



Disclaimer: This Report has been compiled in conjunction with the Medical Advisory Board of the Adult Stem Cell Foundation and should only be used as guideline which, when implemented could contribute to better health and a longer healthy life. This Report should not be used as a diagnose or cure for any diseases and the reader is encouraged to consult a medical professional in case there are questions about the content of this report in relation to the reader's medical condition.

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 of the body and the more of them that 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 help to optimize natural stem cell activity in our bodies in our normal day-to-day lives.

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 to know our genetic blueprint at a cost we can afford. A DNA Profile used to cost many thousands of dollars, but today due to advances in this science it is cost effective for most people. **The DNA Kit can be posted to anyone in the world.**

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. Every human being ever born is unique, even “identical twins”.

Our uniqueness is underpinned by our genes. Our genes influence everything from our height and eye colour to predisposition to some chronic conditions and potential diseases states and potential diseases. In addition, our genes determine our body’s response to the food we eat, physical activity and our lifestyle choices, and therefore can have a pronounced influence on our health.

Scientists worldwide are now realising the importance of understanding the interaction between our genes and our lifestyle choice, such as nutrition, exercise and our health.

A common misconception is that our “inherited genes” determine our fate in life. In fact, research has shown that this is not necessarily so. It is true that you cannot change your “inherited genes” **however** you can compensate for their influence. There are 65 genes that you should power down and 72 genes you should power up. It is possible to maximise our “genetic potential” and change our health. The ASCF can direct you where to have this simple analysis done. Please e-mail your request to – admin@adultstemcellfoundation.org

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 at least 3 to 6 large glasses (depending on activity) of alkaline water per day. 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 – bulk buy it at the health food shop for about \$3.99 per kilo. 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 to further alkaline your system through 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>

Please read this book preview on sodium bicarbonate-

Rich Man's Poor Man's Cancer Treatment: *Sodium Bicarbonate*

Is absolutely brilliant...but what else would anyone expect from Dr. Mark Sircus?TV Host Doug Kaufman

<http://publications.imva.info/index.php/sodium-bicarbonate-rich-man-s-poor-man-s-cancer-treatment-e-book.html>

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, Colostrum and Extra Virgin Coconut Oil to name a few. We can advise here.

Extra virgin coconut oil has demonstrated remarkable health benefits especially for people suffering from neurological disorders like Alzheimer's, Parkinson's, MS, Autism and other behavioural problems. Please watch the following videos:

<http://www.youtube.com/watch?v=Ls6VE3ZagUI&feature=related>

<http://www.coconutresearchcenter.org/>

Brain Yoga --<http://www.youtube.com/watch?v=KSwhpF9iJSs>

4.CHANGE YOUR DIET

When you start to rectify the acid-alkaline imbalance in your body healing will commence much faster. Also the body can only produce 2 key substances itself therefore your body survives on the food you ingest. The body needs the correct foods to continue to replenish the building blocks necessary for sustainable good health.

We suggest you watch what Dr Terry Walsh recommends you do to enable true healing to occur: **"Food is medicine for the Brain"** in 6 part – this is Part 1 –

<http://www.youtube.com/watch?v=bEikq4x5Abc&feature=related>

5. 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. The Pace System is the latest scientific method of exercising and it is very different to what you would expect. The Pace method is great for all ages and creates permanent weight loss.

Cardio is dead – Dr Al Sears MD:

<http://www.ihealthtube.com/asp/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 most 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 after extensive research has endorsed a new first milking, 16 hour, high peptide colostrum called Colostrum Max.

<http://adultstemcellfoundation.org/adukt-stem-cell-foundation-endorses-Colostrum-MAX.html>

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 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 (an AUS owned and based stem cell bank) who now have a medical facility allowing the collection and storage of stem cells for future use harvested from adults. 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.

WEEKLY CONFERENCE CALL OVER THE INTERNET

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>

Use your first name as **USER** and your suburb as **PASS WORD**