

# STEM CELL THERAPY

## *...my story...*

By Kat Rowoldt

This is my story. Everyone's story is different. Everyone's body is different. But this is something you need to consider.

I am on a mission. Something I am very excited to share with you.



I did Stem Cell Therapy 2 months ago, and it's been amazing. I'm excited to let you know that Shirley Williams (who has her own amazing story to share) will be back in San Angelo this Thursday, August 8th, 6pm, at the West Texas Rehab Center - Conference Center, 1925 University. See the flyer below.

I want the whole world to know the benefits of doing this. For me, I was drawn to it because of spinal pain that I have been dealing with since my cancer radiation treatments. Over a 12-month period of time, I had had 7 spinal injections to deal with collapsed disks and pinched nerves. FYI - I was due for my 8th injection on July 8th - but I joyfully cancelled it due to not being in pain any longer in my back.

I was smart enough to jot down my health issues the day before my injection, because I knew I would forget most of them. Here is a quick list of some of my issues before doing this:

- Right knee x-rayed- bone on bone - doctor ready to schedule complete knee replacement
  - 2 months later - my pain is virtually gone - believing for completely new cartilage to fix that health issue. It forecasts weather a bit now.

- Spinal deterioration - C6, C7 are collapsed on one another with C5 collapsing and pinching a nerve causing pain down both arms
  - 2 months later - I have not had another spinal injection, nor ANY PAIN MEDS since my stem cells, with the exception of 2 normal Tylenol one day
- Lower back had collapsing disks as well that an MRI revealed
  - No lower back pain now - yippee!!!
- Numbness down both arms due to pinched nerve
  - Still have a little numbness, but only 2 months out - with bone or spinal issues, they say 3-6 months for complete recovery. I'm on my way.
- Both shoulders needed some minor repairs on the rotator and bone spurs
  - Pain is minimal to virtually gone at only 2 months out
- Walking/Standing had become difficult. Hips had become extremely painful in standing up from sitting or lying down. I had to pause to get my balance and pain to settle before beginning to walk.
  - WOW - I can stand up and walk immediately totally pain free. I even found myself sitting in bed Indian style, something I hadn't done in decades.
- Overall pain was advancing quickly - I was having to use Tylenol 3 almost every other day to stay functional.
  - I have had zero pain meds since receiving my stem cells.
- I was pre-diabetic, with sugar running 170-180 and tipping 200 periodically.
  - Immediately my numbers dropped to the 130's. Yea!! I could be perfect if I just tweaked my diet a bit now.
- The pain had started hurting my mind.
  - The clarity of thought now is fabulous.
- My get up and go - had left. I'd been forcing myself to keep going.
  - Energy level has returned.
- Here's the extra bonus - from God - something I didn't have on my list. 6 hours after having the injection, lying in bed, I was reading the bottom ticker-tape on Fox News, something I had not been able to read without glasses in years. A month ago, I had my annual eye examine. My eye doctor had to

rewrite my prescription because my vision had IMPROVED. WOW!!!

- Now I can add another Woohoo! It was time for my bone density test. I haven't had a good report in this area in over twenty years, have done meds at times, etc. My report came back NORMAL. I asked the doctor what that meant. He said I was really NORMAL. He pulled me off of calcium!!! WOW!!! He was excited about what he saw and will be very interested in monitoring it over time.

I don't know if you have an ache or pain, a health issue, or would just like to feel overall better - or know someone who does, but I really would like for you to come and check this out. I truly see this as tomorrow's medicine today - a means to give us a quality of life for however many days we have remaining.

I just can't tell you the joy I have now, not being in pain like I was.

If you can come, plus any family and friends, please email me back so we can have a rough headcount. We want to be sure to have enough seating for everyone.

Thursday, August 8<sup>th</sup>, 6pm -WTRC Conference Center  
1925 University Drive - between Glenn and WTRC  
San Angelo, TX 76904

I do hope you can clear your schedule and meet me there! I look forward to seeing you.

## **Kat Rowoldt**

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