

# HEALTHSPAN

Stemtech Canada

FIRST QUARTER 2014

beyond  
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**THE STEM CELL  
FUTURE IS NOW**  
p 15

2014:  
**Looking Ahead**

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# co-founder

## *messages*



Happy New Year  
to All!

2014 promises to be a very busy and exciting year. We begin early with a Pre-Launch event in Togo and our African Convention, and an office opening in Indonesia. The Stemtech

Business Academy training events kick off with the February North American event in Las Vegas, followed by the March EU Academy. Next are the Pre-Launch events in Russia and Indonesia and the opening of India.

The EU expansion continues, too, with planned openings in Greece, Portugal and Lithuania. Asia's marketing teams will open Singapore, Hong Kong, Vietnam and Cambodia. In Africa, openings in Nigeria and Tanzania are on the 2014 calendar; and in Latin America, Brazil, Chile and Peru are in the works.

There's more! After a great 2013 in the Philippines, Colombia and Ecuador, all these countries are slated for official Launches later in 2014.

This phenomenal global expansion would not be possible without significant growth in the field, led by our extraordinary high achievers, especially our three new President's Club members (page 2) and so many new Triple Diamonds (pp. 3-5). Special congratulations go to Canadians JM Roy and Renée Delisle, who have achieved Triple Diamond. We applaud the achievements of all Stemtech Leaders and thank them for their dedication.

As you follow the golden example of these Leaders, I encourage you to set aggressive goals for 2014. Stemtech's wave of success can create the lifestyle of your dreams!

Ray C. Carter, Jr.  
President & CEO



Science in the  
New Year

Preparations here at Stemtech are going strong to make 2014 a year filled with scientific development.

As we continue our investigations to find other compounds that have an effect on stem cells, we have recently discovered two very promising plants that we have under study. Not only is the data impressive, but these plants are currently not present on the marketplace and they are tied to GREAT stories. This is real innovation! In addition, we have documented additional benefits of StemEnhance® and SE2® on stem cells.

We have also expanded our investigations with a number of clinics in order to further document cases of individuals who have reported significant benefits with several Stemtech products. Since we have everything in preparation, 2014 promises to be one of the most productive years ever, particularly in the area of scientific development.

You will want to stay tuned to all of our media outreach in 2014, so you do not miss any of our science updates. For now, I would like to take advantage of this opportunity to wish everyone a wonderful New Year. May 2014 be the best year ever, bringing health, prosperity and inner peace to each of you.

Christian Drapeau  
Chief Science Officer



# ACCOLADES & achievements

## New Global President's Club

As three new members join Ian & Melony Davies, Caroline Lohmeyer and Izzy Matos in the President's Club, this elite group has doubled in size this year. Achievement of this penultimate rung on the Stemtech Ladder of Success – with only Chairman's Club left to attain – is a praise-worthy business milestone. Like mountain-climbers who reach the last Camp before summiting Mount Everest, these highly successful Field Leaders have shown the dedication, perseverance and true grit to make it this far. Can they climb those last challenging meters to the mountaintop? Achieving Mount Everest or joining Teresa Curtis in The Chairman's Club... These Leaders have the Right Stuff! And as each of these members of The President's Club ascends to Chairman's Club, YOU can fill in their empty seat. Work hard now, and soon you, too, can be a member of Stemtech's most Elite Clubs!



### Claudia Ivette Zamudio Vargas

#### Mexico

*What makes Stemtech different from the network marketing companies which brought Claudia more than twenty years of success? She says, "I have seen other companies marketing products for health, skin care and nutrition, but never in my life have I seen stem cell nutrition products. It is a revolutionary concept!"*

Claudia points out that, while the concept of stem cell nutrition is brand-new, the best way to share Stemtech's unique products and opportunity is one she has perfected over many years: the duplication system. She puts in at least forty hours a week, traveling from city to city to hold large meetings and training seminars for her team, a group she calls *Liderazgo en Conexion* (Leadership in Connection). This hands-on approach, along with webinars six days a week, ensures that Claudia does not "just tell people what to do." She says, "My Leadership Partners and I show them, share with them, participate fully... always leading by example. I am blessed with a large group of special people who are tremendous leaders. I honor each of them."

Through her business building model she calls "Shield Your Business," Claudia is changing the health, spirit and finances of people who join her team. Her mantra is simple: "Join a team, have a dream and be consistent." She explains that anyone's dreams can come true if you do four simple things: "Work daily. Train yourself. Train others. Share your passion for Stemtech with the world, one person at a time."





## Foo Yit Yan

### Malaysia

*When a group of her mother's friends all experienced dramatic results from AFA Extract™, Mme. Foo wanted to learn more about the company behind this wonderful product. Impressed by what she discovered, Mme. Foo enrolled as a Stemtech Distributor in late 2008, beginning to build Stem Aegle & Partners as she developed knowledge about the business of network marketing, relying on the help and support of the dedicated staff of Stemtech Malaysia.*

A quick study, Mme. Foo soon saw that "People are the key to success in a Stemtech business." She says, "It is important to make time for the individual and team that need the support." Now with a huge organization that includes many Triple Diamonds who contribute invaluable knowledge and skills in network marketing to her team, Mme. Foo says, "We work together with our heart and dedication to grow our organization from strength to strength," adding this about her team: "I thank them all from the bottom of my heart. They formed the strong foundations that help me achieved the President's Club."

She is passionate about sharing the Stemtech experience with everyone, strongly believing that it is her mission and responsibility to inform as many people as possible about Stemtech's products. Her goal is to support all her serious business builders as they become Stemtech leaders, rising in the ranks and achieving their dreams through their hard work and dedication. She says, "Work your organization with your heart, for this is the foundation of a sustainable and lasting global business!"



## Hazmi Hamizan & Izlene Izzauddin

### Malaysia

*Partners in every sense of the word, Hazmi and Izlene are a happily married couple who also work together successfully in business. When Hazmi's mother introduced her son and his wife to AFA Extract™ several years ago, both Hazmi and Izlene enjoyed such dramatic results that they were encouraged to look into the business opportunity. By early 2011, Hazmi had transferred his skills from a career selling health products and insurance to building his new business as a Stemtech Independent Business Partner, and Izlene was applying her own career experience to the new business with Hazmi.*

"This is a people-to-people business," Izlene says. "It's very important to ensure that consumers and business partners alike understand how the body, the products and the compensation plan work." With the invaluable training and support from their upline, Tony and Careen Lim, as well as Dr. Rajamani, Annie Lau and their family and friends, Hazmi and Izlene have developed a strong team of leaders on three continents. Hazmi says, "I believe our success has come from learning how to listen to hear what people need and from proper planning, goal-setting and developing leaders with the right mind-set and dreams." Both Hazmi and Izlene have regularly attended Business Builder Seminars in Kuala Lumpur, where they have learned important strategies for building a business that will be lucrative and last for many years. They agree: "We want to grow, to be better human beings, to be successful in all we do and to be great leaders. When our people are successful, we are successful."



# New Global Triple Diamonds

Achieving topmost positions in the StemGem Team are these dedicated and talented Field Leaders from around the world. We applaud their stellar accomplishment and encourage every Stemtech Independent Business Partner to glean nuggets of wisdom from their journey to the top.

## **Alma Angelica Hurtado & Guillermo Williams** - Mexico

Alma and Guillermo say they are grateful for the new opportunity with Stemtech, pointing out their amazement that "One product (SE2®) produces a lot of extraordinary and positive testimonials in the short term" as people's health improves dramatically. With over 20 years' experience in network marketing, Alma and Guillermo have acquired "essential experience for rapid growth while remaining well-grounded." They say that Stemtech's compensation plan is "great, because you have the opportunity to make big profits from the start," and they emphasize the importance of continued training, attendance at Stemtech events and using Christian Drapeau's book, *The Stem Cell Theory of Renewal*, "to convey both security and confidence" in the product and company.



## **JM Roy** - Canada

Since she was 29 years old, JM Roy dreamed of being on the cover of the magazine of a respected network marketing company. Her dream was realized last year when her Gold Medal win in Stemtech's Olympics put her on the cover of *HealthSpan*. Not one to rest on her laurels, JM says, "To succeed, you have to work every day like it's your real 'job.' No work. No pay. Your pay depends on the time you invest." Speaking regularly with her Team Leaders, JM helps and guides them as they build wellness and their business. "My Business Partners are the most important people to me," she says, adding, "Without them, I am nothing!"

## **Liu, ChiungWen** - Taiwan

Since early 2012, Chiung-Wen's family has been involved with Stemtech. Her father Liu, Chia-Ming, achieved Triple Diamond relatively quickly, drawing on skills honed during a long, successful career in direct sales. "I am so grateful for his help and guidance," Chiung-Wen says, explaining the basics of her father's training: "Just follow the system and be coachable." With many friends who are interested in beauty and health, Chiung-Wen has found it very easy to share Stemtech's products, always emphasizing that these products are patented and one-of-a-kind. She says, "With so many products on the market, the uniqueness of Stemtech's products is a special attraction."





### **Harry Wong, Green Turf Enterprise - Malaysia**

*From the beginning, Harry was armed with true steadfastness and a passion to succeed. Nevertheless, he says it has taken him “years to build the business, each day overcoming obstacles and challenges that have made me a stronger person.” Now, as he achieves the enviable milestone of Triple Diamond Director, Harry reflects: “The journey may have been rocky sometimes, but the GOAL has always been certain.” Harry makes the most of his many opportunities to meet people from all walks of life, as he learns new strategies along the way to his current goal: “Making my dreams come true.” He tells his compatriots, “Do your best, don’t give up... The Chairman’s Club has lots of room!”*



### **Renée Delisle - Canada**

*Only a month after Françoise Berthoumieu introduced Renée to Stemtech, Renée was a Director. “Once I tried the products and noticed rapid improvements in my health,” Renée says, “I felt that I had a mission to spread the good news about stem cells.” With more than 20 years’ experience in direct sales, Renée says, “Stemtech is on a different plane... both for the quality of its products and for its remuneration system.” She is pleased that Stemtech provides high quality materials and service for French-speaking Canadians, like herself; and she enjoys participating in French-language webinars that have, she says, “helped the members of my team to progress.”*

### **Eliseo Quintero Diaz - Colombia**

*Moving from his family’s farm to Bogota years ago, Eliseo hoped for a better life. Almost immediately, however, his wife was diagnosed with a life-threatening disease requiring debilitating medical treatment. Then a friend introduced Eliseo to StemEnhance®. When his wife began recovering her vitality with daily product use, Eliseo felt renewed hope, joined Stemtech and began sharing his wife’s story. “I enrolled some people in the first weeks,” Eliseo says, adding, “but it was a big surprise when my first paycheck was over one million pesos. To get those earnings I would usually have to work a lot!” Now he is building a large network, helping others to achieve the lifestyle he and his wife enjoy, thanks to Stemtech.*





### **Rosalva Macias Chavez & Miguel Francisco Sahagun - Mexico**

*Facing a bleak future without an income, Rosalva was thrilled to learn about the Stemtech opportunity that, she says, is founded on "a product that has no competition in the market." She had learned how to associate, enroll and duplicate with another company, so it is natural for her to speak to people, learn their needs, then show each prospect the best way for Stemtech to help them. "At first, I speak about the product's benefits," she says, "but I am always prepared to introduce the business. Then together, we build a network." Rosalva is grateful for the events put on by Stemtech and Field Leaders, because she says that each one "helps us to empower our business."*

### **Mario Macazaga - Mexico**

*When your brother is a top Stemtech Field Leader, it is no surprise that the company would have a compelling attraction for Mario, who says he has "a clear vision of what generating a residual income means." A successful real estate director with 37 years in that industry, Mario says it was enticing to "place my attention to an area – stem cell nutrition – that I had never tried before." With solid knowledge of "the process – prospecting, sales and after-sales," Mario stresses the importance of providing support to his team through training and motivation. He and his brother Manuel agree: "The essence of this business is duplication. Duplicate and succeed!"*



## **Meet Elizabeth**

A Want-Ad description of the ideal candidate for Stemtech Canada's General Manager might read like this: "An accomplished leader with extensive skills in sales development and business management, with an entrepreneurial spirit, creative and innovative problem-solving talent and a true understanding of the critical importance of hands-on communication with independent business partners and staff members alike." Even though no actual Want Ad was placed, such an ideal candidate found her way to the Stemtech family. Her name is Elizabeth M. Alexandre and she began work as Canada's new General Manager on January 2, 2014.

Born in Ontario but raised in Quebec, Elizabeth is tri-lingual – English, French and Portuguese – although she confesses, "My French needs a brush-up. It is one of my priorities for this year, as I plan to travel to meet with our French-speaking teams in Quebec, to demonstrate our company's continuing support for the great work they have been doing." Elizabeth will also travel throughout Canada to get to know Stemtech teams across the country, with the goal of significant business growth through 2014. "Ontario, for example, is the Number 1 market for Direct Sales in Canada," she points out. "This is a very fertile market where Stemtech can make a significant impact."

Owner of both a retail consulting firm and company that makes and markets hand-dipped chocolates, Elizabeth knows just what it takes for independent business owners to build teams, develop markets and achieve success. "I love helping people reach their full potential on all levels," she says. We at Stemtech are fortunate to have Elizabeth on our Executive Team. Please join us in welcoming her to the Global Family!







# quench the fire

by **Christian Drapeau, MSc**  
Chief Science Officer

**Every Stemtech Independent Business Partner knows it well: When stem cells are released from the bone marrow, they circulate in the blood stream, ready to be called to action.** As stem cells circulate in the small blood vessels of the affected tissue they detect the presence of SDF-1, which triggers their migration from the blood to the tissue. This process of cellular migration is of paramount importance; even if we dramatically increase the number of circulating stem cells in the blood, unless they can actually migrate into tissues, the body cannot repair itself effectively.

While the secretion of SDF-1 by the affected tissue is an essential step in this process, SDF-1 is only one molecule released to coordinate the local reaction. Whenever a tissue is affected, it releases many compounds along with SDF-1, including inflammatory compounds also aimed at coordinating the process of tissue repair.

Inflammation is the underlying cause of many illnesses. Many health problems result from a process of local inflammation that slowly became chronic to the point of finally affecting the functioning of a specific organ. With regard to stem cells, the problem with inflammation is when it becomes systemic. Our modern lifestyle, with everything that it implies, has become a source of systemic inflammation: from the artificial foods we eat and the polluted air that we breathe, to the stress that we have to contend with and the lack of exercise of a sedentary lifestyle. Taken together, these elements are causing a myriad of small inflammatory reactions scattered throughout our bodies, which we experience as the numerous little aches and pains we feel when we get out of bed or the hardening of arteries often associated with aging.

All these sites of micro-inflammation also release SDF-1 that attracts stem cells. Why is this a problem? The problem

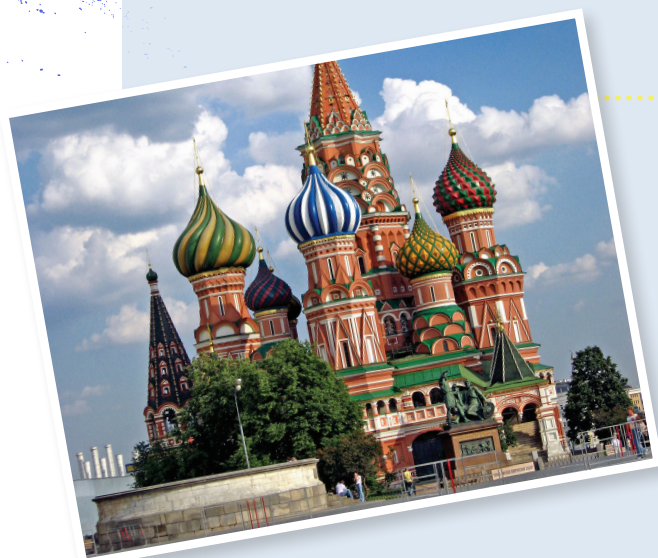
is two-fold. First, it signals for the migration of circulating stem cells into a myriad of locations -- where actual repair is difficult because of the on-going inflammation -- instead of targeted migration into tissues in real need of assistance. Second, the migration of stem cells is an extremely well coordinated process that takes the circulating stem cells through a sequence of events -- detection of the SDF-1 signal, expression of adhesion molecules on the cell membrane, adhesion of the stem cell to the capillary wall, passage of the cell through the capillary wall, then migration in the tissue itself -- a series of events that must be triggered at the right place and the right time to be effective, which is at the level of the post-capillary venules in the affected tissue.

Imagine a triple play in baseball: The shortstop must first catch the ball, then touch the runner leaving second base, then throw the ball to second base where the receiver must touch the runner, and then to first base where the receiver must touch the plate. If any one of these events happens out of sequence, there is no triple play.

When there is systemic inflammation, if the process of stem cell migration is triggered outside of the post-capillary venule, then the ability of stem cells to migrate is spent at the wrong place and stem cell migration cannot take place effectively.

It should be clear to anyone, therefore, that maintaining healthy inflammation in the body is crucial for optimal health. Make sure that you add plenty of greens and pigmented food to your diet, that you reduce stress and control anxiety, that you do exercise, and that you take SE2® and StemFlo® every day. SE2 contains phycocyanin, a pigment that is well known for its benefits with oxidation and inflammation, and StemFlo contains many ingredients, such as berries and curcumin, known for helping to maintain healthy inflammation. X





## Globe Trotting

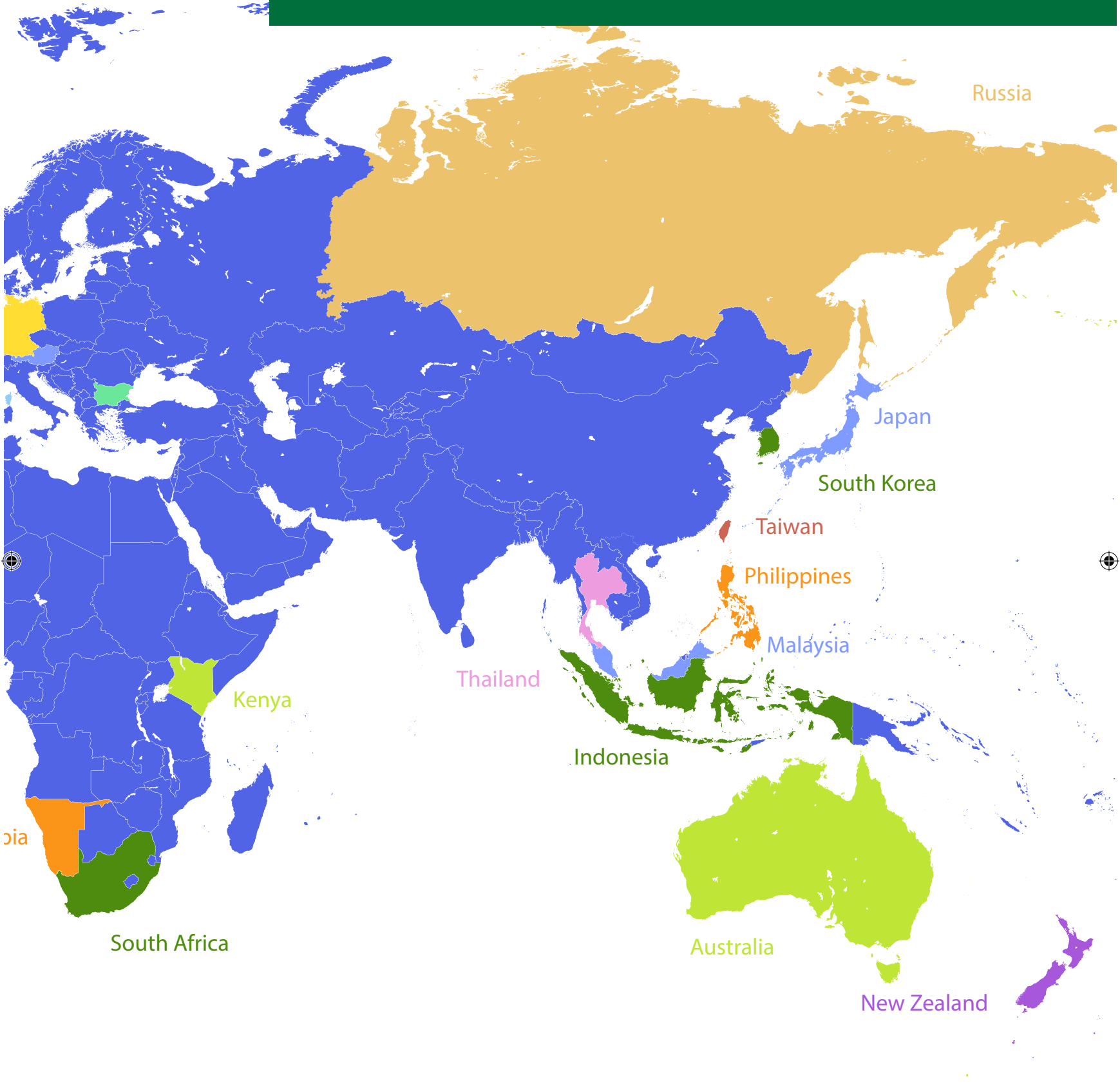
Many Americans enjoy traveling internationally. If you are one of these globe-trotters, your Stemtech business can provide you an economical way to see the world: Build your business globally and travel the world to develop your organization.

Just this year Stemtech opened the market in Russia with a "soft launch." This country is a very desirable destination for many international travelers. With the Pre-Launch planned for this spring, Russia is a great choice for a team-building excursion. There are 143,000,000 Russians who need to learn about our products, so this is a truly fertile market.

Over the next year or so, Stemtech will be opening new markets in a number of countries; so NOW is the time to build your Virtual Organizations in those markets. Set up a strong team *before* the market is opened so you have a solid base of Business Partners to join you at each market's Pre-Launch!



STEMTECH'S GROWING FAMILY: A GLOBAL OPPORTUNITY





**E**ach year Stemtech honors one of our own in each Region with a special Award for going “over and beyond” our expectations in service to others and support for the Stemtech Family. While they pursue growth for their own businesses and those of their teams, these extraordinary individuals also eagerly provide help and support cross-line for the good of all; in addition, Spirit of Service Award recipients exhibit a giving nature in their communities, where they are often revered as extraordinary citizens.

With innate humility and souls of gratitude, Spirit of Service recipients are generally surprised when they hear Ray Carter summon them to the stage to receive the cherished crystal Award. This was definitely the case with the recipient of the 2013 Canada Award, Triple Diamond **Maggie Fortin** of Quebec.

“I never expected to be chosen for this Award,” Maggie says. “For me, Stemtech is the ideal way for me to serve others -- not only with health improvement but by offering them a perfect business opportunity. This is the ‘spirit of service’ that I share with everyone in my organization. I share this Award with them.” We congratulate Maggie and thank her for her service and dedication.

Also receiving the Spirit of Service Award at the North American Convention was **Phyl Franklin** of Colorado. Congratulations! 🌟

## CONGRATULATIONS

2013 Regional Spirit of Service Awards

### Latin America

Estella Morales (MX)  
Eliseo Quintero (CO)

### Europe

Marie Joelle Robert (FR)  
Ruth Franz (DE)

### Asia & the Pacific Rim

Percival & Moriel Estrella (PH)  
Kyi-Soon Kim (KR)  
Amanda Long (AU)

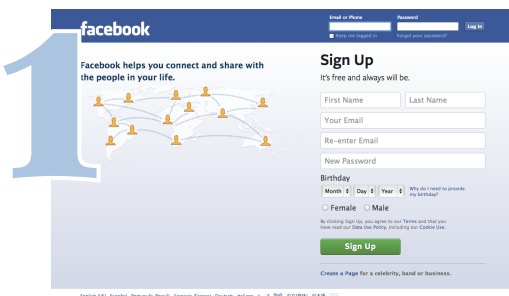


# 101 Social Media

by Jeff Heimbuch  
Social Media Manager

All over the world, people continue to spend increasing amounts of time on Facebook. It's no coincidence that businesses, large and small, are investing time and effort into marketing their brand on the platform. Facebook should be especially attractive to Stemtech's Independent Business Partners, because it allows them to grow their business in a way that is familiar to many of them: through word-of-mouth marketing.

Now that the word-of-mouth marketing model is happening online, Independent Business Partners can reach out to not only a few friends, but all of their friend's friends as well. With that in mind, here is a short, six-step guide for getting started on Facebook.



## Set up your Facebook Page

After setting up your personal Facebook page (which can help you connect with family and friends online), you can set up a public Page for your Stemtech business by visiting [www.facebook.com/pages/create.php](http://www.facebook.com/pages/create.php) and answering a few questions. Facebook will then send you to a template of your Page, where you can fill in additional information, add photos, and more. You can find a tutorial on how to set up your page by visiting Stemtech's YouTube page at [www.youtube.com/stemtech](http://www.youtube.com/stemtech). Now would also be a good time to post your first status update welcoming fans to your Page. You can share your updates with everyone, or target by location or language.

## 2

## Invite your friends

After your Page is set up, you'll want to invite your friends to "like" your Page. Once you've amassed 25 fans, you'll be able to set up a custom Facebook URL, to make it easier to find your page online. Make sure you pick a URL you like, because it will be permanent once you confirm it.

## 3

## Customize your page

There are a number of apps to help you customize your page beyond the standard Facebook layout, which can be found in the Applications Directory directly on Facebook. There, you'll find apps that will let you create polls, add more content to your Info tab, offer coupons, showcase YouTube videos and much more.

## 4



## Convert your existing customers into likes

Once you're feeling confident about the look of your Page, your next step would be to leverage all of your current media assets, be it an e-mail newsletter, emailing your downline, your email signature, your business cards, and so on, to grow your fan base. Let your established downline know that you're on Facebook. If they are on Facebook as well, chances are, they will be sure to check out your page.

## 5

## Engage

As you build up your fan base, you'll want to provide a stream of interesting content that will entertain and engage the people who like your page. It's important to keep content fresh, update in an authentic voice and to evolve your Facebook strategy over time. Links to relevant blog posts, special offers that Stemtech may be running, and photos all go a long way. Keep your posted content varied and make them count.



## 6

## Interact

Once the content is up, and people are responding to it, you're going in the right direction. The point is to get people to comment and interact with your Page so it shows up in their friend's newsfeeds. But don't think it ends there! Be sure to respond to any questions, comments, or concerns. Once people who like the page see that you keep an eye on what is going on, they are more likely to check back. Remember to keep track of the analytics on your Facebook Insights page to see what kinds of posts perform best in terms of engagement. Do status updates get more conversation going, or do photos seem to do the best? You can use that to your advantage when posting new content.



# Ageless Aging

A guide for using simple strategies to fight the aging process.

by **Paola Mazzoni, MS. Pharm.**  
Vice President/Training &  
Product Development



***a**s a New Year begins, we often take a retrospective look at many aspects of our lives, health included. Now is the time to set your body's cruise control with 4 infallible Strategies for Ageless Aging and enjoy a smooth ride... to the rest of your life!*

## Strategy #1 – Trim Calories .....

Among the many strategies for living longer and avoiding disease, calorie restriction (CR) has perhaps the strongest scientific backing, with more than 1,000 animal and human studies conducted during the past 80 years. Research shows that cellular benefits from calorie restriction start to kick in with a cut of just 10 percent. The hypothesis is that as calories are reduced, repeatedly exposing cells to mild stress, the body experiences what scientists call a "hormesis effect" -- a generally positive adaptive response -- as it goes into more of a survival mode, strengthening its defenses at a metabolic level. There is no rigid eating plan for

calorie restriction. Some people graze on small meals throughout the day; others prefer to stave off hunger by eating a protein-packed meal in the middle of the day.

### **Stemtech's Lifestyle Support #1**

ST-5 with MigraStem™ has a protein source that is 100% vegetarian, naturally low in calories (180 per serving) and packed with more than 30 nutrients and antioxidants, including Vitamin D. Studies have indicated that deficiencies in Vitamin D account for an increase in body fat, as well as a decrease in muscle strength.

## Strategy #2 – Fight Free Radicals .....

Internal or environmental stress can fuel excessive free radical production. Studies have shown that white blood cells produce more free radicals when we are psychologically stressed. Then when we breathe or eat toxins such as pesticide residues, the liver works to neutralize them, again creating free radicals. And the oxygen we breathe helps tiny cell

components, known as mitochondria, to produce the energy that keeps the body alive; but ironically, this process also creates free radicals. So even activities that are good for us -- like aerobic exercise -- increase free radicals!

It's impossible to avoid free radicals altogether, but there are some things we can do to reduce their effects: avoid stress, minimize toxin exposure (by choosing organic produce and using chemical-free cleaning products), neutralize free radicals (by enjoying a diet rich in fruits, vegetables and other antioxidant-rich foods), and yes, with exercise. As tempting as it may seem, don't use aerobic exercise's bad oxidative rap as an excuse not to work out. Exercise is good for you! There's even new research which shows that weight training twice a week for one hour actually rejuvenates muscle mitochondria in men and women age 65 and older; so simply crank up your antioxidant intake before or after workouts.

### Stemtech's Lifestyle Support #2

Use 2-6 tablets of StemSport™ Advanced Formula, 30 minutes before and after your workouts.

If you feel you are not eating enough fruits, vegetables and other sources of antioxidants to fight free radicals, get some extra daily help with only 3 capsules of StemFlo®.

### Strategy #3 – Tame Inflammation .....

It's easy to tell when skin is inflamed as it turns red; but we don't really have a good way to measure inflammation at the cellular level. That's a critical problem, because inflammation is associated with every degenerative disease we know. Like free radicals, inflammation can be a good thing in small doses. If we step on a nail, we want white blood cells and the body's inflammatory chemicals to rush in. But these injury-fighting compounds also go into 911 mode in response to gradual cell damage by free radicals. The result of this damage is chronic inflammation. In essence, this is inflammation that doesn't know when to stop. Chronic inflammation can be a result of being overweight, and can be symptomatic of diseases as diverse as cancer, congestive heart failure, diabetes, and digestive problems.

The best method available for the measurement of inflammation is a high-sensitivity C-reactive protein (CRP) test. Although this test isn't perfect (it doesn't show the location of the inflammation), studies show that CRP -- which the liver produces as an immune response -- can increase by 100 percent or more in response to inflammatory conditions.

One way to help control inflammation is through diet. Avoid sugar and fried foods, as they turbocharge the inflammation-production pathways. It is also wise to simmer foods or use a

slow cooker rather than frying or grilling at high temperatures, which creates pro-inflammatory, advanced glycation end products (AGEs) which can damage nerve and brain cells and DNA.

### Stemtech's Lifestyle Support #3

ST-5 with MigraStem™ provides a low-glycemic sugar that is digested slowly, which helps support sustained energy.

SE2® includes a concentrate of AFA that contains phycocyanin, a pigment that is well known for its antioxidant and maintains healthy inflammation levels.

StemFlo® contains many ingredients, such as berries and curcumin, known to maintain healthy inflammation levels.


### Strategy #4 – Stem Cell Nutrition .....

It is widely known that adult stem cells are constantly at work, repairing and renewing tissues and organs within the body. While the aging process often decreases our ability to recover from injury and increases the possibility of health-related issues, Stem Cell Nutrition helps maximize the potential of our own adult stem cells and is, therefore, imperative to our optimum health and well-being.

As the world leader in the field, Stemtech has established a new, scientifically proven, category in Biotechnology: Stem Cell Nutrition.

"RCM" describes the system of nutritional support for the natural **Release, Circulation and Migration** of adult stem cells. All-natural SE2® is the world's first supplement documented to support the Release of adult stem cells from bone marrow. StemFlo, as the name suggests, supports the Circulation for optimal blood flow -- even to the smallest capillaries. In addition to providing balanced nutrition for optimal health in the form of vitamins, minerals, protein, enzymes and fiber, ST-5 with MigraStem™ supports the Migration of adult stem cells to tissues and organs in need.

SE2 and StemFlo work in tandem to help the body maintain maximum renewal efficiency, and ST-5 with MigraStem supports the completion of that process, while providing the essential nutritional elements the rest of your body needs.

While many things can be done every day to support and enhance quality of life, this one is crucial: offering an unparalleled opportunity for the body to achieve and retain the best possible state of health with "RCM," The Daily Support of the Natural Renewal System. 



# Fast Track

Share The Fast Track On Your Personal Health And Wealth Journey!

by Don Karn, VP/North American Markets

**S**temtech is all about helping you achieve the lifestyle of your dreams. The **TEAMBUILDER BONUS PROGRAM** is just one way for you and your Team to make money through your Stemtech Partnerships.

It's one of the simplest and most lucrative compensation plans in the entire industry! One of the things people like the most about it is YOU GET PAID WEEKLY. Why do we do this – when many other MLMs distribute only monthly payments? We believe that as soon as you earn the money, you should get it!

Think about it... Where else can you start a business for an investment of less than \$300? If you work with your Team, helping those you enroll to duplicate what you do, you'll build a residual income, starting right away. With TeamBuilder, you get paid for what you do and your payments can go on and on. It's a simple matter of building a Team of people interested in business growth. Do this and everyone profits! It's as easy as 1, 2, 3!



**FIRST STEP:** Purchase your TeamBuilder Pack and sign up for AutoShip.

**SECOND STEP:** Personally enroll others with the TeamBuilder Pack (earning \$50 of Enroller Bonuses everytime.) Enroll your 4th TeamBuilder and you begin earning an additional \$80 TeamBuilder Bonus. Now you have virtually recovered your Personal Enrollment fee! TeamBuilder Bonuses are earned to unlimited width - to infinity!

**THIRD STEP:** Keep enrolling and earn more. Starting with the 5th TeamBuilder enrollment, you become eligible for \$40 Matching Bonuses which are paid when your Foundation Team (first 3) members earn the \$80 TeamBuilder Bonus themselves.

\*KEEP IN MIND: You need to LOCK IN your choice of 3 Foundation Team members within 8 weeks of the date you personally enroll your first TeamBuilder Pack Business Partner. Choose your Team well... Your hardest-working, most dedicated Partners will be the key to success for both you and them!

**NOW** is the right time to start making money with the TeamBuilder Bonus program. Don't waste another minute. **Start making money right away!**

If you have any questions, please contact Partner Services at (604) 304-3670 Option #1 or email us at [dscanada@stemtechhealth.com](mailto:dscanada@stemtechhealth.com).



# the Stem Cell Future is **NOW**

by Allan C. Somersall, PhD, MD

**The whole western world is abuzz with the miraculous prospects of stem cell applications.**

The media hype has stimulated public imagination to the extent that therapies – which were until recently nothing more than science fiction – have now become the basis of desperate hope and unrealistic expectation. Ordinary people dream of a new era of medicine in which deadly diseases will be “cured” with custom-made tissues and organs derived from wonder-working stem cells. If we could remove all limitations, put any ethical considerations aside and leave the researchers to exploit these new stem cell capabilities – so we are urged to believe – then we could soon find an elixir of regenerative medicine... ‘the holy grail of modern biology.’

Since stem cells do develop into tissues like skin, bone, blood, nerves, muscles and so on, and since such primitive cells can be generated and controlled, ostensibly by human ingenuity, then in theory, we could renew, repair and rebuild parts of the body that become damaged, malfunction or just simply wear out. That’s the inviting prospect of a new era in medical intervention and cure. But – not so fast... Miracle cures are not just around the corner.

Despite the billions of research dollars, private and public, and despite the media fanfare and political posturing, the evidence of practical stem cell therapies to date is still very limited. Much progress has been realized in research laboratories, but successes in the field of clinical medicine have been few and far between. Yet advances are being made in the stem cell arena almost every week. There are many bright minds and experienced clinicians working earnestly and consistently to master the many hurdles that must still be overcome. Still, even in the best doctor’s offices and the most reputable hospitals, stem cell therapy remains a tantalizing silhouette on the research horizon.

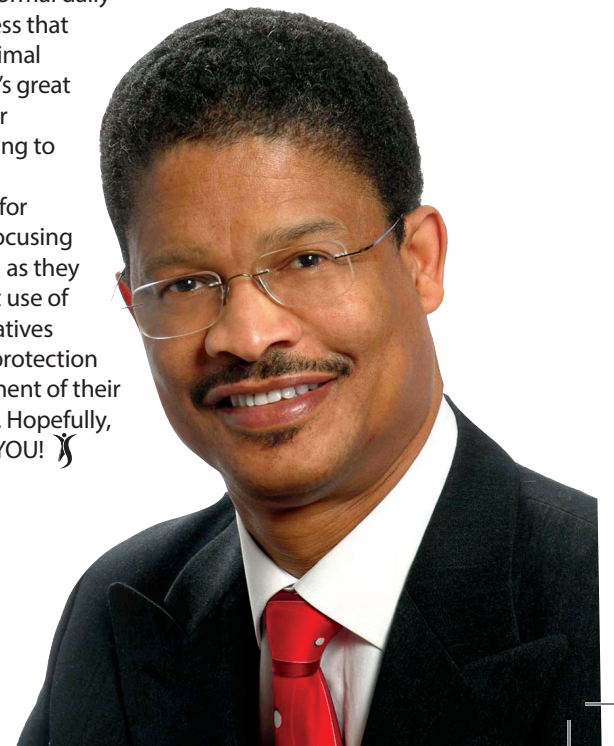
Is there any way to tap into the amazing potential of stem cell technology today? The answer is a resounding “YES!” Could it be that just as food preceded medicine, so Stem Cell Nutrition can precede Stem Cell Medicine? Or, to put it in other words, could it just be that in the area of stem cell applications, the effect of nutraceuticals might be realized long before the anticipated breakthroughs in pharmaceuticals and other types of therapeutics? The possibility of enhancing the normal renewal process by a safer, more convenient and natural intervention offers the

opportunity to exploit the remarkable characteristics of stem cells to improve human health and well-being. That’s what Stem Cell Nutrition offers TODAY.

And that’s a universal offer. After all, everybody has stem cells; everybody uses stem cells; everybody uses stem cells everyday; stem cells work... and they work every time. StemEnhance® and SE2®, both proprietary blends of choice natural products, have been shown to enhance the natural release of stem cells from the bone marrow of normal individuals. StemFlo® and ST-5 with MigraStem™ support the circulation and migration of these stem cells, as they do their job spontaneously and effectively.

When the biological release and performance of one’s own stem cells are enhanced by these natural interventions, there are no risks otherwise associated with biotechnology. No new surface proteins are introduced to favor rejection. No alteration or manipulation of genes is utilized to cause possible mutation or any enticement to cancer formation. Stem Cell Nutrition harnesses biology, not biotechnology. Its remarkable power derives essentially from the physiological potential of stem cells themselves, which are already programmed to do what they do... beyond expectation. That’s true in each of us and it happens everyday. Now they can do what they do even better!

The benefits of Stem Cell Nutrition are available now to support the normal daily renewal process that promotes optimal wellness. That’s great news today for people choosing to take personal responsibility for their health, focusing on prevention as they make the best use of natural alternatives to target the protection and improvement of their whole person. Hopefully, that includes YOU! X



# beyond MigraStem

by Heather Livingston, MSc

VP/Global Product Training & Sports Marketing

## ST-5 --- Your Lifestyle Component to Healthy Weight



Since ST-5 with MigraStem™ was introduced some time ago, I have heard from people around the world that they have enjoyed ST-5 daily in the morning and they have been losing weight. I will admit that I was very skeptical at first; but people all over began pulling out “before” and “after” photos that showed rather obvious changes...

so how could I remain a skeptic?

At the North American Convention, Julio Hinojosa and I made a proposal from the stage: How would you like to be part of a pilot program for ST-5 Weight Management and Lifestyle Change? We opened the pilot program only to those participating at the Convention. Over a quarter of those in the audience signed on, eager to test this new benefit associated with the third component of stem cell nutrition, MigraStem for migration of adult stem cells. Could we show that ST-5 with MigraStem might assist in obtaining and maintaining a healthy weight? The participants each stepped on the scale, recording their “start” weight, and the pilot program was launched!

Over the next eight weeks, Julio and I met with the participants via phone and message board, talking about subjects people have to deal with when changing lifestyle and losing weight. (See sidebar on facing page.) As we all know, a program like this is not just about weight loss; it is much more about learning new healthy life choices and incorporating them into our daily regimen, so they can become the healthy habits that create a healthy lifestyle. Participants provided



weekly feedback, tracking their progress. When the program ended after eight weeks, many participants noted that the program's support elements were essential, reporting significant weight loss and lifestyle improvements. Here are several of their comments:


"Participating has been a positive experience for me. I plan to continue to embrace the fundamentals of healthier eating, smaller meals and using ST-5 with MigraStem™ as a healthy way to begin the day... I am delighted to have reached my weight goal and my clothes feel so much more comfortable."

"I did lose 25 pounds... Yes, I did it! I feel and look better AND I am getting into some smaller clothes. Yeaaah!"

"The information that was provided was just right, very simple. How much simpler could it get than 'Take the product and work out?'"

"I was quite embarrassed of the weight I was. But so glad to be here... My scale shows I lost 25 pounds!"

We will be reporting on the ST-5 with MigraStem Weight Management and Lifestyle Change program at the Business Academy in February at Las Vegas. Along with Cy Nelson, Julio and I look forward to sharing this program with the Field Leaders. We know they will want to share it with everyone on their Teams when they return home.

To everyone: Keep in mind that you, too, can take control of your weight management by starting your day with ST-5 with MigraStem. And there is a BONUS to weight management with ST-5 with MigraStem... Not only is managing your weight good for you, it is also good for your Stemtech business! As you lose weight, people will want to know what you are doing. *Voila!* You have become a Walking Advertisement for ST-5 with MigraStem and the Stemtech lifestyle! 

## Opportunity Abounds for ST-5 with MigraStem

We all know that the U.S. has the fattest population in the world. Worse, this "fatness" is not slowing down. In 2012 the U.S. had an adult obese population of 26.2%. In 2013 that increased to 27.1%. (Gallop Poll)

It is not just in the U.S. where obesity is a problem. WHO (The World Health Organization) reported global obesity has doubled since 1980.

According to the International Association for the Study of Obesity, there are 1 billion overweight adults in the world, with 475 million who are obese. "Today 65% of the world's population lives in countries where being overweight and obese kills more people than being underweight [does]. Being overweight is the fifth leading cause of death globally, according to WHO."

**(Nutraceuticals World, September 2013)**



## Topics of a Healthy Lifestyle

(subjects discussed in weekly calls & messages)

- Setting realistic goals and make a commitment.
- Using ST-5 daily.
- Making healthy food choices, incorporating new foods and creative preparation.
- Including exercise, movement and aerobic and anaerobic activity into your schedule.
- Understanding the importance of weekly metabolic high points and over-load training.
- Controlling portion size and considering "grazing": eating several small meals throughout the day.
- Managing negative stress and using positive stress to help achieve balance in life.
- Avoiding "saboteurs" – stress, emotions, circumstance and people who can sidetrack commitment.
- Using positive self-talk to support commitment. Turning off negative self-talk.
- Thinking in terms of moderation, not "deprivation." Understanding the consequences of every bite, activity, choice and moment on the journey to your healthy weight.

## ST-5 with MigraStem Perfect Functional Food

Functional foods are foods that fit into our on-the-go lifestyles. ST-5 fits the need – a perfect "Fast Food" or -- better termed in the nutrition industry -- "Functional Foods."





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# GLOBAL LEADERSHIP IS EXPLODING!

As we go to press, *another* new Member has joined the President's Club, Ahn Jong Woong of Korea. And *nine more* Global Leaders have achieved Triple Diamond Director: Independent Business Partners Ahn Chung Ho, Jung Yi Sun & Choi Byoung Woong, Lee Song Deuk, Yoon Seok Hwa and Hur Hee Kyoung of Korea, Hazmi Bin Hamizan and Chan "Alex" Kok Teng of Malaysia, Valentino & Marilou Macatangay of the Philippines and Lola Cabeau & Clément Fontaine of Reunion (France). Watch for their stories and the stories of MORE Top Leaders in the next edition of **HealthSpan!**



Check your Back Office for  
full Contest details.

Tick off each of the five  
must-do's and  
finish in the **top ten**.

Then update your passport,  
get some snazzy deck  
shoes and we'll meet you  
on the gangplank!

Stemtech's 2013-2014 Champions Challenge is nearing the end of the Qualifying Period (February 28, 2014), so **IT'S NOW OR NEVER** to qualify for the **CRUISE OF A LIFETIME**.

The TOP TEN performers in each Diamond level will join top performers in the President's and Chairman's Club for a LUXURY MEDITERRANEAN CRUISE. Stopping at the most desired ports-of-call, this cruise will be filled with photo-ops and memories to last forever!

But time is short....

How many of these "must-do's" have you achieved during the Contest period?

- Beat your target by having the most new volume.
- Beat your Base by having the same/higher averaged AOPV.
- Be paid at your Diamond (or higher) rank for any two months.
- Personally enroll ten new Business Builders.
- Support a new (since 10/1/2013) personally enrolled Business Builder to achieve Director.

