

HEALTHSPAN

STEMTECH INTERNATIONAL, INC.

TOTAL LIFE ENHANCEMENT

CHOOSE YOUR
WHEELS!

P.10

NUTRITION FOR
LIFE STAGES

P.12

TEAMWORK
SUCCESS

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THE EXCITEMENT OF INNOVATION!

★ **SE3** ★
**10,000 BOTTLE
BONANZA**



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CO-FOUNDER MESSAGES

PRODUCT AND BUSINESS BONANZA



Stemtech took a peek into the album of OUR BIGGEST SUCCESSES recently, and what we remembered simply took our breath away! We expect that you, too, will be thunderstruck by another product-promotion like the one that propelled our

new company into the stratosphere in our first month in business. We are revealing it all this June at the North American Business Academy (and simultaneously Downunder at the Australia/New Zealand Business Academy). Here's the news that will be whizzing all around the world within minutes of our announcements:

NEW PRODUCT

Stemtech has shown again that we are the leaders in Stem Cell Nutrition, with the latest developments in our flagship product, a significant advancement we are calling SE3™. SE3 contains yet another rare, clinically-studied and exclusive ingredient that is patent-pending. This unique ingredient once again elevates the StemEnhance® we first introduced in 2005 to an even more powerful level of support for the body's adult stem cells and the natural daily renewal. And if that weren't enough, SE3 now also contains other cutting-edge, anti-aging ingredients that support the length of telomeres.

BUSINESS BONANZA

And while we continue to innovate and move forward on the cutting edge of science, we are also looking back to Stemtech's first days to bring you an amazing promotion. Back in October,



2005, Stemtech mailed out 5,000 free bottles of StemEnhance to interested prospects before we officially pre-launched the company. This mass-mailing delivered the power of our Stem Cell Nutrition across North America and resulted in nearly \$1million in sales during our very first month in business!

That was a great idea THEN and it can be an even BETTER idea NOW. In June this year, our "10,000 Bottle Bonanza", will take a page from that 2005 album: To introduce SE3 to as many current and new wellness seekers as possible, we are giving away twice as many bottles of SE3 as we gave away StemEnhance nearly ten years ago. Our 2015 two-pronged promotion is designed to give a large number of people the chance to experience our 3rd Generation Flagship Product and to learn about the best business opportunity available anywhere... all at the same time. But it's first come first served for the 10,000 bottle giveaway, so there is no time to waste! To get in on the "10,000 Bottle Bonanza," simply buy one or two specially-priced Bonanza Activation Packs of the new and exciting SE3. You will then be eligible to have up to 15 bottles of FREE product to be shipped to your top new prospects.

ANOTHER BONUS: People who are attending the Stemtech Business Academy are eligible to have TWICE as many free bottles sent to their prospects! See page 20 more more about this Bonanza.

You can see once again that with Stemtech, the money-generating benefits just keep coming! The very generous Enhanced Compensation Plan, the wildly successful Vehicle Bonus Program and now... FREE SE3 to promote the product and business opportunity! Put it all together and you can make this summer the biggest yet for your Stemtech business. Let's watch together, as your organization explodes!

Ray C. Carter, Jr.
President & CEO

CO-FOUNDER MESSAGES

ANOTHER STEMTECH INNOVATION!

The launch of SE3™ marks a new step in Stemtech's evolution, as it is rooted in the principle of innovation. Sometimes it is hard to believe that it has been over ten years since we developed and introduced the groundbreaking concept of the Stem Cell Theory of Renewal with the launch of the first stem cell enhancer into the marketplace. In the years since, our relentless pursuit of innovation has maintained and enhanced our position as the leader in stem cell enhancement that remains to this day. Now I am pleased to report that our continuing research efforts have developed a novel stem cell enhancer that is stronger than anything we have seen before!



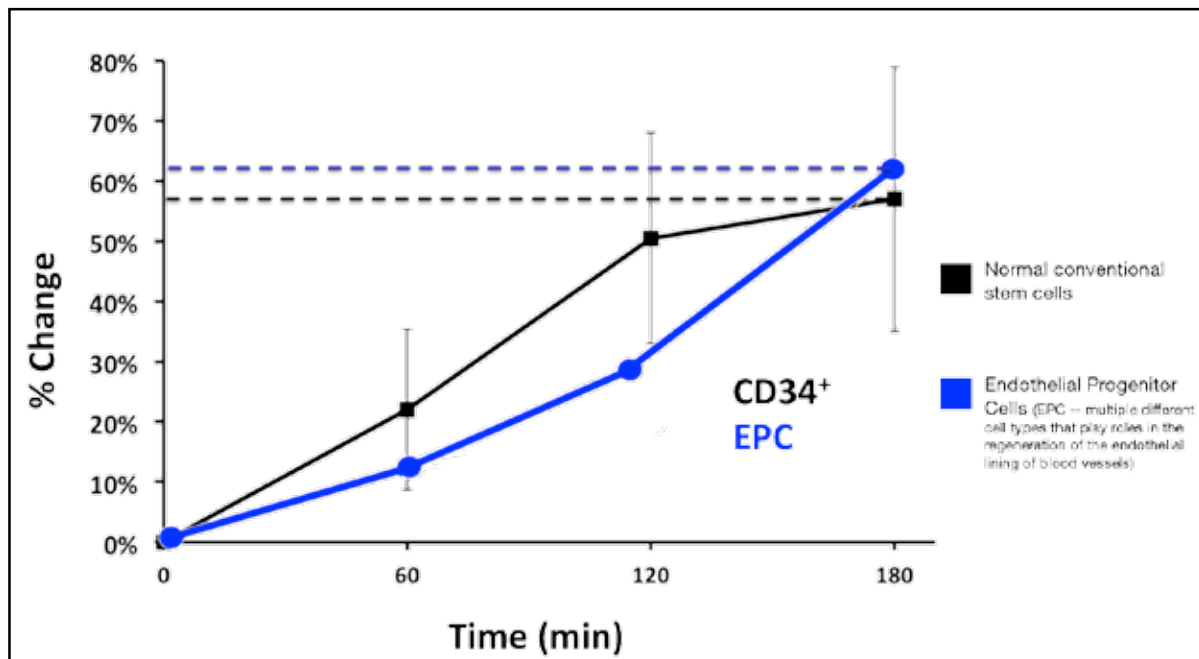
The story behind this new natural product is as good as it gets and so very compelling: The botanical was discovered in Madagascar, one of the largest ecosystems known for its unique biodiversity. Tales of the botanical's remarkable

effectiveness are part of ancestral knowledge still used by modern local healers, who have always known that this natural botanical works wonders -- even if they may not have known why. Recent clinical trials have shown, however, that this botanical has the strongest effect so far documented by a natural compound on stem cell release!

The development of this botanical -- "new" only to modern science -- is taking place through a unique collaboration between Stemtech and the local Malagasy people. It is extremely rewarding to be part of this adventure into ethical trading, which will bring untold benefits to the Malagasy people, to Stemtech and to people around the world. See my article on pages 4-6 of this *HealthSpan* for all the exciting details about this new product

Welcome SE3 as part of your wellness regimen and your business. Make the most of Stemtech's newest adventure!

Christian Drapeau
Chief Science Officer



Consumption of local preparation of *Aloe macroclada* supports a 60% increase in both normal conventional stem cells and EPC 3 hours after consumption.

NEW TRIPLE DIAMONDS



YVONNE NORTH & KEITH WILKINS

Australia

Yvonne and Keith do not believe in putting any limitations on their pool of potential IBPs and customers. They say, “We look for everybody who breathes. Sometimes we have to start the family dog on StemPets® before the owners will try the products themselves. We do what it takes!”

As a Certified Financial Planner for 25 years, Keith has helped to accumulate a great deal of wealth for his clients, but he has also seen a down-side in the retirement years for many. “When some people get to retirement age, the travel they have planned for has to be set aside because their failing health won’t permit it,” he says. “We believe that health and wealth go hand-in-hand; so we try to get people to spend some money on health now so they can enjoy the retirement they dream about.” He and Yvonne have obviously succeeded in getting their “health and wealth” message across, since “All Keith’s richest clients are TeamBuilders or VIP Customers,” Yvonne says.

As they drive their Stemtech Mercedes Benz around Southeast Queensland, Yvonne and Keith say their part-time Stemtech business is building a nice residual income for their own retirement years. Their method of operation is simplicity itself: “Make a list of everybody you know and keep adding to it. Talk to everybody.” This savvy couple has a simple goal, too: “Go up a level every month.” We have no doubt that Yvonne and Keith have the “right stuff” to propel them to Stemtech’s highest echelon. Chairman’s Club, here they come!

TZE-YING CHEN

Taiwan

Since 2013, when her upline invited her to a presentation by Taiwan’s General Manager Homer Lin, Tze-Ying has been an enthusiastic promoter of Stemtech’s products and business opportunity. “Stemtech has a complete business system,” she says, “including research and development, manufacturing, marketing and sales. And the company focuses on the global marketplace. These are all important aspects for me when I choose a business opportunity.”

A professional in the beauty care industry who also works with international human resources, Tze-Ying notes that the people she meets at work are all eager to experience Stemtech’s products. “Beauticians care about staying healthy and looking younger,” she says, “And most of my clients in the human resources agency are also Stemtech customers. All of the people I interact with daily realize that they need our company’s products.”

In addition to the frequent recruiting and training events put on by the office in Taipei, Tze-Ying shares the Stemtech news through home parties, meetings in a coffee shop and – what sounds like fun – get-togethers for karaoke! She is also an accomplished athlete, participating in the Taiwan decathlon, which offers this busy young woman another large group of perfect prospects for Stemtech products. How does she do it all? “Since I have been taking Stemtech’s products,” she explains, “I feel well, after nearly 20 years of bad health, poor sleep and skin problems. The amazing effect of Stemtech products on my body is my best advertisement. People see what these products can do!” ■



THE DEVELOPMENT OF SE3®

STEMTECH'S SPIRIT OF INNOVATION LEADS TO A NOVEL STEM CELL ENHANCER

by Christian Drapeau, MSc

At the very origin of Stemtech is innovation. Stemtech was created to promote and develop a novel concept in health and wellness, based on supporting the natural role of stem cells in the body. This entire endeavor was spurred by the discovery of a natural aquatic botanical whose consumption was documented to trigger the release of stem cells from the bone marrow. You know it very well: *Aphanizomenon flos-aquae*.

But after having developed the laboratory methods to quantify changes in the number of circulating stem cells, we did not stop there. Instead, we began investigating various botanicals known historically to be associated with a broad variety of health benefits. This effort led to the development of SE2® and of Migrastem®, which is an integral part of ST5. But again, we did not stop there. We then began searching in remote areas of the world for botanicals that have been traditionally used by the local residents for a broad variety of health challenges, and we tested them for their effect on stem cell release. We found a few interesting plants in places around the world, but it is in Madagascar that we hit a homerun!



In the summer of 2013, I serendipitously met a biochemist, “Indiana Jones style,” who was traveling to various parts of the world in search of possible botanical remedies for Alzheimer’s and other neurological diseases.



The large macroclada aloe plant almost dwarfs a farmer's son

He had traveled to the jungle of Bolivia, to Papua New Guinea and Madagascar, and had spent much time talking to many local healers, “picking their brains” about local traditional remedies. I asked him the one question that has been the focus of my research over the past 15 years: “In all your discussions with these healers, is there a plant that kept coming up, being associated with and used for a broad variety of health challenges?” My thinking was this: If a botanical is known to bring a wide variety of health benefits, it is possible that this plant could be working by supporting the natural role of stem cells in the body.

At first nothing came to the biochemist’s mind, as this is not the kind of things that usually interests traditional biochemists – as they generally want to find something that has one

specific effect on one specific health problem. My Indiana Jones-type new friend probably did not even take me very seriously. But as I began explaining to him the natural role of stem cells in the body and the impact of botanical stem cell enhancers in overall health, he began to see that my question was not ludicrous at all. Then he suddenly remembered a bag of small black pills that a healer had given him, telling him, “This will take care of any of your problems. That’s what you need to study.”

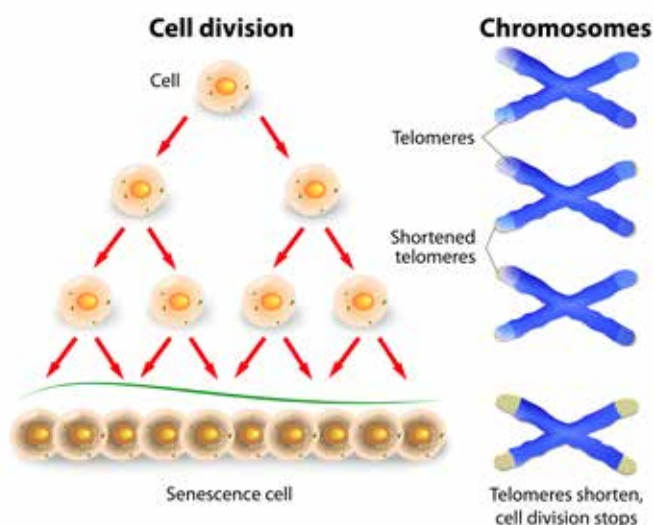
These pills have been handmade in Madagascar for many generations by a few select families whose mission is to continue to provide this ancestral remedy to the Malagasy people. It is used in Madagascar to maintain healthy blood glucose, to support cardiovascular and pulmonary health, to support strong joints and to provide a sense of energy. I asked my biochemist friend -- who later became known as *Madagascar John* -- if he could inquire as to the makeup of this ancestral remedy. When he did so, the black pill was revealed to be a unique species of aloe that is endemic to Madagascar.

Even though Madagascar is the cradle of dozens of species of aloe, these “miracle pills” had been made for centuries out of one unique species of aloe found only in Madagascar: *Aloe macroclada*.

Aloe macroclada grows in the mountainous region surrounding the national capital of Antananarivo. Since my serendipitous meeting in 2013 and in collaboration with Madagascar John, Stemtech has been working to develop a tight association of landowners in Madagascar where *Aloe macroclada* can be found, then to establish effective harvesting and processing systems, as well as to fulfill all the regulatory requirements involved in the harvesting and exporting of a protected Malagasy resource. Furthermore, although *Aloe macroclada* grows in the wild, Stemtech is currently developing plantations in Madagascar to ensure sustainability of this natural resource.

When tested in the lab, *Aloe macroclada* showed an effect on stem cell release that was roughly **twice the level** seen with AFA, and the effect was seen on more than one type of stem cells in the body. Over the past 18 months, we have had the chance to test this new product and -- using either our own laboratory preparation or the traditional pills made in Madagascar -- the results are extremely promising. Identifying the most effective fraction of *Aloe macroclada*, we continued the research and developed a new ingredient, effectively bringing StemEnhance® to yet a new level with the development of SE3.

But we did not stop there. Over the past few years, research has revealed another phenomenon touching the newly-formed tissue cells that derived from stem cells after their migration into various tissues. In brief, the longevity of a cell is determined by the length of a section at the end of its chromosomes called **telomeres**. In stem cells, telomeres are maintained by the enzyme telomerase. But as stem cells proliferate and become tissues cells, they lose telomerase activity and their lifespan becomes determined by the telomere length.



Telomeres are an essential part of human cells that affect how our cells age. Telomeres are the caps at the end of each strand of DNA that protect our chromosomes, like the plastic tips at the end of shoelaces.



Astragalus membranaceus

plant, *Astragalus membranaceus*, was shown to support the maintenance of telomere length. In animal studies, consumption of an Astragalus extract did not increase lifespan, but it did delay the onset of signs of aging, thereby increase “the healthspan within the lifespan.”

Therefore, as a complement to the Stem Enhance Blend, Fucoidan and the newly discovered *Aloe macroclada*, SE3 will also contain an Astragalus extract, literally making **SE3 the new generation in stem cell enhancement**. This new formula is the heart of a multi-center research project taking place in the United States, France, Spain and other countries, which is planned to include more than 600 participants studying the effect of endogenous stem cell mobilization on glucose metabolism, cardiovascular health and overall quality of life. Stay tuned for more on this far-reaching study! ■

Animal studies have shown that blocking telomerase activity provokes the early appearance of signs of aging. **When telomerase activity is restored, the signs of aging disappear and normal lifespan is restored.** Over the past few years a Chinese

6



A quick “photo op” for Madagascar John and me with a plantation manager

DON SAYS "3 IN 30" IS A RAGING SUCCESS LET'S KEEP THE MOMENTUM GOING!



by Don Kam,
VP/North American Markets

This is one of the simplest ways we have provided you to make good money and build your team. All you have to do is personally enroll new TeamBuilders or upgrade existing IBPs to TeamBuilder status. Then help them make EXTRA money by building their Freedom Teams quickly. As you help your new TeamBuilders build their Freedom Teams, you help them to earn bigger bonuses.

In 3 easy steps, YOU can earn a new Director leg and receive one FREE 2015 Convention Admission ticket (a \$300 value)! Plus a **NEW \$250 BONUS!!**

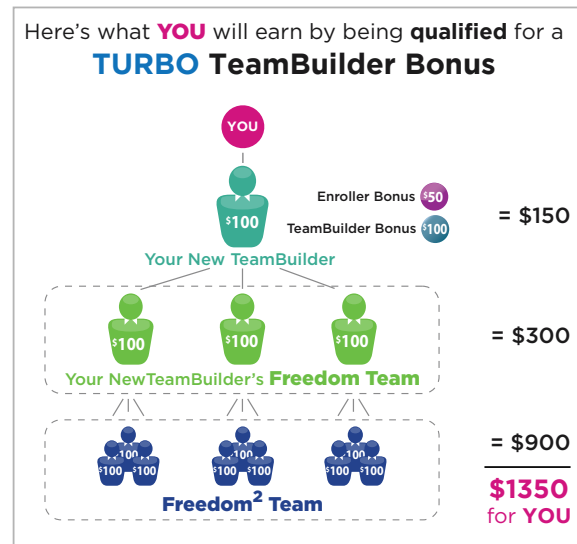
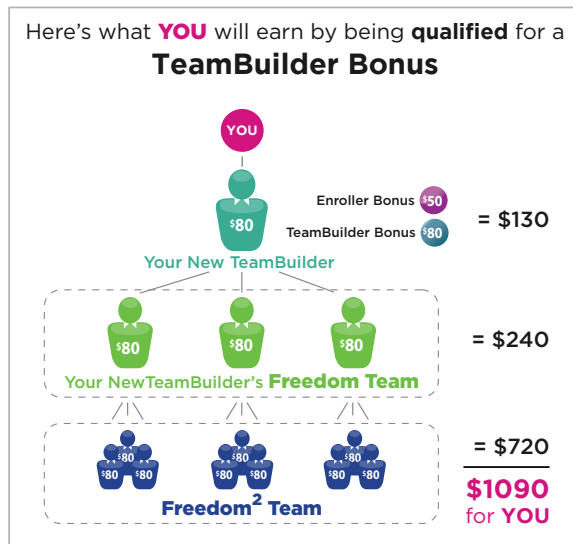
Here's How It Works:

DO THIS

EARN THIS

STEP 1	Personally enroll a NEW TeamBuilder or upgrade an existing IBP to TeamBuilder status and help them make extra money by building their Freedom Team quickly	You will earn immediate income and long-term residual income
STEP 2	Help your new TeamBuilder develop a Freedom Team with TeamBuilder Packs within their first 30 days from enrollment date or upgrade date†	Your new TeamBuilder earns a total of \$300: \$150 Bonus in addition to \$150 in Enroller Bonuses
STEP 3	Help your new TeamBuilder develop a Freedom² Team with TeamBuilder Packs by the 60th day from their enrollment date or upgrade date†	Your new TeamBuilder now earns a total of \$800: \$500 Bonus plus \$300 from Step 2. PLUS , he or she will be promoted to Director and be recognized with an exclusive Freedom² pin

BUT WAIT! THAT IS NOT ALL...



Our Dash to Director promotion is a great time to get started.
The TeamBuilder Bonuses are available NOW.

EVERYBODY IS A WINNER!

*Your director leg must be complete by 60 days from their enrollment date or upgrade date in order to earn a free 2015 convention admission ticket for one.

†Your new TeamBuilder can choose to develop a Freedom Team beyond their first 30 days but they will not be eligible for the \$150 bonus in step 2.

They can, however, still earn the \$500 bonus in step 3 and become a Director. All 13 must also be on Autoship (100 PPV).

CAVALCADE OF LEADERS

Each publication of **HealthSpan Online** will feature one or more Stemtech Leaders whose stories will motivate, inspire and entertain you. This edition we feature veteran **Triple Diamonds Chi-Tung Tsai** and **Marijke Long**.



CHI-TUNG TSAI

Belief, Loyalty and Teamwork Pay Off Handsomely

If you have attended Stemtech Conventions since 2007, you have undoubtedly noted the energetic Asian-American man with the big smile who seems to be everywhere at

once. This veteran Independent Business Partner is Chi-Tung Tsai, Triple Diamond and tireless promoter of “all things Stemtech.”

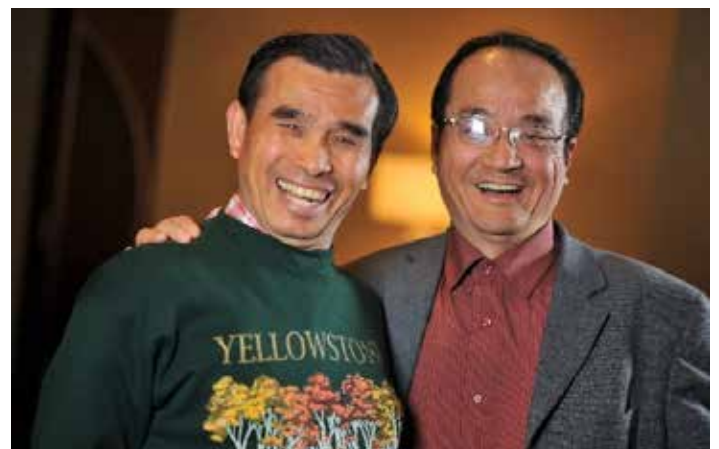
Over the years, Chi-Tung and his organization have added thousands of IBPs and Customers to the Stemtech Family. Keenly aware of the necessity to recruit new prospects continually, Chi-Tung has always gathered his team members and their prospects together in large meetings that have commonly generated both new enrollments and significant product sales. In 2007, his business party during the Holiday Season brought onboard SEVEN new distributors who were Triple Diamonds within two months! This year, with the help of VP Don Karn and Stemtech Canada Staffer Christy Jin, Chi-Tung’s organization welcomed three IBPs who also achieved Triple Diamond within a couple of months – Paul Liao, Hsiu-Ming Saunders and Madeleine Quan (profiled in the last **HealthSpan**) – at meetings that generated over \$100,000 in product sales. That big smile we all associate with Chi-Tung Tsai is even bigger and wider these days than ever before!

How does he do it? Chi-Tung says it has been his belief in the products and Stemtech opportunity, his faith in the company and his “far vision” of what the future holds have carried him through the “normal ups and

downs of the business” for eight years. He says that, as a Stemtech leader, his first responsibility is loyalty... to the company and his team. “A leader’s unfailing loyalty to the Stemtech Family brings growth and prosperity that benefits all of us.”

Never using a computer, Chi-Tung manages his vast international team with help from Triple Diamonds Jay Yeh and Nancy Teng. He thanks Stemtech, especially Ray Carter and Christian Drapeau “for the best business opportunity,” Don Karn and Christy Jin “for helping my team become bigger and bigger” and Jonathan Lim and Homer Lin “for help in Taiwan.” Most of all Chi-Tung appreciates “my 8800+ Business Partners for working together so well.”

We suggest you seek out Chi-Tung Tsai at Stemtech’s Convention in September. He will be easy to find, because he will be everywhere... Just look for that big smile!



Chi-Tung and Jay Yeh enjoying a great Stemtech Convention moment.



MARIJKE LONG

A Single Mom's Salvation

In October, 2005, Marijke Long was a single Mom raising three children who was in precarious financial condition – in danger of losing the family's home. Even though she was educated in her native Netherlands as an architect, Marijke knew that raising three teenagers while working outside the home was not ideal... or even practical. So when her longtime friend Christian Drapeau called, Marijke was eager to listen.

"Christian said that he and a partner had decided to launch their own company to market the innovative natural botanical product he had developed based on the blue-green *algae aphanizomenon flos-aquae* (AFA) that enhanced the work of adult stem cells in the body. Was I interested? I jumped at the chance!"

Marijke had been taking AFA for years and says, "I could never understand why potential marketers couldn't see what a stem cell enhancer could offer. So I was really thrilled that Ray Carter did share Christian's vision to bring this product to market."

At the now-legendary pre-launch meeting in October, 2005, Marijke's new life began. "I had no skepticism, no doubt whatever," she says. "We were all filled with raw enthusiasm, because we knew what we had in StemEnhance®. We wanted to get out there and tell everybody!"

The pioneering Distributors took full advantage of the fast-start bonuses and other incentives offered to them to spur growth. Within less than a month, the word about StemEnhance was out all across North America. Sales of the groundbreaking product went through the roof and the savvy pioneers from that first meeting saw the money rolling in. "I made over \$10,000 in the first month," Marijke says, adding, "It was obvious from the start that the kids and I were no longer going to lose our house!" By the second month, Marijke was a Triple Diamond, and she has never had to worry about money since.

Looking back, Marijke is philosophical: "Getting into network marketing was the best decision I could have made for my family. What other type of business would offer equal opportunity for a woman from a foreign country who had no money? What other opportunity could have given me the rewards I have enjoyed with Stemtech? I have maintained a good, steady income, my children have benefited from private schooling and excellent universities, I drive two beautiful cars – one bought with my earnings from Stemtech and the other earned through the Vehicle Bonus program -- and I have traveled all over the world, meeting thousands of wonderful people and sharing wellness. Through it all, I have been my own boss... so I never had to worry about 'juggling work and kids' activities,' as do so many working parents. Stemtech has given me freedom at the time in my life when it was most needed!"

As she looks ahead to the residual income she is building for her eventual retirement, Marijke notes that her experience with Stemtech has been about a lot more than financial freedom. "I am actually very shy and I have stage fright," she confesses, "so I had to make myself move out of my comfort zone to talk to people. Through my near-decade with Stemtech, I have gained a lot of self-confidence and self-esteem. And it is all because I KNEW from the start that Stemtech would change my life, as it has changed lives around the world!" ■



From Stemtech's **Your Business at Home** feature, Marijke in the first of her Stemtech cars.

SEDAN OR SUV OR PICKUP OR CONVERTIBLE...

CHOOSE YOUR WHEELS



When you qualify for any Tier on the **STEMTECH VEHICLE BONUS PROGRAM**, you get to go shopping for the vehicle YOU want (and Stemtech picks up the tab... up to \$1200 a month)!

Stemtech Independent Business Partners around the world are driving in style, courtesy of the Vehicle Bonus Program. Adorned with a Stemtech "wrap," these vehicles are **MOBILE ADVERTISEMENTS** for everyone's Stemtech business!

As of the end of the first quarter of 2015, we congratulate these qualified **DRIVERS** and **QUALIFIERS** (qualified but have not chosen a car yet):

NORTH AMERICAN DRIVERS

TIER 2

Marijke Long

Caroline Lohmeyer

Merlie & Dennis Kluver

TIER 1

Everett Potter

Izzy Matos

Mark Parsekian

Phillip Adidjaja



Yvonne North & Husband



Everett Potter

NORTH AMERICAN SHOPPERS

TIER 1

Donald V. Miller

Alejandro Medin

GLOBAL DRIVERS

TIER 4

Marie Joelle Roberts, Martinique

Patrice Guannel, France

Fabrice Nardol, France

TIER 3

Dominique Boulay, France

TIER 2

Ian Davies, Australia

Graham & Kay Kelly, United Kingdom

Claudia I.Z. Vargas, Mexico

Nadine Laliement, Reunion

TIER 1

Yvonne North, Australia

Linda Hoggard, New Zealand

John Kennedy, New Zealand

Ian & Kelly Adams, New Zealand

Lola Cabeu, Reunion

Yvette Fouque, Reunion

GLOBAL QUALIFIERS
TIER 2
Alma Angelica Hurtado Flores, Mexico
Sophie Brion, Reunion
TIER 1
Marita Mason, Australia
Eliseo Quintero Diaz, Colombia
David Constante Paredes, Ecuador
Marie-Christine Lhermitte, France
Francoise erthoumieu, France
Chantal Canet-Jeanton, France
Michael Patry, France
Jean Claude Loiseau, France
Ian & Kelly Adams, New Zealand
Lola Cabeu, Reunion
Juliette Glaentzlin, France
종웅 안, Korea
Olivier Bellance, Martinique

GLOBAL QUALIFIERS
Paulette Clavel, Martinique
Elise Elizabeth, Martinique
Annick Marous, Martinique
Patrice Chateau Degat, Martinique
Charles Louis-Rose, Martinique
Joycelyn Braban, Martinique
Marie Josephe Reman, Martinique
Manuel Macazaga Navarro, Mexico
Rosalva Macias Chavez, Mexico
Beatrice Adriana Gonzalez Baez, Mexico
Stem Aegle & Partners, Malaysia
Rajoforte Enterprise, Malaysia
Great Life Enterprise, Malaysia
Jonathan Gray, New Zealand
Daniel Dijoux, Reunion
Caroline Cuszzo, Reunion
Guinara Bilyalova, Russia
Po-Tsan Cheng, Taiwan

Want to get in on the **VEHICLE BONUS** and drive your own Stemtech-wrapped vehicle? Here's how:

VIP Customers Count Towards Your Qualification		Business Partners on AutoShip on your 1st Level	Business Partners on AutoShip in 3 Levels*	Total Volume 3 Levels of Business Partners*	Fully Qualified Director each month?
YOU GET PAID	\$300 USD Per month	10 personally enrolled	Minimum of 100	10,000 AutoShip PV**	YES
	\$600 USD Per month	15 personally enrolled	Minimum of 200	20,000 AutoShip PV**	YES
	\$900 USD Per month	20 personally enrolled	Minimum of 300	30,000 AutoShip PV**	YES
	\$1200 USD Per month	25 personally enrolled	Minimum of 400	40,000 AutoShip PV**	YES

** 50% Rule Applies

Once you meet these qualifications for three consecutive months, the Vehicle Bonus starts earning in the fourth month. Shop this month for a vehicle that can be in your driveway by October.

BUILD WITH AUTOSHIP NOW and soon you, too, will be DRIVING IN STYLE!



Ian Davies



Kay & Graham Kelly



Mark Parsekian

nutrition

By Heather Livingston, VP/Global Product Training & Sports Marketing



I have spent my entire career traveling around the world, sharing nutrition and health information with people of all ages. Often I am asked, “What do I need to be healthy?” While there is no one, simple answer to that question -- as everyone has different likes and dislikes, habits, lifestyles, and

genetics to consider – we can look into life stages of men and women and discuss needs for each gender at each life stage.

In this article, I will focus on the life stages of women. (Look for my next *HealthSpan* feature that will be about male life stages.)

To state the obvious, we women must consume a good nutritious diet every day to feed and fuel our cells so that they can do their jobs in our body. This means that eating complex low glycemic carbs – such as fresh fruit, vegetables, and whole grains -- as well as healthy fats and lean sources of protein is vital.

GENERAL DIETARY GUIDANCE

It is important that women maintain healthy levels of these elements:

Iron

Many women do not get enough iron in their diets and they lose iron through their monthly cycle. Women can maintain healthy levels of iron by consuming iron-rich foods like lean red meat, dark poultry, almonds, lentils, spinach and fortified whole grain cereals.

Calcium

The Recommended Daily Allowance (RDA) of calcium for women varies from 400 to 1,200 mg. For good bone health, women's diets must include dairy products, leafy green vegetables, oatmeal and other grains, tofu, cabbage, summer squash, green beans, garlic, and sea vegetables. (If you choose not to consume dairy, then supplementation is your best option.)

Magnesium

Since calcium only works when taken in conjunction with magnesium, women are encouraged to take the RDA of 500 to 800 mg of magnesium per day. Good sources of magnesium are: leafy green vegetables, summer squash, broccoli, cucumber, green beans, celery, halibut and a variety of seeds, including pumpkin, sunflower, sesame, and flax seeds.

Vitamin D

Another support for bone health in women comes from 400 to 1,000 IU of Vitamin D daily. This can come from about half an hour of direct exposure to sunlight OR from foods and supplements. Good sources of Vitamin D are salmon, shrimp, Vitamin-D fortified milk, cod, and eggs.

THE OTHER SIDE OF THE COIN

Women who consume all the recommended amounts of the “good stuff” listed above are not home free, however. There are some no-no's and warnings to keep in mind, too.

Alcohol and Caffeine

Women who drink two or more alcohol beverages a day increase their risk for osteoporosis. Caffeine interferes with hormone levels and increases loss of calcium.

Protein

Eating too much animal protein can lead to calcium loss and bone density loss. Women should switch often to plant-based protein, like seeds, nuts, beans, peas and tofu. When adult women are consuming animal protein, they should consume .8 grams of lean protein per kilogram (2.2 lbs) of body weight. (Piece of meat=size of your palm.)

Fiber

The vast majority of people who come to me with constipation issues are women. Even though all of us should consume 25-35 grams of fiber a day, on average we are taking in less than half of that. Besides assisting with intestinal transit time, fiber can help reduce the risk of

FOR LIFE STAGES, PART 1

heart disease, stroke, diabetes, as it assists in maintaining healthy weight. Women should increase their fiber intake by choosing whole, fresh foods and reduce or stop eating refined and processed foods.

NUTRITION GUIDELINES FOR LIFE STAGES

Adult Women

During the monthly cycle, some women experience PMS. To support the body's needs during this time, in addition to maintaining healthy iron levels, women should:

- Avoid trans fats, refined sugar, and salt
- Stop caffeine and alcohol
- Limit red meat and egg yolks
- Reduce dairy (but maintain good levels of calcium)
- Add in essential fatty acids
- Consider taking vitamin supplements.

Pre-pregnancy: Take prenatal vitamin supplements obtained from your doctor or choose one you like and inform your doctor of your choice. Important nutrients to consume: folic acid, zinc, selenium, omega-3 fatty acids, calcium and Vitamins E, C and D. (Note: These nutrients are beneficial for the male to take in pre-pregnancy with his partner, as well.)

During pregnancy and while breastfeeding, women should increase calorie intake by 300 calories per day, taking in a good amount of nutrition. These women should:

- Increase protein to 1-1.2 grams per kilograms of body weight
- Use no alcohol
- Cut out or greatly reduce caffeine. (Stick with what your doctor recommends.)
- Eat smaller, more frequent meals. (This helps reduce morning sickness and heartburn.)

Be wary of soft cheeses, sushi, deli meats, raw sprouts, and fish such as tuna that may contain high levels of mercury.

During menopause, women should assist in maintaining bone health and reduce the risk of osteoporosis by:

- Increasing the intake of calcium, magnesium and vitamin D.
- Limiting wine, sugar, white flour foods, and coffee.
- Consuming “good fats.” Omega-3 and omega-6 essential fatty acids as well as evening primrose oil and black currant oil are good sources of gamma-linolenic acid (GLA), an essential fatty acid that can help balance hormones and reduce hot flashes.
- Taking flaxseed, which is rich in lignans to help stabilize hormone levels and manage hot flashes.
- Consider using phytoestrogens, plant-based estrogens, which are similar to the estrogen produced by the body. Studies suggest that they may help manage menopausal symptoms. In this article, I have just touched the surface of the Guidelines women can follow to make the most of each of their Life Stages. There are numerous articles available in print and on the web about eating to maintain women's health through all the times of her life. A few online sites you may find interesting are:

<http://www.helpguide.org/articles/healthy-eating/diet-and-nutrition-for-women.htm> - used here in this article where you see reference number, 1.

<http://www.webmd.com/food-recipes/womens-nutrition-needs-special-attention>

<http://www.bbcgoodfood.com/howto/guide/balanced-diet-women> ■



Consuming Stemtech products every day assists in supporting every human's daily renewal process, which is essential to health through all our life stages.

GLOBAL FAMILY SNAPSHOTS



Jonathan Lester, Senior VP/Global Markets

As our Global Family continues to grow, including new nations and new opportunities for you to expand your business, we will share news from several of these global markets with you in each HealthSpan. We encourage you to reach out to people people in over 30 global markets, where Stemtech is sharing health and wealth to change people's lives.

TEAMWORK ACROSS BORDERS

CANADA & THE USA

by Errol Lester, North American Field Support Director, & Chuck Racette, Canada Business Development Manager

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Since he lives in a northernmost area of the United States and has lots of family and friends in Canada, it has always been natural for North Dakota Triple Diamond Everett Potter to build his Stemtech business on both sides of the border. In recent months – especially since he has a new Stemtech truck to drive around in (courtesy of the Vehicle Bonus program) – Everett has put a lot of effort into growing his team in Western Canada.

His Stemtech-wrapped truck and the vehicles of his

team that are sporting Stemtech promotional signs are highly effective advertising for the Stemtech product line and opportunity. People are eager to learn how they can qualify for the Vehicle Bonus that can put a Stemtech car or truck into their driveway. “And I am happy to tell them all about it,” Everett says, as he drives off to hold another recruitment meeting for his Western Canada team.

Everett encourages all Independent Business Partners to reach out to open markets across their adjacent borders. He points out, “One of the most exciting aspects of Stemtech’s international business model is the opportunity we have to build global teams.”



Everett Potter's Western Canada Team on the road to another successful meeting

BULGARIA

by Svetlana Nedkovska, General Manager

On April 26th Stemtech's Co-Founder and Chief Science Officer Christian Drapeau visited us in Bulgaria to present the Bulgarian edition of his first book, *The Stem Cell Theory of Renewal. Demystifying The Most Dramatic Scientific Breakthrough of Our Time* to the Bulgarian public. Christian gave a lecture for an audience of more than 200 Bulgarian scientists, health professionals, journalists and IBPs in Sofia, providing an invaluable insight into the last decade's scientific developments in stem cell research, along with the breakthrough discovery of natural stem cell nutrition. Christian's itinerary for the visit was very tight, including a press conference and several nationwide interviews on radio and television and a number of newspaper features.



IBPs and guests purchased their own copies of Christian's book in Bulgarian.



Audience members listened to Christian's presentation as it was translated simultaneously.

The interest that Christian's lecture, media exposure and the published book have aroused is sure to stir activity

throughout the region -- not only on the Stemtech front, but also in the general understanding that health and nutrition professionals in this part of the world have about the potential for enhancing the renewal system of our bodies to improve our daily lives and lifestyle.

THE PHILIPPINES

by Bernie Mercado, General Manager

Earlier this year, Stemtech's leaders in the Philippines market met in Tagaytay City for a very successful TeamBuilder Conference. This training event excited everyone in attendance to achieve higher goals, as it also created even more harmonious relationships among the team leaders who gathered together

These leaders and all Independent Business Partners



Happy leaders at our TeamBuilder Conference Raffles Corporate Center

in the Philippines are celebrating the recent opening of our new office in the Raffles Corporate Center that is strategically located in the bustling Pasig City center of Metro Manila. Our new office opened on May 23, timed to coincide with our regular monthly assembly of our market's team leaders.

We invite all Stemtech's Global IBPs to visit our beautiful new offices. Our new contact number is: +63 2 621 4633. ■

AUSTRALIA & NEW ZEALAND

by Leigh Mace, General Manager

2015 continues to be a sparkling year for Stemtech in New Zealand and Australia. We are so pleased to share our big congratulations for our latest Triple Diamond Directors, Yvonne North and Keith Wilkins from Queensland, whose story appears elsewhere in this first online HealthSpan.

For Stemtech IBPs in North America (and around the world), I have a little fun quiz for you:

How many people do you believe currently reside in Australia and New Zealand?

The number of people living in Australia in 2015 is

- (a) 15,980,700
- (b) 23,900,000
- (c) 52,609,600
- (d) 92,010,000

The number of people living in New Zealand in 2015 is

- (a) 1,998,900
- (b) 3,650,000
- (c) 4,600,000
- (d) 9,590,600

If you chose (b) for Australia and (c) for New Zealand, you know your Downunder populations!

Now, with such a small total population of under 30 million Downunder, you may be surprised to learn that our Stemtech Independent Business Partners comprise:

- 1 President's Club Director
- 12 Triple Diamond Directors
- 3 Double Diamond Directors

and 6 Diamond Directors... with Diamond rank in the sight of MANY IBP's who are quickly moving up the ranks!

And there's more great news... With the new improved Vehicle Bonus program, we already have SEVEN Stemtech branded cars with another THREE waiting for their designs! Our May training event provided an excellent photo opportunity, with three of these Stemtech cars in the same location. (See photo.) It was a real head-turner for everyone and great conversation starter!

Next up... Our June Stemtech Business Academy, where together we STRIVE forward! Come on Downunder for a visit. We would love to show you our special corner of the world! ■

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THREE Vehicle Bonus Program cars and their happy owners greeted IBPs at May's training event.

RISING STARS

We are bringing back this popular *HealthSpan* feature, highlighting inspiring stories of Independent Business Partners on their way to the top with Stemtech.

FROM CORNER TO CORNER... NORTH AMERICANS ARE BUILDING BUSINESSES!



William Kelly Briske,
Double Diamond
Alaska

Although he has been taking Stemtech's products for over eight years, it was only last year that Kelly decided to

do the business. He had learned about StemEnhance® in 2007, when he was facing the removal of his one eye after a construction accident had led to ten unsuccessful surgeries to reattach the retina.

He explains, "Just by chance, I heard about a new product that worked to renew cells. A little research led me to Denny Kluver, who connected me with Peggy Zumbaum, who shared her dramatic results with StemEnhance for eye problems similar to mine. I began taking the product and within weeks my eye's "blue atrophy" appearance went away. Within months I was beginning to see again."

After spectacular results like that, you may ask WHY it took Kelly another seven years to start his Stemtech business. "I was really focused on running my construction companies," he says, "and I helped friends and family to achieve better health with Stemtech's products... but as a sideline." But all through the years, Denny was there, encouraging Kelly to get into the business. Kelly says, "Last year I was ready to listen!"

Once he decided to build a Stemtech business, there was no stopping Kelly Briske. He zipped through the ranks at warp-speed, enrolling TeamBuilders and VIP Customers

right and left. He and his growing team have put Alaska on the Stemtech map... big-time!

As he phases out operations of his construction companies and enjoys "perfect vision in both eyes," Kelly is all-in with Stemtech. He says, "Even though it took me awhile to see it, Stemtech has given me a whole new purpose ... helping people to change their lives. This is so gratifying!"



Magalli Arita,
Director
Florida

Once Magalli learned of the benefits of *aphanizomenon flos-aquae* (AFA), she began searching for the right company marketing this natural botanical, arriving –

naturally – at Stemtech. She says, "Only Stemtech has a solid foundation, based on its scientific background. It is a respected member of the Direct Selling Association (DSA) and has been featured in the INC. Magazine's top 5000 companies. I knew at once that Stemtech was a company I could trust."

A busy realtor with some previous experience in network marketing, Magalli is also active in the charitable work of her church and in fundraising for a number of local non-profit organizations and the music program of her children's school. She feels that Stemtech's products have helped her to overcome the fatigue and anxiety she used to experience that limited her enthusiasm for the active life she now enjoys.

Magalli takes full advantage of living close to Stemtech's World Headquarters, stopping in regularly to visit with staff members and make good use of the Business Center to support her growth and goals: For the coming year, she says, "I want to share our products and opportunity beyond the USA to help people to a better quality of life. I will take action, not letting any person or circumstance stop me!" ■

SUCCESS THROUGH TEAMWORK



By Allan C. Somersall, M.D., Ph.D



"No man is an island." These words from the poet John Donne in the 17th century are truer today and even more relevant in our

very complex world.

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With the information explosion in this generation and the necessary demand for diverse skills and levels of expertise, it is essential to cooperate with others to get most big jobs done. Just think of what it takes today to make a new discovery, fly an airplane, do a surgical procedure, construct a bridge, achieve MVP or valedictorian status, solve a major crime or yes ... build a small business. It takes a team!

Individual success is, therefore, a thing of the past. Gone are the days when a single idea, or a combination of one individual's hard work and sheer persistence (with some good luck) could produce revolutionary breakthroughs and amazing success. Even the individual heroes of our modern culture owe their success largely to the proficiency of their supporting casts. In business, sports, entertainment or any major venture, if the truth be told, no one makes a major impact today without strong support from their team. A solo performance is almost unknown in the business world generally, and it is certainly unheard of in the world of network marketing.

The most successful network marketers have proven to be energized lovers of people, effective

team builders and exemplary leaders with essential communication skills. They all build teams that form the foundation of their success.

You are no different. Your business is no different. After all, network marketing is -- by definition -- the sharing of ideas and values with others, with the resulting movement of goods and services through a growing network. And what's that if it is not a team of people, caring for each other -- and through their combined efforts -- sharing the same goods and services they have come to cherish?

It all makes so much more sense in the revolutionary age of social media. What a perfect resource for your extended team-building!



So, don't be a loner. Once you embrace the magic of teamwork, people on your team will know people you don't know and do much more than you could ever do alone. Working with your team, you can multiply your personal effective value a hundred-fold -- perhaps in the next hundred days!

Begin today: Build a team. Identify a few key players and invest yourself in them. I like the matrix of a KEY 5, who each find another 5 of their own, who then in turn, recruit and train yet another 5 for themselves. With this plan, before you know it you can have a team of more than 150 people working together, building their futures while sharing mutual success.

Keep in mind that a successful team is always dynamic. Within the team, there is that special synergy of energy and enthusiasm. There is healthy competition and valued recognition. There are treasured relationships that extend beyond the business at hand that form bonds that reduce attrition and spur growth.

Do not underestimate the value of teamwork. Your entire business success depends on it. Find a team for your early success. Build a new team for your big success. Support and strengthen your growing team for long-lasting success! Whatever else you do, be a Team Player and prove for yourself another ancient truth:

Together Everyone Achieves More!

The most successful network marketers have proven to be energized lovers of people, effective team builders and exemplary leaders with essential communication skills.

YOUR LEADERSHIP TEAM

The Diamond Advisory Board



Phyl Franklin
Triple Diamond Director



Denny Kluver
Triple Diamond Director



Marijke Long
Triple Diamond Director



Mark Parsekian
Triple Diamond Director



Everett Potter
Triple Diamond Director



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Stemtech North American Convention 2015!

It's all happening on the beach in Hollywood, Florida

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SE3 was just launched at the Stemtech Business Academy in Florida. If you were there, you know how much fun and excitement we had ... **AND** you are eligible to get **DOUBLE** the free bottle offer.

**Get your Bonanza Silver 6 Pack or
Bonanza Gold 12 Pack today!**

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