SEXUAL DYSFUNCTION
IN WOMEN STEM CELLS, EXOSOMES, AND PEPTIDES COME TO THE RESCUE

EMOTIONAL INTELLIGENCE AND LEADERSHIP
THE FIRST STEP TO BEING A GREAT LEADER

DR. ROBERT GOLDMAN AND ARNOLD SCHWARZENEGGER
Two Living Legends share their Paths

UNCOMFORTABLE TALKING TO PATIENTS ABOUT MONEY? 10 TIPS TO HELP
• Cancer is the second leading cause of death globally and is responsible for an estimated 9.6 million deaths in 2018.
• Across the globe, about 1 in 6 deaths is due to cancer.
• Approximately 70% of deaths from cancer occur in low- and middle-income countries.
• Roughly one third of deaths from cancer are due to the 5 leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol use.

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LET US FLY UNITED

How Boundaries Help Us Heal and Thrive

Some Thoughts as a Doctor and My 71st Year as HuMan

Effective Stress Release through

10 Tips to Talking about Money

The Role of Emotional Intelligence in Responsible Leadership

Unscrupulous Stem Cell Clinic Hinder The Progress of Regenerative Medicine

The Elephant in the Room: Female Sexual Dysfunction (FSD)

The Hair Solution Miracle

Shine from Within

Inner strength outer beauty

Your hair will thank you

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OF YOUR HAIR TODAY

InterVews

Arnold Schwarzenegger & Dr. Robert Goldman

MEDICAL SCIENCE

Pancreatic Cancer The Silent Killer

The Key to a Better Cancer Treatment Outcome

Innovative Approach to Diabetes Mellitus and Metabolic Dysfunction

Spice Up your Life - Your Vitality is our Mission!

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Let us fly United Not Divided

“Coming together is a beginning; keeping together is progress; working together is success.” Edward Everett Hale

Our greatness comes from our togetherness and from appreciating each other’s strengths, when we learn from each other, we lean on each other. We can never survive and thrive if each person for themselves. No, we’re all in this together. “Growth is never by mere chance; it is the result of forces working together.” - James Cash Penney

Welcome my dear readers to a new, incredible edition of HealPreneur. As you know, Healing and Healthcare are at a crossroads; it is a time of radical change in Healing and Healthcare when the very practice of medicine is in question. While Healthcare has evolved rapidly, efforts to counteract the harmful effects of changes in organizational and training environments are our primary focus by nurturing humanistic traits in healers. The hostility between Allopathic Medical Doctors, chiropractic, Nurse Practitioners, Naturopathic, the gap between and Integrative MD is not only a struggle between professions. It is a destructive force dividing us and taking us away from our correct duties. Instead of uniting and conquering chronic dis-ease we are depleting our healing energy. We can no longer create erosion through unwise competing practices. Unity and Working together in Symphony demand our attention, and our Quest for practical solutions should be our objective. We collectively need to inspire the healing community to act in orchestrating a unified Healing system reinstating our feeling of connectedness to the rest of nature.

The HealPreneur Magazine is a robust Healers Echo-System offering countless benefits and areas addressing all the different areas of interest for an entrepreneur. The Mindset section guides you to be who you want to be. The HealPreneur Platform will help you take care of your body, so you have the energy to keep moving towards your goals to HEAL ourselves and others. The spirituality articles, keep you connected to your source, helping the Healing Magic happen. Today I feel compelled to celebrate OUR TOGETHERNESS.
My dear readers, it “Takes a Village.” Let us REITERATE we need to unite to rescue Healthcare, let us address some of the most pressing questions in medicine today. Each story of illness, Healthcare, and Healing provides a tiny, fragmented glimpse into the heart of a problem. Tales forge together to reveal a larger narrative truth. Be bold enough, humble enough, and vulnerable enough to listen. Our goal is to offer creative solutions for a compassionate, humane health care for all. Together, we may find Healing—for ourselves, our loved ones, and our planet.

The Drive of the HealPreneur Magazine and Platform.
Our vision is to develop a global digital and print Platform that provides Health businesses the resources and tools they need to develop and grow their Healthcare business. HealPreneur Business Opportunity (HBO) offers you everything you need to know to shape your business in one convenient place. We recognize how valuable time is. Therefore, we aim to give you our readers and clients everything you need to grow yourself and your business.

Our articles will address Spirit, Mind, and Body: how the healer can heal. We will offer you guidance on how to market, sell, and finance your business. You will be exposed to unparalleled knowledge, from the leading authorities, without a single word wasted. Our influential contributors deliver to you the information that you need to know. So that when you finish reading each volume, you can turn the page and be confident in what you learned, ready to apply.

We will look at style for you and your center, how to give your patients a pleasant experience from the second they walk in your door. We will provide you access to the resources you need, from coaches and trainers to technology to artists who can supply your center with all your needs.

Finally, we allow everyone to advertise their business globally. We created HealPreneur for Health and Healing Entrepreneurs who want to stop settling for less.

If you are interested to submit an article for consideration in any of the sections covered in our magazine, do not hesitate to contact us at editor@healpreneur.com. Your suggestions on specific topics that you us to present, would be welcome, we would love to hear your ideas. We thrive to help you as health professionals, let us know what subjects would be of interest to you.
How Boundaries HELP US HEAL AND THRIVE

The definition of Human Power is: “Expressing your Truth.” The definition of SUPER HUMAN POWER is: “Expressing your Truth with Great JOY!”

Expressing our truth is an art form we cultivate from childhood. By expressing our truth we are sharing our light with the world. By holding boundaries in life you are able to express your Truth consistently and leave a legacy of life lessons to those who you have touched.

When we express our truth in joyful or funny ways people remember us and are inspired. Holding boundaries is actually a process in joyful expression of self-love not self-defense. Perhaps this metaphor might help.

You are the FIRE. You are the light in the darkness and with no effort can create warmth and power. What lights you up? What inspires you? This is your fuel and keeps your fire going. When setting boundaries, I love to imagine that we are each a beautiful fire. Campfire rules may apply at this point.

Imagine a circle of stones surrounding a fire. The hottest coals and embers glow in the inner ring. The second ring is where the wood gets put onto the fire and where one maintains it by poking and arranging. The outer ring consists of those who might bring a bucket of water to put the fire out.

As patients, healers, family members and partners we need to remember a few distinctions in maintaining boundaries so we keep from “burning out.”

The INNER RING: these people are who you would give everything you have to because they would give everything they have to you. They inspire you and bring you GREAT JOY!

The SECOND RING: is for those people that can’t give you what you give them. These can be acquaintances, employers and employees, even family members. Timed phone calls, social, and professional agreements are healthy boundaries. In my life, this is where my clients are placed. As we begin our relationship our contract is that I will give you my experience and you will pay me. Many of my clients have moved to the inner ring as their gifts are immense. We become beloved friends and exchange services.

The THIRD RING or OUTER RING: is for those people who would harm you, and if they would, you don’t let them in. I think the biggest shock for me was realizing the people that I brought into my inner circle became the people that I had to keep on my far outer circle.

I like to see the emotion of ANGER as being a direct threat of boundaries. Wouldn’t one spark and flare if someone came too close for comfort? Anger can be a sure sign someone is crossing your boundaries.

When a client shares that they are feeling immense anger this is when I know that they have not established healthy boundaries about someone or something, and need to participate in The Three Ring process.

For more insight please go to: NikkiMarie.co or email: nikki@nikkimarie.co This article is inspired from the book “Woman is Fire, Man is the Protector of the Fire.” by Nikki Marie.

ABOUT THE AUTHOR
Nikki Marie is a Holistic Interventionist and Master LifeLine Practitioner, with over 20 years of experience working internationally with a broad range of individuals, couples and families within her private practice, mental health and educational institutions. Her passion is to find the most effective approach to helping others achieve their greatest potential.

Nikki shared 5 years in private practice as a Master LifeLine Practitioner with The LifeLine Wellness Center and currently cares for clients in Eastern North Carolina via phone and video sessions.

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Anger can be a sure sign someone is crossing your boundaries
– Nikki Marie
A 71st Years Young
Nonconformist Doctor SHARES
BELIEF-SHAKING REMARKS
THAT WILL TRANSFORM YOUR LIFE!

Some Thoughts as A Doctor and My 71st Year as HuMan

Once upon a time, there was a noble king who wanted to find the secret of existence. He was so plagued with the idea that he could not sleep and asked all of his wise men to give him an answer. They came up with all sorts of ideas like “do what makes you happy, retire young, avoid things that make you uncomfortable, if you don’t win at something right away give it up for something else, if your marriage is not working out find another girl or guy, morals don’t really matter—what’s important is to satisfy your desires.” But as he was given each one, he tried living that way and it never made him happy and he never felt like he found the secret to have a happy life. So, he called all his people together and said that he wanted to send messengers to all parts of the world to see if the answer existed elsewhere and to bring it back. He was so plagued with the idea of existence that he couldn’t sleep and asked all of his wise men to give him an answer. The king thought for a minute and said, “You have found what I was looking for. That is indeed how it works. Satisfaction comes from work done. And that is happiness. You are to be rewarded.”

The king thought for a minute and the smiled and looked at the man and nodded. “You have found what I was looking for. That is indeed how it works. Satisfaction comes from work done. And that is happiness. You are to be rewarded.”

I David Minkoff, MD don’t see myself as a gray beard philosopher. Anyone who knows me thinks of me as quiet, but action taker, eager to make things happen. What I am sharing with you is hard won and hard learned. Figuring out how to live successfully has been a quest for man since the Garden of Eden. Lesson 1: Life and education are always a work in progress. Lesson 2: Bright men and women have brought me this far. I hope that what I am sharing from the heart help you find yourself in your own quest.

I just completed my 43rd full Ironman Triathlon getting 3rd place in my age group in a very competitive race. I’m 71 years young. Not only did I train for triathlons but my work day is an 18 hour day with very busy medical practice supervising 2 MDs, 2 NPs, and a staff of 48. I run an international nutritional supplement company. Furthermore Never cease to study, research, write, lecture, and enjoy my family life (married 50 years with 3 kids and 8 grandkids) not to mention my very busy spiritual pursuit.

I’ve never been more productive at any age of my life. I recently published a book, The Search For The Perfect Protein. It is an Amazon best seller in several Health categories. Moreover I am greatly involved and support multiple non profit groups that help with world literacy, human rights, drug addiction, criminal reform and improving happiness in our society.

I am often asked, why haven’t I retired like most people my age? Where does the drive come to continue to create this very full and challenging life?

About 25 years ago I read a biography of JC Penny and learned that his greatest business success came when he was 69 years old. It was seemingly at the end of his career. Yet he thrived on for many years with great business success.

That inspired me to do the same. My decision at age 40, was that I would hit my best years at 65 and keep that up until at least 85 and then decide where to go from there. As a part of this one of my goals at age 85 is to win my age group at the Ironman Triathlon World Championship. Why not? No one has done that so far, so why can’t it be me? Now that is a formidable goal. Just ask anyone of any age who has done it. When I work with patients, my goal is overall performance. It does not matter if that person has chronic fatigue or cancer or is a world class athlete.

To have, one must produce and to produce one must put forth effort and brightness so as to get what one is working for.
As motion is life, then more motion is more life.

The ridiculous goal that is brainwashed into every school kid of “I am going to work until 65 and then retire so I can do what I want” is to my view, just a covert form of suicide. Why aren’t you doing what you want now and if you are, why would you stop at 65? It could be that at that point your life is only 2/3 done and at that age you have experience and knowledge to really make things happen. Life must be viewed as a game.

Games have goals, and barriers and rules. In the game of life, you must have major goals that you are working toward or you will be played by life and serve the goals of others. That’s not a very fun game. “My doctor says I have to take it easy and not exert too much.” How exciting is that! Baldedrash! Defiance can be the only attitude to someone who wants to limit your game. How dare they!

One of the secrets of living well is to realize that one of the greatest pleasures in life is effort. Effort of course is doing work. It’s the sensation of making motion happen, of sweat and sometimes tears, and the experience of that doing work. It’s the sensation of making motion happen, the greatest pleasures in life is effort.

Most people are not really living in present time. In fact, they are doing their best to escape from it. That’s why drugs are so popular. “Get me out of here and away from life” is what the cannabis movement and the whole drug culture is built upon. “Confront my past problems, situations, and my transgressions against my own moral code? Are you kidding? Get me away so any responsibility for my life can be washed away from my consciousness so I don’t have to experience it or let alone confront it.” That is attitude which will never create a full or satisfying life. It is an impossibility. If one will actually take responsibility for one’s existence and handle whatever one is trying to escape from, only then, can one live and thrive and see brightness in every object and every person. The miseries of life are

self-created dodges from not being accountable. As soon as one decides to take on that responsibility one can live and happiness is possible.

As a physician I daily marvel at the body and its complexities and abilities. No scientist or neurologist or doctor of any kind has any understanding how it really works or how it coordinates the quadrillions of reactions that take place every second to make it function. These are marvels beyond any fathom. Yet they are taken for granted and rarely appreciated by most.

In the cycle of action that comes from the early Hindu Vedas of thousands of years ago, they describe a three-part cycle of life. Create, survive, destroy. And so, with life it goes birth, live, die. But at every stage of one’s life one can choose where he exists on that cycle. If a man is surviving – waiting for the day he can retire, waiting for his partner to die, waiting for the kids to grow up and be out of the house, one is in a way already in the death part of the cycle.

The only way to live really is to stay at the create side of the cycle. It doesn’t matter if you are 3 or 22 or 122 years old. If you orient your life around creating, producing, dreaming and constructing you then are really living, and you are making your future and you are looking for no free lunches.

In each life there can be an expression of this. Some climb mountains, or create companies, or bring hope to sick people. It takes creation and effort in the end it brings help to someone. And of course, to help is why we are here and is our debt to our Creator for the privilege of being here. And joy is the delivering of that hope to another or others and especially the efforts we had to make to deliver that hope.

For effort is life, and those who have lived the best have efforted the most.
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WaterBreath Fusion, created by Michael de Glanville, is a powerful natural process for the healing of stress.

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- Imagine yourself merging with your environment. No longer you are ending at the skin of your body, let your edges soften and merge with the warm water.

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ABOUT THE AUTHOR
Viola Edward is a Transcultural Psychotherapist Mentor & Breathwork trainer, Stress Mastery Expert, the founder of “Feminine Capital Forum”, co-owner of “Kayana Breathwork”, and a multi-award winner. Author of “Breathing the Rhythm of Success” and “Who Makes the Bed?” She has mentored, coached, counseled and trained over 5000 people in 18 countries.

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10 Tips TO Talking about Money

Feel uncomfortable talking to patients about money? Here are 10 tips to help.

When I opened the doors to my cash practice on January 2007, I had tons of passion and zero business sense. It was simply not taught at medical school and it was not something that I had any interest in. Truly, no bank had any business giving me a loan. But in 2006, things were different, and they were happy to give me a big loan—which promptly put me into a LOT of debt.

As I naively got started, I just wanted to help people, which is commendable but not a great way to run a business. I had never heard of a profit and loss report, I knew nothing about payroll taxes, and I HATED sales and marketing.

It turns out I was good at the helping people part! My patients got better, and I loved what I was doing. But I drained my retirement account to keep the practice afloat. I lived by the motto “it’s better to be a good person than a good business person.” Which is nice and all, but doesn’t help to pay the rent.

Quitting was never an option for me. I KNEW that I had something important to offer and I felt that I had an obligation to serve my community, but I also knew that I had to do things differently. I started to work with mentors and coaches to learn the things that I didn’t know I didn’t know—and that changed everything.

One of the most important new skills I learned is how to talk to patients about money. This is so uncomfortable for many of us. We just want to help! In an insurance model, doctors rarely, if ever, talk about money. The financial conversation is typically between the insurance company and the patient, and often the doctor has no clue what the cost of a service will be.

In an insurance model, doctors rarely, if ever, talk about money
~ Deb Matthew

Overcoming the discomfort of talking about money with my patients has been a key element in turning my practice around. Helping people see how I can help them, and see the value in the services I have to offer, allows them to move forward, get the help they need, and allows me to change lives.

If talking to people about money feels uncomfortable and is something that you struggle with, then get help! This is a skill that can be learned if you work with a mentor or coach. The better you are at communicating the value in your services, the more people you will be able to help.
If you start with a “helping” mindset (and not a selling mindset) it can help you really focus on your patient and their needs.

— Deb Matthew

Here are 10 of the most important tips I’ve learned from working with coaches and mentors:

1. Always put the patient’s needs above your financial gain. Know in your heart that what you are offering will help them and is the best choice for them.

2. Don’t ever try to do a “hard sell.” If they feel like you are trying to “sell” them something, it will poison the doctor patient relationship.

3. Be truthful and authentic. If they sense that you aren’t being completely honest, they won’t feel comfortable (even if they can’t put their finger on why).

4. Don’t be emotionally attached to the outcome. You are just there to offer your help. If they don’t move forward, don’t take it personally.

5. It is important to feel comfortable in the conversation, which takes some practice. If you are uncomfortable, it will make them feel uncomfortable and they will be less likely to move forward in working with you.

6. Pre-educate your patients so they understand what they are getting into before the consultation (even if they don’t know the exact price). They have to be able to see the value in what you are offering, and the more information they have ahead of time, the easier your job will be.

7. Make sure that they want the service before you discuss finances. They should be excited about working with you and feel like this is exactly what they’ve been looking for. If that isn’t the case, no point in even bringing up the cost.

8. If you have payment options, let them know up front. Don’t want them to feel momentarily panicked that they’ll have to pay all in full today.

9. Invite their spouse to the appointment. Many people choose to make financial decisions with their spouse, so it is helpful if they both hear the information.

10. Focus on your “WHY.” Before you enter the room, take a second to remind yourself why you do what you do. As a health provider, you are helping people improve their lives and that is an important “WHY!” If you start with a “helping” mindset (and not a selling mindset) it can help you really focus on your patient and their needs. They will pick up that you care about them, and that will help them feel comfortable working with you.

Most buying decisions are made emotionally, and we use facts and logic to help justify our emotional decisions. If you focus on caring about your patient (not selling your services), and get good at helping people understand the value of what you are offering, your practice will flourish.

ABOUT THE AUTHOR
Deb Matthew, MD, ABAARM, ABOIM is Fellowship trained in Anti-Aging, Metabolic and Functional Medicine with the A4M, for whom she is a frequent International Speaker and Oral Board Examiner. She is the Best-Selling Author of “This is NOT Normal! A Busy Woman’s Guide to Symptoms of Hormone Imbalance,” and has done over 40 TV appearances on ABC, NBC, CBS and Fox TV News and Talk Shows. Her mission is to support Integrative Functional Medicine practitioners, clinically and in business, with the goal of ultimately changing the “standard of care” in medicine to a more Functional Medicine approach.

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The Role of Emotional Intelligence in Responsible Leadership

Are you a CEO, manager or leader of a department and feel overwhelmed, pulled in many directions, and sometimes unsure of what to do? Then you are not alone. You hold a great deal of responsibility as a leader and, whether you are a leader with or without a title, putting your best self forward everyday is truly all that matters.

So, it is possible for us to be on our best behavior 365 days a year? Not at all and, this is not the expectation. Always ways that can help you ‘cool down or refocus’ when you are not your best.

A. Understanding the Triggers
What emotions do we feel when we are having a bad day? Are there certain people that rub us the wrong way or perhaps specific situations? This excludes unusual circumstances that are unforeseen, however, in general, whether people like to admit it or not we all have a typical 10% rule that just put us in a bad mood. By getting a good grasp of who and what this 10% is can help us find ways to manage our emotions.

B. Managing Emotions
Perhaps you work with someone you are not a fan of, and your reaction/response to them is not particularly positive. However, this is not the impression you want them or others to see, so you have to create back up plans for yourself. No one needs to know your plans, you just make them work for you when you need them.

For example: Only meet with this person (who rubs you the wrong way) when other colleagues are around, book specific dates and times to meet this person as opposed to talking to them on the fly, this will give you a have a chance to collect your thoughts. Go for a walk to gather your thoughts after you discuss a particular topic that you are not a fan of. The key here is to find small, quick, and easy ways that can help you ‘cool down or refocus’ when you are not your best.

C. Prioritize
We frequently forget and get all tied up with things that do not bring as much value in our life or things we would label as low hanging fruit. We have to prioritize our time and let things go. The less you worry about the 10% rule, the more time and focus you can place on the other 90% of people and things that actually matter. This is relatable to work and home life.

D. Continuously Evolve
We are not the same persons we were 10 years ago, and that is a good thing. Evolving with society, based on how your partner changes, your job, your colleagues, and even your organization, brings self-gratification. It’s ok to make mistakes, it’s ok to change who you are so you can be a better version than you were yesterday. The most important aspect of emotional intelligence is simply to have emotional intelligence by understanding and continuously getting to know who you are and who you want to become.

One of the things I frequently discuss with my leaders is... “What do you want people to say about you at your eulogy?” This is not to sound sad or depressing, yet it’s a reality. We all have the ability to influence what people think about us and how they will remember us. In order to be able to do this we need to get to know ourselves. We need to reflect on who we are and what we want to be known for. This is a continuous journey we all get to experience throughout our whole lives, so take the time to create the life you want because we all have this ability, if we choose to.

ABOUT THE AUTHOR
Josée is a Human Resources Expert specializing in HR emergencies, problem solving, crisis management and overall performance management. She began her HR career on the waters more than 15 years ago with Celebrity Cruise Lines, Disney Cruise Lines and eventually landing in the Bahamas. A few years ago she launched The HR ICU, a consulting firm to help small and medium sized businesses as their trusted HR advisor. Assisting with anything from M&A’s, hiring packages, policies and procedures, employee handbooks, health & safety, AODA, employee engagement, performance management and more.

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The key here is to find small, quick, and easy ways that can help you ‘cool down or refocus’ when you are not your best.

– Josée Larocque-Patton
Unscrupulous Stem Cell
HINDER THE PROGRESS OF REGENERATIVE MEDICINE

Pivotal discoveries in the field of stem cell biology together with advances in recombinant DNA methodologies promise to transform clinical medicine. The advent of regenerative medicine is fast approaching that will undoubtedly revolutionize the treatment of a myriad of human diseases from cardiovascular disease, diabetes, cancer, neurodegenerative diseases to the countless number of genetic abnormalities that to date have no cure.

As with all pioneering treatment methods, the path forward to safe and effective treatments is not without its caveats. Foremost amongst these, is the emergence of direct-to-consumer marketing of unproven and non-FDA approved stem cell treatments for a wide variety of diseases. The consequences of these procedures can be disastrous. For example, in 2013, a $20,000 facelift caused diseases. The consequences of these procedures can be irreversible.

FDA approved stem cell treatments for a wide variety of diseases. The consequences of these procedures can be disastrous. For example, in 2013, a $20,000 facelift caused diseases. The consequences of these procedures can be irreversible.

There can be little doubt these abusive and illegal practices have smeared the public perception of stem cell therapies as well as highlighted the urgent need for greater regulatory oversight by the FDA. The unintended consequence of this heightened vigilance and skepticism is the slow, and perhaps overly cautious approval, funding and commercialization of those promising stem cell treatment methods that do submit to stringent evaluation in clinical trials.

As of this writing, the transplantation of hematopoietic progenitor cells derived from cord blood is the only FDA approved stem cell therapy.

The field of stem cell biology emerged more than 40 years ago with the discovery, isolation and culture of mouse embryonic stem cells (ESCs). At the time of cell division, ESCs have the potential to either generate stem cell progeny (self-renewal) or to differentiate into any one of the cell lineages that make up a mammalian organism. This remarkable property was elegantly demonstrated by injecting ESCs into tetraploid blastocyst embryos that after implantation generated completely ES cell derived mice (Nagy et al. Proc Natl Acad Sci USA 1993 Sep 15;90(18):8424-8). The differentiation of ESCs and the determination of cell fate appears to be controlled by the interaction of ES cells with their immediate environment, namely, components of the extracellular matrix, cytokines as well as concentration gradients of growth factors secreted by neighboring cells. Although the discovery of embryonic stem cells enabled researchers to probe gene function through the introduction of genetic modifications into the germ line of mice, the contribution of human embryonic stem cells to human stem cell therapies has been largely abandoned because of the ethical issues surrounding the isolation of these cells from aborted human fetuses.

In 2006, the stem cell field was once again transformed by the discovery that the ectopic expression of certain embryonic stem cell transcription factors in a differentiated cell can reprogram that cell into a so-called induced pluripotent stem cell (iPSC). This breakthrough not only bypasses the ethical issues associated with the use of human embryonic stem cells but enables the production of a patient’s own iPSCs for cell therapy purposes.

Unlike with conventional biologics, such as monoclonal antibodies, the delivery of safe and effective iPSC-based therapies nevertheless poses a unique set of challenges for the biotech industry. Establishing good manufacturing practice (GMP) protocols amenable to large-scale production of iPSCs is particularly challenging because of the inherent plasticity of stem cells. iPSCs cultured even under optimal experimental conditions are never entirely clonal and necessarily contain non-pluripotent cells as result of ill-defined differentiation events. Additional concerns about iPSC therapies result from the observation that the expression of embryonic stem cell transcription factors used to generate iPSCs are also expressed in cancer stem cells suggesting the delivery of millions of iPSCs to a human tissue runs the potential risk of inducing tumorigenesis in the host.

The inability to definitively control cell fate or cell migration after transplantation of iPSCs into a patient is a key impediment to the use of these cells in vivo.

In addition to the discovery of pluripotent stem cells, human tissues and organs have been found to harbor adult multipotent stem cells that have the potential to...
**MEDICAL LAW**

**HealPreneur | December 2019**

**In vivo.** Tors can be compared with that of progenitor cells found in many human organs, including the brain, bone marrow, blood vessels, skeletal muscle, skin, teeth, heart and liver. For example, in the intestine, multipotent stem cells replenish the adult intestinal mucosal epithelium which, in humans, needs to be regenerated every five to seven days (Jadhav et al., Cell Stem Cell (2017) 21, 65–77). Mesenchymal stem cells have been identified in most, if not all, vascularized tissues including the bone marrow, adipose tissue, placenta, dental pulp, synovial membrane, peripheral blood, periodontal ligament, endometrium, umbilical cord, and umbilical cord blood (UCB) (reviewed in Lv et al., Stem Cells (2014) 32 (6) p.1408-1419). The apparent lack of consensus as to nomenclature and the characterization of stem cell populations in the scientific literature means the identity of stem cells relies in large part on gene expression profiles and the presence or absence of stem cell surface markers.

In recent years, this research on adult stem cells has spurred interest in generating differentiated cell lineages ex vivo from induced pluripotent stem cells prior to their transplantation either as individual cells or as a tissue construct into a patient. This approach presents several advantages. First, the differentiation of iPSCs can be more closely controlled and monitored in vitro. Second, iPSC-derived progenitors can be isolated using well-established cell sorting techniques. Third, the gene expression profile of selected iPSC-derived cell progenitors can be compared with that of progenitor cells found in vivo.

**iPSCs may be used to engineer target-specific immune cells for cancer immunotherapy.**

Fourth, the differentiation state of the iPSC-derived cell progenitors diminishes the potential risk of inducing cancer in vivo. Fifth, the selection processes increase the chances that the iPSC-derived cell population will be functional in vivo and effective at regenerating and repairing a patient’s targeted tissue. Sixth, the iPSC-derived cell population is less likely to induce an adverse immune response, especially if the iPSCs are donor-derived. Finally, undifferentiated iPSC cell populations can be genetically modified using gene editing techniques prior to the initiation of in vitro differentiation. Reports in the literature suggest this approach is gaining traction.

In one example of pre-clinical research, transplantation of autologous induced pluripotent stem cell (iPSC)-derived retinal pigment epithelium (RPE) implanted in a biodegradable scaffold improved visual function in animal models of age-related macular degeneration (AMD) (Sharma et al., Sci Transl Med. 2019; 11 (475)).

Finally, scientists at Fate Therapeutics recently received clearance from the FDA to test the treatment of solid tumors with iPSC-derived natural killer (NK) cells. This approach, if successful, suggests iPSCs may be used to engineer target-specific immune cells for cancer immunotherapy.

iPSC-derived cell therapy platforms are therefore being actively investigated for the treatment of previously incurable or debilitating diseases. The success and acceptance of this technology will ultimately rely on the completion of stringent, peer-reviewed FDA sponsored clinical trials to evaluate safety and efficacy as well as the creation of commercial ventures to progress research and development.

Key to the success of any startup is the establishment of a robust patent portfolio. A utility patent is a right granted by the government that allows the patent owner to exclude others from practicing the invention described in the patent for a period of 20 years from the time of filing. With the passage of the Leahy–Smith America Invents Act (AIA) in 2011, the U.S. transitioned from a ‘first-to-invent’ to a modified ‘first-to-file’ priority system. Priority of the invention is therefore determined by the effective filing date of a patent application. It is therefore imperative that the early startup file provisional patent applications on any patentable subject matter that may have commercial value whether it be a stem cell composition, formulation or method of use. Patent protection affords the patent owner with a number of advantages. First and foremost, it provides a remedy to the patent owner if a competitor infringes the claimed invention by making, using, offering to sell, selling or importing into the U.S. the claimed invention without the patent owner’s authorization. A patent portfolio can be instrumental in obtaining Series A funding or generating a licensing revenue.

**ABOUT THE AUTHOR**

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With more than 12 years of law firm/in-house experience, Dr. Southgate provides strategic counseling to entrepreneurs, startups, universities and established biotech companies on the procurement and protection of intellectual property in the life sciences. Dr. Southgate has extensive patent experience in the field of molecular and cellular biology including antibody technologies, stem cell therapies (iPSCs), RNA-based gene therapies, small molecule pharmaceuticals and immunono- cology treatment modalities. Dr. Southgate is also a proven expert at evaluating freedom-to-operate and providing comprehensive patent landscape analyses to biotech companies.

Contact: chris@cdlaw.org | cdlaw.org
The Natural Cure for Female Sexual Dysfunction is Here!

- Have you lost your spark in the bedroom and struggle to be intimate with your partner?
- Has your overall satisfaction during sexual stimulation decreased?
- Does a low sex drive affect your relationship and happiness, and cause you serious distress?

66% of women have some type of sexual dysfunction that manifests with arousal and desire disorders, orgasmic dysfunction, and sexual pain problems.

The most effective solution to finally overcoming FSD is here! **STEM CELLS, EXOSOMES, and PEPTIDES** open up exciting new possibilities for your sexual health.

Improve your sexual performance, get in touch now with Dr. Dalal Akoury, MD to arrange a consultation and cease this suffering!

SEND AN EMAIL: drdalalakoury@awaremed.com
VISIT THE WEBSITE: www.awaremed.com
We know him as the fictional Hollywood “Terminator,” a cyborg assassin who sought out to destroy a child savior against machines in a post-apocalyptic future. In reality, he is the savior of children. The one who fights for healthcare, for children, and being a leader in a community that seeks to find solutions using the medicine of the future. A supporter of freedom in healthcare, freedom of choice, and a wide array of healthcare-based approaches in anti-aging, regenerative, functional, alternative, sports, and nutritional medicine.

Arnold’s Schwarzenegger Vision

“Your present circumstances don’t determine where you can go; they merely determine where you start.”
- Nido Qubein

Early Life of the Austrian Oak

Arnold Alois Schwarzenegger is an Austrian-American famous bodybuilder, actor, businessman, author, and the 38th Governor California, who rose to fame from the career turning movie, Terminator. The now seventy-year-old was born in Thal, Austria in 1947. Arnold was quite ambitious at a very early age, choosing a career path in bodybuilding despite his participation in soccer for many years. His famed bodybuilding physique is a result of years of dedication and passion. He believed strongly in his dream of becoming an Olympic bodybuilder and an influential figure in society. At the tender age of 10, Schwarzenegger knew that the key to achieving this dream was by moving to the United States. He grew up in a society that praised conformity to social norms, and his parents were enforcers of those norms. Arnold, however, was not one who conformed to what was expected of him, and of course, he was labeled rebellious. Arnold’s father hoped that he would follow in his footsteps to become a police officer, and his mother wanted her son to attend trade school. Arnold imagined his life away from Austria and his parents’ expectations and thus formulated his plan to become an Olympic Bodybuilder. No one understood his dreams, and he fought hard to “be rich, to become somebody, and to be the best.” Tenaciously he pursued his yearning to navigate from poverty to prosperity.

“You have to trust in something - your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.” Steve Jobs
He began frequenting gyms and lifting weights at the age of fifteen. He became involved in an intense training program and was so dedicated that he broke into gyms on the weekends so that he would not miss training. He studied psychology to discover the power of mind over the body. When he was 17, he began his competitive profession. He soon became famous in bodybuilding circles and was dubbed the “Best built man of Europe.”

His early accomplishments fueled his passion, and he looked to compete at a higher level — his ticket to success, the NAABA Mr. Universe competition in London. His initial defeat pales in comparison to his five-time champion status. He did not stop there. The “Austrian Oak” moved to the United at the age of 21, and by age 23, Arnold won the title of Mr. Olympia in New York and went on to win seven more times. He achieved his dream of being the best as he is considered one of the greatest bodybuilders of all time.

In his golden years, the unstoppable legend lives his legacy as a strong advocate of the sport, writing books, articles, and Extraordinary coach to athletes. Arnold founded the Arnold Sports Festival in 1989 and was dubbed as a one-day bodybuilding competition, known as the Arnold Classic. The festival has gone on to feature over 22,000 athletes competing in 80+ sports and events over four days, making this event one of the largest multi-sport festival in the world. The festival celebrates Arnold’s career as a bodybuilder. Arnold was one of the first inductees into the International Sports Hall of Fame, founded by Dr. Robert M. Goldman to honor the worlds’ greatest athlete legends in all sports categories.

The Movie Star

Arnold scores yet another goal. The next step for Arnold was to become the greatest actor, a completely different arena from bodybuilding. He was not intimidated. The thought of struggles and setbacks excited him because it meant he was one step closer to his dream. Arnold had a hard time finding a job in the industry because of his thick accent. Schwarzenegger accepted smaller roles, such as making guest appearances on movies and sitcoms. His efforts did not go unnoticed and a shift in consumer interest in the '80s allowed him to garner fan interest to his sense of humor in action films alongside his co-star Sylvester Stallone. He was finally recognized internationally as an actor and called (“Arnold” and “Schwartz”). He went on to scoring and starring in many acting roles following his breakthrough film, Conan the Barbarian. The Terminator was the career-defining role of Arnold Schwarzenegger, a high grossing film in 1991 that dubbed him the International Star of the Decade. The star of the Terminator franchise won Best Male Actor for Terminator 2: Judgement Day and won awards for Favorite Actor in several other films.

Power and Politics: The Governor of California, I rule. Therefore I am

In 2003, Arnold Schwarzenegger announced his candidacy in the 2003 California recall election for governor of California. With no history in politics, he embraced the new challenge to be apart of the change in his country and to do his due diligence as a United States citizen. His political views were unknown to most before his announcement to becoming a governor. President Nixon inspired Arnold’s political views. He believed in free enterprise, minimal government interference, lowering taxes, strengthening the military. Since then, he has stated that he is a Republican that is “fiscally conservative and socially liberal.” Arnie served as the 38th governor of California from November 2003 to January 2011.

The Championed bodybuilder and actor did not leave his post as Governor less than what it was when he took his position. He took on the job with great determination; he determined the end goal, and he incited change not only within the community but within the minds of its citizens. Many gave him credit for his grave will power and his flexibility in working with the opposition.

Our vision is clear, our purpose evident, and our goals in place

- Nido Qubein

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Unstoppable Schwarzenegger, Magical Power

"Remembering that I’ll be dead soon is the most important tool I’ve ever encountered to help me make the big choices in life. Because almost everything - all external expectations, all pride, all fear of embarrassment or failure - these things fall away in the face of death, leaving only what is truly important." Steve Jobs

Empty pockets full of dreams, determination, and desire were the driving forces that pushed Arnold to accomplish all that he set out to do. He embraced his obstacles, took them in strides, and came out on top every time. In the beginning, it was about Arnold and his dreams, but then it became much more significant. Then he allowed his light to shine so that others are inspired to do the same. Generating $40 million in revenues for Columbus, Ohio, the Arnold Classic invites participants from around the globe to compete, which affords them the equal opportunity Arnold needed to succeed. Working in conjunction with Dr. Robert M. Goldman, founder of International Sports Hall of Fame, they recognized athletes for their dedication to the different sport categories.

Still, Arnold sought to do more. He no longer wanted to live for him but to “live for the entire sport of bodybuilding, the fitness movement.” Promoting health and fitness programs for all ages in communities, contributions to environmental, economic, and public policy issues, and sought to do more by contributing to science. In 2013 the American Academy of Anti-Aging Medicine (A4M) presented to Schwarzenegger the Infiniti award for his notable contributions.
The Infinity award is the highest prestigious honor from the American Academy of Anti-Aging Medicine (A4M). He was presented with this award by Dr. Robert Gold- man for securing $3 billion in funding in the area of Stem Cell Research. Besides, the Infinity Award recognizes Gov. Schwarzenegger’s lifetime of accomplishments as a champion bodybuilder. Hollywood action hero, successful businessman, environmentalist, philanthropist, best-selling author, and California’s 38th Governor. Furthermore he is the founder of the non-profit organization R20: Regions of Climate Action. Furthermore, Arnold founded the USC Schwarzenegger Institute for State and Global Policy, which is devoted to seeking bipartisan solutions to public policy issues.

**Friendship Goals**
The A4M Infinity Award recognizes individuals whose achievement, dedication, and foresight have significantly advanced longevity science for the benefit of the world. Arnold was presented with this award by Dr. Robert Goldman for securing $3 billion in funding in the area of Stem Cell Research. The "largest grant and the largest push then to promote stem cell research. Even personally contributing additional funding to facilitate stem cell research. He became a part of an elite group of individuals that are making significant contributions to the area of stem cell research long before it became popular. Schwarzenegger is a true pioneer in pushing stem cell research ahead" and always pledging to "promote health, fitness, and preventative medicine."

Arnold and Dr. Goldman’s friendship has remained steady for over 30 years. A bond that benefits society as a whole — both in support of advocating in each other’s initiatives. Upon receiving the Infiniti Award, Arnold thanked Goldman for being apart of the fitness crusade journey on promoting fitness and bodybuilding. Both supporting sports, fitness, and medical education for the athletics and medical communities worldwide, and mentoring youths internationally.

Because of the relentless efforts of both Dr. Goldman and Schwarzenegger, we see the abundant presence of gyms and fitness centers. The widespread building of gyms where people can maintain their health and fitness lifestyle no matter where they are. The global community owes the two legends an incredible living and a healthier lifestyle.
Robert Goldman

Dr. Robert Goldman is the Chairman of the American Academy of Anti-Aging Medicine (A4M). The A4M is the world’s largest professional organization dedicated to advancing research and clinical pursuits, to enhance the quality of life and extend the quantity of the human lifespan. Dr. Goldman is the World Medical Chairman of the International Sports Federation through 2011. He is a prominent figure in the healing arena, making significant contributions in the field of Sports Medicine and Science.

Dr. Goldman is a physician with a doctorate in androgenic anabolic steroid biochemistry. Dr. Goldman is a decorated and well-rounded member of our society. Dr. Goldman is not only a smart Physician and scientist but also an accomplished 6th degree Black Belt in Shotokan Karate and conqueror of the 7th Degree Black Belt in Tang Soo Do. Dr. Goldman is a Chinese weapons expert, and world champion athlete with over 20 world strength records. Dr. Bob The Guinness Book of World Records is listing Dr. Bob as world record holder. He has been the Chairman of the International Medical Commission for over 30 years. He currently oversees the Sports Medicine Committees in over 194 nations and is Chairman of the IFBB and NPC Medical Commissions. Dr. Goldman serves as Chairman of the AAU/USA Sports Medicine Council, which oversees several million amateur athletes. He also functions as a Special Advisor to the President’s Council on Physical Fitness & Sports. He is the founder and international President Emeritus of the National Academy of Sports Medicine (NASM). Dr. Goldman is an Emeritus Board Member for the US Sports Academy and Chairman of their Board of Visitors.

Goldman’s Contribution to Medicine

Dr. Bob served as the Co-Founder and Chairman of the Board of Life Science Holdings and Organ Inc., biomedical research & development companies. Dr. Goldman has played a part in over 150 medical patents in the areas of brain resuscitation, trauma and emergency medicine, organ transplant, and blood preservation technologies. One of the many accomplishments of Dr. Bob was to oversee the research agreement development programs in association with the American National Red Cross, NASA, and the Department of Defense. Dr. Goldman authored over 40 books and hundreds of scientific and lay articles. As Co-Founder and Chairman of the American Academy of Anti-Aging Medicine (A4M) with outreach to over 120 nations, his organization has trained over 150,000 medical specialists since 1992. He developed Board Certificate Exam in Anti-Aging/Regenerative Medicine. He has developed board certificate exams in anti-aging, regenerative and sports medicine and has overseen Post-Doctoral Medical Education programs for the last 25 years.

The International Olympic Committee President presented Dr. Goldman, with the International Olympic Committee Tribute Diploma, for his contributions to the development of Sport & Olympism.

“Great people, no matter their field, have similar habits. Learn them and use them in your own quest for greatness”
- Paula Andress

Dr. Robert Goldman & Arnold Schwarzenegger
The Elephant
in the Room:
Female Sexual Dysfunction (FSD)

"Libido vs. Death instinct"

Find out if you suffer from Female Sexual Dysfunction:

- Have you lost your spark in the bedroom and struggle to be intimate with your partner?
- Does a low sex drive affect your relationship and happiness, and cause you serious distress?
- Do you have any physical problems interfering with your sexual health?
- Is external genital stimulation or vaginal penetration painful for you?
- Is it difficult for you to achieve orgasm through intercourse or clitoral stimulation?
- Has your desire for sexual activity decreased in the last few years?
- Has your overall satisfaction during sexual stimulation decreased?

If so, it’s possible that you’re suffering from hypoactive sexual desire disorder, a form of sexual dysfunction experienced by as many as 12% of women and 5% of men in the U.S.

When I touched her body, I believed she was God.
In the curves of her form I found the birth of Man, the creation of the world, and the origin of all life.

-- Roman Payne

Female sexual dysfunction is actually more common than we think, though very complex and not well-defined or understood. It is often not addressed for varying reasons that may include reluctance to discuss a topic that brings anxiety or discomfort. Furthermore, clinicians may not be well versed or even comfortable addressing the issue due to insufficient training or confidence. Other reasons may include that practitioners underestimate the prevalence of female sexual dysfunction and neglect to obtain satisfactory sexual history. By and large, 66% of women have some type of sexual dysfunction. This sexual dysfunction usually increases with age; at age 20, 22% of women experience some degree of sexual dysfunction, by age 40 or 50 up to 75% suffer from sexual dysfunction. FSD is different for everyone and manifest in four different categories; arousal and desire disorders, orgasmic disorders, and sexual pain disorder.

I. Problems with Desire.

II. Arousal Disorder. "Libido: life energy (more than just sex) Death Instinct: destruction and desire to hurt oneself and others" is known to be the most common of the sexual dysfunctions. A key component to the sexual desire disorder is distress. This is particularly relevant to the lack of sexual desire. Arousal disorder involves a lack of response to sexual stimuli—mental or emotional, physical or both. Characterized by lack of vaginal secretions, lubrication, and inability of enlargement in the genital area or breast.

III. Orgasmic Problems are characterized by difficulty experiencing orgasm and a significant reduction in intensity of orgasmic sensations.

IV. Sexual Pain Disorder, also known as dyspareunia, is pain in the genital area before, during or after intercourse. The pain of dyspareunia is commonly described as genital pain that commonly occurs before, during, or after vaginal penetration. The variance of pain can be mild discomfort or a sharp intense pain. Sexual pain disorder can also be described as the fear or anxiety about vulvovaginal or pelvic pain in anticipation of, during, or as a result of vaginal penetration.

V. Excitement stage dysfunction usually involves:

- Touch sensation impairment
- Loss of clitoral sensation
- Vaginal dryness
- Urinary incontinence. This particular dysfunction is due in large part of inadequate lubrication. In many studies, it is estimated that nearly 40 million women at some point in their lives will suffer with dyspareunia, and that nearly 22 million will suffer with this disorder during the peri- and post-menopausal period.

Causes of Female Sexual Dysfunction

The causes of FSD are numerous and stems from physical or psychological causes. A wide variety of medical conditions can cause problems with sexual function in addition to side effects of certain medications including antidepressants. Work related stress and anxiety, concerns about sexual performance, marital or relationship problems, depression, feeling of guilt or the effects of past sexual trauma are also factors that inhibit sexual activity. These factors even fuel additional guilt, discomfort, depression in woman leading to low self-esteem and relationship issues.
Most sexual pain problems of the genital skin and mucus membranes are transient and are caused by inflammation from acute genital infections, such as:

- **Infections**: Candidiasis, Trichomoniasis, Genital herpes, an infection of the greater vestibular glands. Pain during penetration might be associated with a range of factors.
- **Not enough lubrication**, which can be attributed to not enough foreplay. When estrogen levels drop, a lack of vaginal lubrication and elasticity makes intercourse painful, stressful, or impossible. This can lead to vaginismus in some women. The condition has been linked to past sexual abuse or trauma, past painful intercourse, and emotional factors.
- **A drop-in estrogen levels** after menopause or childbirth or during breast-feeding can also be a root cause.

- **Certain medications** are known to affect sexual desire or arousal, which can decrease lubrication and have sex painful. These include: antidepressants, High blood pressure medications, sedatives, antihistamines, certain birth control pills.
- **Injury, trauma or irritation** can also be a factor in sexual pain disorder. This includes: Injury or irritation from an accident, pelvic surgery, the crime of female circumcision, cut made during childbirth to enlarge the birth canal (episiotomy).
- **Inflammation, infection or skin disorder** has been linked to be a cause for sexual pain disorder.
  - **Infection** in your genital area or urinary tract can cause painful intercourse.
  - **Eczema** or other skin problems in your genital area also can be the problem.
- **Congenital abnormality** may also be connected to sexual pain disorder. Vaginal or female sex Birth defects such as:
  - The absence of a fully formed vagina (vaginal agenesis).
  - Development of a membrane that blocks the vaginal opening (imperforate hymen), could cause dyspareunia.
  - Deep pain usually occurs with deep penetration. It might be worse in certain positions.
- **Certain illnesses** and conditions such as: Endometriosis, Pelvic inflammatory disease, Uterine prolapse, Retroverted uterus, Uterine fibroids, Cystitis, Irritable bowel syndrome, Hemorrhoids and ovarian cysts can be connected to this.
- **Surgical procedures** or medical treatments such as scarring from pelvic surgery, including Hysterectomy can cause painful intercourse.
- **Medical treatments for cancer**, such as radiation or chemotherapy can lead to changes that cause painful sex.
- **Stress as culprit** in women painful sex. Your pelvic floor muscles tend to tighten in response to stress in your life. This can contribute to pain during intercourse. Sexual abuse can play a major role.

### Stages of SEXUAL Response Explained

The first stage in sexual response cycle may be the desire stage. Women begin or consent to a sexual relationship for many different reasons that include desire to increase emotional intimacy, with sexual partnership. Sexual desire leads to arousal to have sexual relationship. Sexual feelings may start through internal and external sexual hints and depend on neuroendocrine function. Neurotransmitters, peptides, and many hormones moderate desire and motivation. Sexual response is hastened by norepinephrine, dopamine, oxytocin, serotonin, and is inhibited by prolactin and GABA.

Yet, it has been found that biological factors do not function independently of environmental factors. Dopamine and progesterone that act upon receptors in hypothalamus increase sexual behaviors. Women’s sexual desire is affected by their psychological status, beliefs and values, expectations, sexual preference, priorities and environmental conditions. Sexual desire is at its peak between 20 and 40 years of age and declines beyond that. Reduced estrogen level, causing reduced blood supply to vagina, affects lubrication and results in a painful intercourse.

**Hormonal balance** is necessary for initiating and continuing sexual function. Estradiol, nitric oxide, and polypeptides and polyamines have an important effect on vaginal epithelium and lubrication, and estrogen has a major role in effectiveness of these factors. Sufficient levels of estradiol are necessary for maintaining vaginal lubrication and preventing dyspareunia.

Sexual function is very complicated and is affected by many factors, including the person’s lifestyle, interpersonal relationships and cultural conditions. Sexual response occurs through complex mediating psychological, social, environmental, and biological factors (hormonal, vascular, muscular, and nervous).
Is there an end to Women Sex Dysfunction Dilemma?

Why live with the current issues of sexual dysfunction when the solution is already here? We have all heard about stem cells and what they can do. But, the most important thing to know is what causes stem cells to work and that is exosomes. Research has shown that a closer look revealed that donor stem cells didn’t stick around once introduced. The cells secreted small membrane vesicles of endocytic origins, exosomes.

They are present and perhaps in every eukaryotic fluid from your blood to your urine. Exosomes are involved in boosting immune system, reducing inflammation, and repairing damaged or scarred tissue. The use of exosome for this dysfunction can be beneficial. Exosomes are small membrane vesicles of endocytic origin that are secreted by most cells in culture. Exosomes are part of the extracellular vesicles that surround a cell. Exosomes are present and perhaps in every eukaryotic fluid from your blood to your urine. The interest in exosomes has recently intensified.

NEW Hope to Female Sexual Dysfunction

Presently, female sexual disorders are only managed through an allopathic Medicinal approach addressing symptoms either physically or psychologically. So currently, no suitable treatments exist for women suffering from low sexual desire. At last, STEM CELLS, EXOSOMES, and PEPTIDES come to the rescue and may offer new hope for cessation of suffering.

The medicine of tomorrow is here today Regenerative Medicine including STEM CELLS, EXOSOMES, and PEPTIDES.

Few peptides may be the answer to female sexual dysfunction

‘Until recently, little was known about how the role of the brain in ovulation, attraction, and sex. Recent scientific discoveries reveal that kisspeptin a single brain Peptide molecule—controls through different brain circuits all aspects of ovulation, and sexual attractions. The detection of this novel Neuropeptide kisspeptin, which is known to be involved in sexual maturation and controls, both attraction and sexual desire and sexual behavior, opens up exciting new possibilities for treatments for low sexual desire.’ Kisspeptin triggers the release of nitric oxide (NO), a neurotransmitter that has previously been linked with sexual behavior. The role of kisspeptin in sexual activity is now cemented.

A Second intriguing newly discovered peptide Bremelanotide is a promising solution for Sexual Dysfunction. Bremelanotide works directly on the brain to increase libido. Bremelanotide has been proven to increase sexual arousal in both men and women and increase the rate of erections in men. Besides, it is safe.

These newfound peptides offer hope and innovative new remedies for hyposexual desire disorder.

If you’re feeling distressed by your lack of sex drive and think you may be suffering from HSDD, Bremelanotide could be a highly effective solution. Get in touch to arrange a consultation with a knowledgeable physician to discuss the possibility of undergoing this promising treatment.

ABOUT THE AUTHOR

Dr. Dalal Akoury is the founder and Medical Director of The AWAREmed Health and Wellness Resource Center. She is trained and certified in Integrative Cancer Therapy, Anti-Aging, Regenerative, Metabolic and Functional Medicine, and has more than 20 years of accumulated experience in emergency medicine, pediatrics, and has a master’s degree in public health. Dr. Akoury served fellowships in pediatric hematology/oncology and performed research in leukemia and the effects of smoking. She is also a renowned celebrity doctor, foundress of HealPreneur Platform, and a famous motivational speaker who is dedicated to helping others achieve optimal health and wellness.

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Pancreatic Cancer

The Silent Killer

“It killed my dad, don’t let it take yours”

“Once powerful & invincible Suddenly Weak & Powerless.”

Pancreatic Cancer rebirthed my purpose in life. I always admired my dad and dreamt of becoming an engineer just like him. Every time I passed by the beautiful school of engineering in Alexandria, where my father received his education, I felt an indescribable joy and excitement; my eyes grew bigger, and my little heart beat faster. In my mind, I was confident that this was where I would learn nuclear engineering. I was the oldest of four born in Alexandria, Egypt. My dad was my role model.

My dad, like each and every one of us, was under tremendous pressure, he, however, never let us discern his tension. My dad smoked 2 packs of cigarettes per day, and he used to drink at least 4 demitasses of Turkish coffee (Expresso) every day.

He developed Jaundice, the doctors diagnosed him with possible hepatitis A, a food induced hepatitis. They told us that within 3 weeks he will improve, instead he got worse. He started to steadily lose weight and waste away, gradually he lost his appetite.

Dad hid his pain and discomfort and stayed strong to protect us. He was admitted at the most advanced research institute in Alexandria. We, as a family, were never told a Diagnosis. We were under the impression that day before, and he is better. My dad was a very highly educated scientifically minded left-brain engineer; he was religious but not irrational. This revelation Supernatural experience and revelation by my dad stuck in my mind. Shortly after, dad was discharged home in stable condition. He lived one more year.

In 1971, finally, after 2 years of a good struggle, my beloved father succumbed to pancreatic cancer. The day my dad passed, I was 17 years old.

Harnessing the Power of Love to Conquer Cancer

Strangely enough after my dad passed, all my fear, worries, sadness, helplessness vanished. I felt an inner empowerment, got a strength I never experienced before. I immediately became determined to assume responsibility for the wellbeing of my mom and siblings. My dad’s passing was my wakeup call, my turning point, my new beginning, my REBIRTH. I pondered and recognized that: STRESS, Cigarette Smoking, and Drinking Coffee were at the root cause of his cancer, and that Faith, Meditation, Belief, and Love slowed down and impacted the course of cancer.

My dreams changed, and I found myself following a new direction. My main focus became “How can we conquer cancer?” I mused, “How do we stop young children from losing dear parents like I lost mine?” My life mission became to help prevent and cure cancer. My father’s death from cancer was the birth of the New me, and the very essence of my medical care. I changed, and everything around me changed. I no longer wanted to be an Engineer like my dad, now I wanted to become a doctor because of my dad. I wanted to understand cancer, I initially wanted to fight and kill cancer, then decided to find the answer and possibly a cure for cancer.

In 1979, I married an understanding and caring fantastic doctor. My husband supported me unconditionally in pursuing my mission of finding an answer for cancer, especially pancreatic Cancer, even when that meant staying in Egypt, while I pursued research opportunities in the United States. He sacrificed his career as a physician and anesthesiologist to take care of our two children for two years before they joined me in the United States. When we were finally reunited, I was a stranger to my children. It was heartbreaking, but looking back, I am confident that I made the right decision.

Pancreatic cancer’s exact causes are not well understood. About 5 to 10 percent of pancreatic cancers are considered familial or hereditary. Most pancreatic cancer happens randomly or is caused by things such as smoking, obesity, and age. Other triggers to pancreatic cancer include:

- Chronic and hereditary pancreatitis
- Smoking
- Race (ethnicity): African American or Ashkenazi Jew
- Age: over the age of 60
- Gender: males slightly more likely
- Diets high in red and processed meats
- Obesity
- Race (ethnicity): African American or Ashkenazi Jew

Pancreatic Cancer a deadly Silent Killer

Pancreatic cancer is one of the top five leading causes of cancer death. It often goes undiagnosed until its later stages, when patients become symptomatic. Early indications of pancreatic cancer include but is not limited to pain in the abdomen or back, weight loss, jaundice, loss of appetite, nausea, etc. It is the 9th most commonly diagnosed cancer in men and 10th most diagnosed in women.

Courage is not the absence of fear, but rather the judgement that something else is more important than fear.

– Ambrose Redmoon

“Once powerful & invincible Suddenly Weak & Powerless.”

Pancreatic Cancer

It killed my dad, don’t let it take yours.”

Pancreatic Cancer

The Silent Killer

Pancreatic Cancer

Pancreatic Cancer rebirthed my purpose in life.

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Pancreatic Cancer rebirthed my purpose in life.

I always admired my dad and dreamt of becoming an engineer just like him. Every time I passed by the beautiful school of engineering in Alexandria, where my father received his education, I felt an indescribable joy and excitement; my eyes grew bigger, and my little heart beat faster. In my mind, I was confident that this was where I would learn nuclear engineering. I was the oldest of four born in Alexandria, Egypt. My dad was my role model.

My dad, like each and every one of us, was under tremendous pressure, he, however, never let us discern his tension. My dad smoked 2 packs of cigarettes per day, and he used to drink at least 4 demitasses of Turkish coffee (Expresso) every day.

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Signs and Symptoms of Pancreatic Cancer
Pancreatic cancer may cause only vague, unexplained symptoms, such as:

- Pain, usually in the abdomen or back
- Weight loss
- Jaundice (yellowing of the skin, eyes or both) with and without itching
- Loss of appetite
- Nausea
- Changes in stool
- Pancreatitis (swelling of the pancreas)
- Recent-onset diabetes

How Is Pancreatic Cancer Diagnosed?
Pancreatic cancer can only be seen by computed tomography (CT) scan, and magnetic resonance imaging (MRI) or endoscopic ultrasound (EUS).

Why Is Pancreatic Cancer Hard to Find?
The pancreas is located deep in the abdomen, so doctors usually cannot see or feel the tumor during a physical exam. Also, pancreatic cancer symptoms are not always obvious and usually develop over time.

Doctors may use several tests to make a diagnosis. There is no standard test to diagnose pancreatic cancer. This makes diagnosis even more complicated.

What Treatments Exist for Pancreatic Cancer?
Standard treatments are surgery, chemotherapy, and radiation.

Why Is Pancreatic Cancer Hard to Treat?
Pancreatic ductal adenocarcinoma (PDAC) is a devastating disease, associated with a late diagnosis and a five-year survival rate of 8%. Unfortunately, most patients are diagnosed at later stages and are not eligible for surgery. Another challenge is that pancreatic tumors are surrounded by a dense tissue layer, called the stroma. This makes it difficult for treatment to reach the tumor. Currently available treatments fall short in improving the survival and quality of life of PDAC patients. The only possible option for hope in pancreatic is still the surgical resection. Sadly, patients are detected at advanced stages and are not eligible for surgery.

What are the Exosomes?
Exosomes are released by all cell types, including cancer cells. Exosomes are extracellular vesicles secreted by cells that transport proteins, lipids, and nucleic acids to other cells, triggering physical changes in the recipient cells. Tumor cells often secrete increased amounts of exosomes. Tumor exosomes are now accepted as important players in the remodeling of PDAC tumor stroma, particularly in the establishment of an immune suppressive microenvironment. In fact, exosomes are now under study to understand their potential as nanocarriers to stimulate an immune response against cancer. Exosomes contain functional biomolecules (including proteins, nucleic acids and lipids). Exosomes act as the most unique intercellular communication and can regulate, instruct and re-educate their surrounding microenvironment and target specific organs.

Employing the power of Exosomes to Develop effective Cancer treatment
Pancreatic cancer is one of the most lethal malignancies. Unlike other cancers in which measurable successes have been achieved with traditional chemotherapy, targeted therapy, and immunotherapy, PDAC has proved to be poorly responsive to these treatments. There is a great unmet need to develop better therapies based on improved understanding of biology and identification of predictive and prognostic biomarkers that would guide therapy. Researchers are studying ways to get treatment through the stroma of Pancreatic cells to make it more effective. Furthermore, some cancers have been effectively treated with directed therapies which block precise Exosomes. Exosomes are now known to play crucial roles in most physiological processes in tissues and organs. Because exosomes are secreted by many cell types including immune cells, neural and stem cells, they may be involved in diverse physiological processes such as antigen presentation. Exosomes have been recognized to have pathophysiological roles in diseases including cancer, infectious diseases, autoimmune diseases, metabolic diseases, cardiovascular diseases, and neurodegenerative disorders. Based on their integral contents, exosomes play important roles in promoting tumor progression via their abilities to stimulate cell proliferation, angiogenesis, extracellular matrix remodeling, metastasis, and promoting immune surveillance escape.

What is Theragnosis
Theragnosis is a concept in next generation medicine that concurrently combines precise diagnostics with Treatment effects. Exosomes are potentially reliable candidates for the early diagnosis and greater treatment of Pancreatic Cancer. The potential function of exosomes as unique diagnostic biomarkers of Pancreatic Cancer and the predicted treatment applications of exosomes in pancreatic cancer offer hope to many victims of this Vicious pancreatic cancer that killed my dad, but don’t let it take yours.

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles
— Christopher Reeve

ABOUT THE AUTHOR
Dr. Dalal Akoury is the founder and Medical Director of The AWAREmed Health and Wellness Resource Center. She is trained and certified in Integrative Cancer Therapy, Anti-Aging, Regenerative, Metabolic and Functional Medicine, and has more than 20 years of accumulated experience in emergency medicine, pediatrics, and has a master’s degree in public health. Dr. Akoury served fellowships in pediatric hematology/oncology and performed research in leukemia and the effects of smoking. She is also a renowned celebrity doctor, founder of HealPreneur Platform, and a famous motivational speaker who is dedicated to helping others achieve optimal health and wellness.

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— Christopher Reeve
The Key to a Better CANCER TREATMENT OUTCOME!

A Cancer Support Plan

Although the lay public may refer to it as cut, poison, or burn, the medical profession prefers to call it surgery, chemotherapy or radiation. These are the three main forms of treatment often suggested to cancer patients in the United States.

But, are these treatments in isolation enough? Are they actually successful? Are they truly helping or are they possibly hindering the outcome of patients?

These are the types of questions that patients began to ask me, and I realized that they were not easy answers. It was at that point that I decided to delve into the field of cancer so that I could best support for my patients and give them the best quality of life and the best chance of survival.

I noted that far too often, patients had lost their appetite and were suffering from a condition known as cachexia, that is, they were essentially wasting away. This is one of the leading causes of death in a cancer patient. They became so sick from some of the therapies they were receiving that they could barely function, had virtually lost any quality of life. Other patients, unfortunately, had cancer recurrences after receiving conventional treatments, some only a few months after completing treatment, or perhaps 1, 2, 5 or even 10 years later in others.

After listening to dozens of patients with a similar story, I realized that a comprehensive, whole-body approach should be a part of any cancer treatment plan. Rarely did I hear a patient tell me that his doctor recommended that he be proactive with diet and lifestyle during or even after conventional therapy was completed. Instead, it was generally “come back every three months for labs, every six months for scans and we’ll watch you.” This conventional approach did not resonate with me and I knew, as a caring physician, more was necessary.

Unfortunately, conventional cancer treatment mostly revolves around a disease-oriented plan to “shrink the tumor” and places very little emphasis on keeping the patient well, especially after the treatment has been completed. A wellness plan, both during and after conventional cancer treatment, is absolutely essential to improve the patient’s outcome.

Traditional treatments are not selective; these treatments not only attack the cancer cells but also attack healthy cell, often resulting in a whole host of debilitating symptoms including overwhelming fatigue, nausea, vomiting, poor appetite, muscle wasting and weight loss, numbness and tingling in the feet or hands, hair loss, low blood counts, abnormal liver or kidney function and much more. As you can imagine, the patient’s quality of life begins to decline.

As a result of hearing this type of scenario all too often, I developed a comprehensive support program to improve the outcome of cancer patients.

First and foremost, what you eat really does matter. Food is so much more than simply calories. Healthy food can be anti-inflammatory and slow the progression of disease or, if you do not make the wisest choices, these foods can be pro-inflammatory which turn on cancer genes causing progression of illness.

As a result, I recommend the avoidance of simple sugars and processed foods since they may provide fuel for cancer growth. Eating organic foods that are naturally occurring and not made in a factory would certainly be advisable. Some of the best choices would include a variety of colorful vegetables, fruits that are low in glycemic index such as berries, apples and pears, along with nuts, seeds, beans, legumes, and spices. Healthy food is loaded with vitamins, minerals, fiber, essential fats, amino acids, and information to turn off your cancer-promoting genes while enhancing your cancer suppressing genes.

Cancer progression is marked by some well-defined physiologic properties. It is a state of heightened inflammation, immune dysregulation, excessive oxidative stress with production of reactive oxygen species, local tissue hypoxia, mitochondrial dysfunction resulting in low ATP production and low cellular energy, and hypercoagulation making patients more susceptible to blood clots.

As a result, cancer should be addressed and treated as a systemic disease and not just a local condition involving only the main cancer site. For example, if a woman has been diagnosed with breast cancer, it is imperative to treat the microenvironment or the biologic terrain, that is, the factors that may be contributing to the continued growth and progression of cancer. Let’s remove the substances that promote cancer metabolism and add agents that interfere with its growth and proliferation.

If we can transform cancer from an acute disease to a more chronic illness, we will be able to manage it more effectively.
MEDICAL SCIENCE

You may be surprised to learn that many patients do not die from their cancer but rather die from various complications including:

- Metastasis (spread of cancer to a distant site)
- Blood clots
- Infections (such as sepsis, pneumonia, urinary tract, or peritonitis)
- Organ failure (most often kidney, liver or heart)
- Cachexia (weight loss and wasting away)

As a result, it is essential to devise a cancer support program that focuses on preventing these potential complications.

The goals of a comprehensive, metabolic support program are to:

- Improve quality of life
- Enhance overall survival
- Reduce risks and side effects of traditional chemotherapy and radiation
- Reduce chances of recurrence
- Increase opportunity for remission

Over the years, I have used more than 50 different nutrients in various patients to help support their immune response, improve detoxification pathways and reduce the inflammatory pathways. My top 10 supplements include: Curcumin, Boswelya, Green tea extract, Molecular hydrogen, Modified citrus pectin, Vitamin D, Vitamin C, Honokiol, Resveratrol, Medicinal mushrooms.

Treatment should, however, be individualized for each patient as it is not a “one-size-fits-all” approach.

I have been a big supporter of targeted intravenous nutrients especially the use of high dose vitamin C. Contrary to popular belief by many conventional physicians, when given intravenously in high doses, vitamin C has chemotherapeutic-like effects, is not an antioxidant and is, in fact, a pro-oxidant. As a result, it can work synergistically with many chemotherapies and actually assist their actions and reduce side effects.

A cancer support program may also include various other therapies including medical cannabis, LDN (low dose naltrexone), HBO (hyperbaric oxygen), metformin (to lower the blood sugar and reduce cancer stem cell proliferation), PEMF (pulsed electromagnetic frequency therapy), regular exercise and daily meditation or other forms of stress management.

When using a comprehensive, personalized support program, I have found that patients live a much happier, vibrant and full life. Their quality of life including appetite, sleep, pain, strength and energy, and gastrointestinal symptoms greatly improve and they have a much better chance of going into remission or possibly even a cure. Finding a committed, compassionate, knowledgeable, and experienced team of practitioners will go a long way to helping the cancer patient.

When using a comprehensive, personalized support program, I have found that patients live a much happier, vibrant and full life.

ABOUT THE AUTHOR

Dr. Allan Magaziner is the founder and medical director of the internationally-acclaimed Magaziner Center for Wellness, he brings to his patients a wealth of knowledge and expertise in practicing natural and preventive medicine. He has a special interest in treating chronic diseases utilizing nontoxic regenerative medicine techniques, remodeling hormonal imbalances with bio-identical hormones and researching innovative cancer treatments from around the world.

Dr. Magaziner is the author of several top-selling books, which include The All-Natural Cardio Cure: A Drug-Free Cholesterol and Cardiac Inflammation Reduction Program, Chemical Free Kids: Safeguarding Your Child’s Diet, and environment and Total Health Handbook: Your Complete Wellness Resource.

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For more info: www.chiromstemregen.com
Innovative Approach to Diabetes Mellitus and Metabolic Dysfunction

Eighty-five million Americans have pre-diabetes and almost 30 million Americans have diabetes mellitus at a cost to the United States of greater than $327 billion. It is almost inevitable that regardless of whether or not the patient becomes euglycemic or has a well-controlled hemoglobin A1C, complications are pretty much assured to occur over a course of 20 years.

The United Kingdom Prospective Diabetes Study showed that regardless of whether there was conventional therapy of diet modification, or drug therapy with insulin, metformin, chlorpropamide or glibenclamide, none of these treatment modalities prevented elevation of Hgb A1C by 10 years. The Accord Study presented in the New England Journal of Medicine looked at intensive glucose control and if it would prevent cardiovascular outcomes. In summary, pretty much all weight loss from baseline, there was no difference in the significant reduction of the Hgb A1C and an average 8.6% of monitoring of 5145 type two diabetics, which despite mortality. The Look Ahead study concluded after 11 years was an increase in the risk of death. The study was terminated early because of a 22% increase in relative mortality. The Look Ahead study concluded after 11 years of monitoring of 5145 type two diabetics, which despite significant reduction of the Hgb A1C and an average 8.6% weight loss from baseline, there was no difference in the cardiovascular outcomes. In summary, pretty much all of our conventional approach to borderline and type two diabetes has a negative outcome eventually.

Could it be that we are approaching this particular disorder incorrectly? Certainly, mine and others’ contention is that hyperglycemia, which is the target of our treatments for this disease is an improper and non-physiologic way of dealing with this particular disorder. It is important to understand that hyperglycemia is a symptom of DM, not the disease. The underlying problem resides in the fact that both borderline and overt type two diabetes, is an outcrop and part of metabolic disorders.

Metabolic disorders have typically multiple insults which include genetic predisposition, toxic exposures, lifestyle, environmental influences, hormone imbalance, infectious organs, immune-mediated disease, and physical or psychological trauma. The real issue in these patients is not the hyperglycemia but the fact that their metabolic disorder decreases the ultimate amount of ATP produced under normal circumstances. The reduction is as great as 30% in most of these individuals. These Krebs cycle abnormalities lend itself to insulin receptor downregulation and semi-failure of the energy production. When there is metabolic dysfunction and or failure, carbohydrate predilection for metabolism is substituted with fats for our energy source leading to extensive oxidative stress, increased tissue inflammation and impaired immune system. For these reasons, patients have obesity issues, dyslipidemia, inflammation and eventually endothelial dysfunction, leading to arterial sclerosis, thrombotic problems and potentially myocardial infarction or CVA.

For whatever reason, when the mechanism breaks as described above, the normal physiologic maintenance of blood sugar begins to fail. Under optimal circumstances, the pancreas pulses insulin every 4.5 to 6 minutes throughout the day and during the night that pulse extends to every 8 minutes. When this mechanism fails, insulin and glucagon are no longer released appropriately causing the systemic glucose to rise, insulin resistance occurs, and insulin receptor failure follows. The ultimate result of this limited ability of the glucose to enter the cell, and to allow the mitochondria to produce the necessary amount of adenosine triphosphate (ATP).

A novel therapy, which has been improved over the past 40 years and documented in more than 150 well-written, peer-reviewed articles, suggests that introducing pulsed insulin therapy using insulin as a hormone not a drug will have the positive consequence of eventually restoring normal insulin receptor function and energy production. This is not specifically a permanent solution, but one that makes remarkable improvement in typical complications of DM. In retrospect, we have found improvement as high as 95% in neuropathy, 76% in at least one diabetic complication, 63% decrease of Hgb A1C, and reduction of medications. In addition, patients report significant improvement of energy, weight control, decrease of erectile dysfunction, retinopathy, improved wound healing, better mood and sleep, decreased incidence of amputations and even increased hair and nail growth, making it not only a significant therapy for metabolic disorders but also an anti-aging modality.

The effects of normal physiologic insulin pulsing provide their patients long term quality of health. Physicians appropriately trained in the technique of reestablishing the effects of normal physiologic insulin pulsing provide their patients long term quality of health. If you would like to be able to offer this unique and novel treatment that in my opinion will eventually be the standard of care to your patients, please call me at 561-789-1588.

About the Author
Mitchell Ghen, D.O., Ph.D., also known as “Dr. Mitch”, has 38 years of experience in anti-aging and holistic and integrative medicine, along with his work in nutritional medicine. He has a remarkable amount of experience as an expert clinician and researcher in the field of stem cell transplantation.

In addition to being a physician, Dr. Mitch holds a Master’s Degree in Biochemical Trauma and has a Ph.D. in nutrition and psychoneuroimmunology. He is an international lecturer on oral and IV nutrition and stem cell transplantation and is recognized as one of the premier teachers at conferences and seminars on integrative medicine. His private practice is in Boca Raton, Florida.

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Spices and herbs have been used as medicine throughout the world for thousands of years. It is a proven fact, that they can reduce inflammation in the body, protect us from diseases, speed up the metabolism, help with the digestion, and provide many other healthy advantages.

Modern pharmacy, as we know it, began in the 19th century, but its remedies had often produced unwanted side effects. If you know how to prepare food using herbs, spices, and oils, you can create your own medicine. "This became my passion, to combine these ingredients and present them on my TV shows, to teach my cooks how to use them and pass on this knowledge in my cooking school," says Alfons Schuhbeck.

The effects of these herbs and spices don’t happen overnight. It requires time to develop these healthy aspects in our bodies, because they go to the so-called silent organs. The effects of these herbs and spices usually help only on a short term basis, like acute pain or other symptoms, but does not solve the cause of the problem.

Why are ginger, chili, and vanilla salt best friends?
Ginger is a spice with very long tradition for its healing potential. In the Asian culture, it has been used for over 5000 years. It is a spice that can be used in any number of variations and combinations. It is versatile in many ways—for example, you can use it as medicine, to make a tea out of it, just chew the fresh ginger root, or use it in the “hearty” or "sweet" cuisine. The ginger is quite "cuddly" with other spices and fruits, so you can be creative with your recipes.

Ginger has an ingredient called gingerol, which has the same effect as aspirin. It dilutes the blood. It also contains the shogaols—both increase the blood flow and help detox the liver, as well as lowering inflammations in the body. Ginger helps when you have stomach aches or nausea due to traveling or anesthesia effects after operations.

Powerful Ingredients of Ginger
The characteristic fragrance and flavor of ginger result from volatile oils that compose 1-3% of the weight of fresh ginger, primarily consisting of zingerone, shogaols, and gingerols. The zingerone, also called vanillylacetone, is considered a key component of the pungency, but also imparts the "sweet" flavor of the cooked ginger. On the other side, shogaols, and gingerols are the most extensively studied bioactive components, especially 6-gingerol and 6-shogaol.

Research data indicates that ginger and its constituents accumulate in the gastrointestinal tract. Ginger acts as a potent antioxidant and appears to exert anti-inflammatory effects by suppressing COX-2 with subsequent inhibition of prostaglandin and leukotriene biosynthesis.

The most common use of ginger is to alleviate the vomiting and nausea associated with pregnancy, chemotherapy, and some types of surgery. This suggests that it is at least as effective, and may be better, than vitamin B6 in treating these symptoms. Interest in ginger as an anticancer agent has markedly increased over the last few years and a direct protein target has been identified in colon cancer. Ginger also appears to reduce cholesterol and improve lipid metabolism, thereby helping to decrease the risk of cardiovascular disease and diabetes.

How to spice up your life?
The routine use of spice nurtures the pancreas, benefits intestinal bacteria, and enhances the antioxidant pathways. "You have the responsibility for your body what you give it on a daily basis," advises chef Schuhbeck. You should daily consume curcuma, ginger, and black pepper, so your body receives the whole package of detoxing and stabilization of the immune system.

When you cook, you have to add the spices in the last 5 minutes of cooking so they can unfold their best taste and aroma while keeping their healthy effect. Similarly, vitamins in vegetables are destroyed if cooked too long, fried with oil at a high temperature (over 90 degrees Celsius/ 194 degrees Fahrenheit).

The best way to keep the vitamins in our vegetables and fruits is to eat them raw or lightly steamed. If vegetables are eaten raw, cut, and served right away they would have the highest vitamins content. On the other hand, when left exposed for a long time after being sliced, the vitamins get oxidized and become harmful.

Essential Fats and Spices Restore Health?
For Schuhbeck, food can help to restore health in a holistic way, because it helps to get a balanced connection of the body, mind, and the soul. That’s why we have to have a balanced diet, as every food group provides essential nutrients and energy that can support normal growth and good health.

For example, the Omega 3-6-9 fats are essential oils, which we need for our body to stabilize our cell membranes and make them more permeable again, to keep our intestine healthy, improve our immune system, our blood circulation, and cardiovascular system, our metabolism, our neurological system as well as the health of our joints and muscles. And “the best source of energy and remedy for the intestinal bacteria are the spices.”
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By Dr Dalal Akoury

Dr. Dalal Akoury is a sought-after medical doctor and Medical business coach, keynote speaker, and the founder of Healthpreneur®

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