



## **VSEL STEM CELL Treatment** **With** ***Dr. Sienna Steckel***

The Biohack Lab is thrilled to welcome **Dr. Sienna Steckel**, who will be offering a VSEL stem cell treatment at our Fort Lauderdale location. This groundbreaking technology heralds a new era in regenerative medicine, and we are exceptionally proud to provide you with access to this transformative treatment.



**Dr. Sienna Steckel** is an expert in Regenerative Medicine, helping patients to reverse their biological age and become the best versions of themselves.

Dr. Steckel is an emergency medicine physician who has dedicated the second season of her professional career to

researching new and optimal ways to enhance the lives of her patients. This quest has led to extensive training in precision medicine, peptides, ozone therapy, bio-identical hormone optimization, functional medicine, mitochondrial and cellular health, ketamine assisted psychotherapy, light/frequency/magnetic and harmonic modalities, mindfulness and identity structures, advanced biologics, and so much more.

Dr. Steckel brings her enthusiasm and knowledge of personalized health optimization to every patient encounter.



## **WHAT KIND OF STEM CELL WILL BE OFFERED BY DR STECKEL?**

Stem cell research has received numerous Nobel Prizes and holds immense promise for anti-aging and medical treatments. However, it's also a field marked by confusion and controversy due to the array of products and claims surrounding it. Understanding the different types of stem cells and their roles in regenerative medicine is essential for making informed decisions about their use.

Dr. Sienna Steckel has been personally trained by the esteemed **Dr. Todd Ovokaitys**, a pioneer and influential figure in stem cell research and regenerative medicine. Dr. Ovokaitys, with his extensive expertise in medicine, genetics, and molecular biology, has developed innovative techniques for the activation and direction of Very Small Embryonic-Like (VSEL) stem cells.

Among various types of stem cells, "very small embryonic-like" (VSEL) stem cells stand out. These cells, just beyond the embryonic stage, are extremely potent yet safe as they come from your own body.

Interestingly, these VSEL cells enter a dormant state around the time of our birth. While dormant, they don't divide or age, keeping their original energy and function intact - just like the cells of a newborn. These qualities make them a potentially powerful tool in regenerative medicine, regardless of a person's age.

Dr. Todd Ovokaitys has developed a patented method to awaken these dormant cells, making them usable for regeneration treatments. The process begins with a simple blood draw, after which we use a laser-based technique to stimulate and increase the number of these cells to levels high enough for effective anti-aging treatment.

He also developed technology to guide these awakened cells to where they're needed in the body. Thanks to their small size, they can travel through the bloodstream and even cross the blood-brain barrier. This, combined with our guiding technology, allows us to direct the cells to areas in need of rejuvenation.

The VSEL treatment is a powerful tool in the field of biological age reversal, offering profound anti-aging effects. It can dramatically enhance the function of various body organs, including the heart and joints. The impressive aspect of this treatment is that the cells used come directly from your own body, effectively eliminating any risk of rejection or adverse immunological reactions. This personalized approach to age reversal holds significant potential for rejuvenating your body from within.

On top of the cell treatment, Depending on individual needs, we might also add other advanced technologies and services to the mix, all with the goal of achieving the best possible results.

## **HOW does VSEL Therapy work?**

VSEL therapy operates by drawing blood from the patient, which is then processed in a centrifuge to separate the plasma. This plasma contains what are known as very small embryonic-like stem cells (VSELs), that are essentially stem cells in a dormant state. However, these powerful stem cells can be awakened through the application of a specific laser treatment.

Once these VSELs are revitalized, they are returned to the body, where they journey to areas experiencing injury, inflammation, or illness to facilitate healing processes.



These unique cells can also aid in reestablishing the body's natural balance of stem cells, enhancing the efficiency of the body's innate repair mechanisms.

Additionally, VSELS have demonstrated an ability to release molecules that aid in curbing inflammation and fostering tissue regeneration.

Besides its therapeutic benefits, VSEL therapy also contributes to overall health enhancement and improved physical performance due to its profound impact on stimulating cell renewal and regeneration.

## **Benefits of VSEL Therapy**

The VSEL treatment offers a multitude of health benefits that are as profound as they are broad-ranging. These benefits include:

- 1. Reducing Biological Age:** The revolutionary VSELS have the potential to roll back your biological age by up to three years as measured by telomere length using a DNA methylation test. This substantial rejuvenation can be achieved with just a two-hour treatment, and the treatment can be repeated every six months to continually maintain this youthful biological state.
- 2. Regenerates Tissues:** One of the most powerful abilities of VSELS is their capability to differentiate into various types of cells, including muscle, bone, and cartilage cells. This transformative property allows them to help repair and regenerate damaged tissues in your body, opening the door to improved health and vitality.
- 3. Cellular Health:** VSELS play a pivotal role in bolstering cellular health. They rejuvenate and revitalize cells by facilitating nutrient uptake, improving cellular metabolism, and aiding in the removal of toxins and waste products. This process not only ensures the longevity of cells but also enhances their function and resilience against external stressors and damages.
- 4. Boosts the Immune System:** VSEL therapy is a powerful way to fortify your immune system. By stimulating your body's natural defenses, it enhances your ability to fight off infections and diseases, bolstering your overall health.
- 5. Promotes Healing:** By increasing blood flow to damaged tissues, stimulating the growth of new cells, and reducing inflammation, VSEL therapy promotes healing. This can accelerate the recovery process and improve your body's natural healing abilities.
- 6. Safe and Effective:** VSEL therapy is a safe and effective treatment option for a wide range of health conditions. It is a minimally invasive procedure with few side effects, making it a compelling option for individuals seeking advanced regenerative treatments.
- 7. Treats Various Health Conditions:** VSEL therapy is versatile and can be used to treat a variety of health conditions, including osteoarthritis, chronic pain, autoimmune disorders, and more. Its wide applicability makes it an effective solution for numerous health challenges.



## **Any Proven studies that VSEL Treatments do WORK ?**

Dr. Ovokaitys published a clinical study demonstrating the significant improvements this method can provide to patients with severe end-stage heart failure. To understand the results, one needs to consider that a healthy heart ejects 50-65% of its blood with each beat, a percentage known as the ejection fraction. A percentage less than 30% is indicative of severe heart failure. Participants in the study were heart transplant candidates with an average ejection fraction of just 21%.

When compared with other studies, where stem cells were intravenously introduced via invasive cardiac catheterization yielding an average improvement of just 8% overall function over 6 months, our simpler, safer, intravenous method delivered a remarkable average improvement of 50% in only 3 months. Following just one treatment, half of the patients improved to the extent they were removed from the heart transplant list, with 20% improving to nearly normal levels.

The survival prognosis for severe heart failure is usually grim, with only a 30% one-year survival rate and near-zero survival rate beyond three years. Yet, our treatment showed an impressive 80% survival rate after six years, an unprecedented outcome in this medical domain.

A heart transplant costs roughly a million dollars, and only 10% of candidates live long enough to receive a transplant. In contrast, our procedure costs 99% less, potentially enabling nearly all who could benefit from it to receive the treatment.

## **How Many treatments will I need?**

The results of the treatment can vary among individuals. Some observe an alleviation of their symptoms, coupled with a boost in energy and cognitive functioning after just one session. However, the number of treatments required hinges on the client's unique condition and their personal longevity or anti-aging objectives. Treatments can be scheduled every 6 months,

## **Optimal VSEL Treatment Plan**

While a single session of VSEL treatment can provide significant benefits, to achieve the best possible results, we recommend a course of three treatments spaced out over eighteen months, each one six months apart. This timeline allows your body to fully integrate and maximize the benefits of each VSEL therapy session.

We appreciate the commitment it takes to embark on this transformative health journey, and to support you in this, we offer a 15% discount on the second and third treatments. This holistic approach to VSEL therapy will provide you with the most comprehensive and long-lasting benefits for a healthier and more vibrant you.



## The VSEL Stem Cell treatment at the Biohack Lab

The Very Small Embryonic-Like (VSEL) Treatment is offered at **\$12,000**.

This personalized and cutting-edge treatment can now be conducted within one or two days, ensuring both efficiency and effectiveness.

The process begins with a detailed evaluation conducted via a Zoom by Dr Sienna Steckel personally a week prior to the actual treatment. This crucial step will allow us to fully understand your specific needs and objectives, which, in turn, will enable us to customize the treatment for maximum results. After the evaluation, the treatment proceeds over the course of two days, as follows:

### Body Preparation (Day Prior Optional)

Your body is prepared to receive the stem cells to ensure maximal effects through:

- 1. Red Light Therapy: (15 min)** This procedure promotes skin health, tissue repair, and blood flow while reducing inflammation. The improved blood flow ensures optimum distribution of stem cells in your body.
- 2. Lymphatic Flow Treatment:** This aids in body detoxification, promotes cell health, and bolsters the immune system.
- 3. Ozone IV Therapy EBOO (optional) additional fees of \$900 will be applied or Ozone Sauna (this is included in price ) : (60 min)** This therapy boosts overall immunity, raises energy levels, and enhances cellular health. We highly recommend this optional treatment for blood priming.



## Body Preparation (Day of)

These are required pre session as they are stem cell Activators

**1. Laser Therapy (30 Min):** laser frequencies are applied to help calm the nervous system and target the vagus nerve.

**2. PEMF (15-30 mins) (Pulsed Electromagnetic Field) Therapy:** This therapy enhances cellular communication and fosters healing. By emitting electromagnetic waves, PEMF not only improves overall wellbeing but also acts as a potent stem cell activator, optimizing the body for VSEL stem cell treatments.

**3. CVAC Session or Hyperbaric Oxygen Therapy (45-60min):** The Cyclic Variations in Adaptive Conditioning (CVAC) process non-invasively conditions the body's cells to a hypoxic environment, potentially increasing the effectiveness of the VSEL treatment.

## VSEL STEM CELL Treatment (3 hours)

*The VSEL treatment is a groundbreaking therapy that has the potential to revolutionize regenerative medicine and longevity.*

**In your VSEL treatment session, which takes around 3 hours, we follow a carefully designed process:**

1. A blood sample is drawn from your body.
2. This blood is processed in a centrifuge to separate the plasma, which contains dormant Very Small Embryonic-Like stem cells (VSELS).
3. These dormant VSELS are then activated with a special laser treatment, readying them for their healing role.
4. Once activated, the VSELS are reintroduced into your body via an intravenous infusion.

During this process, the VSELS naturally navigate towards areas in your body that require healing or rejuvenation. This entire procedure is designed to be both efficient and comfortable for you

5. A specialized IV (30 Min) to Boost the stemcell is applied



## Post-Treatment Care and Enhancement

To ensure the maximum potential of your VSEL treatment and keep the newly activated stem cells working at their optimal level, The BiohackLab has a robust post-treatment care plan in place. Included in this are the following components:

- 1. Hyperbaric Oxygen Therapy (HBOT) OR The Cyclic Variations in Adaptive Conditioning CVAC Therapy :** You will have access to 5 sessions of HBOT or 6 sessions of CVAC . HBOT therapy involves breathing in pure oxygen in a pressurized chamber, which can increase the oxygen supply to your stem cells, further enhancing their regeneration capabilities. (CVAC) process non-invasively conditions the body's cells to a hypoxic environment, potentially increasing the effectiveness of the VSEL treatment.
- 2. Stem Cell Activator Supplements:** These supplements are designed to promote the longevity and effectiveness of the stem cells introduced through VSEL therapy. They support the stem cells in maintaining their vitality and effectiveness for a longer period.
- 3. Peptide or Bio Modulator :** if the client is a candidate, the physician will select a therapeutic peptide that is tailored to the individual's needs.
- 4. Methylene Blue:** is a compound that boosts cellular energy production. After stem cell treatment, it can enhance the health and function of newly introduced stem cells by supporting cellular repair and regeneration.
- 5. Physician Guided Supplements.** Supplements chosen by Dr Sienna are also administered



## **ADDED OPTIONS for VSELS ( additional fees apply)**

### **Neuro VSEL Option (Additional Fee: \$2,500)**

Enhance your VSEL treatment with our Neuro VSEL Option, designed to optimize brain health and function alongside the regenerative benefits of VSEL therapy.

#### **What's Included:**

- **QEEG Scans:** Conducted before the initial VSEL treatment and after the CAP training sessions, these scans map your brain's electrical activity to guide stem cell injections and measure improvements.
- **CAP Training:** Five sessions of personalized neurofeedback training aimed at optimizing your brain function, accelerating the integration and effectiveness of the VSEL treatment.
- **Post-CAP QEEG Scan:** A follow-up scan 4-8 weeks after CAP training to assess the treatment's impact on your brain's activity and overall health.

#### **Benefits:**

- **Precision Targeting:** The pre-treatment QEEG scan ensures VSEL injections are directed for maximum impact, based on your unique brain activity.
- **Enhanced Regeneration:** CAP training sessions are designed to promote brain health, further enhancing the regenerative effects of the VSEL treatment.
- **Data-Driven Results:** Pre- and post-treatment QEEG scans offer a quantifiable measure of the improvements in brain function, providing clear evidence of the treatment's efficacy.

## **LOCAL JOINT INJECTION**

### **Enhanced VSEL Stem Cell Treatment with Localized Injections ( additional fees apply )**

In addition to our standard VSEL Stem Cell Treatment, we now offer the option for localized injections to target specific areas of concern, enhancing the personalized nature of our cutting-edge regenerative therapy.

#### **Localized Injections Overview**





- **Skilled Administration:** Localized injections will be administered by Doug Estrada, renowned for his precision and expertise as an injector. These sessions must be scheduled in advance to ensure availability.
- **Customized Extraction:** To accommodate the need for targeted injections, additional VSELs will be extracted from the body. This ensures that there is a sufficient quantity of stem cells for both the general treatment and the localized injections, maximizing the regenerative potential.

## Options and Pricing

- **Facial Rejuvenation Injections:** Aimed at enhancing facial aesthetics, these injections focus on rejuvenating the skin, reducing wrinkles, and promoting a youthful appearance. The additional fee for facial rejuvenation with VSELs is \$2,000.
- **Joint Injections:** For clients experiencing joint pain or seeking to improve joint health, targeted injections can provide localized regeneration and relief. Each joint injection is available at an additional cost of \$1,500.

## Benefits

- **Targeted Regeneration:** By directing VSELs to specific areas, we can address localized issues more effectively, whether it's enhancing skin health or supporting joint recovery.
- **Expert Administration:** With Doug Estrada's expertise, clients can be confident in the skillful delivery of localized injections, maximizing the effectiveness of the treatment.

## Scheduling and Planning

Clients interested in localized injections should discuss this option during their initial evaluation with Dr. Sienna Steckel. Planning ahead is essential to coordinate the extraction of additional VSELs and schedule the injection session with Doug Estrada, ensuring a seamless and effective treatment experience.

All of these components together are aimed at providing a comprehensive post-treatment support system that sustains the effects of the VSEL treatment and ensures you receive the full benefits of this advanced therapy.

We prioritize your health and longevity. With this carefully planned post-treatment care, we aim to provide you with the best possible results from your VSEL treatment.

**Additional links for more info**



<https://drtoddo.com/about-dr-todd>