

009 OMDPodcast 8Things Regeneration

Carlyle

Welcome to the Organic MD podcast with Dr. Damon Miller, and myself, Carlyle Coash.

Welcome back Dr. Miller, how are you doing?

Dr. Miller

I am good, it is good to hear your voice Carlyle.

Carlyle

It is good to hear yours.

Dr. Miller

I really enjoy doing this, it is a good day for a podcast.

Today we are going to jump in with both feet and talk about a subject that is at the core of our work in the Better Eye Health program. There are powerful tools that support regeneration and it is important to understand the notion of how you can help your eyes if you do have a serious retinal challenge, like macular degeneration, retinitis pigmentosa, Stargardt's disease, etc.

I am not some magic sorcerer that has a way to take cells that are damaged and replace or repair them. I do know the body knows how to do this; your body can help you heal your eyes. I cannot heal your eyes, but I can help your body have the tools and resources it needs. We make sure everything that needs to be working is working, so your body can heal your eyes.

Through research, we now know when something gets regenerated in your body, it involves our adult stem cell system. We are born with this elegant system, full of stem cells that are able to go where damage has occurred and help is needed. Your adult stem cells completely restore and regenerate, leaving the cells that were damaged, like new. You have the best stem cell system in the body and we are here to help you support your own stem cell system. We have seen it work and now we understand why it works. The results are far better than anything recorded, like injecting stem cells.

Carlyle

Stem cells work from birth until death. There may be times when they slow down, and not work as well or be as effective, but they are always doing something. Take cutting your finger, for example. After it is cut, your finger heals and this is your stem cell system working.

Dr. Miller

Exactly, breaking a bone is a great example too.

Carlyle

Basically, all of the tissues in our body regenerate numerous times throughout our lives because your system is constantly working. It can be hard to realize, but our body has so much going on and is always doing so much for us.

Dr. Miller

Our body is constantly regenerating and repairing the parts of us that need fixing, but we only found out recently this is true for every tissue in our body. It was not that long ago that I was in medical school where we were taught the brain and the central nervous system tissues, like the eyes and spinal cord, do not regenerate. It was taught that you are born with a certain number of cells and that is it. Through Nobel Prize awarded research, it is now understood all of these cells and tissues regenerate.

The cells in your brain and eyes are turning over at least every ten years, possibly more often. These are the most complex tissues in the body and they do not repair or regenerate quickly, but are capable of it. Our program will help you with this, but you must do the work and stay with it. If you do everything we show you to do, it will work. You are going to improve the vision and health in your eye, but you may work on it for year before you see any benefit. It takes a certain mindset because you are in this for the long term.

One of the tools we use in the program is something called micro-current stimulation. Our motivation to use this micro-stim unit, came from early work from an orthopedic doctor that was looking at why certain animals, like frogs and salamanders, can regenerate limbs. Is this possible to do in people?

The doctor showed we the ability to some extent, but we are not able to go full force. When you amputate an arm off a mammal, the body can heal the wound, but it does not go as far as to regrow the arm. Through some very elegant research, he found he could use these externally applied electrical fields and actually regrow a limb on a mammal that had been amputated.

With this finding, Grace Halloran, PHD., a woman I worked with until the end of her life and did much of the pioneering work with degenerative eye diseases. We thought, if you can grow an amputated limb on a mammal, maybe we can use this technology to help regrow cells in the eye. Among other things, she found with this micro-stim technology, you actually can. We have seen people regenerate their retinas and regain vision, in a long-lasting way. It does takes times and patience though.

There is no single, "magic bullet", where you can throw some electrodes on your eye, treat for a while, then all of a sudden everything is better. Some of the tools we are use are important too, like the oriental medicine of acupuncture. Instead of needles though, we use acupressure, which stimulates the acupuncture points by using pressure. This has turned out to be extremely effective.

Our program offers things you can do to improve circulation in your head and eyes because you need to be bringing in nutrients and oxygen to them. We have learned some simple exercises from physical therapists and chiropractors to improve circulation in the brain and eye. We offer color therapy, which we consider more of a special treatment. Certain colors stimulate circulation in the retina, so we have these lamps that expose the eye to those colors. Then of course, the micro-current stimulation. Whether you are using it in the eye or on a broken bone that is not healing, it will improve circulation, remove toxins, and stimulate the health of the cells. The micro-current stimulation does is draw circulating stems cells to the area being treated.

We go into more details of the mechanisms, science, and research that discovered and proves this in the book *Stem Cells Heal Your Eyes*. You can get that book on Amazon as a large print book, audio book, and Kindle.

The final thing I want to touch on is about the physical aspect of degenerative eye disease. Let's use the most common form of eye diseases, macular degeneration, as an example. The most common form of this is age-related macular degeneration, ARMD. It of does not show up until a person is in their 60s, 70s, or 80s. People go their entire life with great eye sight and being very healthy, then suddenly their vision starts to deteriorate. They go see their ophthalmologist and are told they have a degenerative disease.

One thing we have learned is that just about everyone who has this problem, has an abnormal gene that predisposed them to it. There are a lot of people who have the abnormal gene who never experience any problems at all. I am telling you now, if you a diagnosis of macular degeneration, you have a gene that predisposed you to it. The question you want to ask yourself is how did you get to 60, 70, 80 years into your life with no problems in your eye.

The reason you have been able to do this is because your body was taking care of you and your eyes. Your body was fixing things faster than they could break and was keeping that gene suppressed. If all we do is address and support those systems responsible for regeneration, and give it the resources it needs, your body will continue to fix your eyes, like it did for the first part of your life. I cannot fix your eyes, your body can. What I do know is how to support your body so it does the work.

The theory behind this is stems cells heal your eyes. It is a complex, but know that it works. You do not need to understand why, you just need to do it and it will work. It is more a question of will you do it, not does it work? Some of this has a relationship to how the mind and body work. How do you commit to something to salvage something really important to you? Why do some people do it and other do not?

When you have trauma in your life, or face any issues like it, the scars you are left with are both physical and emotional. This is what we mean by mind and body medicine. If you get whacked by something in your life, it will whack you emotionally and physically. Very often, we have seen people with an abnormal gene for macular degeneration and go their whole life without a problem. This may have to do with some emotional things, like things in your life that were hard to see or look at.

I know you, Carlyle, have seen the poetic ways of how the mind and body works when you have worked with people with very dire health situations. Our mind and body are effected by the things that happen in our life.

Carlyle

It can be very power. If we are willing to acknowledge it is possible, then something can happen.

We often see with these eye diseases, activities a person has done their whole life, like playing golf, bridge, and doing outdoor activities often disappear. It is going to be harder to do these things that you have normally done. I believe this is because the message many receive is nothing can be done.

I have known people who had macular degeneration and their eyes are seriously deteriorating. I suggest to check out our program and Dr. Miller because he has done this for a long time and seeing really good results. They rebuttal saying nothing can be done because this is what they were told by their ophthalmologist, and they are the expert.

Dr. Miller

It is medical hexing, yet again.

Carlyle

Another therapy we do, in terms of the regeneration, is visualization and this can be pretty important too. This is the case with a lot of healing. Take for example a person who was in a horrid accident and could no longer walk, who is now walking again. If you talk to them about what they did to get there, many of them are visualizing walking again and setting their mind to it. Usually, the most important piece is a visualization of you can get there. You may not know how you will get there, but you will be there again.

This can help with challenging situations, like hiking up to the top of a mountain. You are at the base of the mountain, realizing how hard it is going to be. Picturing yourself at the top of the mountain can help pull you through this challenge laid out right in front of you.

Dr. Miller

There has been research done on visualization and shows very good data. What is the most interesting is the data on the value of visualization at improving, healing, and repairing, has better results than some of the studies that justify drugs doctors prescribe daily. When I look through literature on the work of visualization, it always seems to work the best. You do not want to try to micro-manage your body by trying to help it improve by opening up the little vessels in your eyes and bring the vitamins to your eyes. You want to give your body the long view and using your mind to let your body know where you want to be.

In the case of eye disease, visualizing something twenty years down the road where you are in the park with your family having a nice picnic, it is a beautiful sunny day where you can smell the flowers and the birds are singing. You played golf that morning, you drove to the park, and you are playing bridge later

that night with your friends. Your vision is perfect. This is where you want to be. If you can create a strong vision of where you want to be, your body will want to be there too and will figure out a way to get you there.

Athletes and soldiers use this technique routinely because it is so powerful. It is unfortunately not used in medicine as it could, and should, be. We are bringing this up because it will benefit you. Not only does it help the healing, it addresses things you need to get done every day. Having this kind of clear vision that you hold onto, helps your mind and body find the motivation to keep you doing those things. Keep eating well, exercising, and doing everything you need to do to stay healthy.

Carlyle

The film, *The Peaceful Warrior*, is a great example of this because the gentleman who wrote it, was an athlete who had a very serious injury. He recovered to the point where he competed in the Olympics with his injury that should have resulted him never competing again. He explored visualization that is used in sports a lot, like seeing oneself cross the finish line. As you are about to start a race, you see where you are headed, and see yourself running through the tape first. Setting that idea strongly in our mind, helps it focus and give us a point of reference for the future.

Dr. Miller

I do find it interesting that not that long ago when the San Francisco 49ers, were a dynasty. They were just winning title after title, year after year. Word got out that one of the things they were doing was not using special supplements or hidden steroids. The whole team was really engaged in mind and body medicine. They were meditating, visualizing, and they learned techniques of breathing so that they could go out on the field and not have their heart race. They were just serene, primed and ready to go. The other teams did not think it would help them win the Super Bowl, but now all of these teams are implementing it.

I just want to recap the things we do in the program that we know support regeneration are visualization, exercises, micro-current stimulation, acupuncture, and some supplements. It will work if you do it, so just do it. If you need help call us If you have questions, read the book *Stem Cells Heal Your Eyes*. You will see we are dealing with something real here.

Carlyle

I look forward to having you all join us for part seven.

Dr. Miller

Okay, thank you.

Carlyle

Thank you, Dr. Miller.

Dr. Miller

Thank you Carlyle.