



# Return to Stillness Blog

## YOU WANT STEM CELLS? YOU HAVE HEAPS!

There is a lot of hype and publicity about stem cell therapy for a wide variety of illness and injury.

Western scientists and doctors say we can extract stem cells from bone marrow, cheeks, nose or other tissue, “culture them”, then pop them back into our body to be new nerve cells, liver cells, brain cells or whatever we need.

It sounds very clever and hopeful, and billions of dollars are spent on stem cell research.

Why?

We all produce thousands of stem cells every day of our life until we die. When Western scientists “culture” stem cells, they simply change the environment around them so the cells grow into the desired type of cell. That’s what stem cells do. Yes, it’s extremely clever technology, and we have learnt from this research.

Yet stem cell transplants fail. Why? Because the “cultured” cells are placed back into the old environment which prevented their appropriate development in the first place.

When we work through a program of changing the environment inside our body, stem cells can change into the cells we need without expensive laboratories and invasive procedures.

You have heaps of stem cells. Work to change your internal environment and your stem cells will become the cells you need for wellness.

