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scti website	rj711
<input type="checkbox"/> Dec 19 2006, 11:12 PM Email this entry Print this entry	
<p>season's greetings!...the scti, inc website has a brief video spot of me 1/2 way thru the story about raul's stem cell treatment in kiev on it's homepage...and for those of you interested in evaluating and analyzing the degree of dorsiflexion return in my affected foot, knock yourselves out!...i think the full interview will be available at the end of the month or early january...</p> <p>i found out from ruth lycke that there will be a total of 15 stroke patients from the usa going to tianjin on january 2...i know that at least some of them are sn members...i'm just about ready to book...travel arrangements are all set...i have sublet my apartment here in greenwich village mainly to provide regular cat care for my little crazy one, hOOver...i have mandarin language cds which are quite challenging but i'm determined to learn at least the common phrases before i arrive and hopefully a lot more once i'm there...some friends are planning on visiting me during my 3 or 4 month stay there...yes!!!!...i'll have a BBC cable channel on the tv in my room thank god but i'll be looking to do some local outings for sure...i've connected with some natives via the internet hoping to meet up with them once i'm there...i couldn't possibly miss the opportunity to see china thru a local's eyes...two of my ny resolutions are to take back regular meditation time into my daily life and to eliminate all saturated fat from my diet...more lifestyle changes ahead!...i'll not be sad to bid farewell to 2006!...happy holidays!...stem cell china richxxx</p>	
Permalink Comments: 5	

« April 2007 »

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tdehaas on [progress report/subluxated](#)

another off shore therapy!...tcm in china! rj711

 Nov 30 2006, 08:25 PM [Email this entry](#) | [Print this entry](#)

hi all...stem cell rich here with an update... i have discovered another valuable post stroke treatment: it's the first teaching hospital for traditional chinese medicine in tianjin, china...an editor from stroke connection magazine contacted me thru a mutual friend to request an interview regarding my stem cell therapy in kiev...i'll post when this interview will be published...he included a link to ruth lycke's stroke rehab story that he had previously written about...i read this article with keen interest...i phoned ruth and we spoke until all of my questions were answered...i decided after a little more research that i was going to this hospital to move closer toward a complete recovery...my acupuncturist here in nyc who is also a neurologist is familiar with this clinic and enthusiastically recommended it for me...so i completed the necessary application forms, sublet my apartment and i'm off on january 1...thru april 1...yes, 90 days...i'll have a motel style room...2 beds, phone, tv, desk...the treatment consists of: acupuncture 2x's/day...herbs, herbal soaks, foot reflexology, exercise/pt 2x's/day, massage, cupping, and about three or four other therapies that i had never heard of...menus were forwarded to me...the choices are extensive thank god and many items are made for western palates (really thank god)...i'll be able to leave the clinic for outings on weekends and weekdays if they do not interfere with the scheduled treatments...the cost is reasonable...\$5,000/month which virtually includes everything...i'll definately have internet access over there and this time i'll blog from day 1 for those who'd like to follow this healing journey...i've been doing well...i'm slacking off of some of my therapies to get ready for such an extended trip and to deal with the holidays as well...i'm slowly but surely continuing to show improvements...i'm 9 months post stroke at this point...ruth lycke was 2 1/2 - 3 years ps when she went to tianjin...she had an amazing recovery as an inpatient at this clinic...her story truly inspired me!...best to all my sn community, richxxx

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shoulder/shanghai

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update from stem cell rich

rj711

 Nov 9 2006, 06:17 PM [Email this entry](#) | [Print this entry](#)

greetings from nyc...my recovery is continuing to go well...i'm grateful!...i actually left the house the other day without my cane!...it was just to go down the street to my psych classes but it felt like another big leap for me...it was wonderful to have my right hand available!...i've started working out with a personal trainer who i found on craig'slist...he's affordable thank god and i'm seeing him at least three times a week...i had some concerns working with someone so young but he's been extraordinarily patient and is quite talented working with a stroke survivor...i believe in pt very much...our muscles need to be recruited and stimulated to work and strengthen after the devastating trauma of a stroke...

it's definately a lot of work...the will to regularly do this is a prerequisite...and the results are worth every minute of it...i feel so much better about my recovery after each one of our sessions...doing bridging and situps on a regular basis again feels empowering...and all the squats are strengthening my left leg especially my quads which will get me back to functional walking...

my left arm is continuing to show improvement...my biceps are coming back!...i can now raise my arm against gravity with a 1 pound weight attached to my wrist...i'll have to wait for finger extention but if my wrist can extend so can my fingers...i believe it'll come back!...all my doctors in kiev repeated over and over how important it was to increase my physical exercise after the stem cells were introduced...my acupuncturist has also been instrumental on my team of providers...he sees me moving towards a very good recovery thusfar...he's also a neurologist...and the only one i've found on my path that i deem worth listening to...he includes scalp acupuncture which stimulates the cortical area responsible for arm/hand movement...his brand of treatment is not for the faint of heart...he's aggressive with needle spinning...and again i feel it's worth it...i like the results i'm getting very much...

i'm hopeful that eventually our country will move closer toward more stem cell research and application to help people who are suffering from a variety of debilitating conditions...it's important to remember that other countries have forged ahead in this promising field and that this therapy is available today if one has the will and resources to leave the usa for foreign, more advanced countries...i'll wager that when this treatment is finally available here it'll cost three times what i paid for it... i'll keep posting from time to time...my best to all my peers out there...richxxx

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 **pt work**

rj711

 Oct 20 2006, 11:51 PM [Email this entry](#) | [Print this entry](#)

hi...i must say how grateful i am for my new pt guy...he really works me hard but the progress feels wonderful...he does it all...scapula/shoulder work, arm strengthening...leg work...i feel stronger and i can see improved movement and control...it's slow of course but i am more hopeful now of a good recovery!...

i'm headed for an angiogram soon which isn't something i'm looking forward to but it needs to be done...if there are partial occlusions in my coronary arteries they need to be dealt with to provide optimal flow to my heart tissues...i'm counting on help from all my stem cells to improve function also!

last week i drove up to vermont with a friend to leaf peep...we picked apples!...god that felt wonderful to be able to do that!

someone from stroke connection magazine contacted me thru a mutual friend to write an article about my stem cell treatment in kiev...

best to all, rich in nyc

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 **chemical stress test**

rj711

 Oct 9 2006, 12:27 PM [Email this entry](#) | [Print this entry](#)

hi all...the test this morning was no big deal...thankfully...getting an iv inserted was the worst part...the tech told me if i could walk on the treadmill slowly for four minutes it would dilute any possible side effects of the med they inject to chemically stress my heart and possibly give a better reading...so i was definately game for that...it was all very manageable...no side effects whatsoever...it was all over in 2 1/2 hours...now i'll have to wait to see my cardiologist to see if my coronary arteries are clear...what i really want to know is if the stem cells improved my heart function...i may have to wait for the final word on that but i'll keep posting...it's been sweet walking down steps one after the other!...best to all, rich

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new pt!

rj711

 Oct 7 2006, 11:11 AM [Email this entry](#) | [Print this entry](#)

hi everybody...on the second session with my new pt he had me walking down stairs one after the other as opposed to one at a time...i'm grateful to now have someone who can test me on what i can do that brings me closer to functional returns!...i was so happy that when i took the subway home i made it a point to walk down all those steps one after the other...stressing 'safety first' of course!...falling will do nothing to advance my recovery...i had a lot of considerations as my left leg is still fairly weak comparatively speaking but it was okay...it's another advancement on my journey!...i'm a little nervous about the chemical stress test i'm taking monday morning at my cardiologist's office...anyone have experience with this??...have a good weekend, richxxx

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triceps are looking better!

rj711

 Sep 29 2006, 04:09 PM [Email this entry](#) | [Print this entry](#)

greetings from nyc...just got back from ot...i did a couple of sets of forearm flexion and extension...my triceps are definately working!...these sets were against gravity!...i come from weight training for years...it felt wonderful to move my left arm this way tho i have to be very very careful not to compare what i'm doing now to what i used to do...i'm grateful for the gains i'm getting on my journey...i'm having a rough time trying to find a neurologist that will work with my insurance plan...have a good weekend...best, stem cell rich

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update from rich

rj711

 Sep 27 2006, 04:52 PM [Email this entry](#) | [Print this entry](#)

hi...just a brief post before i leave for class...the good news is that my left arm is showing signs of increased

strength!...it was really fun to push against my ot this afternoon and feel strength!...the progress is slow but it's coming!

i have a new cardiologist who has expressed interest in my stem cell treatment...apparently there has been a series of articles in cardiac journals recently that caught his attention...i'm going for a chemical stress test on tuesday...it will be interesting to see if my heart function has improved...

best to all, rich

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wrist return!

rj711

 Sep 13 2006, 04:55 PM [Email this entry](#) | [Print this entry](#)

hi all...wow i'm thankful...and definately a bit stunned still....to report that my left wrist is now showing extension against gravity!...we saw trace movements last week and the week before but today was the real deal...my ot is a terrific therapist to work with...i had to look several times to believe what i was seeing...my hand has been flaccid for sooooo long...my new acupuncturist is all that i want her to be...she's very skilled with rehab clients like myself and believes strongly in working with the body's abilities to heal...i'm also grateful that she reduced her fee so that i can receive more than one visit per week...ask and ye shall receive!...i walked home from her office yesterday...about 14 blocks!...going there i handled getting on the subway by myself for the first time!...a bit scary for sure but totally doable...on another note i have registered for two beginner courses to train to become a psychotherapist!...the school, washington square institute, is right on my block!...could i ask for more??...i am already certified to practice a mind/body therapy called the rubenfeld synergy method...the new classes start next week...sending out my best to all in our wonderful group, richxxx

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news interview

rj711

 Sep 9 2006, 10:33 AM [Email this entry](#) | [Print this entry](#)

greetings...i think the interview went well with abc news...the reporter was very personable and she put me at

ease...she asked all the questions many people would want to know about different aspects of the the treatment...i was happy to get a positive plug in for our wonderful org and it's wonderful ceo steve mallory!...the piece won't air before november...the final product is still up in the air as stem cell therapy has finally gotten more on the radar screen lately...any info i get will be blogged of course...you guys can see my dorsiflexion...lol!...and my cat hOOver managed to get into a few shots...he knows this is his turf!... till next time...richxxx

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