

**Have More Energy,
Better Sleep
and
Reduced Stress**



StemRenu™

***The Next Breakthrough
in Nutrition***

by Peter Glickman

StemRenu™ supports the normal function and structure of the body and is not intended to prevent, cure, treat or mitigate any disease or illness. This information is intended for educational purposes only and is not intended as a substitute for licensed health care advice, diagnosis or treatment. Always seek professional medical advice from your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. The testimonials included are personal experiences only and should not be construed as normal and/or average results from taking StemRenu.

Peter Glickman is an independent NHT Global distributor and all information and opinions expressed by the author are his and not endorsed by NHT Global. These statements have not been evaluated by the FDA.

Grateful acknowledgement is made to Dr. Chris Morris and Tina Johnson, formulators of StemRenu, for their information and help.

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WHAT IS STEMRENU?

- Fertilized Egg Extract
- Shark Cartilage
- Aloe Vera Gel Extract
- Green Tea Extract
- An Organic Plant-Based Source of Calcium and Trace Minerals

All the ingredients of StemRenu are foods. There are no drugs and no negative interactions have been observed with any medications or other supplements. Since StemRenu is just food, it is *safe for anyone not allergic to eggs or fish*.

StemRenu ingredients are either organic or wild crafted (harvested in the wild); without sugar, soy protein, corn, wheat, gluten, dairy or artificial colors and are Non-GMO.

What Can It Do for You?

- Increase energy and endurance
- Improve sleep for better recovery
- Provide proven stress reduction for athletes
- Improve mental focus, attention and concentration
- Balance blood sugar
- Balance hormones naturally
- Prolong peak athletic performance
- Reduce recovery time between workouts or after competition
- Repair damaged cells

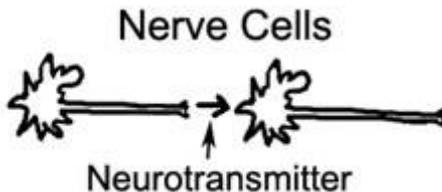
Fertilized Egg Extract

One of the key ingredients in StemRenu is an extract from high quality, fertilized eggs laid by unconfined, well-nourished chickens in a natural environment in Norway, where the cold climate protects from bacteria. As a result, the chickens need and receive fewer potentially toxic vaccines.

The protein extract is taken from the egg just before the signaling molecules affect the embryo. This is when the egg contains the maximum nutrients, enough, not just to support life, but to create rapid growth of new life. Also, because it is extracted before the embryo develops, it supports body renewal in other species: man, dogs, cats, horses, etc.

How Does It Work?

It benefits you in two different ways. The first way is by balancing some of your body's most important neurotransmitters. A neurotransmitter is a chemical produced in one nerve (neuro) that is sent (transmitted) to another nerve to cause that receiving nerve to respond in a particular way.



Serotonin

Among the neurotransmitters that StemRenu affects is serotonin. Serotonin has been shown to positively influence:

- Appetite
- Sleep
- Memory
- Learning
- Body temperature
- Mood
- Libido
- Cardiovascular function
- Muscle contraction
- Hormone regulation and
- Depression

Perhaps this is why some people taking StemRenu report falling asleep more easily; into a deeper, more restful sleep and feeling better.



Dopamine

Another neurotransmitter that StemRenu affects is dopamine. Dopamine is best known for the pleasure and satisfaction it produces in certain situations, such as exercise, eating, sex, and drugs. Drugs produce a temporary high by artificially preventing dopamine from being eliminated after it has been produced. When the drug wears off, the dopamine suddenly drops, leaving the person craving more drugs to get the wonderful feeling back. Alternatively, StemRenu regulates (usually increasing) dopamine production so there is no sudden drop and therefore no feeling of addiction.

Dopamine research suggests it is related to extroverted behavior in people, making them more outgoing and goal oriented. In addition, Parkinson's and some mental diseases such as schizophrenia, have been shown to be correlated with reduced levels of dopamine.

Cortisol

In addition to affecting neurotransmitters, StemRenu has been shown to boost the body's ability to handle stress and therefore reduce the release of cortisol. Cortisol is a hormone produced by the adrenal glands that sit atop the kidneys.



Cortisol has been called the stress hormone. It is the only hormone in the body that increases as we age!

Cortisol increases the amount of energy in the body by releasing sugar that has been stored in fat cells, manufacturing additional sugar from reserves in the liver and converting muscle cells into even more sugar for energy. All this energy was once very useful when our ancestors needed to fight saber-tooth tigers or run from them. In our modern world, it helps us start the day and, indeed, cortisol levels are highest in the morning and about half that much around midnight.

As part of its function to prepare the body for extreme physical effort, it raises blood pressure and reduces immune activity, freeing the body to use all its energy for the external effort of fighting or running. The reduction of immune activity is what makes people under stress highly susceptible to illness.

Cortisol also reduces the pleasure chemicals, serotonin and dopamine, to ensure you will not be calm and feel good when you need to handle that dangerous saber-tooth tiger. While this was perfect when life-threatening situations were common, stress has become a major problem in modern life.

Although a little cortisol in the morning gets us going, extended periods of high cortisol are very destructive to the body. Over a long period of time, cortisol:

- stimulates appetite.
- promotes obesity.
- causes collagen loss in the skin (wrinkles).
- increases blood pressure.
- interferes with mental clarity and focus.
- causes hardening of the arteries.
- reduces growth hormone and testosterone.
- increases osteoporosis (bone loss).
- impairs fertility.
- increases muscle loss.
- causes depression.
- damages brain cells.
- impairs learning.

Perhaps the serotonin increase which improves mood, the dopamine increase which provides pleasure and satisfaction, and the reduction of cortisol from the reduced stress are the reasons this fertilized egg extract was found to reduce depression. (“The Effects of Powdered Fertilized Eggs on Depression,” *Journal of Medicinal Food*, July/August 2011)

In addition, the fertilized egg extract dramatically speeds the recovery rate after physical exercise and sports for athletes.

But the fertilized egg extract does more than that.

Stem Cells

In October 2012, something completely revolutionary won the Nobel Prize for Medicine: stem cells. Stem cells are cells that can become different types of cells, such as a brain or nerve cell. Other stem cells might become liver cells, heart cells or cells of other organs. This is how the single cell of a fertilized egg can become the entire body: eyes, stomach, skin, hair, etc. In addition to that, stem cells maintain the original, undamaged blueprint for each cell throughout the life of the body.

Stem cell treatment has been of great interest to scientists and doctors because they see stem cells as able to recreate failing and diseased parts of the body. For example in 2010, surgeons in the United Kingdom gave an 11 year-old boy a brand new airway in the throat (trachea) that was grown entirely from his own stem cells. Two years later, at the age of 13, the boy was well, happy and did not need any drugs to prevent his body from rejecting the new airway because it was actually grown from his own cells.

In 2012, the *British Medical Journal* reported an American surgeon, Robert Lanza, enabled 2 women, who had degeneration of vision (macular degeneration), to regain some of their lost sight by injecting stem cells into their eyes. On this basis, he was granted FDA approval for clinical trials.

Previously, stem cells that could function in anyone's body were only found in embryos. This was controversial because obtaining these stem cells required destroying the embryo. However, Shinya Yamanaka, one of the two scientists sharing the 2012 Nobel Prize for Medicine for their work in stem cells, discovered a way to make stem cells from ordinary skin cells!

Dr. Yamanaka transformed the ordinary cells by putting them into a solution containing growth factors. (These growth factors should not be confused with human growth hormone, which is completely different.) Growth factors are capable of signaling cells to grow, reproduce and differentiate into specific cells, such as stomach or skin cells.

One group of cells in your body develops into bone, cartilage or collagen. (Collagen holds the body together and is found in skin, cartilage, bone, blood vessels, intestines and spinal discs.) These cells are called fibroblasts because they are in the shape of fibers. The growth factor that signals these cells to become new skin, hair, nails and blood vessels is called fibroblast growth factor. As you might imagine, this growth factor is very important in healing wounds.

Fibroblast growth factor is also vital to the development and maintenance of brain and nerve cells. So much so that its lack can lead to birth defects or brain/nerve malfunction.

Although your body contains stem cells, they are not replacing damaged cells because they lack the growth factors necessary to activate them if you are over the age of 20. The fibroblast growth factor that is contained in the fertilized egg extract in StemRenu might explain its wide range of results.

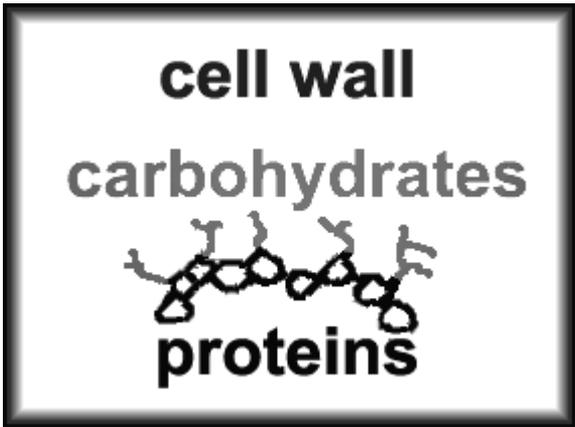
Shark Cartilage

A 1989 study gave shark cartilage to six elderly patients suffering from "significant" to "unbearable" joint pain for three weeks. In all but one, the pain was cut in half. (*Let's Live*, March 1994)

A study published in 1987 treated 147 patients with either shark cartilage or a placebo (substance with no treatment value, used for comparison). The average pain score of those taking shark cartilage dropped by more than 85%. The placebo group’s score dropped only 5%. More importantly, the joint degeneration of the shark cartilage group was 37% *less* than the placebo group.

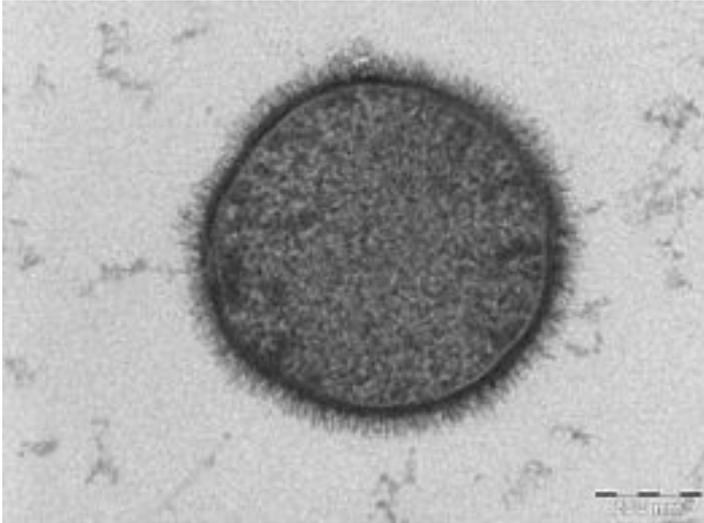
Aloe Vera Gel Extract

When you combine a protein and a carbohydrate (sugar) into one molecule, you get a glycoprotein (glyco = sugar). The protein becomes part of the cell wall and the carbohydrate acts as an “exterior antenna” on the cell wall to receive and broadcast biological signals to other cells.



I call these “structural” sugars to call attention to the fact that they are *not* sweet table sugar. *Diabetics need not be concerned.* These structural sugars will not increase blood sugar. In fact, they support normal blood sugar.

Below is an actual microphotograph of the glycoprotein surrounding a bacteria. Your body cells have similar layers, which permit cell-to-cell communication and recognition vital to your immune system.



Photograph courtesy of Wikipedia

These structural sugars as part of glycoproteins:

- Make up hormones.
- Are essential to enzyme activity.
- Move vitamins & hormones through your body.
- Are essential to your immune system.
- Are essential in human egg fertilization.
- Are abundant in nerve tissue and gray matter.
- Help support blood clotting.
- Are necessary to form cartilage.
- Bind cells and collagen together for strength.
- Determine a person's blood type.

- form a thick, protective gel to protect cells from chemical, physical, and bacterial attacks to your tears, sweat, digestive system, urinary tract and respiratory system.

(Reference: St. Edwards University in Austin, TX
chemistry web page on glycoproteins)

You have 100s of carbohydrate molecules in your body and eight of them are involved in cell-to-cell communication. As you age, your body loses the ability to make these eight sugars. At that point, you must get them from your food. Seven of these eight structural sugars are found in the inner gel of fresh aloe vera.

One of the most important is mannose, which permits your immune system to recognize which bacteria, viruses and diseased cells to attack.

Aloe's structural sugars fall into four different sizes. Each has a unique function in the body. Only the Aloe Vera extract in StemRenu has all four of these.

- Small ones reduce inflammation, help digestion and help to reduce blood sugar for type I and II diabetics.
- Medium ones act as antioxidants to eliminate free radicals (chemically unstable molecules which damage cells with which they come into contact). This protection is vital with increasing pollution and loss of nutrients in our soil.
- Large ones combat bacteria, fungus, parasites and viruses. These functions are vital to protect you from new infectious diseases.

- Very large ones are essential for proper immune function. In fact, the USDA has approved a particular aloe vera carbohydrate (acemannan) for use as part of veterinary treatment for a type of cancer in dogs and cats. It stimulates the immune system to shut off the blood supply to tumors.

Best of all, these benefits come without harmful side effects.

Green Tea Extract

Besides aloe vera gel, green tea extract also contains powerful antioxidants which protect your cells from free radicals, which come from rancid fats and oils, toxic food additives and extreme exercise.

In addition, green tea extract is being widely studied for its ability to burn fat without exercise and to reduce the risk of diabetes. Neither oolong nor black tea showed any such decrease in diabetes risk.

An Organic Plant Source of Calcium and Trace Minerals

Your body requires more than a few minerals to be vibrantly healthy. StemRenu includes a wild crafted, plant-based calcium with an unsurpassed 97% absorbability and more than 70 trace minerals. It also contains vitamin K₂ so that the calcium maintains your bone density rather than becoming kidney stones or arterial blockage. Along with vitamin C, these have been shown to be effective in reversing bone loss.

HOW TO TAKE STEMRENU

StemRenu contains vital ingredients and its unique growth factor to help the body heal itself. This idea of the body healing itself is nearly 2,000 years old in the Western world as taught by the Father of Western Medicine, Hippocrates.

This repair and rebuilding of the body may occasionally cause “retracing,” which is the temporary re-experiencing of old illnesses, injuries or pains as the body recovers from that old illness or injury. This has also been called a healing crisis or detox symptom. It is a very common experience in alternative healing. (For more details, see “The 5 Stages of Disease” in the next section.) Retracing is a double-edged sword. Although it can be unpleasant, it indicates the body is taking steps to regain health.

To avoid a possibly unpleasant retracing, start with one capsule in the morning on the first day and then one in the morning and one in the afternoon the second day. After that, take two in the morning and two in the afternoon each day for four weeks. If retracing should occur and you are only taking one capsule, you can either open the capsule and take half or reduce the effectiveness of it by taking it with food.

To summarize:

Day 1: take 1 when you first get up.

Day 2: take 1 when you get up and 1 in late afternoon.

See “For Best Results” on the next page for timing.

Next 4 weeks: 2 when you get up and 2 late afternoon.

Then adjust your dosage by your results.

After the first two weeks, you can take it at night to help you sleep. For more stress or more chronic conditions, there is no problem with taking more capsules on a long-term basis. If you have questions, ask your health professional.

For Best Results

Wait at least 2 hours after eating, drinking juice or coffee, taking medications or other supplements **before taking StemRenu**.

Wait at least 30 minutes after taking StemRenu before eating, drinking juice or coffee, taking medications or other supplements.

Dosage Guidelines

- Take 1 capsule the first day and 2 the second day.
- If you experience retracing, take less to lessen the retracing or continue the same amount, or even take more, to push through the retracing faster.
- After the first 2 days, "front-load" your body with 2 capsules, twice a day for 4 weeks.
- After the first 2 weeks, if you want to sleep better, take it before you go to bed. You can also take it if you wake up in the middle of the night.
- When you are happy with your results, keep taking that amount unless you want to take more for particularly stressful situations.

Egg and Fish Allergies

Although there have been no reports of adverse reactions, **if you have an egg or fish allergy you should NOT take StemRenu** because it contains egg and fish protein.

For Children

Because StemRenu is a food, it can be taken by anyone who is eating solid food. Children should start with just one per day. If it seems to be too much, open the capsule and use half. For children who do not swallow capsules, open a capsule and mix it with yogurt. If you have questions, consult your health care professional.

For Pets

StemRenu is great for pets. Several pet owners have told me how much more active and happy their pets have become on StemRenu. Open a capsule and put the contents in their food bowl. Most animals will like StemRenu. You can also add it to another protein they will eat.



WHEN WILL I SEE RESULTS?

The key to understanding speed of results is knowing that unhealthy conditions actually go through several stages before they appear as a diagnosable disease. This alternative health concept is very different than the medical concept that disease just appears.

Alternative health sees the first few stages of disease as normal body processes to combat the toxic influences on your body. A cold develops to more rapidly detoxify your body with a runny nose and fever. From an alternative health point of view, the fever should be allowed to run its course. Your body is handling the cause of future ill health by rapidly (if unpleasantly) detoxifying. Disease that is in a later stage takes longer for the body to heal itself. So, you should give yourself enough time to see results. Medicine sees the same cold symptoms and prescribes something to stop the symptoms (sneezing, runny nose and fever) and therefore does not address the actual cause of the cold.

The cold/flu season, which follows the holiday season with its ritual of overeating meat, rich foods, sweets and alcohol, is nature attempting to clean out the body. If this detoxification is prevented, future problems are allowed to grow.

The 5 Stages of Disease

Elimination — When the body is first assaulted with toxic substances that impede its normal function, it attempts to eliminate them. Such substances could be from normal digestion, such as uric acid from digesting meat; a bacterial infection, such as strep throat; a bee sting or even pesticides. These toxins would be neutralized by the liver and then eliminated through the colon, bladder, lungs or sweat pores.

Irritation — When the body is overwhelmed by toxins and the normal elimination channels are insufficient to eliminate all the toxins that came in, the body throws additional means of elimination into gear, such as skin rashes, bad breath, diarrhea, etc.

Inflammation — When the additional means of elimination are insufficient to handle the toxic load, the body tries to localize the toxins. The resulting location becomes inflamed: red, hot, swollen and painful. Calling it tonsillitis just says the toxins “have taken up residence” in the tonsils; tendonitis says they have accumulated in the tendons (the tough white bands at the end of muscles that anchor them to the bones). Fever, from an alternative health point of view, is a good thing. The high temperature kills viruses and bacteria.

Chronic disease — If these warning signals are ignored and toxins continue to assault the body, the now-visible disease becomes chronic. Now the body attempts to quarantine those toxins by sacrificing a particular organ or system to prevent death. Here, after all three of the preceding stages, we find growths and chronic disease, such as ulcers, irritable bowel, chronic fatigue syndrome, etc.

Organ failure, cancer — Unable to reverse the chronic disease, the body begins to die as a whole.

Why Some Take Longer

Dr. Chris Morris, a naturopathic doctor (one who uses food, herbs, water and natural means to cure, rather than surgery or drugs) with three decades of experience in natural health and co-formulator of StemRenu, has treated hundreds of people with StemRenu. He has found that about 30% feel results within hours or days because the nervous system and endocrine (hormone) system are reconnected. Another 30% see results in from 1 week to 1 month because they are most likely seeing the immune system engage in ways it had not prior to taking StemRenu.

Another 30% may take several months to experience results because they are experiencing shifts in heart function, blood circulation, digestion, breathing and libido. (All of these are regulated by the involuntary part of the central nervous system.)

Dr. Morris offers another reason for the difference in response time he has seen: those people who have been detoxifying and supplying their bodies with good nutrition get results much faster than others.

Testimonials

I've never been a fan of dieting, medicine, vitamins or supplements of any kind. Before starting StemRenu my legs were numb from the knees down. After my first week on the product, I regained 10% feeling in my legs and feet! After two weeks, I regained 20% feeling in my legs. After three weeks, I regained 40% feeling in my legs! After 23 days on StemRenu, I've regained 50% feeling in my legs!

In the morning, I can now get out of bed and actually walk! This process used to take at least 15 to 20 minutes. I'm experiencing major improvement in the evening as well as the morning. Also, I've changed my diet and lost 15 lbs. in three weeks, am drinking lots of water and walking a mile few times a week. Last week I kayaked 10 miles with no muscle soreness or tiredness! I'm looking forward to continued success!

H.J.

My Christmas visit with my Dad was an eye opener. He was on an old formula of the current StemRenu for six months of only one or two per day. I have never seen him like this before. He was lucid, funny and completely alert!

He lives in an old folk's home and was an auto body mechanic for more than 30 years. Working on cars, his lungs were filled with toxins. For the last year, he has coughed continually all day long. His cough is so much better now. He looks 10 years younger and acts like it, too. His eyes were bright and even had a mischievous twinkle. Even when he lived with Mom he was never this approachable!

This is the ONLY thing we have changed in his daily routine. Even being a holistic health practitioner. I have never seen such a transformation with anyone! Thank God for this product is all that I can say. It has given back my Dad a quality of life that before would not have been possible. Honestly, I cannot remember when my Dad was so genuinely happy. This is wonderful! Thank you, for giving life back to my Dad.

S.K.

I saw a nine year old girl that had seizures every day for the last five years. For the last year, they were eight hours long per day. When I first saw her a month ago, she was only able to lie on the couch. I gave her a fertilized egg extract product and she only had two seizures in three weeks.

Then she went on an earlier formula of StemRenu for one week. One week and what a difference! Yesterday, she was playing a board game with her aunt at the kitchen table, laughing, talking a little, following instructions from her aunt and picking up tiny board pieces. She was mentally responding and interacting with her environment. I am so impressed, Peter. We really have something here.

S.K.

I recently started sharing office space with another nurse in San Diego. She introduced me to StemRenu. She told me about the product and wanted me to try it because she wanted to offer this product in our practice. She shared her story with me about how ecstatic she was that she could wear high heels again without pain for the first time in years. She insisted I give StemRenu a try. I had never heard of StemRenu before this and wanted to try it before I recommended it to family, patients or friends.

After taking StemRenu twice daily for three days, the chronic pain in my right knee, which I'd had for a year, was gone. I'd seen my doctor and chiropractor for this pain, but they had no solutions except: stop running, lose weight and take pain medications. This chronic pain prevented me from exercising because when I did my knee would bother me for days whether I was resting, walking or going up and down stairs. When I tried to sleep, the ache would wake me up.

I would wake up early in the morning because my body would ache. I thought it was because of my old bed. I tried all sorts of extra padding, but nothing worked. With StemRenu, I was sleeping better and longer.

I noticed I can sit longer without feeling like I have to get up to move around. I had thought it was arthritis or getting old.

When I worked out, I used to be sore for a few days. Now, in addition to sitting for hours without stiffness, I have more energy, am able to work out longer and have minimal soreness.

When I was pregnant 16 years ago, I lost 50% of the feeling on my left leg from sciatica. After taking StemRenu for a few weeks, I have begun to have more sensation there.

In addition, I had blood pressure problems. My doctor wanted me to double my dosage because my blood pressure was out of range. I didn't want any more medications because I was concerned I'd have more side effects. I tried some dietary changes and vitamins, but my blood pressure was still high.

After taking StemRenu for a month, I had an appointment with my doctor. I was pleasantly surprised that for the first time in a long time my blood pressure was within normal range on the original dose of medicine.

Last month in soccer, a goalie slid into my daughter's leg and knocked her down so hard she had to be assisted off the field. On arriving home I gave her two StemRenu, another two that night and continued the rest of the week. She went from limping to minimal pain the next day. Three days later, before the next game the coach looked at her leg and was amazed. There was no bruise or pain and she was able to play the full game with minimal discomfort. She also has more energy for her games and recovers more quickly.

More importantly, my daughter used to be extremely moody, disrespectful and difficult to deal with. I thought it was the typical teenage phase and I would have to wait years for her attitude to improve. However, after a few weeks on StemRenu, my family and I noticed she was happier, had a better attitude and was participating more with the family. They wondered what caused this dramatic change. I told them the only difference was StemRenu.

This is the first time in my career I have found a product that dramatically helps in multiple ways. StemRenu is amazing and I recommend it without hesitation.

L.G.



About the Author

Peter Glickman has managed a chiropractic clinic and chelation clinic. (Chelation is an alternative medical practice to dissolve plaque in the arteries.) In 2004 he wrote *Lose Weight Have More Energy & Be Happier in Ten Days*, which has been translated into 8 foreign languages, was on Amazon's alternative medicine bestseller list for more than 5 years and is currently in the top ten in Kindle for Preventative Medicine. In 2014, he discovered StemRenu.

Additional copies of this booklet may be ordered from:

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Go to the web page below to try StemRenu for yourself.

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If you have any questions or would like more information about StemRenu, call Peter Glickman at 1-727-688-1709 or email him at peter@vibrantgoodhealth.com.