

## *Smart Medicine*

As we speak to groups and do seminars about health and wellness, we always ask the audience the question, what do you think of when you hear the word medicine? Lots of people always yell out “Pills,” “Drugs,” or “Pharmaceuticals,” which is clearly a result of really great marketing on the part of the pharmaceutical companies and the \$2-trillion-per-year industrial medical complex that, in our opinion, frequently over-treats, over-tests, over-prescribes, and performs many unnecessary procedures and surgeries. The true definition of the word medicine is stated below.

*Medicine is the science, study, and practice of the diagnosis, treatment, and prevention of disease.*

That is what medicine really is. Smart Medicine is practicing the power of prevention, taking responsibility, and being proactive when it comes to your health. Prevent an issue before it becomes a serious illness or a chronic disease.

Now let's discuss three types of alternative medicine that are absolutely essential for you to know about and implement in your life if your desire is to experience a higher level of health, wellness, and vitality.

### *MIND-BODY MEDICINE*

Mind-body medicine is a real science. It's known as psychoneuroimmunology and is defined as:

The science of the study of how the thoughts you think, the emotions you feel, and what you choose to focus on affect your health, your physical body, and your nervous system.

Mind-body medicine utilizes the power of positive thoughts and positive emotions to influence and affect your physical health.

### *LIFESTYLE MEDICINE*

Did you know that eight of the top ten killers (diseases) in the United States of America are preventable lifestyle-driven diseases, not something you catch, such as a virus or bacteria, or something triggered by your genes or DNA? Rather, it is something caused by the decisions you make, or fail to make, regarding what you think about, the foods you eat, the things you drink, the amount of exercise that you do, and the toxin levels in your environment. You need to treat your body as if it belongs to someone you love. Be mindful of the decisions that you make concerning what you eat, drink, and think. Exercise and take steps to keep your environment healthy. By taking these simple steps, you can excel in this essential area of health.

### *REGENERATIVE MEDICINE*

Regenerative Medicine is definitely the wave of the future, and it is here. All the experts agree that stem cell therapy is the future of medicine and your personal health and longevity. That's right, it's personal, healing and regeneration are encoded in your DNA. After all, if your body knows how to heal itself, then why is there so much sickness, disease, injury, illness, and chronic pain? How is it that degeneration overtakes your body's regenerative process so easily and so often? The newest and hottest subject around is stem cells and stem cell therapy. Stem cells have been discovered to be the superheroes of healing and they are now available for you. They are your body's internal repair system.

Stem cells are the foundation cells for our bodies. These highly specialized cells that make up our organs and tissues originally came from an initial pool of stem cells that formed shortly after fertilization. Throughout our lives, we continue to rely on persisting stem cells to repair injured tissues and replace cells that are lost every day, such as those in our skin, hair, blood, muscles, nerves, lining in our gut, brain, and all other organs and glands.

For centuries, medical professionals assumed that when an injury occurred—such as a cut through the skin, fat, and muscle—cleaning and binding the wound together would cause the muscles and skin to grow into

each other, thus healing the wound. By the 1960s, with the help from microscopes and modern technology, people discovered that it was actually stem cells filling in the gap of the wound. These cells were “differentiating,” or transforming themselves, into muscle, fat, and skin cells needed to mend the wound. Stem cell therapy—the future of personal health and longevity—replaces lost or injured tissue. This happens to be the definition of regenerate.

