

# Stem cell therapy is a Revolution for anti aging: Dr Sharda Jain



**In 21st century, stem cell therapy is a revolution for anti-aging. It enables us to slow, halt, secure and recover. It enhances our stamina, personality and memory. The therapy provides the latest stem cells treatments and procedures to rejuvenate your face, body, organs and increase the feeling of well being, says Dr Sharda Jain, Secretary General of Delhi Gynae Forum.**

Since long it is a human desire to be healthy and live longer. Therefore he has been fighting a losing battle against the signs of aging. Numerous anti-aging treatments, anti aging products and anti-aging procedures have come and gone with limited success, but nothing stayed. This time the stem cell therapy has come to stay with permanent solution to aging, says Dr Sharda Jain, Secretary General of Delhi Gynae Forum. In this direction, the American Academy of Anti-Aging Medicine has come up with some new secrets of anti-aging, she says.

According to these secrets, in the process of aging, 50 percent it is about the lifestyle. Therefore by changing our lifestyle drastically we could be healthy for long time. Drastic lifestyle changes includes reducing calories consumption to one third and taking supplements accordingly, doing exercise or *pranayam* or yoga, using cosmetics, developing positive attitude and involving into some social activities. The rest 50 percent anti-aging secrets are hidden in stem cells. By following these secrets we could enhance the quality and longevity of life.

According to this study, till 2050 people could be able to lead a healthy life up to hundred years because of the developments in the medical fields, especially in stem cells therapy.

**About aging:** Aging is a complex process in which cells become progressively damaged over time, and die. As we age, less and less of those cells are replace and we slowly decay.

## Signs of aging:

The signs of aging generally start at 40, earlier for smokers, who have been under stress and in contacts with toxic particles. The signs of aging are: loss of memory, poor concentration, loss of energy, general fatigue, tiredness, wrinkles, age spots, general aches and pains, loss of hair, loss of skin texture, insomnia, reduces sex drive, mood swings, and degenerative disease.

During stem cells treatment a patient receives 200 - 300 billion stem cells that in turn mean trillion



plain cells. This quantity of the plain restored cells not only covers daily losses, but exceeds them in thousands times. Thus, the reserve of the stem cells,

almost lost for the latest 15 - 20 years, is restored.

## Why stem cell therapy (SCT)

Stem cells are cells having the

ability to replicate itself, repair the system and differentiates into many cell types says Dr Prabhu Mishra, CEO, StemGenn Therapeutics. Stem cells grow and replace a wide range of body cell types. Mishra said that when you are young you have lots of stem cells, but as you age, you have less and less. Therefore by incorporating these cells we could rejuvenate the organs and hence reverse the aging process.

□ These cells for example could repair heart tissue after a heart attack, heal wounds effectively, produce insulin for individuals with diabetes type I and II and also helpful in curing osteoporosis and arthritis by

regenerating bones□, Mishra said. He further said that now, these adult autologous cells can be obtained from bone marrow or adipose tissue by simple non-surgical way. At Global Stemgenn therapy centre we keep the entire process of stem cell anti-aging treatment procedure simple and easy, Mishra added.



**Dr. Prabhu Mishra**

## Steps of a stem cell therapy

- Make an appointment to meet stem cell therapy expert.
- Before the therapy, the experts do complete screening to ensure fitness and suitability.
- After your fitness report the expert suggests a convenient date for the therapy.
- The final step is the actual transplantation of the live stem cell into the body.
- The effectiveness of the therapy can be experienced within just few hours.

## Benefits of SCT

- Feeling of rejuvenation
- Better mental clarity
- Thickening of hair
- Increase libido
- Better skin texture
- Better sleep
- Improved endurance
- Improved strength
- Better metabolism
- Improvement in renal (kidney) function
- Improved hormone level
- Overall wellbeing