

HEALTHSPAN

MARCH 2013

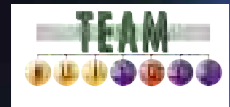
Stemtech International, Inc



Heart Health & Stemtech

by Christian Drapeau, MSc

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TeamBuilder Bonus

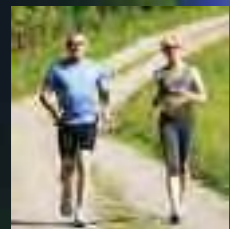
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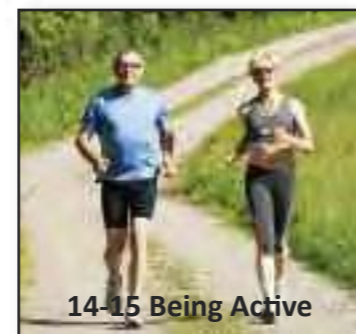
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Stemtech Health & Business in Your Hand

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co-founder messages



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2013, The Year of Stemtech

With the year less than a quarter gone, we are seeing that 2013 holds greater promise than ever for Stemtech around the globe. Currently open world markets continue to advance with more product offerings, bonuses and business tools while plans are

progressing for major new market openings on several continents.

Our company is continuing our investment in clinical research. We have plans to publish several studies this year, further distinguishing us from potential competition and confirming our identity as THE Stem Cell Nutrition Company. Also during this year, the Stemtech Global Foundation will continue to identify and add more worthy charities to our umbrella of global giving. We encourage each of you to support the foundation directly with us. For information, go to www.stemtechglobalfoundation.org.

2012 saw a dramatic increase in the members of our Diamond Team and even an addition to our Chairman's Club - all indicating the development of global leadership that can take our company to a growth cycle unlike any we have previously seen. As corporate leaders, Christian, our Executive Team and I will further our dedication to collaboration and teamwork with you, our Distributors around the world, with a long-term business plan geared to ensure the success of both Stemtech and your business. Our future is very bright! We thank you for the important role you play in sharing our mission - a mission that is bringing wellness and prosperity to the world.

To your health and happiness.

Ray C. Carter, Jr.
President & CEO

The Year of the Stem Cell? Finally!



World media is taking a cue from North American publications, calling 2013 "The Year of the Stem Cell," and we at Stemtech say, "It's about time!" The award of a Nobel Prize to two stem cell researchers in late 2012 and the North American media's promotion of stem cell research and news have brought long-awaited attention to what we have known all along... that adult stem cells are the body's natural renewal system and that our products help adult stem cells to do their work. And this news needs worldwide understanding.

In the coming weeks and months you will see more and more about our global campaign of education, "Stem Cells for All." This comprehensive program will make the most of the world's emerging interest in stem cells, as it supports your business building with our products and opportunity. It is one more way that Stemtech helps you to move forward toward your goals.

As Goethe wrote, "He who moves not forward, goes backward." Do you know that, despite a years-long recession, many people and companies in hard-hit North America have prospered: The United States alone has created over a million new millionaires since 2008! These people succeeded not by focusing on problems but rather by grabbing onto opportunities. The truth is that, while everyone knows about the "Seize the day" concept, people often fall short of adopting the proper mindset that allows them to seize an opportunity.

2013 is seeing the world moving continually forward toward economic recovery, as people become more open to investing time and energy into opportunities for more income and improved quality of life. Stemtech is, therefore, an exceptional opportunity for them and "Stem Cells for All" will do a lot to educate them about just how wonderful the Stemtech opportunity is.

If your New Year's Resolution did not include the words, "Finish 2013 stronger than I began it," it is not too late to add a "Resolution Postscript." Listen to Goethe's wisdom. Share Stemtech's products and opportunity each day. Educate people about the wonders of adult stem cells and our body's natural system of renewal. Make 2013 Your Year... The Year of the Stem Cell, The Year of Stemtech and YOU!

Christian Drapeau
Chief Science Officer



Heart Health & Stemtech

by Christian Drapeau, MSc
Chief Science Officer

*Many countries designate February as "Heart Month."
But I say **every** month is a good time to talk about the heart!*

your heart beats about 100,000 times each day, about 35 million times in a year.

During an average lifetime, the human heart will beat more than 2.5 billion times and pump over 45 million gallons of blood... enough to fill 70 Olympic swimming pools!

How much work is this? Give a tennis ball a good squeeze and you are using about the same force that the heart uses to pump blood throughout the body... all the time, even at rest. As a result of this action, the 6 quarts of blood contained in your body's blood vessels circulates through your whole body three times a minute.

That's roughly 2,000 gallons traveling many times through 60,000 miles of branching blood vessels every day! And all of this pumping is done by a 10-ounce muscle the size of your fist. So feel free to express your gratitude to your heart!

A number of studies clearly demonstrate that the heart muscle is in a constant process of regeneration and that circulating adult stem cells play an important role in the process of cardiac tissue renewal. For example, one study's analysis of cells undergoing cellular division in the human heart revealed that proliferating heart cells can account for about 14 cells per million in the normal heart, for a total of an estimated 80,000 cells

"SE2 significantly increases the number of circulating stem cells within one hour after consumption, tilting the balance toward tissue renewal."

undergoing cellular division at any given moment. On the other hand, there is an estimated progressive loss of approximately 7 million heart cells per year. So the balance between cellular loss and tissue renewal is crucial for a healthy heart.

It is not so easy to estimate the time that it takes for the human heart to renew itself. But some scientists have been very creative in trying to answer this question of renewal time. For example, the group headed by Dr. Jonas Frisén measured carbon-14 (radioactive carbon) in genomic DNA of human heart cells in people born before and after the beginning of nuclear bomb testing. Carbon-14 concentrations in the atmosphere remained relatively stable until the Cold War when above-ground nuclear bomb tests caused a sharp increase in atmospheric carbon-14. Then, after the Limited Nuclear Test Ban Treaty in 1963, carbon-14 concentrations dropped exponentially, not primarily because of radioactive decay (since carbon-14 has a half-life of 5730 years), but by diffusion from the atmosphere. Carbon-14 combines with oxygen and rapidly equalizes around the world as carbon-14 dioxide. Then, since carbon-14 dioxide is incorporated by plants through photosynthesis and humans eat plants and animals that live off plants, the carbon-14 concentration in the human body mirrors that in the atmosphere at any given time. Since carbon is incorporated in the DNA at the time of cellular division, the concentration of carbon-14 in DNA can be used retrospectively to date the birth of cells in humans. Using this approach, the group of scientists concluded that it takes roughly 25 years to renew about half the human heart.

Another approach consisted of counting the number of cells containing the Y-chromosome in the heart of women years after radiation therapy and bone marrow transplants from a male donor, for the treatment of leukemia. After such treatment, women find themselves with a body made up of their own cells that do not contain the Y-chromosome, while the stem cells in the bone marrow that came from the male donor do contain the Y-chromosome. By counting the number of heart cells containing the Y-chromosome at various times after bone marrow transplant, it is possible to estimate the rate with which new cells are incorporated into the heart. Using this approach, the scientists estimated that the heart replaces itself every 20-25 years.



Ultimately, whether the heart takes 20 or 50 years to renew itself is not relevant. What is important is to understand that **the heart is in a constant state of renewal**. In this process the single most important factor is the number of stem cells available to participate in the process of tissue renewal: more stem cells in circulation means that more stem cells are available to migrate into the heart. This is where SE2 becomes a unique tool to support optimal cardiac health. SE2 significantly increases the number of circulating stem cells within one hour after consumption, tilting the balance toward tissue renewal.

In addition to SE2, other "non-scientific" actions help support your heart's important job in your body. For example, laughter is a sure way of elevating the heart, as is the "swelling of your heart" that you feel when seeing a loved one. Don't let little things stand in the way of a precious, "heart-warming" friendship. Never shy away from a good *heart-to-heart* exchange. Laugh whole-heartedly and let your heart-felt love grow.

As to why the heart is used to represent love, it's hard to tell. The explanations go from trivial to deeply mystical; but suffice it to say this: Falling in love increases the heart rate and feeling love is good for the heart. Love and SE2... a perfect combination for your Heart Health.

YOUR HEART SAYS

- ♥ Please keep to a good weight, so I don't have to work so hard to haul around unhealthy fat. If your diet is low in saturated fats and cholesterol, you and I will BOTH be happier.
- ♥ Be active and exercise. I just love it when you get me pumping your blood through muscles!
- ♥ Avoid stress as much as you can. While I love pumping hard for you when you exercise, I do NOT like wasting heart beats on stress. Take deep, slow breaths to calm yourself and let me concentrate on productive heart beats to prolong your life.
- ♥ Toss away those cigarettes and cigars once and for all. Even if you are eating healthy and exercising, you are hurting me and ruining your health with poisons and smoke every time you light up.
- ♥ Be happy! Smile and laugh a lot. This is an essential part of every prescription for a healthy heart and a long life. And I want us to work together for years and years to come!



Africa

Update

By Errol Lester, VP African Markets



Exciting news that will impact every Stemtech Distributor worldwide has been coming out of North America's media: Widely-read print publications, including *Atlantic Magazine* and *Popular Science*, as well as others in the media are calling 2013 "The Year of the Stem Cell." We have been waiting for years for the rest

of the world to catch on to what we know: that adult stem cells are the natural renewal system of the body and that they work hard every day to maintain our optimal health. We also know that these wonderful stem cells benefit from the help they get from our products that support the **release** of more adult stem cells from the bone marrow, their **circulation** in the blood and **migration** into tissues and organs, where they **proliferate**. Adult stem cells can become virtually any type of cell in the body... but they need to get to where they are needed! Stemtech's products help them do just that.

So it is a long-awaited acknowledgement of the role of stem cells in a new paradigm of wellness that we are seeing in 2013. To take full advantage of this validation

in the world media, Stemtech has launched a global campaign of education called "Stem Cells for All." Watch for marketing materials that you can use to educate people about the role of stem cells in the body and the way our wonderful products support the body's natural system of renewal. The world media might be calling 2013 "The Year of the Stem Cell," but we know what the year really means: It is THE YEAR OF STEMTECH. As you educate people with "Stem Cells for All," you can expect your business to grow.

These are exciting times!



QUICK NOTES

- Our office in Namibia has moved to the BRB Building, Corner of Garten Street & Dr. A. B. May Street, Windhoek, where Sophie Platt will maintain a two-month inventory of products for Namibian Distributors. The phone and fax numbers remain the same. Sophie will be in daily contact with our Johannesburg staff to ensure the best customer service for everyone in Namibia.
- Since March 1, service to the Distributors in Kenya has been provided by our office in Ghana and South Africa, where AutoShips and other orders are now processed. Kenyan Distributors need only provide these offices with a valid street address and credit card information to ensure that their product orders reach them.

Questions can be emailed to dsGhana@stemtechhealth.com or dsAfrica@stemtechhealth.com



South Africa



by Debra Pretorius,
General Manager

Distributors in South Africa have started off 2013 with high energy. TeamBuilder Packs are flying out the door, as our whole network of Field Leaders and Distributors realizes what awesome bonus earnings are there for the taking with TeamBuilder. Added to the enthusiasm for TeamBuilder is the great excitement for the VIP Customer program, The Power of 3. With its wholesale pricing for customers and a generous referral feature, the Power of 3 is a true "inflation buster" that is just what we have been waiting for! Show me another opportunity where both Distributors and Customers can get the cost of their own monthly AutoShip for FREE!

But back to what is causing the current buzz.... As Errol mentioned, Stemtech is making the most of "The Year of the Stem Cell" with our "Stem Cells for All" campaign. We will soon roll out a comprehensive global plan for making 2013 also "The Year of Stemtech," so keep an eye out for it. After all, every Stemtech Distributor is always looking for the very best way to educate people about the power of adult stem cells. 2013 is when we will do so IN EARNEST with "Stem Cells for All!"

More good news: The qualification period for the Champions Contest has been extended to the end of April, so there is still time to grab one of the 30 coveted spots for Diamonds and above. Yes, the TOP TEN qualifiers on each Diamond level will be invited to enjoy an all-expenses-paid 5-day, 4-night vacation at the magnificent Angsara Laguna Resort on Phuket Island, Thailand, where they will spend



quality time with Ray, Christian, Andy, Jono, Errol and other Stemtech Executives and Top Leaders from Stemtech's Global Family. Oh, and keep in mind that Ray has been keeping his eye on hard-working "non-qualifiers" whose efforts just may earn them a Phuket Island vacation, too. Which of our South African Leaders will be traveling to Thailand? Could one of them be YOU? Let's see to it that South Africa is proudly represented on this fabulous trip!

Masibambisani

Psssst!

Coming in Spring: South Africa will host a Success Seminar that you will NOT want to miss. Watch for updates about this special training opportunity.



Ghana



by Matt Joe Mensah Biney,
General Manager

With the New Year well underway, we continue to find exciting ways to support and reward our Distributors. Since the TeamBuilder Bonus program kicked off late last year, Distributors have migrated from enrollments with the FastStart to TeamBuilder Pack enrollments with great excitement. Great enthusiasm has greeted the addition of StemFlo® to our product line. We like to say that StemFlo bottles are "flowing" out of our Accra location just as fast as they are placed in inventory!

The Ghana market has more fantastic moments ahead of us, beginning in April, as we celebrate the 2012 achievements of



our top Distributors with a spectacular reward vacation in the beautiful island country of The Seychelles in the Indian Ocean on April 6-10. Our Leaders look forward to learning a lot and spending time and in this lovely setting with Christian Drapeau,

Errol Lester, Andy Goodwin and some top Field Leaders traveling to join us from the United States.

With little time to catch our breath, all of us return to Accra for the Official Launch of Ghana the weekend of April 13-14, when Ray Carter will join us. This happy event will be power-packed with a wow effect! We plan to take lots of photos for you to see in the next *HealthSpan*. On Sunday of this special weekend, Christian will present training in French for our French-speaking Leaders and Distributors, many of them from Togo, where Chairman's Club member K Sebastien Kpago has built a huge organization of Distributors serviced by our Accra office.

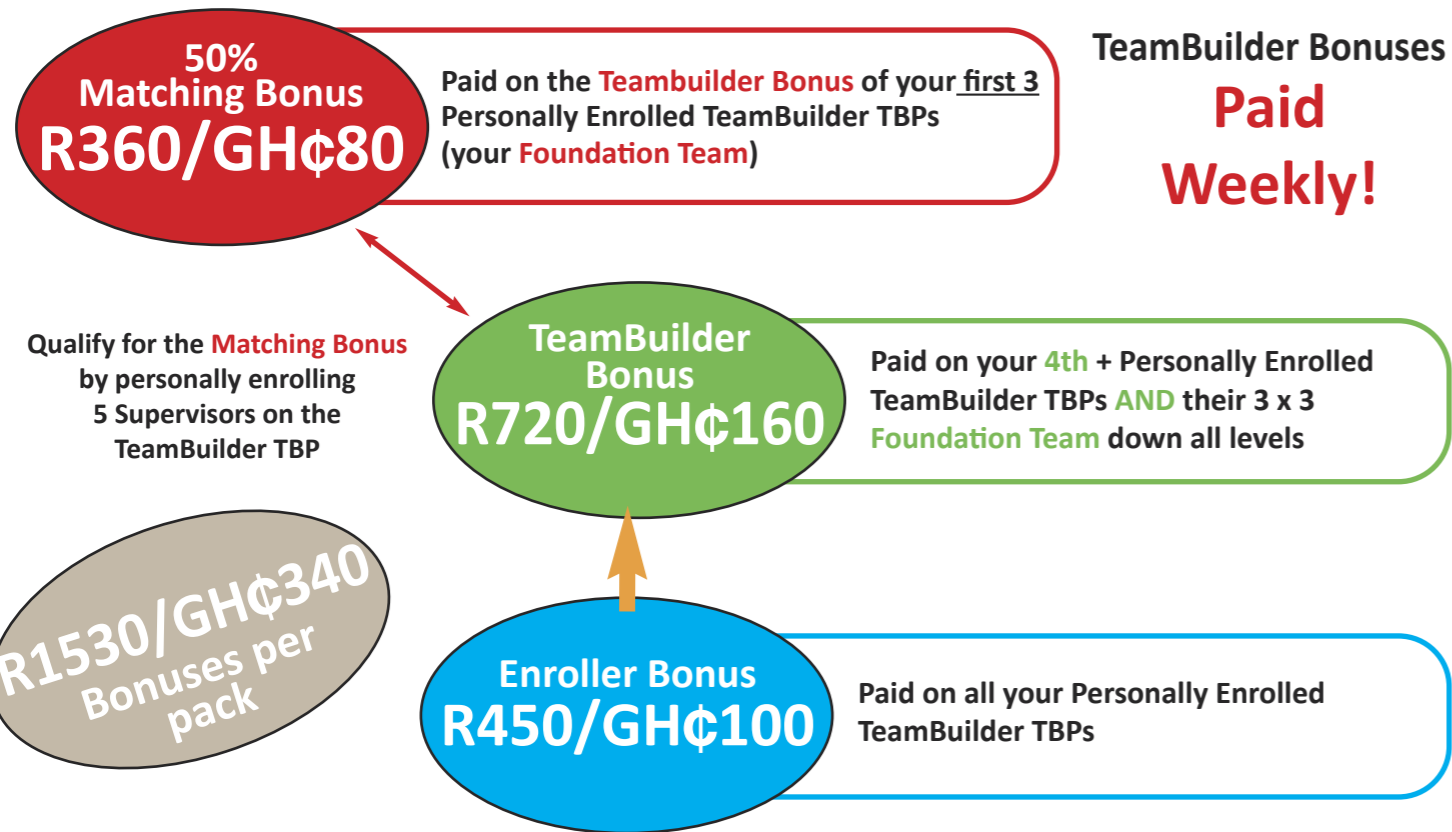
The busy month of April wouldn't be complete without our celebration dinner for new StemGems who achieved rank during the first quarter of 2013. As we honour our StemGems on Dinner Night, we remind all our Distributors to "get your boots ready and start rolling," with business building, as Dinner Night will be a quarterly event for our promoted StemGems -- just to say thank you for helping with our mission: Stemtech Changes Lives. We know that Ghana Distributors will change thousands of lives in 2013, The Year of Stemtech!

teambuilder bonus pack

Hits Record Bonus Payout!

all TeamBuilder Bonus Packs not only include an awesome range of Start-Up products but valuable training materials that will help all new Business Builders to get off to a good start. This is your Instant Business in a Box including your very own personalized Stemtech website.

As you know, your first step toward earning income with the TeamBuilder Bonus Programme is to purchase a TBB Pack yourself.



Finalise your Foundation Team during first 8 weeks

(Must have an active AutoShip order (50+ APPV), personally or retail direct for any TeamBuilder Bonuses).



In the early days after the TeamBuilder Bonus program was introduced in the U.S., Canada and later in Mexico, people began receiving weekly Bonus cheques unlike any they had seen before. Reports of BIG earnings have been coming in regularly ever since. Here is what a few of the big earners had to say:



Renee Delisle, Senior Director, Canada

"I was surprised and amazed when I received my first rebate cheque for \$1505 into my bank account one week and another big cheque the following week. I feel my work has been well rewarded and that this program really pays the Distributor for the hard work they put in. I recommend everyone to buy the TeamBuilder Bonus Pack. You will love it!"

John Cowden, Double Diamond Director, USA

"After not being very active for much too long, it was the TeamBuilder Bonus that woke me up. I saw how quickly this TBB could result in very substantial income. I realized, 'I can make a living doing this right away!' And it is easy to enroll people with the TeamBuilder Bonus, once I show them the amount of rebates that are available. This is one generous compensation plan!"



Claudia Zamudo, Triple Diamond Director, Mexico

"The TBB Program is the coolest Innovation I've ever seen in any Plan on the Industry, because it means urgency, duplication and motivation for my entire network. It has been the main reason that 3,000 people have come into my organization in only 7 months, increasing my profits by 200%. Thank you, Stemtech, for changing our lives with the best products and now the best comp plan in the industry!"

African Distributors have grabbed onto the TeamBuilder Bonus, too. Here is one early report:

Daniel Gyamfi, Triple Diamond Director, Ghana

"The new TBB program encourages Team Building because it offers more rewards for building a team. The TBB assures a definite Bonus and an early return on investment, so the TBB is more attractive to people looking for a business opportunity. I believe I will continue to improve upon my initial weekly Bonus as I pursue this program."



EXTRA GOOD NEWS

The magical number 3 now makes earning money with the Step-Up Option EASIER to achieve, too! Instead of requiring FOUR or more Active Director Legs, a new Step-Up Option requires only THREE Legs, along with new group volume requirements (OGV). Go to your Back Office to learn about all the exciting details of this Compensation Plan Enhancement.

Watch this space in the next *HealthSpan* for **MORE African Distributors** making **BIG MONEY** with the TeamBuilder Bonus program.

WILL YOU BE ONE OF THE DISTRIBUTORS WE FEATURE? It's all up to you... Get to work now enrolling TBB Distributors and you just may see yourself on the pages of *HealthSpan*!

BE A PART OF THE CLUB!

New in 2013, Stemtech introduces the **POWER OF 3 CLUB** and we want YOU to be a Club member!

how do you become part of this Stemtech-only Club? Qualifying for membership is easy... **Enroll at least THREE new VIP Customers and you are IN!**

The Power of 3 Club has – naturally – THREE levels of membership:

Entry Level

You enter the Club on this Level once you have enrolled 3 new VIP Customers. (Many of you are already in the Club, based on your enrollments through February, 2013!)

Enhanced Level

You enter the Club on this Level OR advance to this Level when you have enrolled 6 VIP Customers. (Quite a few people are on this Level of the Club, too. They have enrolled or maintained 6-11 VIP Customers in a Month.)

Elite Level

You enter the Club on this Level OR advance to this Level when you have enrolled 12 new VIP Customers. (Yes, there ARE Club members on this Level already! Lots!)

To maintain your Club membership, you must maintain a minimum of 3 VIP Customers in your group each month. Retain your Enhanced Level Club membership by maintaining at least 6 VIP Customers each month. To retain your Elite Level Club membership, maintain 12 or more VIP Customers each month.



Lada Voitova, Manager, Gauteng

"The Power of 3 really works! I joined Stemtech as a VIP Customer just to buy SE2 at a discount. Within days both my mother and I were feeling so much better that I started telling everyone about SE2. People wanted to sign up, so I became a Distributor. In about a month I enrolled 12 VIP Customers, so now I get 2 bottles of SE2 and 2 bottles of StemPets (for you-know-who) each month for FREE!"

Why is it important for you to achieve and maintain Power of 3 Club membership?

“FREE” Product & Money!

As you maintain the VIP Customers you have enrolled, you ensure that the cost of your own AutoShip is “covered” each month. And if you add more new VIP Customers to your group, you build cash in your account, so you can increase your AutoShip order, make other purchases or cash it out.

Recognition!

Each month after the rebate run, we will publish all the names of that month’s Power of 3 Club members – by Levels – in a special eBlast and in the Back Office, where everyone can see your achievement.

Every three months we will publish the names of everyone who has maintained Club membership for that time period. Names will be listed by Level, with congratulations from Ray Carter, Christian Drapeau and the Executive Team in an eBlast, in the Back Office and – for those on the Elite Level for the time period – in a *HealthSpan* feature!

At the Annual Conventions in 2013, Power of 3 Club members will receive recognition ON STAGE. Ray and Christian will award Power of 3 Club certificates and pins to every Club member attending the Convention who has maintained Club membership for the THREE three-month segments leading up to the Convention (See chart.)

How YOU can qualify...

2013 Power of 3 Club Time Segment 1 <i>(*You get an “extra” 4th month to get started)</i>	VIP enrollments in October* & maintenance of at least 3 VIP Customers in November, December 2012 and in January, 2013 (reported in mid-February). To retain Enhanced Level, maintain at least 6 VIP Customers. To retain Elite Level, maintain at least 12 VIP Customers.
2013 Power of 3 Club Time Segment 2	Maintenance of at least 3 VIP Customers in February, March & April, 2013 (reported in mid-May). To retain Enhanced Level, maintain at least 6 VIP Customers. To retain Elite Level, maintain at least 12 VIP Customers.
2013 Power of 3 Club Time Segment 3	Maintenance of at least 3 VIP Customers in May, June & July, 2013 (reported in mid-August). To retain Enhanced Level, maintain at least 6 VIP Customers. To retain Elite Level, maintain at least 12 VIP Customers.



Did you notice

that you were **given a BIG HEAD START for 2013?**

Your VIP Customer enrollments in October, November and December of 2012 counted toward your Club membership for the Club’s First Time Segment of 2013!

So it’s time to get going... It’s easy as 1-2-3 to earn your way into the Power of 3 Club. **Enroll 3 (or more) VIP Customers today!**

global leaders

New Triple Diamonds

Since our last issue of HealthSpan, SEVEN more members of our Global Family have achieved Triple Diamond. Here are their stories.



Kum Ok. Bak & Jung Chan.Lee - Korea

A college graduate who tired of government work “after eleven years in a routine job that made my life bleak,” Kum Ok says he tried entrepreneurship with a cell phone shop that seemed like “the perfect business that could keep up with the focus on telecommunications in Korea.” But he discovered it was what Koreans call “a red ocean, where competition is cut-throat and all you gain is anxiety and stress.”

Network marketing started as a part-time career option for Kum Ok. When his first “opportunity” offered big promises but small results, Kum Ok kept looking. Early in 2012, he was very happy to find Mr. Wang K Shin and Stemtech, saying, “Stemtech helps my partners and me realize our dreams with unique, quality products, competitive pricing and marketability. This company offers me the opportunity to reach my goal of financial independence within two-three years.”



Arcelia Diaz Gonzalez - Mexico

Well-educated as a biochemical engineer, Arcelia had been working as a teacher and an entrepreneur when she first discovered Stemtech. “When I learned about Stemtech, I was certain that it was an unprecedented opportunity for me,” she says. I knew it will inevitably change my destiny and allow me to enjoy both health and prosperity.” Arcelia says she feels great gratitude to the company for this opportunity, noting that it is led by “people of great human quality.”

Arcelia has enjoyed many rewards from her business, but some of the ones she most cherishes are neither personal health improvements nor financial gains. She says, “During my life, I have never before received so much gratitude from people I have introduced to the products and opportunity. It is, however, my honour to have helped them change their lives with Stemtech.”



Liu, Chi-Ming - Taiwan

A go-getter who owned several successful businesses in farming and manufacturing, Chi-Ming found his life turned upside-down at age 35 when he got cancer. “Chasing a career and wealth cost me my health,” he says sadly. Realizing then that nothing in life is more important than maintaining wellness, he next rose to the top of a network marketing company in the healthcare field... but the company went bankrupt. “I learned then that it is most important to choose a company that has a superior product and a commitment to a mission that sustains future development. This is why I am so happy I found Stemtech!”

Chi-Ming says that Stemtech is doing all the right things: “The company has no competition for the patented products that are produced by manufacturing partners – not outsourced. And its presence in 24 countries (with more coming) offers Distributors a global opportunity for growth!”



Mario Luna Reyes - Mexico

Mario and his wife had owned retail stores and had tried multi-level marketing; but what they experienced was financial reversal and lots of disappointment. Then Mario also learned he was facing a health problem. “Thankfully, I remembered that Augusto Gonzalez De Jesus had told me about a product that can help improve health naturally,” Mario says, “so I called him.” Completely convinced by Augusto’s testimony, Mario wanted to sign up. “But it was Holy Week and the banks were closed,” he says, “so I couldn’t pay to join that day. I started sharing Stemtech with friends and family, who signed up and bought product right away. Before the banks re-opened, I had the money for my registration!”

Originally not interested in the business, Mario saw his health improve and his cheques grow so spectacularly in six months that he says, “Now there is NO DOUBT in my mind that this is a great opportunity to change people’s lives. People have to take advantage of all that Stemtech offers us!”



Jean-Marie Ayefoumi - Ghana

Although he was very skeptical when he first heard about the Stemtech opportunity, Jean-Marie’s research into the company and our products soon swept away all doubts. “Now I am very proud to be working with this huge enterprise that is helping so many people regain health,” he says. A citizen of Togo, like his upline Chairman’s Club member Sebastien Kpago, Jean-Marie has developed his business in neighboring Ghana at the African Centre for Personal Development and Enterprises, where he does frequent business presentations.

Jean-Marie says, “With some other network marketing companies, people I know never received any financial benefit. With Stemtech, we have received checks from the first month!” He adds, “People come to me all the time to say ‘Thank you’ because their lives have been changed so positively. I am happy to see smiles on the lips of my downline who are enjoying improved health and prosperity. Thank you, Stemtech!”



Ruei-Sheng, Wu Han Chuan Company - Taiwan

With more than 23 years’ success in network marketing, Ruei-Sheng has accumulated great experience, a talent for organizational development and an understanding of what is needed for successful recruitment and training. He was attracted to Stemtech originally when he had dramatic, excellent results with StemEnhance® and SE2. “I have confidence in Stemtech’s products,” he says simply. Now he is enjoying building an organization. He trains his team members to use Stemtech’s global website as the platform to communicate the opportunity, encouraging people to begin part-time, “then take it fulltime as your income level increases. This way you gain extraordinary honor and freedom – freedom of your body and your time.”

Grateful for the help of General Manager Homer Lin and his product/health training, Ruei-Sheng notes that there is “no short-cut to success.” He believes in hard work, “because this is what makes success happen. And Stemtech is the company where I want to build a future.”



Patrice Guannel - Martinique/France

Living on the beautiful Caribbean island of Martinique, Patrice holds a position with Electricité de France (EDF), the public utility, where he provides quality service to customers. “When my god-mother Marie-Joelle Robert told me about Stemtech,” Patrice says, “I knew my experience at EDF is very relevant and that Stemtech would be a great opportunity for me.” His research into the company validated his initial assessment of the opportunity : “I learned that Stemtech is the global pioneer of the new paradigm of wellness that uses the science of adult stem cells. This is exciting!”

Patrice also likes the direct selling model Stemtech uses, saying, “It is a source of personal development toward excellence in human values, as we help others to improve their health and build income.” He looks toward developing Triple Diamonds in his group and to providing Stemtech products and opportunity to neighbouring islands as the company expands. He says, “I want to be a beacon of hope for people.”

thailand

is open

Bangkok was definitely the place to be late last year...

not only was it the site of the First Annual Asia-Pacific Rim Convention, but it was where Stemtech opened its newest market, Thailand!

In a very festive ribbon-cutting ceremony, General Manager Ott Thaosthien welcomed Ray Carter and Christian Drapeau, as well as Senior VPs Andy Goodwin and Jonathan Lester, VP/Asian Markets Jonathan Lim and Triple Diamonds Mr. Wang K. Shin (Korea), George Gorostiza (U.S. & The Philippines) and Tony & Careen Lim (Malaysia) for the opening of the new Bangkok office. Also in attendance for

the happy occasion were U.S. Executive Director Pashree "Super Pat" Sripipat and her husband Shane Silapee.

As is his practice, Ray spoke entirely in Thai, the native language, at the opening ceremony, saying, "Thailand is such a warm and welcoming country, and we are thrilled to be officially open for business in this, the 5th largest market in Asia for direct selling."

We encourage YOU to reach out to this newest fertile market for growth in your Stemtech business. There are nearly 70 million Thai citizens who need Stemtech's products and opportunity!

global notes



NORTH AMERICA

by Don Karn, VP/North American Markets

Our sales are up. Recruitment is up. 2013 is looking REALLY good for Stemtech's active Distributors in North America, and I am grateful to every working Distributor for making this happen. Field Leaders have stepped up, making good use of the Team-Building Bonus program and encouraging everyone on their Stemtech teams to follow their example, so everyone can make more money and improve more lives this year. Christian's well-attended and highly motivating meeting recently in Quebec has put the icing on the cake for a great 2013 for the very active Distributors in that area, offering a real challenge to other provinces and the U.S.!

Since February was "Heart Health Month" in North America, we decided to begin raising awareness in **HealthSpan** of Stemtech's products' support for heart health. I urge you to share the reprinted articles by Christian and Heather (pages 2-3 and 14-15) with your prospects who still wonder if our products actually work. (We all know they do, but sometimes people like to see written evidence!)

Distributors in the U.S. and Canada are enjoying The Power of 3, as they bring new VIP Customers onto their teams. We happily welcome all qualifying Distributors to the new Power of 3 Club (See pages 8-9) and look forward to seeing many more names listed on the Elite Level through the next six months, so they can be honoured on stage at our next Conventions. I know Ray and Christian are looking forward to having the privilege of shaking many hands then!

1. Maggie Fortin hosted Christian at the meeting "won" by Quebec in the TBB Enrollment Contest.

AUSTRALIA/NEW ZEALAND

by Leigh Mace, General Manager

Triple Diamond Marita Mason, Executive Director Robert Boyd and Manager Ashley Nugent (pictured) are just three of the

Leaders who are leading Australia-New Zealand in 2013. With record-breaking sales in 2012, Australia-New Zealand increased the momentum, kicking off in February with the first of product tours around both countries and launching the Stemtech Academy to build strong, confident Business Builders. Monthly promotions will create excitement for all! Come join us!

2. Marita, Robert & Ashley

LATIN AMERICA

by Juan Carlos Saucedo, General Manager, Mexico

Latin American Field Leaders and Distributors are building as never before, following our spectacular Regional Convention, where The Power of 3, the Car Bonus program, Back Office enhancements and a new Comp Plan video in Spanish were just some of the "What If's" revealed by Ray and Christian.

We congratulate our Stemtech Olympics Medal winners and everyone whose accomplishments were applauded in Guadalajara. Latin America is really on the move to make 2013 our best year so far!

3. Ray joins the applause for some talented dancing Distributors at the StemGem dinner.

MALAYSIA

by Nicholas Tan, General Manager

Following the introduction of DermaStem® and the first distribution of the new **Business Builders Guidebook** in Malaysia, VP Heather Livingston conducted a full day of training for Malaysian Distributors, who posed with Heather to show their excitement about the new product and global training tool.

We are also publishing our Launch Edition of **HealthSpan Malaysia**, which has been eagerly anticipated by everyone.

4. The happy training group in Malaysia



Clockwise from upper left: Balloons attached to the ceremonial ribbon nearly hide the Executives. Ribbon is cut and off they go! Smiles all around - Thai Distributors and their visiting American uplines. Ott, Andy, Ray, Jonathan and Jonathan - out from behind the balloons!



Being ACTIVE Can Help Your Heart

by Heather Livingston
VP/Global Product Training & Sports Marketing

Your heart wants you
to **GET MOVING!**

no matter how busy you are, there are many ways to include activity into your daily routine.

Getting up, moving around, being active - all these contribute to blood circulation, to your mobility, and toward activating your heart and entire body. A structured exercise program is beneficial, but so often I hear from people all over the world that they do

not have **time** to exercise, to go to the gym, to get sweaty and then cleaned up for the rest of their daily tasks. It makes good sense, therefore, to build in activity throughout the day. Doing so can still benefit your heart and help you maintain a level of muscle mass and bone density. Remember: All physical activity adds up. It's easy to incorporate the activity tips (following) at home, at work and at play to increase the amount of physical activity in your life.

Heart-Healthy Activity

1. Aerobic exercise done 30 minutes a day is excellent for increasing your heart rate. Climbing the stairs, taking a brisk walk, using an orbital exercise machine or treadmill or doing anything to get your heart rate up are all aerobic activities. The Wii has several fun games such as Wii Sports or Wii Fit Step Aerobics - and they feature great exercise that you can do with your kids. Make activity a family affair!
2. Any moderate-intensity exercise like swimming, jogging, Pilates and yoga is good. Exercising your heart muscle means exercising your body. You don't need a gym - just a bit of motivation and a good pair of walking shoes.
3. If you "don't have time," to exercise, then schedule shorter but more frequent activity periods - like 5-10 minutes several times throughout your day. Take the stairs, park your car farther away from the door, take a quick walk around the block at lunch or during a break; and definitely count in those house chores - such as mowing the lawn and vacuuming - when you are toting up your day's activity!
4. If you already do a vigorous aerobic routine or if you are enrolled in an exercise class, then three days a week for 20 minutes a day is good.
5. Attention, adults who are 65 or older and anyone with chronic conditions or limited mobility: You are not off the hook! You need the same amount of exercise as younger people. Yes, the activity can be less intense and you must use good judgment and follow your doctor's advice. But you, too, need to **GET MOVING**. Refer to Tip #1 and plan to gradually increase activities.
6. Strength training is a great complement to aerobic training and it helps to prevent age-related bone- and muscle-mass losses. Keep in mind that strength training doesn't increase your heart rate but it does increase stamina. Use it to target areas where muscle-tone is most needed; but don't forget to work on the other muscle groups, too.
7. As with any plan, start strength training slowly and build up to heavier weights and more repetitions, especially if you are new to strength training or out of shape. The old adage "No pain, no gain" is most often inappropriate. What's more, following this adage can be dangerous.

8. Practice balance exercises to help in preventing falls and injuries. Balance techniques are used frequently as exercises in yoga. Simpler forms of balancing exercises - such as walking heel-to-toe, standing on one foot, or standing up and sitting down without using your hands - are easy to work into your daily routine.
9. Stretching exercises help to maintain flexibility, which is very important. Consider 10 minutes of stretching twice a week to improve your flexibility.

Source: <http://www.heart.com/10-heart-healthy-exercise-tips.html>

With any exercise program, it's good to start slowly by warming up, then increasing the pace. A good cool-down afterwards is equally important. Please remember: With any new exercise plan, check with your doctor first, especially if you are at risk or on medication; and always follow the advice of qualified professionals.

Heart-Healthy Nutrition

Stemtech's products are an essential part of your activity regimen. Use SE2 and StemFlo® before and after exercise, to assist in recovery time. **Keep in mind:** The more quickly you recover after activity, the more energy you will feel and the more you will be inclined to embrace your active lifestyle. If you want to "stick with it" and experience life-long benefits from a heart-healthy body, take Stemtech products and **GET MOVING!**



A BREAKTHROUGH IN Fitness & Recovery

Using the Power of your Adult Stem Cells

StemSport®
ADVANCED FORMULA For Active Lifestyles
By Stemtech

spotlight

Stories by and about Stemtech Distributors who are enjoying wellness and building a business

Dan Bruwer

Consumer
Johannesburg

My best friend, Java, had the most intense pain in her ears. Each time I played with her or touched her ears she would cry. This was heartbreaking for me as I know how much she loved to play! Last year December 2012 I had to leave town for a week and asked my neighbours to look after my beloved pets, Java and Gypsy – a pit-bull and co-jack (cross Jack Russell and Corgi) both 5 years old.



Imagine my surprise on getting home and playing with my pets without any crying or howling from pain or discomfort! I immediately went across to my neighbour to find out what happened whilst I was away. She informed me of Stempets which she gave to Java to see if it would make a difference.

I immediately told her that I had tried everything prescribed for her ears but realized that Java had not been in pain or discomfort for years. But that has changed, I now spend hours playing with Java and Gypsy and have even notices that they look healthier and their coats have a lovely sheen to them.

I was so impressed with this that I enquired about the product for humans and was introduced to SE2 which my 70 year old mum has been taking for a month now!

Dan Bruwer

Nunu

submitted by Wilma van Reenen, VIP Customer,
Stompneusbay, Cape Town



Before

Hello everyone, my name is Nunu and I am a 10 year old Chihuahua I am my mommy's only baby and have always been a sick doggy and though my mom always takes extra special care of me because I am so small, I always struggled with weak lungs and used to cough a lot. I then started getting spasms in my back, neck and legs about 3 years ago and this made me feel very down, sad and lifeless that I just slept all day.

My mom tried all sorts of meds from the veterinarians, which was only a temporary relief. She got very sad and worried as I did not get any better. Sometimes I had to go to the doctor to get injections for relief. I became old and lifeless and knew I was making my mom sad!

In March 2012 my mom started giving me these yummy, green, chewable tablets called Stempets, she gave me a ¼ tablet as I only weigh 2.8kg. Within 2 weeks, after using Stempets, I started to feel a lot better, happier and more energetic, almost like a puppy again!

Since I have been using this yummy smelling sweet daily, I have not been getting spasms and no wheezing and coughing anymore. My mom is very happy and relieved which helps my mood and I feel full of life!

Now my mom is helping some of her friends and their pet children to try this yummy Stempet stuff, as we all need quality of life. I am so thankful since my mom gave me these nice sweets, because we don't get any younger. Now, I love to lie in the sun, go for short walks in the garden and I am so grateful to be able to enjoy my life again!

Thank You Stempets!!!

Lots of Love Nunu
xxxxx



After

Sebolai Benjamin Motaung

Director
Glen Austin, Gauteng



Hi There

My name is Ben Motaung and I am a distributor of the wonderful products called SE2 or StemEnhance produced by a company called SemTech.

I have a very keen interest in matters of Health and subscribe to various online health Newsletters. I am a

firm believer in the fact that Nature provides us with abundant health solutions only if we pay attention and avail ourselves to its effective solutions. Our modern life-styles have presented us with health challenges and are made worse by man's rampant Greed.

One of my hobbies is running. I normally do short to medium distance running now and then. Some years ago I noticed that I have a lower back problem, especially if a run more than +10 km. Coming back from running I would religiously have to have a bath, rub my back & lie down for the rest of the day. This became part of my routine as I loved running and could not bring myself to stopping.

Fast forward to last year, around the August month. I was researching some health solution for a friend of mine whose got health problems, to an extent that he had to be layed-off from work for health reasons. Lo and behold, I came across StemEnhance pamphlet in one of my files that I was given by a friend some time ago. Just reading through it, and visiting their website, I decided that it is a product I need to explore. Needless to mention that I normally try products myself first before recommending them to others.

I enrolled as a distributor for StemTech and started buying and using the StemEnhance product. The first weekend I had been using the product, I took one of my long-distance run (+15Km) just to see if there would be any change in how I feel afterwards. I was amazed in how I felt after my run, but also slightly sceptical. I did not believe that within a week I could have such a dramatic change. Moreover I have lived with this back ache for such a long time. I waited for the next weekend to try a much longer distance (+20Km) and the results were the same. No back pain to talk about and no need for rubbing, and above all else, no need to lie down for the rest of the day. I could still continue normally with my daily chores after running.

I have now added the StemFlo product in my daily regime, and I find that I have more energy to go through my daily routines without any issues.

THANKS TO STEMTECH FOR THE WONDERFUL PRODUCTS. THE SCIENCE BEHIND THE PRODUCTS SURPASSES ANYTHING I HAVE SEEN OUT THERE. GOOD WORK GUYS!

Cliff & Mara Haylett

Directors
Highlands North, Gauteng

We have our two Rottweilers, Tazio & Tosca, entirely to thank for introducing us to the fantastic world of Stemtech.

Due to amazingly positive results seen with Tazio & Tosca, what started as a health supplement purchase for them almost immediately became a lifestyle change for us. After taking StemEnhance & StemFlo, we quickly felt the difference ourselves and shortly thereafter became distributors, realising that Stemtech had an exciting business opportunity too.

We have only just started building our Stemtech career and have already progressed to Director.



With the support of our up-line, Wimpie & Christa van der Merwe, as well as that of Debra Pretorius and the rest of the South African and International Stemtech family, we are looking forward to building a multi-national business, spreading health &

wealth the Stemtech way.

Cliff & Mara Haylett

**CHAMPIONS
CHALLENGE
EXTENDED**



By Popular Demand,

**CHAMPIONS CHALLENGE
QUALIFICATION IS EXTENDED!**

Due to unprecedented growth in our Diamond Team ranks, we have extended the qualification period through April 30, with all efforts to date still counting. Now you have more time to achieve this simply extraordinary experience – by being a CHAMPION in your Diamond category. There are only about 30 coveted tickets available to a Vacation in Paradise. Diamonds, Double Diamonds, Triple Diamonds and above are jockeying for position on the leader board. Keep focused so you can ensure that you are recognized as the CHAMPION you can be.

WHO WILL BE ENJOYING A WEEK ON PHUKET ISLAND?

The TOP TEN qualifiers in each Diamond division can qualify for the trip to Phuket Island. And remember... **Our President & CEO**

Ray Carter has his eye on this Contest!

He just might invite a few hard-working, high-achieving Diamond Team members who do not finish in the Top Ten to join him, Christian, the Executive Team and the Top Ten qualifiers for this fabulous trip.

**WORK HARD NOW & YOU COULD
SOON BE ENJOYING ALL THAT
PHUKET ISLAND HAS TO OFFER!**



AutoShip LifeStyle Pack
South Africa & Namibia



Available 1 March 2013

