Our stem cell journey

Nigel Taylor
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But where will this journey take us? Will we get the treatment we desperately needed? Will the results even be what we wanted? You will find the answers to these questions and much more in this book.

Nigel Taylor, originally from Chesterfield Derbyshire in England, switched from the cold and rain to the heat and sun of south Texas way back in 2001, where he still lives today along with his beautiful wife Stormy and many dogs in Round Rock.
OUR
STEM CELL
JOURNEY

BY
NIGEL TAYLOR
Hello and welcome to my new book, 
`Our stem cell journey` 

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CHAPTER 1
My issues - Asthma and arthritis!

My troubles started 10 years ago with terrible allergies that progressed into asthma, anyone suffering with that will tell you it’s a whole different level of bad! Anyone not suffering with that think yourself very lucky indeed. After being hospitalized 5 times previously with severe allergies, I knew something was wrong when the usual inhalers and nebulizer were no longer having any effect anymore, after several doctor visits, a very kind lady doctor told me she had been studying my many visits and believed allergies were no longer the problem, now I have full blown asthma! Well, I wasn’t expecting that at all!

She wrote me a prescription out to take to the pharmacy, where I would pick up a new inhaler for asthma, kind of a shock when they told me it would be $400! Ridiculously expensive but it did work, and it should work for that much money! So, at this point the asthma is somewhat under control, now armed with a crazy expensive inhaler and a new nebulizer solution I make the best of a bad situation. So, now with one issue kind of under
control for now anyway, here comes the next one. About 5 years ago I started getting shooting pains in my thumbs, at the time I didn’t think much about it really, just a sign of age, right? Everyone else I know around my age has some health issues it seems, so I guess it’s my turn now, that was my way of thinking anyway. Over the next few years however, the pain was getting very intense and more severe by the week, to the point I went to see a hand specialist which was a big mistake as he wanted to talk me into fusing my lower thumb to my wrists, claiming it was a fun operation to perform! Fun! That’s the last word I would use for any of this, thanks, but no thanks!

Through the x-ray he confirmed I had bilateral arthritis in both thumbs complete with no Cartlidge, well, I guess that would explain the pain, it was bone on bone! He suggested I try cortisone shots to relieve the pain, at this point I’m ready to try anything, or at least I thought I was. The pain was awful as the needle went in deep! I was sweating profusely and turned white almost passing out in the process. After an hour the specialist came to check on me and started playing with my thumbs like a kid with a new toy at Christmas or something! At this stage it was pain
free, thank God! Sadly, the next day however, the pain was back way worse than before, so much for that idea. What next though? That is the question with no answer for now.

Thankfully, I had a very understanding boss at work, she gave me 4 months off with pay and healthcare, I even got a dollar raise while being off! Being off work that long gave my hands time to heal, unfortunately though, on returning to work my hands lasted two days and I couldn’t carry on working there. The pain was so intense I couldn’t even hold a pen to write with now!

**My wifes issues – Knee and toe pain!**

On a recent trip to Costa Rica earlier this year we unwisely chose to go on a jungle trek at night, seemed like a good idea at the time but with the rain coming down fast it was making the walkways less than safe, towards the end of the trek my wife slipped forward managing to stop herself going down by over-extending her left leg causing her knee to take all the weight, and under a very uneven ground the damage was well and truly done! To what extent we didn’t know yet, but my wife suspected a torn meniscus, this was proved to
be the case when the stem cell place performed an ultrasound on her knee.

Her other issue was a toe she accidently jammed under a door, I guess that’s the downfall to walking around barefooted, accidents like that could happen and did happen. After seeing a foot specialist, he confirmed it wasn’t actually broken but the tendon had torn! So, her toe was bending at an angle and crossing over onto the big toe making it very painful to walk, They suggested she try a special bandage that would help keep the toe aligned correctly which should help with the pain and hopefully the offending toe might realign itself, but he did say surgery was the only option for guaranteed success, but due to the cost, that really would have to be a last resort. She had a little success with this method, but unfortunately the toe quickly reverted back to the wrong position once more.

So, there we have it, we both had our issues with seemingly not much chance of getting any proper help other than surgery, which neither of us want at all. There has to be another option, surely there is something else for us. What exactly though?
This x-ray clearly shows the damage to both my thumbs. April 2019

Putting a brave face on as I’m trying to work after having cortisone shots in each thumb the day before, but the pain was excruciating. April 2019
One of the 5 times I was hospitalized due to asthma. October 2019

At the asthma specialist being tested, sadly with no good results. May 2000
CHAPTER 2
For me, it`s time to apply for disability!

I had been in full time employment ever since I had left school, but now there’s no way I can keep a job down with the pain in my hands, plus the asthma doesn’t exactly help either. My doctor advised me it`s now time to apply for disability, even though it`s a hard thing to accept, there was no other choice really. The doctor warned me it`s not an easy process and they’re not the nicest people to deal with either apparently. But with my options being very few, like zero, I gave it a go.

To my surprise, the application was pretty easy, took a while to gather all the relevant information required but I did it and submitted it. A few weeks later I got the dreaded letter of denial, being denied is one thing, but the way they did it was so wrong. It stated, “Our doctor has determined there is nothing wrong with you, and you can now return to work.” Oh really? I never even saw their doctor! It seemed obvious that I needed the help of an attorney if I were to stand any chance of pulling this off as they blew me off without a care in the world! The letter stated that I had 2 months
to appeal this decision, after calling several attorneys in the Austin Texas area it seemed hopeless as none would take my case up all claiming I wouldn’t get accepted with the health issues I was dealing with, they actually told me I wasn’t sick enough! Well, I can tell you I don’t want to be any sicker than I already am thank you very much!

Just when I was giving up all hope, I got a lucky break, a company in Dallas Texas said they would take my case up, unfortunately though, it was after the required appeal time, so that meant filing a fresh claim totally from scratch again. Luckily, I had saved copies of my original so not a big deal, the first lady I spoke too was named Miracle! I told her it could be a lucky sign as I really do need a miracle to get this accepted! She told me they will do their very best and not to give up hope.

This time I did get to see their doctor, interesting thing was when I got there, they told me they don`t work for the disability at all, they just get paid by them for doing these assessments, and actually had nothing good to say about them either! The doctor put me through several flexibility tests with my hands, all of which of
course, I couldn’t do. Their report was definitely in my favor.

Anyway, to cut a long story short, the attorney backed me all the way and we soon won the case! I got one year's back pay and regular monthly payments, amazing how different they act when an attorney is on your side! Now, as good as that was, I was still left with the excruciating pain. I’m still looking for an option that could help me, what though? Well....
CHAPTER 3
Stem Cells? What are they?

So, after constantly hearing this ad on the local radio every day for weeks and weeks about a stem cell procedure they claim can fix practically anything, (never heard of it to be honest) it got our interest up to the point of calling and making an appointment. This is where we started this incredible journey by seeking help from a local stem cell company here in Austin, Texas, who for obvious reasons will remain anonymous, plus they don’t deserve to be mentioned! Not a good experience at all and yet another bump in the road to finding our much-needed help. We are on the right track, we do know that much, but it won’t be with this company.

I went down to the office for a free consultation which seemed great, it was interesting and definitely seemed like the answer to my issues, thank you God! But when it came down to payment, they made it quite obvious that unless we were prepared to pay the ridiculous fee of 20 grand upfront, they were not interested in helping. Now, I don’t know about you, but we don’t have
that kind of money immediately at our disposal. But we could however, do a payment plan, which seems a reasonable request, right? You would think so anyway, so we texted them, we emailed them, and we called them, but sadly, all to no avail as they never answered any of our messages. Ok people, we get the message loud and clear, thanks for nothing!

My hopes of recovering my hands and lungs had been squashed before I ever had a chance to try this incredible treatment! I felt like an Olympic sprinter unable to get out of the starting blocks, or a horse left behind in the stalls while the rest of the field ran away, you get the picture, right? Very disappointing to say the least, and the pain in my hands is getting worse by the day!
CHAPTER 4
R3 Stem Cell to the rescue!

Now, I’m very lucky to have a wife who is very smart and curious, she immediately got online and found a company in Mexico doing the exact same thing for a fraction of the cost here in the states! No surprise there really. In fact, the packages start at $2950! That sounds a little better than 20 grand, right? Plus, only half upfront, the rest the day before the procedure itself, I like this already. This particular company is in Tijuana Mexico, the deal is you stay in a hotel near the border in San Diego and they’ll come and pick you up and return you afterwards at no extra charge. Sounds great.

We did some research, and the reviews were all positive, we spoke to the doctors, and everything was legit! The doctors were always available to discuss everything and didn’t rush you off the phone, they were very thorough in their explanations and the girls in charge of making the appointments were so friendly, the company was R3 Stem Cell. That one I’ll happily name as they were incredible! Highly recommend them, you’ll find out why once you’ve read this book.
Then a few weeks later I was ready to schedule my appointment with R3 stem cell, my wife was on the call with me when I set this up, more out of interest than anything else really, but she got curious if maybe a stem cell procedure could possibly help her too. The doctor said absolutely it could and she could come in with me and we would receive a several hundred-dollar discount! We are liking this set up very much already! Everything about this company seems so good, very professional doctors and assistants that are very friendly people who are quite happy to spend time talking to us and answering any questions we may have, and one of the most important facts is their prices are affordable.

Could we have really found the right company to seriously help us heal? Well, from what we had experienced so far with R3 stem cell, it certainly felt like we had, very impressive indeed. We just had a good feeling about this. Interested to know more we spent night after night viewing the videos on their YouTube channel which were fascinating, we’re seeing many videos showing they’re helping people with way more serious health issues than us. That fact alone reinforces our belief that this place really could be the answer to our issues.
So now that’s sorted it’s the waiting game, we have everything in place, the flight is booked, the hotel is booked, and the appointment is booked. Tijuana here we come for much needed help!
CHAPTER 5
Hello San Ysidro!
(Monday 28th November 2022)

We arrived in San Diego a couple of days ago and relaxed in Coronado, which was very nice indeed, then arrived at this hotel in San Ysidro this morning, and against my wifes wishes we got a taxi to the border and walked over the bridge into Tijuana. The area you come out into is a little rough to say the least and not in a tourist area whatsoever! I found it fun, but my wife was terrified and ready to go back immediately! I quickly pointed out there is only one way in and only one way out and you cannot go back the way we just came in, so we settled in a small restaurant near the border selling street tacos, they were excellent and very cheap! The locals were very friendly too, we stayed around 30 minutes and headed back to the entry point to get back in the US.

First though, along the way back we found a pharmacy selling anything and everything for a fraction of the cost back home, for example the inhaler I use for asthma costs $400 which is
ridiculous, but hey, when you can’t breathe you have to do what it takes, right? Well, the exact same thing is on sale here for $120! Seemed sensible to buy a couple, and my wife bought several items also saving money too, she was very happy with that, and even happier to be leaving Tijuana as we approached the border control. I think her nerves got the better of her, in fairness though, it seems to be true that you never really hear about Tijuana unless it’s something bad. So, I guess her reaction was understandable.

We entered the border control area carrying small bags of medication, no one even wanted to know what was in the bags or more to the point even seemed to notice we were carrying them as they waved us past the x-ray machine. We were fine with that though, just a little surprised.

Now here`s the really funny part, when it was our turn to hand over our passports the border guard asked what was the purpose of our visit to Tijuana today? I immediately told him that we had gone to get some cheap food as San Diego was way too expensive! Everyone in the line behind us burst out laughing, even the guard too, he even agreed how expensive San Diego was, yeah, you got that
right buddy I’m thinking. The guard was very personable and cheerful, and we all had a good laugh at what I said. Well, it was the truth, San Diego is definitely not cheap!

So, here we are back in the good old USA again after our mini trip to Tijuana. We check out the local area here near the border, actually the wall itself was about quarter of a mile away, then find a restaurant and settle in there for a while before getting a taxi back to our hotel complete with snacks of course, we are now done for the day! Tomorrow is the big day, the day we get our stem cells.

Our hotel in San Ysidro, the Hotel Baja, located very conveniently close to the border.
CHAPTER 6
The day of the procedure!
(Tuesday 29th November 2022)

We get up around 8.00am and just relax, we have our own breakfast and coffee in the room so don’t need to go out anywhere for anything, just relaxing and mentally preparing for our big day ahead today, a mixture of excitement and nerves is what we are dealing with this morning, excitement as it’s a chance to get healed and lose the constant pain, nerves because it’s simply something that’s totally new to us and have no idea what to expect.

The stem cell company sent us a text with a photo of the driver and car plus a photo of the license plate, that way we know exactly who will be picking us up, all very professional, and all very reassuring, especially for my wife who seems to be thinking too much on the bad reports that are always on the news about Tijuana, I reassure her there’s nothing to worry about as we’re getting an escort straight to a medical facility and back again, pretty simple and straightforward really. It seems
to have worked as she’s calming down, for now anyway!

We are dressed and out the door waiting for our ride over the border with plenty of time to spare, the guy arrives on time and off we go, no turning back now! There's two other guys in the van both are going for treatment too, the driver is very friendly and was a successful stem cell patient himself, he was told in the US he would have to have both knees replaced as there was no other option (sounds familiar), however, the place we're going to now fixed his issue with stem cells and he's never had a problem since, and certainly doesn’t need surgery! He assures us we are in safe hands and going to the best place. This reassures us we're doing the right thing by seeking this method of treatment. You can see already there’s a familiar pattern with what he just said and what the specialists told me and my wife, they prefer to get you operated on claiming it’s the only option, it’s all about the money! Well, surely not! Who would ever have thought that? (Excuse the sarcasm). Many people are critical of the healthcare in the US claiming there’s more money to be made by keeping you sick rather than healing
you, and just in my own experience, I`m inclined to agree.

We are now approaching the border crossing at Tijuana, it is huge! So many cars waiting. Luckily, we have the special privilege of having a fast-track kind of card (Courtesy of R3 stem cell) that gets us through in no time at all. So here we are driving through the streets of Tijuana, our attention is drawn to the number of medical facilities around here, and not small rough looking clinics either, but rather large very nice-looking buildings. We had heard they have world class medical facilities here, and now we are seeing it for ourselves, lots of plastic surgery places it seems too. Thankfully we don`t need that though.

Another ten minutes and we have now arrived at our destination. This building looks very nice from the outside, but inside it`s even nicer and very clean. A friendly nurse greets us at the door and leads us over to the elevator where we go up a few floors and here we are! The staff are super nice, and all speak English really well, which of course is always a bonus with us not speaking Spanish, we really need to learn some Spanish! I know how to ask for a beer, but that`s not really going to help
me right now in a medical facility! We fill out the necessary paperwork, and interestingly enough everyone looks relaxed that’s about to have procedures done today. The staff are so friendly, knowledgeable, and just really comfortable to be around, we meet the doctor for the first time who will be treating us today, he introduces himself as Doctor Ivan, then explains the entire procedure in detail which is very interesting. Nice one R3 stem cell, we are very impressed.

We started off with the IV`s, this took a while as we each had a big bag of fluid attached, they wanted us to try and empty them if possible, I emptied mine first, the doctor joked saying I must have been thirsty, my reply was that I was thirsty, and if it had been full of beer I would have emptied it even faster! Everyone laughed at that one. A few minutes later I felt like something was in my left eye, you know the feeling when you get a piece of grit or something in there? it was like that feeling, and getting bloodshot quickly and slightly swelling, The nurse happened to be walking past when my wife told her I was having some kind of reaction to something, she immediately shouted the doctor who quickly fixed the issue with a shot of Benadryl, he had that on
hand just in case anyone had a reaction to the exosomes that were also in the IV I just had, apparently it doesn’t happen very often, but can happen, and that was exactly what just happened to me. It’s good he was prepared and knew exactly what to do and even noted it in my folder just in case I ever came back again, they would be prepared. Excellent service! This company is scoring points by the minute with me. I like them very much!

The most amazing part for me is when I have the nebulizer treatment, while breathing in the stem cells I immediately feel relief as it’s like a cool feeling washing over my lungs, almost like when you deep clean a rug or something! Strange analogy I know, but I feel different already in a very good way. After the 10-minute procedure I feel like I’ve had my lungs replaced by new ones, and I’m not exaggerating whatsoever when I say that. The doctor is amused by my euphoric state as I now go into a separate room for the hand treatment where they have an ultrasound machine waiting, the doctor knows exactly where to put the needles by looking at this. This is where my mind has flashbacks to the horrendous experience of having the cortisone shots three years ago, which
was extremely painful, and I find myself bracing for the pain I’m sure is to come. This time, however, is totally pain free, in fact I didn’t feel anything. At first, I thought he had just put a numbing agent in my hands first, but when he told me it was all over and I can leave I was shocked, in a good way, apparently the numbing agent was part of my stem cell shots, four injections in and around each thumb. It`s over! We have done it. My wife had her treatment before me and said it was totally painless too.

The doctor has a quick talk privately with each patient in his office, he gives us a couple of prescriptions that he said the driver will help us get from a particular pharmacy on our way back to the border, he even gave us his personal cell phone number telling us feel free to call him anytime if we need advice or have questions. We thank him and have our photo taken with him before leaving.

We were in there just under 5 hours, that included waiting time of course for the rest of our group to have their procedures done, it was a great experience from start to finish. Thanks again to R3 stem cell for making it that way.
On the journey back it`s obvious we are all high on sheer excitement of having such an incredible experience. The guy driving the van knows this place like the back of his hand, weaving in and out of the traffic, up and down the many side streets we soon arrive at the pharmacy and pick up our medication for next to nothing! So much cheaper here than back home. We are now nearing the huge border crossing with what seems like millions of cars waiting, no problem though, this guy has the fast-track card again, and we sail through leaving the many cars waiting in line. God only knows how long they`ll be waiting! We sympathize with them as that doesn’t look like fun at all. Anyway, we have our own problems to deal with now, like we`re starving!

Luckily, opposite the hotel is a strip mall with several restaurants that will do very nicely indeed, the guy drops us off here at our request and goes on his way. We pick up a pizza to go and head over to Starbucks for coffee, in just that short walk the pain in my wife’s knees is starting to flare up and my hands too are starting to become quite painful. As we know we won`t be leaving the hotel once we get back, we decide on eating and drinking out fill inside here, surprisingly enough, they are ok
with us eating our pizza here tool We do buy quite a lot of snacks and coffee though and as my wife explained in detail about the procedure that we just had done they probably felt sorry for us. We attack the food like starving animals and probably stay here longer than we should, nothing wrong with the place, but the pain has really kicked in now, luckily though, the hotel is just over the road.

We get back to our hotel around 6.00pm, we definitely feel better having had something to eat at last, it’s been a long time since we were picked up at noon. The pizza and spaghetti we just ate was very welcome indeed. The carbs are kicking in fast, and it feels great just to relax on the bed knowing we don’t need to go back out again tonight, but this is soon where the pain really kicks into a whole new level of bad. But at least we were told to expect this is advance, but being warned about something and experiencing it are two totally different things, and this really hurts now.

My thumbs are on fire, and I can’t find a position to relieve the pain, my wife’s knees and toes are too, she can barely walk at this stage and banging her foot down hard on the ground with every step as she makes her way back and forth to the rest
room several times, I’m sure the people below aren’t enjoying that sound too much! Oh well, they’ll get over it. The strong pain killers they gave us kick in and thankfully we sleep hard.

My wife and I with Dr. Ivan after our procedure at R3 stem cell in Tijuana Mexico, amazing doctor and amazing company. November 2022
We awake slowly around 7.00am and feel so much better, no hurry to leave the comfort of the bed just yet, it might be wishful thinking on my part, but my lungs feel like they have been replaced by brand new ones! My wife confirms this positive thought by telling me before she went to sleep, she was observing me taking full deep breaths while sleeping, she said it was very emotional to see this, and that’s something I haven’t done in at least 5 years. It must be working already!

She feels ok, but her knees are really sore, kind of hard for her to hide the pain when each step puts pressure on them. I’m very mindful of my thumb positioning as I start packing as one wrong move sends a quick painful reminder in the form of an excruciating sharp jabbing pain running the full length of my thumbs, after experiencing a couple of those I quickly figure out a way to do it pain free. Have to adapt to the new situation and I’m glad to say I experienced no more thumb pain the rest of the day.
We have to check out at 11.00am so no rush, rest a little more then take our time packing and head to the airport, we`ll get a late breakfast there, or early lunch, maybe both! R3 stem cell call us and check to see how we`re doing, scoring major points yet again!

We get a taxi to San Diego airport, then on to Austin Texas, then finally back home. I was pushing my wife around the airports in a wheelchair to protect her knees with my new hands, and with no pain at all, and to think I only had the procedure yesterday, incredible!
CHAPTER 8
Update, almost one year later!
(October 2023)

R3 stem cell have given me my life back in the form of what feels like new hands and new lungs, the results are way better than I could ever have imagined. It`s almost a year now since the procedure and I`m finding myself doing things that I never thought possible! So, let`s start with the thumb issue, remember at the start I was saying how I couldn`t even hold a pen? Well, now I`m not only holding a pen again, but I`m also writing again, and neat again too! I`m doing painting around the house again without hurting my hands which my wife is really happy about as we don`t have to pay someone to come in and do it! I can now do it. Happy wife happy life and all that.

Occasionally I`ll do something that I`m not ready for and my hands will immediately let me know to stop by means of a sharp pain, having said that though, I haven`t felt any pain that`s lasted more than a couple of hours then quickly gone again, whereas before, the pain would last for weeks at a time with very swollen thumbs! It`s a learning
game seeing what I can do and get away with pain free these days, and for the most part there’s really very little pain now.

As for the lungs and asthma, that seemed to be cured the same day I had the treatment which is incredible to think it worked that fast, I very rarely use the inhaler now, maybe five times since the procedure whereas before I was using it multiple times daily! Occasionally the dogs will bring something in on their coats that will set me off sneezing, but thankfully no breathing issues come with it.

My wifes knees are doing good and not too much pain, even though she’s on her feet all day long. Her toe is now back in the position it should be and looks normal without pain, a full recovery there for sure. R3 stem cell call to check on us every so often as indeed they said they would, amazing service they provided from start to finish.

My closing comment is this, if you feel yourself in pain, or have been told you must have surgery to fix an issue, please contact R3 stem cell, there’s a strong chance they will be able to help you! You won’t know unless you give it a try.
Thank you R3 stem cell for giving me my hands and lungs back, and helping my wife, you are the best! You have two very satisfied customers here that are living proof of this. Thank you again.

A big thumbs up to R3 stem cell, Thank you!
Nigel Taylor, who is originally from Chesterfield Derbyshire in England, switched from the cold and rain to the heat and sun of south Texas way back in 2001, where he still lives today along with his beautiful wife Stormy and many dogs in Round Rock.
From the author

I would like to thank you for purchasing, and reading this book, and I hope you found it of interest. If you enjoyed this book, please consider leaving me a positive review on Amazon, or wherever you might have bought it from.

Thank you.

Nigel Taylor