Copyright Notice](#)

STEM CELLS IN-A-NUTSHELL

“Stem cells have the remarkable potential to develop into many different cell types in the body.

“When a stem cell divides, each new cell has the potential to either remain a stem cell or become another type of cell with a more specialized function, such as a muscle cell, a red blood cell, or a brain cell.”

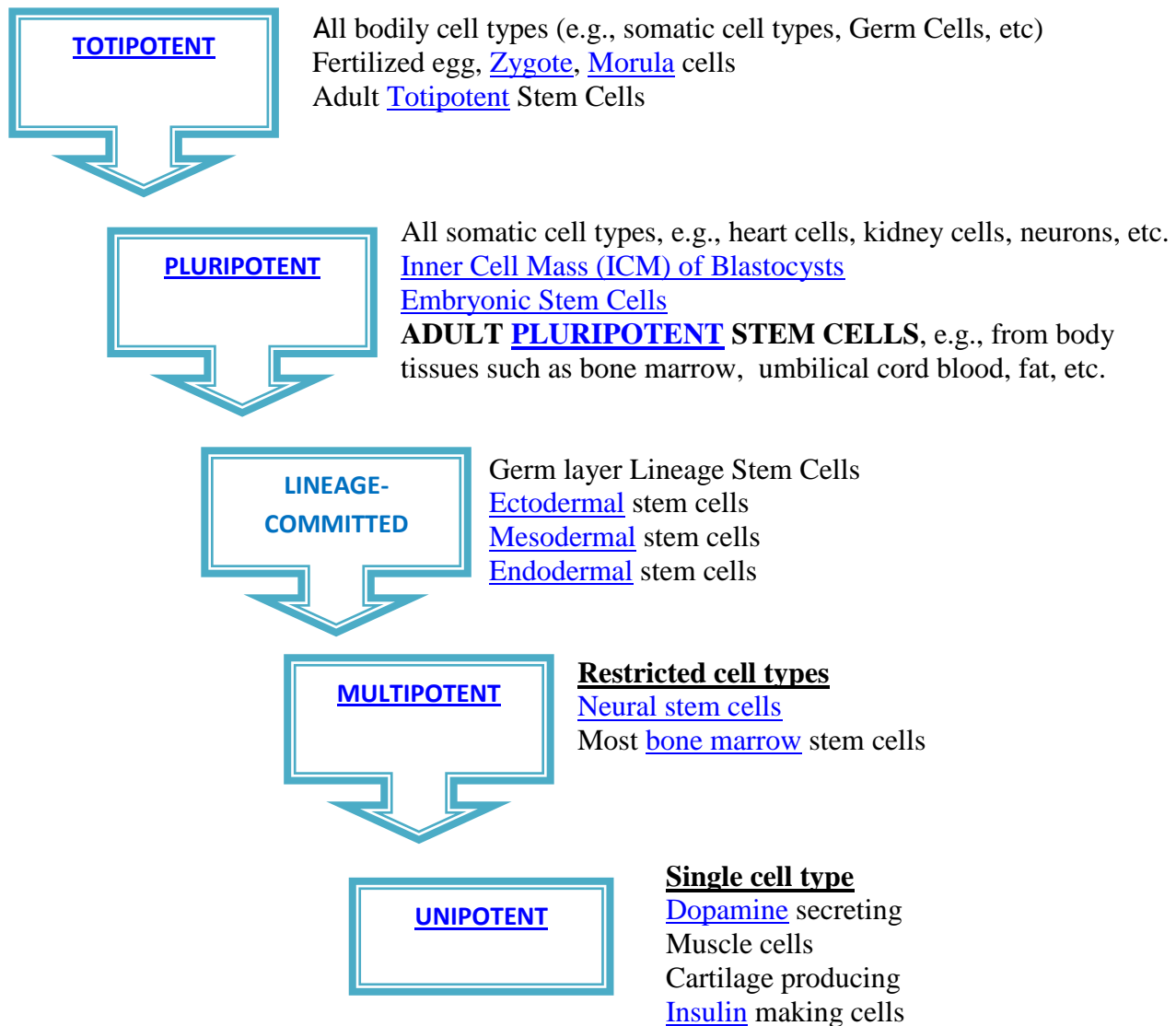
From the *National Institutes of Health* (NIH) Stem Cell Information website: <http://stemcells.nih.gov/index.asp>

THE PRINCIPLE SOURCES OF STEM CELLS

There are 4 principle sources of stem cells:

- 1) Embryonic stem cells.
- 2) Fetal: Stem cells taken from aborted human fetuses.
- 3) Umbilical cord & umbilical cord blood.
- 4) Adult bone marrow & other tissues such as bone marrow, fat (adipose), and so forth.

General Classification of Stem Cell Potency



Stem Cell Therapy Program in Mexico



- **Experience:** This program is over a decade old and draws on a wealth of experience from those who have been involved in stem cell medicine for years including Fernando Ramirez, MD and his associates.
- **Department of Health Approval:** Participating clinics and hospitals enjoy Baja Department of Health approval. The hematology and other labs are licensed, inspected and certified by various official governmental agencies charged with articulating and enforcing laboratory standards in Mexico.
- **Safety:** The various allogenic (donor) cell types used in the program are certifiably free of all disease causing microorganisms such as hepatitis A, B & C, HIV (cause of AIDS), syphilis, cytomegalovirus, West Nile Virus etc. (The cell screening conforms to American Blood Bank standards).
- **Effectiveness:** The stem cell therapies employed are experimental and thus no guarantees can be made concerning benefits or improvements a patient might see. However, some trends have emerged:
 - I. 8 in 10 children with cerebral palsy demonstrated clinically significant benefit following treatment with cord blood stem cells.
 - II. 7.5 out of 10 people with traumatic brain injury show clinically significant improvements in function following cord stem cell therapy.

Of course, not everyone treated gets better. But so far, no patient has gotten worse as a result of the various cell-based therapies used in the Mexican stem cell medicine program.

- ❖ **Comprehensive Diagnostic & Treatment Facilities:** A number of specialty clinics and physicians are part of the Mexican stem cell medicine program. This includes imaging centers that handle doing state-of-the-art MRIs, CTs, and X-rays; specialists in neurology, cardiology, pulmonology, internal medicine, traumatology (Emergency medicine), orthopedic medicine, pediatrics, etc.; hospitals and clinics that are equipped and experienced in doing tissue harvesting, e.g., bone marrow, fat tissue, etc., and treatments by various means including intravenous (IV) drip, intrathecal infusion (“lumbar puncture”), direct injection and catheter.
- ❖ **Security:** Program clinics and participating hospitals are located close to the Tijuana (Mexico)-San Diego (USA) border. This area is regularly patrolled by Mexican police, [*Federales*](#) (Mexican F.B.I.) and Mexican marines, and is heavily monitored by cameras and satellite feed to various government agencies. In addition, the building that houses the main clinic is patrolled by armed, well trained private security personnel and Tijuana Police officers. NOTE: There has not been a single incident in which a patient visiting the clinic has had his or her safety compromised. The criminal element in Tijuana (including drug cartels) operates in areas far removed from the border region.
- ❖ **Hours from most American Cities by Air:** Most patients fly into beautiful San Diego, California’s Lindbergh Airport and stay at hotels close-by (Many of which offer free shuttle service to and from the airport or else charge a nominal sum such as \$10-20 USD). On the day of treatment patients and their companion(s) are picked up and transported to and from Mexico in a nice Toyota van (There is *no* charge to transport the patient and up to three others, e.g., attendant caregivers and family). All patients and their companion(s) including minor children will need to bring their passports with them in order to enter and leave Mexico.
- ❖ **Value:** This program’s treatments generally cost less than many other Baja-based clinics that offer stem cell and stem cell complementary therapies.





Cordstemcells@gmail.com

Stem Cells Used by Doctors in the Mexican Stem Cell Program

THE TYPES OF CELLS USED

The program only works with stem cells derived from umbilical cord blood, placentas and amnion, as well as those taken from a person's own body such as fat tissue and bone marrow.

Umbilical cord blood-derived stem cells are extracted from Type O cord blood by a suitably qualified laboratory scientist in a state-of-the-art laboratory and include but are not limited to:

- CD34+/AC133
- [Mesenchymals](#)
- Primitive Neurogenic Progenitors -Embryonic-like stem cells from cord - pluripotent neurogenic progenitors

"It's nothing short of a miracle to see the diseases (cured by umbilical cord stem cells). It's, gosh, mind-boggling."

Dr. Kathy Mitchell
Researcher & Professor, University
of Kansas

In [Miracle cells](#)

CELLS & OTHER BIOLOGICS USED ARE FULLY SCREENED FOR DISEASE, CONTAMINATION, ETC.

All human umbilical cord-derived stem cells and cord blood serum, placental and amniotic fluid derived stem cells employed as part of this program are processed in state-of-the-art laboratories that conform to the highest Quality Control/Quality

Assurance standards and uses state-of-the-art technology. The umbilical cord and placental blood and amniotic fluid itself is collected only from healthy mothers who give birth to full term, normal, healthy babies. This blood and fluid is then screened for all major communicable diseases, after which various types of stem cells are separated out. These cells are next expanded in a medium that is free from any animal products (No mouse feeder cells, fetal calf serum or other animal serums), and then frozen in liquid nitrogen. The cells given a patient come from Type O cord blood are gender-matched.

WHY YOU CAN'T USE YOUR OWN CORD BLOOD OR THAT OF A RELATIVE TO HAVE STEM CELLS PROCESSED FOR YOUR EXCLUSIVE USE

In the US, cord blood and any stem cells removed from it is regulated by the FDA as a biologic (Treated as a new drug). It cannot be used for any condition not approved by the FDA stateside nor can it be sent to Mexico for such purposes.



Frequently Asked Questions

Q. Does the Mexican stem cell medicine program adhere to high standards as set forth by a recognized government agency and/or a private organization that has set such standards?

A. The program's main and affiliated clinics are in compliance and good standing in terms of meeting the regulatory standards set forth for medical clinics by the Department of Health (State of Baja, CP, Mexico). The stem cell program and its staff meet the [guidelines set forth by the American Stem Cell Therapy Association now DBA as the International Cellular Medicine Society](#) during May 2009.

Q. What kind of stem cells does the program work with?

A. The stem cell medicine program uses 4 primary adult stem cells:

(1) A mix of bone marrow stem and precursor or progenitor cells extracted from a small bone marrow sample taken from the patient. This sample includes [Multilineage Adult Progenitors](#), [mesenchymal stem cells](#) and others.

(2) [Fat-derived stem cells](#). Between 100-200 mL of fat is extracted from the patient and stem cells are separated out, processed and returned to the patient. These cells can also be cultured, expanded, frozen and kept in storage for future treatments.

(3) [Umbilical cord stem cells](#). These come from disease-screened cord blood from Type O blood that is gender-matched to the patient.

(4) [Placental stem cells](#). These come from disease-screened placental blood donated by healthy young women who gave birth to healthy babies.

Q. What makes the doctors and scientists involved sure the cells they employ are safe?

A. The use of adult stem cells from cord blood and autologous bone marrow has been going on with respect to the treatment of certain blood borne conditions including leukemia for many years now in the United States and elsewhere. These typically involve the use of chemotherapy or radiation to eradicate the patient's diseased bone marrow followed by an infusion of non-diseased bone marrow from a donor or the patient or else stem cell -rich cord blood as a way to repopulate the bone marrow with healthy tissue. Chemotherapy and radiation carries with it short-term side effects and long-term risks. But the use of adult stem cells such as those from healthy

HLA matched donor bone marrow and umbilical cord has generally proved safe over both the short- and long- term. This is not to say adult stem cell therapy is without risks. There are lots of unknowns. [Some researchers, for instance, have found evidence that when certain stem cells are grown in culture they undergo aging and may incur deleterious genetic changes.](#) With this said, reports of short term and downstream (long term) negative outcomes in the tens of thousands of patients treated with adult stem cells in private stem cell clinics across the world are “few and far between”. Exceedingly few if any genuine “horror stories” have emerged, with most of these involving transplants of fetal embryonic cells or “fetal cells,” infections because of contaminated cells and implants of adult cells directly into a diseased organ. Here are a few of the better known:

In 2001 a boy with a crippling neurodegenerative disease called ataxia telangiectasia (AT) was treated with injections of human fetal neural stem cells into his brain and spinal canal in Moscow (He had [additional treatments](#) in 2002 and 2004). [Four years following his first treatment he was diagnosed with a brain tumor that was determined to be a slow growing “glioneuronal neoplasm.”](#) And in 2010, [a woman with an autoimmune kidney disease called lupus nephritis died two years after receiving an experimental stem cell treatment at a private clinic in Thailand.](#) Apparently stem cells from her own bone marrow were injected directly into her kidneys resulting in gradual loss of function in first one kidney, than the other. The direct injection of stem cells into kidneys is a departure from what the vast majority of private stem cell clinics advertise, which are intravenous (IV) drip infusions. (4) Infections occurred on the heels of a stem cell treatment, indicating the cells were contaminated in the lab or the causative pathogen (disease-causing microorganism) was transferred by medical personnel administering them. [For instance, three western MDs followed seven \(7\) spinal cord injury patients who were treated with fetal brain tissue injections at a hospital in China. They reported that five \(5\) developed complications including meningitis and none experienced “clinically useful improvements”](#) (Most of the patients believed otherwise). It is, of course, difficult to get a handle on the precise numbers of stem cell treated patients who develop complications especially infections due to such things as patients getting treated for this back home and not reporting it to the treating clinic, varying policies concerning adverse event reporting by clinics in the various countries where stem cell therapy is allowed, clinic under-reporting or not reporting such incidences, etc. This said, those reports that have surfaced do not suggest such complications are commonplace or frequent (By contrast and to help put things in perspective: In the United States approximately 27 million surgical procedures are performed annually. [In 2001 the CDC estimated the about 290,000 Surgical Site Infections or SSIs occur every year. Approximately 8,000 patient deaths are associated with these infections\).](#)

NOTE: The foregoing written by Dr. Anthony G. Payne © 2010. Used with permission.

For its part, program doctors, scientists and administrators take great care to insure that the cells produced in its affiliated laboratories are methodically & carefully processed using equipment, technologies, reagents, growth factors and such that are *utterly suitable for producing cells for use in humans*, and that these cells are free of contamination including bacteria, viruses and fungi and are healthy and robust. It also involves itself solely with physicians (MDs) and other medical personnel who are highly qualified and experienced; men and women who work out of clinics and hospitals that are licensed and approved to handle not just the medical diagnostic and treatment aspects of patient care, but medical emergencies as well.



In addition, patient enrollments are basically confined to people with terminal or intractable diseases and medical conditions, as well as those facing a situation in which the window of opportunity for gain is likely to close in the near future. Those who do enroll and qualify for care are educated concerning the experimental nature, risks and unknowns in stem cell therapy (Pre-treatment consent is rigorously observed.)

NOTE: Down through the years we have run across many stem cell patients treated elsewhere who experienced complications and especially infections mainly owed to their having been treated by unlicensed “doctors” or their cells processed by inexperienced or even incompetent laboratory personnel.


Q. Who chooses the specific stem cells or blend that are used to treat a given disease or condition?

A. The medical team headed by Dr. Fernando Ramirez and a group of medical specialists get together and reach a consensus concerning which specific stem cells is most likely to facilitate improvements in each case. In some instances, previous successes make the right choice easy. In others, especially where experience or evidence-based clinical data is lacking or minimal, a decision is arrived at based on whatever can be gleaned from laboratory and clinical studies informed by knowledge, logic, and reason.

Q. Can I visit with program doctors prior to booking an appointment or my treatment?

A. Yes! To make an appointment to meet the staff and tour the facilities please either e-mail your request to  Cordstemcells@gmail.com or call the US firm that handles patient tracking for the Mexican stem cell medicine program at  1-800-288-7016.

Q. Is there a phone number I can call to get more information on the program?

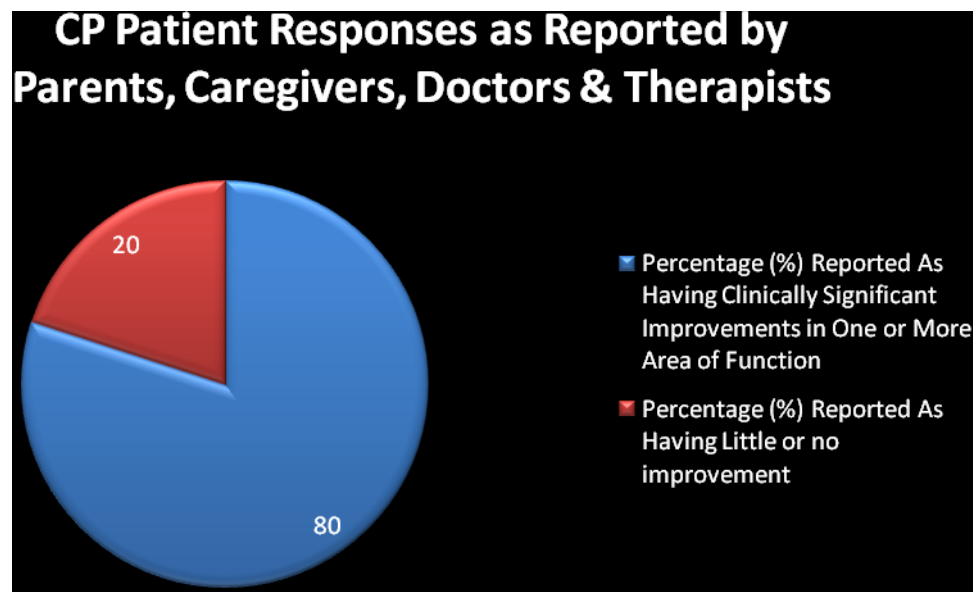
A. Yes, there is. Call toll free  1-800-288-7016. **A Sampling of Diseases &**

Sampling of Conditions treated to-date

(Patient responses summary where such a determination is possible)

Cerebral Palsy in Children & Young People

Treated using pure cord blood derived stem cells: Eight (8) in ten (10) have shown clinically significant benefit. The majority of improvements have been cognitive (memory, focus) & motor function in nature. There have also been multiple instances in which children with cortical blindness have experienced a resolution (All five within 4 months following their treatment). No regression was observed in any of those who improved.



A sampling of Blog & Websites created by parents of children with CP who have done **Cord Blood Stem Cell Therapy** through foreign clinics StemCell.MD works with:

- [Trent & Tyler -" The Frye Guys"](#)
- [Tyler Biermann](#)

[CLICK TO ACCESS CEREBRAL PALSY VIDEO TESTIMONIALS](#) → Look for "Carter" and also "Emily"

Adam Susser -- CP with cortical blindness



Adam suffered oxygen deprivation at birth resulting in significant damage of the white matter in his brain. His parents were told that he was blind and he would never see again. When they first contacted Steenblock Research Institute, Adam was five years old and still not able to talk or walk. Three months after his first umbilical cord blood stem cell treatment, he was observed watching a ball roll across the room. He was practically rushed to an ophthalmologist, who confirmed that he could see but would need glasses. He is now talking, walking with a walker, doing well in school and playing computer games with his brother.

Kaci -- Athetoid CP

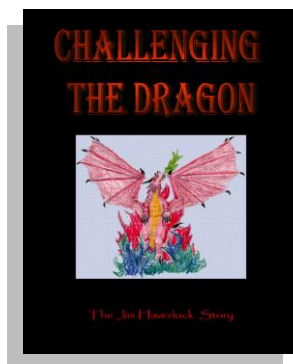
Kaci has athetoid cerebral palsy caused by damage to the areas of the brain that are responsible for smooth, coordinated movements and body posture. When Kaci was 5 years old, she was still struggling with speech and motor impairments. Her first response to her stem cell treatment was an increase in appetite and energy and an improvement in her speech. She is, in fact, now enunciating her words perfectly and has enough lung capacity to complete a whole sentence. Her clenched fist hands are now able to open normally and as a result she is able to hold a cup and drink without spilling. Her handwriting is also more legible. On top of all this, longstanding eczema on her face is now gone.



Multiple Sclerosis

Jim Haverlock has had favorable responses to Calcium EAP IV (Germany) and also multiple umbilical cord stem cell treatments (Mexico). He is happy to talk with those interested in the promise and utility of Calcium EAP and/or human umbilical cord stem cell therapy. His phone # is (509)-997-0204 and his e-mail is jim.haverlock@gmail.com.

Check out Jim's autobiographical book ["Challenging The Dragon - The Jim Haverlock Story"](#)

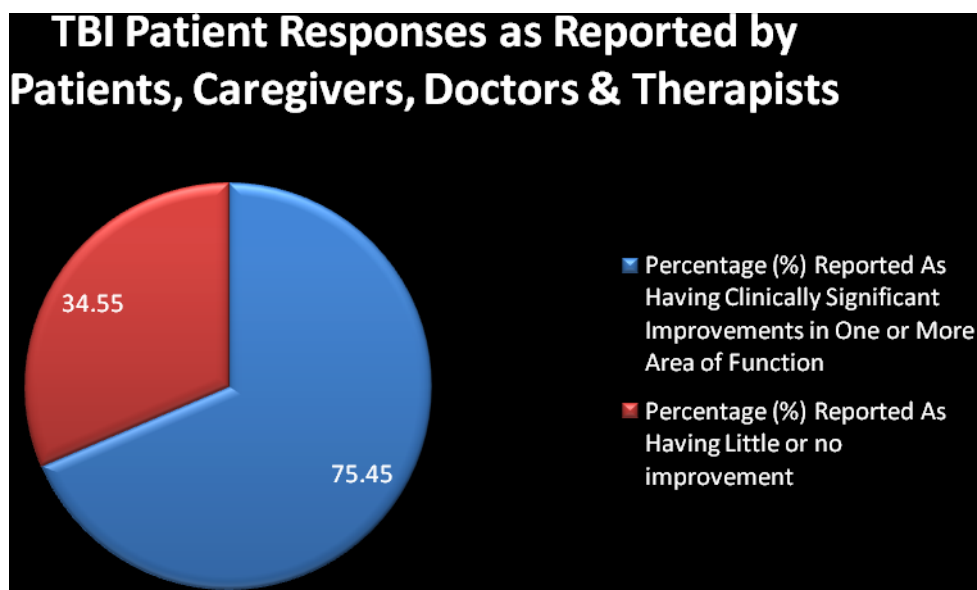


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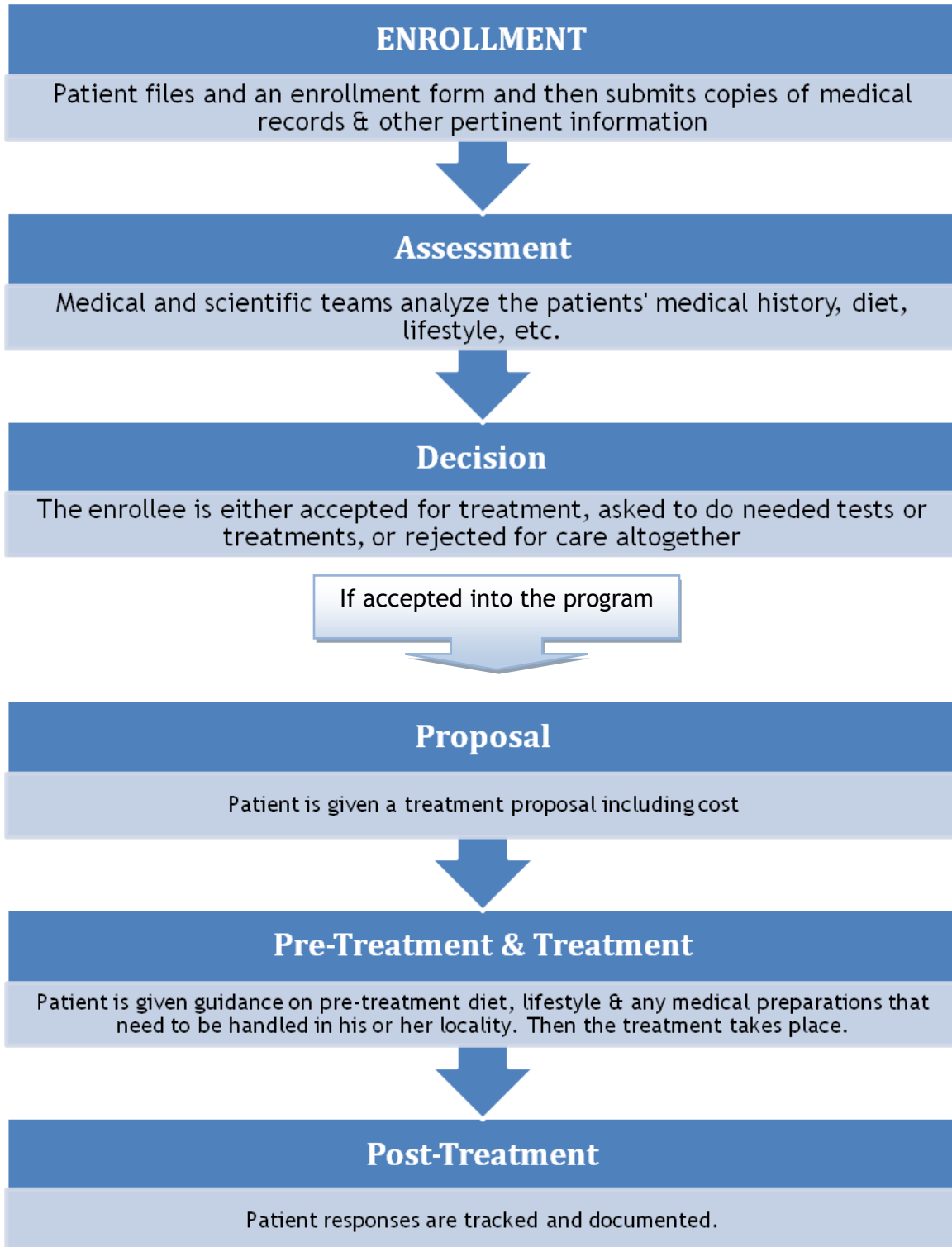
Available from Amazon.com, Barnes & Noble, and **Jim himself at 1-866-801-2317**



Traumatic Brain Injury





Patient Processing at-a-Glance



To Mexico & Back - A Step-By-Step Guide-

You've read this online guide and are ready to proceed. Here in step-by-step fashion are essentials for getting to Mexico for treatment and home again.

Need more information or guidance? Call toll free  1-800-288-7034 or  e-mail Cordstemcells@gmail.com.

Once all your questions and concerns have been addressed, you'll need to:

Step 1- Enrollment

Fill out the on-line [ENROLLMENT FORM](#) and hit the "Register" button. Then FAX (1-949-388-3441) or mail copies of your most recent or relevant medical records and any MRI, PET, fMRI scans, X-rays or other diagnostic scan results to SRI, 1064 Calle Negocio #B, San Clemente, CA. 92672 USA. You can also e-mail as file attachments to Cordstemcells@gmail.com. **VERY IMPORTANT:** Make sure to disclose not only information concerning your chief medical problem or complaint, but all other medical conditions, infections and such. Failure to do so may complicate or invalidate a stem cell treatment or even result in having a scheduled treatment refused should the problem come to light prior to it.

STEP 2 – Zeroing in on the Best Treatment Plan for You

The medical team will make recommendations concerning what they feel will give you your best shot at healing, restoration, relief or remediation. If stem cell therapy is indicated, the doctors will suggest the type & quantity of cells they feel will most

likely confer clinical benefit, how they should best be given, e.g., intravenous (IV) drip, catheter, direct injection, etc. and a cost quote.

Once a treatment plan is arrived at and agreed on, you proceed to Step 3.

STEP 3 – Paying for your care

You will be contacted by a representative of the program concerning monies owed and mode of payment.

VERY IMPORTANT: Patients are financially responsible for the costs of any unexpected, unplanned medical care or procedures that arise in Mexico, e.g., extra days in hospital, unanticipated medical or nursing intervention, etc.

Also, patients who show up for treatment with an infection or other medical issue, either unknown to him or her or else known (to him or her) but not disclosed to program personnel that would complicate or undermine their care may be sent home without being treated. Some medical conditions can negate cell-based treatments or even result in the patient getting ill.

Patients are furthermore advised that:

A full disclosure of drug allergies and all drug use, all medical diseases & conditions as well as any dietary or physical restrictions, allergies, etc. is required. Failure to do so could have serious consequences. In addition, such a failure to disclose this kind of thing could result in a scheduled procedure being altered, postponed or even cancelled.

Of course, the doctors in Mexico may discover a medical condition or complication previously unknown to the patient while conducting pre-treatment exams or testing; a problem or medical issue that requires that the doctors change, postpone or even cancel a scheduled treatment. In instances in which the problem can be remedied or the risk reduced sufficiently so as to allow the treatment to be done, the patient will be given the option of doing this. This extra care may entail additional costs which will be the patient's sole responsibility.

In instances in which a scheduled tissue harvesting, say bone marrow, cannot be done, the patient may be offered an alternative which is deemed to be equivalent by

the doctors. In instances in which the alternative is actually more expensive than the original scheduled treatment, the patient will be solely responsible for paying the difference in full. On-the-other-hand, when the alternative offered is actually cheaper than the original one the patient will have the difference refunded to him or her within thirty (30) days following their treatment.

Following the setting up of an appointment, you can proceed to Step 4.

STEP 4 – Making Air & Hotel Reservations

You must make your own air and hotel reservations and are responsible for your room(s), food and travel expenses. Please book lodging ONLY at one of the establishments listed below:

Best Western Seven Seas: www.bw7seas.com 1-619-291-1300 ext. 174 Reservations: 1-800-328-1618

Comfort Inn: www.comfortinnhotelcircle.com 1-800-835-6043

Comfort Inn & Suites: www.comfortinn-sandiego.com 1-619-881-6200 Reservations: 1-800-665-0312

Days Inn SeaWorld: www.daysinn.com 1-619-297-8800

DoubleTree Club Hotel: www.doubletreeclubsd.com 1-619-881-6900

Holiday Inn Select: 1-619- 291-5720 Reservations: 1-800-433-2131

Howard Johnson-Mission Valley Hotel Circle: 1-619-293-7792

Kings Inn: www.kingsinnsandiego.com 1-619-297-2231

Mission Valley Resort: www.missionvalleyresort.com 1-619-298-8281

Ramada Plaza Hotel: www.RamadaHotelCircle.com 1-800-405-9102

Ramada Plaza-Hotel Circle: www.RamadaPlazaSanDiego.com 1-800-405-9102

Residence Inn-Marriott: www.residenceinnsd.com 1-619-881-3600

Red Lion Hanalei Hotel: www.hanaleihotel.com 1-619-297-1101

Super 8 Hotel 445 Hotel Circle South: 1-619-692-1288 Reservations: 1-800-554-6267

The Handlery Hotel & Resort: www.handlery.com, 1-619-398-8345

Travelodge: www.missionvalleyhotel.com 1-619-297-2271

For patients needing a handicap equipped room:

Country Inn & Suites By Carlson, San Diego North, CA

5975 Lusk Boulevard, San Diego CA 92121,

Reservations: 1-800-596-2375 US/Canada Toll-free

Telephone: (858) 558-1818 **Fax:** (858) 558-0421

Email: cx_sdca@countryinns.com

[Country Inns & Suites San Diego, CA](#)

The Country Inn & Suites has a free shuttle from the airport (\$10.00 USD fee for the return trip)

For patients who would like to park on the American side and walk or take a shuttle or bus across into Mexico, please consult this web site:

Border Station Parking & Tourist Information: <http://www.borderparking.com/>

- * Open and attended 24 hours.
- * Competitive rates.
- * Secure.
- * Clean and friendly.
- * Fenced & Lighted. Surveillance equipment.
- * Short & long term parking.
- * Park & Ride

For patients who would like to stay in a 4 star hotel within a short distance of Dr. Ramirez's clinic in Mexico

Hotel Pueblo Amigo: <http://www.hotelpuebloamigo.com/> (This is hotel has several fully equipped handicap rooms. Make sure to request such a room if you have need of one. Also, please make sure to mention that you are a patient of Dr. Ramirez's and ask for the special discounted rate the Pueblo Amigo extends to all his patients.

STEP 5 – Dietary & Lifestyle Do's & Don'ts

General Pre- & Post- Treatment Guidelines

- ❖ Do not use any form of alcohol for at least one week prior to and six (6) months following a treatment.
- ❖ Do not use tobacco in any form at any time prior to or following any kind of cell therapy.
- ❖ Do not take vitamin-mineral products, herbs or herbal supplements (beyond what is contained in this section) for at least one (1) day prior to and fourteen (14) days following any form of cell therapy unless directed otherwise by your physician.
- ❖ Do not discontinue any prescribed drug, hormone or therapy unless directed by your doctor or by program doctors.
- ❖ **For Patients who have a neuroinflammatory condition like multiple sclerosis:** Limit your consumption of seeds or nuts, as these are high in the amino acid L-Arginine which can lead to the over-production of a chemical called Nitric Oxide (NO) in the Central Nervous System. Excess NO can aggravate or increase neurologic inflammation in persons with inflammatory neurologic diseases & conditions which could cause worse rather than better.
- ❖ Women should refrain from doing cell therapy in any form two (2) days before and two (2) days after a period (as the inflammation associated with menstruation might compromise a scheduled treatment).

- ❖ Due to the fact stem cells tend to home in on chemical signals churned out by inflamed, infected, damaged or diseased tissues, it is vital to make sure that all but the target tissue(s) or organ(s) are free of inflammation. A total head-to-toe check including teeth and gums is thus a wise pre-treatment measure (Get a thorough physical examination 1-2 weeks prior to your treatment.) Any infections or swellings or the like should be dealt with before a patient departs his locality for Mexico.
- ❖ If a child or children is to be treated during flu or cold season, parents should consider taking the child or children out of school and keep them away from crowds for at least 1 week prior to leaving for Mexico, and then keeping them away from other people as much as possible for 2-3 weeks following treatment. These kinds of infection can undo any good wrought by a cell-based therapy.
- ❖ Ask your doctor about hyperbaric oxygen therapy use prior to or following stem cell therapy.
- ❖ Halt all vigorous exercise or physical therapy at least 24 hours prior to scheduled treatment (You can resume moderate exercise 10 days following a treatment and begin vigorous exercise thirty days after same.)

Additional Pre-Procedure Instructions

Before Your Procedure:

Before Your Bone Marrow & Fat Tissue Harvesting Procedure:

1. Do not take aspirin, medications containing aspirin, any anti-inflammatory drugs including Motrin, Aleve, Indocin (Indomethacin), etc. including herbal products two weeks prior to surgery. [Click to view list of herbal blood thinners \(University of Michigan\)](#). If you are unsure if a medication that you are taking is to be avoided, please ask your doctor or Dr. Ramirez. If needed, acetaminophen (Tylenol®) may be taken if your doctor and/or Dr. Ramirez are OK with this.
2. Nicotine patches and gum must not be used.
3. If you do not disclose a medication you are taking to the program doctors you are placing yourself at risk. Do not do this!
4. Report any signs of a cold or infection that crop up in the week prior to your treatment. If you have had a sinus infection in the previous year and continue to have sneezing, sore throats, a runny nose or pain on tapping the area above or below your eyes, you should get a sinus CT scan at least three (3) weeks prior to your planned

treatment. If the results indicate an active infection you will need to take antibiotics for at least three (3) weeks prior to receiving stem cells.

5. Patients should purchase a suitable medical girdle or wrap that is appropriate for supporting the area(s) they are to have incisions in. For instance, patients who will have liposuction harvesting of fat tissue should buy a suitable post-surgical appliance such as those featured on this website http://www.medbarn.com/maternity-and-womens-health-post-surgery-c-1_10.html or http://www.makemeheal.com/mmh/product/liposuction/index.vm?procid=9&gclid=CMD6j_W1t6ICFRBsgwodBg-d4w or http://www.healingenhancements.com/?gclid=CLbw_oG2t6ICFRdSagodsA_T4Q

DAY OF YOUR PROCEDURE:

1. If your procedure is **not** a bone marrow harvesting one you can have a light breakfast before 8 AM Pacific Time. Please do not drink any coffee or tea or other fluids.
2. Bone marrow procedure patients should not have anything to eat or drink prior to their procedure.
3. If diabetic do not take your insulin or hypoglycemic pills on the morning of your procedure.
4. Wear comfortable, loose-fitting clothes that do not have to be pulled off or put on over your head.

Note concerning stitches: Patients who get stitches should shower only (No hot tubs or hot baths or such). Dressings should be changed daily or as often as indicated by the liposuction doctor and an antibiotic cream or ointment applied to the area. Patients should anticipate some bruising and slight swelling. In addition, some may experience slight swelling in ankles and feet and should put their feet up often during the first few weeks following their treatment. If unusual swelling and/or oozing occurs from an incision occurs, the patient should seek medical attention immediately. The stitches can come out ten (10) days after the harvesting procedure, something patients should arrange to have done through a physician back home.

STEP 6 – Pre-Trip Checklist

If you intend to be transported to and from Mexico by Dr. Ramirez’s van driver, then make sure you e-mail, Fax or snail mail your plane schedule and a copy of your hotel reservation to our representatives.

SRI, 1064 Calle Negocio #B, San Clemente, CA. 92672 USA.



Phone: 1-800-288-7016 or 1-949-248-7034.



FAX: 1-949-388-3441.



E-mail: Cordstemcells@gmail.com

If you will have a cell phone with you during your stay, make sure to give this number to program personnel by phone, e-mail, FAX or regular mail at least 1 week prior to your flight to California.




Make sure you have valid passports for yourself and all companions who will accompany you into Mexico. If you are coming from a country that requires a visa to enter Mexico, make sure you have taken care of this before departing your locality (US citizens do not need a visa to visit Mexico but do need a valid passport).

US Department of State information for US citizens planning to travel to Mexico:

http://travel.state.gov/travel/cbpmc/cbpmc_3254.html

http://travel.state.gov/travel/cbpmc/cbpmc_2223.html

STEP 7 – Arrival & Check-In

After you arrive at your hotel, you can confirm your arrival by calling  at 1-949-248-7034. If you get our voice mail, kindly leave a message and a contact phone # and someone will get back to you quickly.

STEP 8 – Day of Treatment

IF YOU ARE HAVING A FAT TISSUE HARVESTING PROCEDURE DONE:

Eat a light breakfast before 7 AM on the day of tissue harvesting and also on the day of treatment (For some patients harvesting & treatment occur the same day. For others these take place on separate days), e.g., oatmeal, juice or coffee. Sip water only up to 10 AM then nothing else thereafter.

Wear comfortable, loose-fitting clothes that do not have to be pulled off or put on over your head.

NOTE FOR BONE MARROW TRANSPLANT PATIENTS:

Bone marrow procedure patients should not have anything to eat or drink prior to their procedure.

Bone marrow patients should not take their Coumadin, aspirin, Plavix, or such the morning of the procedure. Also, let the doctors know about anything you were

suppose to take and didn't plus let them know about anything you did take on the morning of your procedure.

Anticoagulants can be restarted four (4) hours after the procedure is done. At times bone marrow harvesting and treatments require the use of pain killing drugs, but since these may induce vomiting it is best if they have not been taken on the morning of the procedure.

If diabetic do not take your insulin or hypoglycemic pills on the morning of your procedure.

Wear comfortable, loose-fitting clothes that do not have to be pulled off or put on over your head.

Dr. Ramirez's driver will contact you prior to arriving at your location and will let Dr. Ramirez know if a traffic delay occurs while you are en route to Mexico.

The bone marrow and adipose (fat) tissue harvesting procedure usually requires that patients have blood work done and remain in the clinic for a few hours or longer.

NOTE: It takes 45 minutes to two (2) hours to get back across the border into the USA depending on traffic.

One final note: When entering Mexico please dress casually and do not wear showy, expensive jewelry. This is a precaution.

STEP 9 – Back Home

POST-STEM CELL TREATMENT DIETARY GUIDELINES:

<http://stemcell.md/diets/Stem%20Cell%20Diet.pdf>

Patients should kick back and take it as easy as possible during the first seven (7) days following a cell-based treatment in Mexico, and avoid contact with individuals who appear to have infections such as a cold or the flu.

If sleeplessness occurs, it is OK to use an OTC drowsiness inducing drug such as diphenhydramine hydrochloride (Benadryl®, Sominex®) or slow- or time- release melatonin.

The best remedy for an upset stomach is a probiotic such as Lactopriv-B (5 teaspoons in milk or as needed for discomfort.) Use of bismuth (Pepto Bismol®) or activated charcoal tablets or capsules for mild stomach upsets is OK, as is Tylenol (acetaminophen) for mild aches & pains (Do not take aspirin, ibuprofen, and other over-the-counter pain killers two weeks prior to and 2 weeks following your procedure unless prescribed by your doctor as this may cause bleeding at the point on incision, injection, or such.

If you have to take anticoagulants on a daily basis be sure to mention this to the doctor. Following your harvesting procedure, put pressure on the aspiration site for a total of thirty (30) minutes.

The use of antibiotics or antifungals prescribed by a primary care doctor is OK and will not likely interfere with cell-based therapies.

Moderate exercise or physical therapy can be resumed on or about day ten (10) following a treatment.

Although not a single serious problem has cropped up in connection with the Mexican stem cell medicine program, patients should not hesitate to consult their primary care doctor or go to an E.R. (Hospital emergency room) should a problem or medical situation arise that is in any way alarming. For example, an infection picked up back home might compromise the cell-based therap(ies) done in Mexico. A course of antibiotics is better than letting such an infection run its natural course!

Contact Information

US research institute contracted by the Mexican stem cell medicine program to help collect patient enrollment information and post-treatment response data, perform analyses, create papers and monographs, etc:

Steenblock Research Institute

1064 Calle Negocio #B

San Clemente, CA. 92672 USA.



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