

STELLAR *Life*

Hosted By *Orion*

Heal Your Pain Without Drugs or Surgery, Using Stem Cell Therapy

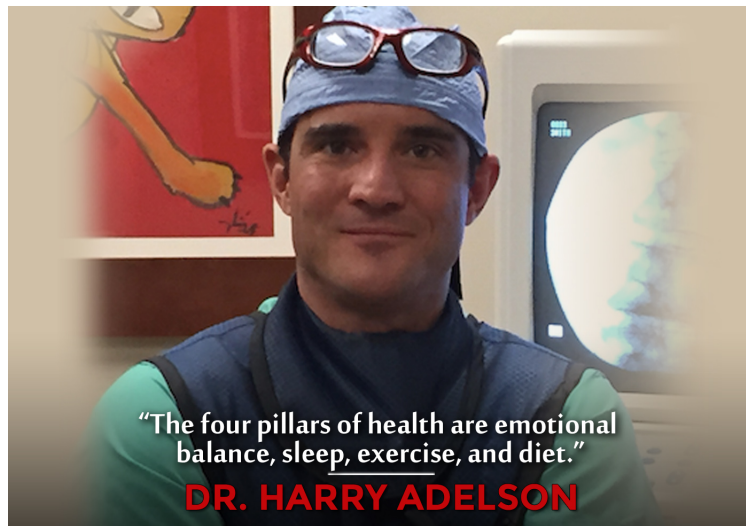
10 Point Checklist

Dr. Harry Adelson

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"The four pillars of health are emotional balance, sleep, exercise, and diet."

DR. HARRY ADELSON

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Observe your body and watch for chronic pain. Consult with a doctor when it is recurring or disrupting your normal activities.
- Research different stem cell treatments. See if they can help your overall health and wellness.
- Avoid mixing stem cell therapy with other treatments or drugs. This can lead to negative side effects and infection.
- Research your genetics and family health history to help fight diseases.
- Eat healthy and keep a balanced diet. Eat vitamin and mineral rich food to help with cell regeneration.
- Get good sleep and exercise to recharge your body to its full potential.
- Bank your stem cells as soon as possible so they are available when you need them.
- Take a break and do activities that will help you de-stress and relax.
- Determine what type of stem cell therapy you need by differentiating bone marrow concentrate aspirate and adipose-derived stem cells.
- Book a consultation with Dr. Harry Adelson to know more about the benefits of stem cell theory.