

# 082: Stem Cell Therapy for Musculoskeletal Problems and More

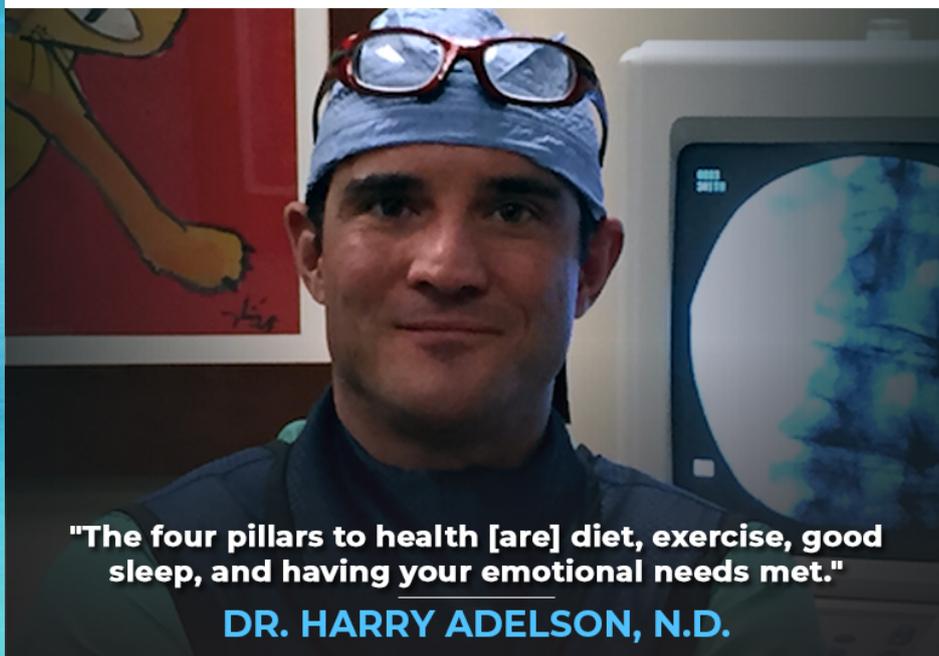
## 10 Point Checklist

### Dr. Harry Adelson

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"The four pillars to health [are] diet, exercise, good sleep, and having your emotional needs met."**

**DR. HARRY ADELSON, N.D.**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- If I choose to have a stem cell procedure done, opt for one that combines stem cells from bone marrow with those from fat for best results.
- Make a list of the parts of my body that experience pain. If any of these are musculoskeletal pain, get in touch with Docere Clinics.
- Look into the possibility of stem cell therapy before agreeing to joint replacement. This may not be the right choice for me, but it's worth looking into.
- If I struggle with erectile dysfunction, consider using stem cell therapy to improve angiogenesis and treat the condition.
- Look into harvesting stem cells now and banking them for future use. Bank some in the US, but others in a South American country for a potential future off-label use.
- When I have a baby, harvest and bank the stem cells from the cord blood for future use.
- Instead of getting plastic surgery, look into cosmetic stem cell therapy. Using my own stem cells for this purpose can be very effective.
- Research the possibility of getting the O-shot (if I'm a woman) or the P-shot (if I'm a man) for overall benefits in sexual function, as well as genital health and elasticity.
- Assess whether I'm meeting all four of the pillars of health: exercise, diet, good sleep, and having my emotional needs met.
- Read Harry's website at [docereclinics.com](https://www.docereclinics.com), and watch his video with Dave Asprey. This should answer any remaining questions I have and help me decide how to proceed.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/stem-cell-therapy-musculoskeletal-problems-dr-harry-adelson/>