

082: Stem Cell Therapy for Musculoskeletal Problems and More

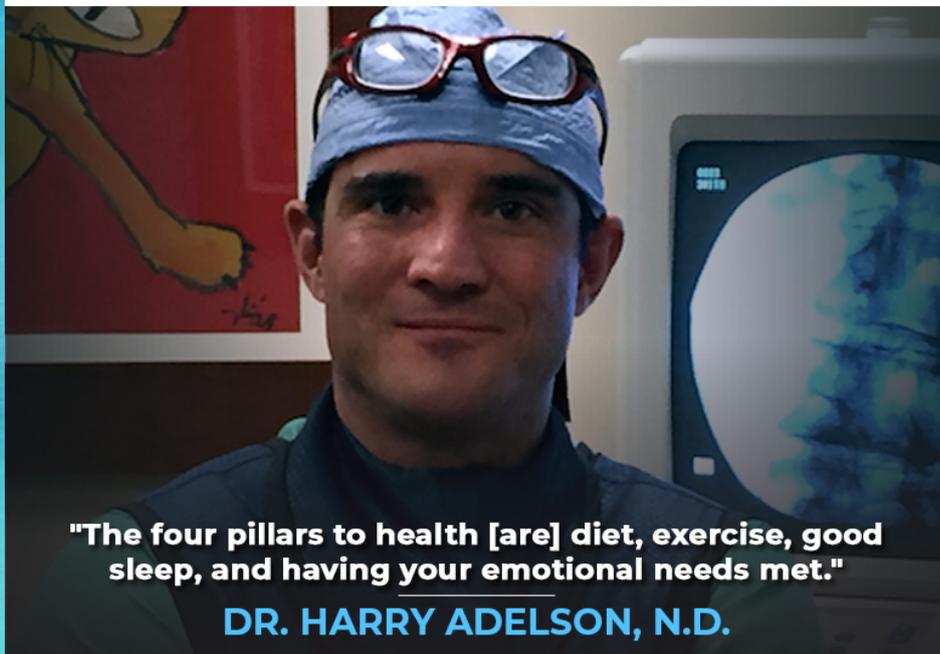
10 Point Checklist

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/>