FOUNDATIONAL LECTURES

EXOSOME BLOGS

Exosomes 1: The Journey Begins https://tinyurl.com/exoblog1	**Last week, I opened the practice to friends and longstanding patients. I will share some notes about my observations**
Exosomes 2: Not inert https://tinyurl.com/exoblog2	Today is day 15 after injection and for the first time in a long time, this 80-yo completed his 5.8mile run without stopping to walk due to knee pain. He is very happy!
Exosomes 3: Brain and Neck trauma https://tinyurl.com/exoblog3	It is possible that the anti-inflammatory nature of the exosomes helped to relax the muscles, allowing for resolution of the whiplash and muscle spasms that were producing subluxation
Exosomes 4: Back on the treadmill again https://tinyurl.com/exoblog4	It appears that the benefits of tendon injection are gradual and continuous and are better at four weeks than at two weeks
Exosomes 5: Clinical Medicine in Bittersweet https://tinyurl.com/exoblog5	“we don't see things as they are, we see things as we are.” Evidence-based medicine and the doctrines of standard empiricism offer a structure for analyzing medical decision making but are not sufficient
Exosomes 6: Healing Takes Time https://tinyurl.com/exoblog6	A patient whom I treated sent a 3-minute video of talk show host, Joe Rogan, explaining how he feels exosomes fixed his shoulder labrum tear
Exosomes 7: Nerve Pain Gone https://tinyurl.com/exoblog7	Within 24 hours, The pain she had endured for four years was completely gone and has remained gone for over a week
Exosomes 8: Disinformation or Bad Science https://tinyurl.com/exoblog8	Unless you gently dissolve the lipid bilayers of the exosomes with detergent that doesn't also destroy the contents, you can't know what's inside.
Exosomes 10: Interviews with exosomes experts https://tinyurl.com/exoblog10	To watch these seven related videos interviewing experts in regenerative medicine with a focus on exosomes and their many uses

Exosomes 11: Deb B's knees are improving https://tinyurl.com/exoblog11	This week's blog is a video posting about my patient, 65-yo Deb B. She received exosome therapy two and a half weeks ago and from the first moments of injection, she has felt much better.
Exosomes 12: 80yo Doug runs 121 miles in 6 days https://tinyurl.com/exoblog12	This week's blog is about 80-yo Doug. Since exosome injection in March, he has been running...a lot. Just a few weeks ago, he ran 121miles in 6 days.
Exosomes 13: Microneedling my Mom with exosomes https://tinyurl.com/exoblog13	Mom claims the face is smoother, wrinkles faded, and pores are smaller just four days after microneedling with exosomes
Exosomes 14: The shoulder https://tinyurl.com/exoblog14	“I went to the gym to test my bad shoulder that injected. It is now better than my good shoulder with at least 90% improvement so far"
Exosomes 15: Face Blindness https://tinyurl.com/exoblog15	I'm happy to report that her face blindness has seen a 30% improvement which has brought her to the point of not being nervous in social situations
Exosomes 16: Lectures in Hawaii https://tinyurl.com/exoblog16	I have posted two lectures given in Hawaii. The first is a general lecture and the second is about clinical applications of exosomes
Exosomes 17: Reading is "fun"damental https://tinyurl.com/exoblog17	If you are someone who once enjoyed reading but now find it hard to concentrate, you may want to also consider nasal exosome therapy
Exosomes 18: Dental health improved https://tinyurl.com/exoblog18	For those of you who are battling the gradual loss of teeth and dental health, perhaps exosomes therapy can offer some relief
Exosomes 19: Chakra Balancing https://tinyurl.com/exoblog19	In the traditional Hindu religion, they speak of Chakras which are subtle energy "wheels" of a mixed literal and allegorical nature
Exosomes 20: Seborrheic Dermatitis https://tinyurl.com/exoblog20	This blog is about a case of seborrheic dermatitis that improved after exosomes given with microneedling.
Exosomes 21: Bias in unavoidable https://tinyurl.com/exoblog21	The ability to be a reliable historian and judge of any changes after exosome therapy is a challenge for nearly everyone.
Exosomes 22: Is there really no such thing as bad press? https://tinyurl.com/exoblog22	One year ago, few people had heard of exosomes and everyone was a friend; 12 months later gossip and slander are as plentiful as beach balls and t-shirts from cannons at a summer music festival.

Exosomes 23: Stasis Dermatitis https://tinyurl.com/exoblog23	It appears that exosomes from young exosomes may have helped the venous stasis and resultant dermatitis in this patient
Exosomes 24: How long do exosomes last? https://tinyurl.com/exoblog24	If you wash an undamaged car really well and then garage it in a dustless vacuum chamber away from the sun, the car will stay pretty clean for a really long time
Exosomes 25: knee treatments https://tinyurl.com/exoblog25	Of all the treatments I do, I believe exosome treatment of knees are one the most effective.
Exosomes 26: The Placebo Effect https://tinyurl.com/exoblog26	People would like to believe that the placebo effect can repair many things, but the truth is that faith healing comes from belief in real results
Exosomes 27: Soft signs of Exosomes Actions https://tinyurl.com/exoblog27	I suppose you could say we experience a force in both a Newtonian sense and in the Star Wars sense!
Exosomes 28: Varicose Veins https://tinyurl.com/exoblog28	Within ten days of exosome therapy, this 48-yo's varicose veins disappeared
Exosomes 29: Are exosomes "smart?" https://tinyurl.com/exoblog29	Most likely, the exosomes dock and release their contents rather indiscriminately into many types of cells.
Exosomes 31: Leg Swelling https://tinyurl.com/exoblog31	I present some cases of resolution of leg swelling after use of exosomes and will explain what could be causing this improvement.
Exosomes 32: Nerve Regeneration https://tinyurl.com/exoblog32	Within 12 hours, the sensation returned in the first two fingers of his left hands and he experienced improvement in fine touch in the soles of his feet
Exosomes 33: Reversal of Menopause in a 71yo woman https://tinyurl.com/exoblog33	I want to describe a fascinating case of resumption of menstruation in a 71-yo woman
Exosomes 34: Double Vision https://tinyurl.com/exoblog34	About 7 weeks ago, I gave 5B IV MSC exosomes to a 76-yo woman.Since then, she states the double vision has resolved
Exosomes 35: Cold Hands and Feet https://tinyurl.com/exoblog35	Exosomes may help with chronically cold feet by assisting circulation
Exosomes 36: Tinnitus https://tinyurl.com/exoblog36	This blog is a case report of a patient who experienced dramatic improvement in her tinnitus after exosome injection.
Exosomes 37: The First Year's Results https://tinyurl.com/exoblog37	In this blog, I would like to honestly and comprehensively review my first year of clinical use of exosomes.

Exosomes 38: Bell's (Facial nerve) Palsy https://tinyurl.com/exoblog38	This brief blog is a summary of an interesting case of Bell's Palsy that improved after MSC exosome injection
Exosomes 39: The delayed reactions https://tinyurl.com/exoblog39	I describe instances where the improvements after exosomes took months to manifest
Exosomes 40: Traumatic Brain Injury https://tinyurl.com/exoblog40	A man with a history of traumatic brain injury had improvements in tinnitus, hyperacusis, and facial neuralgia
Exosomes 41: Leg neuropathy https://tinyurl.com/exoblog41	75-yo Bob had a five-year history of idiopathic lower leg neuropathy. Exosome injections were associated with significant improvements.
Exosomes 42: Facial Rejuvenation https://tinyurl.com/exoblog42	47-yo woman claims her face looks younger after a microneedling treatment with exosomes
Exosomes 44: Long Covid https://tinyurl.com/exoblog44	51-yo woman with “Covid brain” describes her symptom improvements after exosome treatments

EXOSOME WEBINARS

Exosome Webinar 1: What are Exosomes https://tinyurl.com/exoweb1	**Dr. Ed Park explains what exosomes are. Run time 24 minutes**
Exosome Webinar 2: "Back Pain" https://tinyurl.com/exoweb2	Dr. Ed Park explains back pain and its common causes. Can exosomes help? We speak to a patient who believes they did
Exosomes Webinar 3: The Shoulders https://tinyurl.com/exoweb3	Dr. Ed Park of Recharge Biomedical explains the shoulders, their common problems, and typical treatments. He also describes his experiences using exosomes in the areas.
Exosomes Webinar 4: The knees https://tinyurl.com/exoweb4	Dr. Ed Park of Recharge Biomedical explains knee anatomy and function. He describes common knee problems and their treatments.
Exosomes Webinar 5: Gout https://tinyurl.com/exoweb5	Dr. Ed Park of Recharge Biomedical explains what causes Gout and how it is typically managed.
Exosomes Webinar 6: The Hips https://tinyurl.com/exoweb6	Dr. Ed Park of Recharge Biomedical explains hip anatomy and function. Are you hip to how important the hips are?
Exosomes Webinar 7: Tendons https://tinyurl.com/exoweb7	Dr. Ed Park of Recharge Biomedical tendons and how they repair. He presents several cases of exosome use in tendinopathy

Exosomes Webinar 8: Menopause https://tinyurl.com/exoweb8	Dr. Ed Park of Recharge Biomedical explains current thinking on menopause and presents a remarkable case of a 73yo who resumed menstruation
Exosomes Webinar 9: Leaky Gut https://tinyurl.com/exoweb9	Dr. Ed Park of Recharge Biomedical presents a remarkable case of clinical improvements that may represent improvement in leaky gut syndrome. Is leaky gut a real thing?
Exosomes Webinar 10: Stasis Dermatitis https:/tinyurl.com/exoweb10	Dr. Ed Park of Recharge Biomedical explains the common conditions of stasis dermatitis and leg swelling. He presents several cases of improvement after use of MSC exosomes
Exosomes Webinar 11: Nerve Generation https://tinyurl.com/exoweb11	Dr. Ed Park of Recharge Biomedical presents three cases of nerve regeneration after use of MSC exosomes. How do nerves regenerate?
Exosomes Webinar 12: Stroke Rehab https://tinyurl.com/exoweb12	Dr. Ed Park of Recharge Biomedical explains strokes and presents two cases of symptom improvement after exosome use
Exosomes Webinar 13: Dental Problems https://tinyurl.com/exoweb13	Dr. Ed Park of Recharge Biomedical explains dental problems and presents two cases where exosomes may have been helpful
Exosomes Webinar 14: Erectile dysfunction https://tinyurl.com/exoweb14	Dr. Ed Park of Recharge Biomedical explains what causes Erectile Dysfunction and the methods commonly used to treat it.
Exosomes Webinar 15: FAQs https://tinyurl.com/exoweb15	Dr. Ed Park of Recharge Biomedical addresses FAQs about exosome treatments. How are they different from stem cells? Are they FDA-approved? How much does it cost? What are his results?
Exosomes Webinar 16: Acne https://tinyurl.com/exoweb16	Dr. Ed Park of Recharge Biomedical explains acne: what causes it, how to prevent and treat it, and how exosomes might have helped one case improve
Exosomes Webinar 17: Tinnitus https://tinyurl.com/exoweb17	Dr. Ed Park of Recharge Biomedical explains tinnitus, or ringing in the ears.
Exosomes Webinar 18: Face Blindness https://tinyurl.com/exoweb18	Dr. Ed Park of Recharge Biomedical explains face blindness, or prosopagnosia, which affects about one in fifty people.

Exosomes Webinar 19: Vision https://tinyurl.com/exoweb19	Dr. Ed Park of Recharge Biomedical explains vision and describes two cases of improvement after exosomes.
Exosomes Webinar 20: Hair Loss https://tinyurl.com/exoweb20	Dr. Ed Park of Recharge Biomedical explains hair growth and loss. Three cases of exosome use with microneedling are presented
Exosomes Webinar 21: Autoimmunity https://tinyurl.com/exoweb21	Dr. Ed Park of Recharge Biomedical explains autoimmunity by way of explaining our immune systems.
Exosomes Webinar 22: Aging https://tinyurl.com/exoweb22	Dr. Ed Park of Recharge Biomedical explains his theory of aging. How could exosomes help mitigate the challenges of aging?
Exosomes Webinar 23: MSCs https://tinyurl.com/exoweb23	Dr. Ed Park of Recharge Biomedical tries to explain what Mesenchymal Stem Cells are and why their exosomes are so special
Exosomes Webinar 24: Comparing exosomes https://tinyurl.com/exoweb24	Dr. Ed Park of Recharge Biomedical explains how exosomes are made and validated. Dr. Duncan Ross interviewed
Exosomes Webinar 25: Repeat Injections https://tinyurl.com/exoweb25	Why do 50% of our patients choose to repeat treatments?
Exosomes Webinar 26: Best Cases https://tinyurl.com/exoweb26	Dr. Park presents some the best results after exosome use
Exosomes Webinar 27: Unhappy Patients https://tinyurl.com/exoweb27	Dr. Ed Park explains why some patients are unhappy after exosome use. A live webinar with actual patients calling in
Exosomes Webinar 28: Science of Exosomes https://tinyurl.com/exoweb28	Dr. Ed Park of Recharge Biomedical explains of the basics of exosome science
Exosomes Webinar 29: ICYMI https://tinyurl.com/exoweb29	Dr. Ed Park reviews the educational materials he has been making regarding exosomes
Exosomes Webinar 30: Injection techniques https://tinyurl.com/exoweb30	Dr. Ed Park explains some common injection techniques
Exosomes Webinar 31: Stem Cells vs. Exosomes https://tinyurl.com/exoweb31	Dr. Ed Park explains the differences between stem cell and exosome therapy

Exosomes Webinar 32: Ask me Anything https://tinyurl.com/exoweb32	Dr. Ed Park answers your questions live. Topics include how they go where they're needed, what is the spinal versus epidural injection, and whether pets are telepathic
Exosomes Webinar 33: What is in exosomes? https://tinyurl.com/exoweb33	Dr. Ed Park does a live webinar explaining what is in MSC exosomes and how they may be assisting in regeneration and anti-inflammation.