



F a l l
Weekly

Volume 295, Issue 359, November 21st, 2019

Reader

The Plano Rotary Club
www.PlanoRotary.com

Monkey Glands Redux

UPCOMING PROGRAMS

November 21st Life of Being Miss Texas & Texas Cares for Children Program

Chandler Foreman, Miss
Texas 2019

November 28th No Noon Meeting Happy Thanksgiving

December 4th Holiday Party @ Haggard Party Barn Please RSVP!

December 5th No Noon Meeting (1st Thursday of the month)



ENDPOLIONOW

NOVEMBER BIRTHDAYS

Olin Jaye	Nov 05
Martin Jackson	Nov 12
Tamara Dreger	Nov 28



Carrolyn the Petite multitasked this meeting both as Closing President (**JOEFF** ran out before meeting's end) and as Photographer. **Sainted Editor** owes her sincere apologies; his camera malfunctioned and improperly formatted the SD card, rendering it unreadable by his laptop. It was only sporadically readable by the camera itself, so **Sainted Editor** had to RE-photograph the tiny review screen of the camera to capture the photos within his bulletin. The grain is palpably awful. Sorry, Carolyn!

JOEFFRY THE HASTY opened the meeting at 12:16, inducing **Blair Ritchey** to Pray and **Emma Smith** to Pledge. **Jo Via** and **Janelle Twyford-Silvis** were our Joint Greeters, and **Rick Horne** reprised his role as **SERGEANT**.

In response to the thunderous applause, Rick mumbled, "Thank you very little." He recognized no Visiting Rotarians and encouraged Janelle to welcome back a chatty **Allen Shahan** who assured us that his membership check is in the mail. He has lived in Plano all his life, working in Hotel Management since leaving the Marine Corps. His long-term stay *Candlewood Suites* boast "the biggest rooms in Plano."



The **3 Minutes of Torture** fell upon the author of the phrase, **Chris Parr**. He has lived in Plano starting in 1971 at *UT Dallas* because "it was the last opening in *Theoretical Chemistry* at the time." **Mark Geller** wanted to know of what revelation Chris was responsible, and he learned that Chris stud-



ied "molecular ballet: the movement of atoms and molecules undergoing chemical reaction." And he found them to be ever so graceful. Rick asked how many members had been put to sleep by that explanation. (Rick, himself, stayed awake since he was Chris' student in some Chemistry classes.) Chris favors peanut **m&ms**, cats, and long walks on the seashore. He was then permitted to return to his "award-winning" scribe duties.

JOEFFRY, in a futile attempt at ducking the scribe's jibes, recognized **Karen Pro Tem**, **Howard Matson**, who mentioned something about being "beaten with an ugly stick," although the scribe, newly reseated, didn't catch why.



Then the Fearless Leader called **Janis Allman** and **Mary Jo Dean** to the podium for the former to award the latter with a \$727 Bubba's Bucket check for the Hendrick Foundation, and, since no birthday boys or girls were present, **JOEFF** assigned Hendrick to be the next month recipient as

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well. **Sainted Editor** rose to extol the Club's virtue at having raised one scholar one semester in one meeting (the last). He vowed to start this day's off with \$20, urging **Rutledge** to match it fivefold again, being profligate. (By meeting's end, we'd still not done as well.)

El Presidente reminded us to RSVP to our email invitation to the **Holiday Party** to which we'd bring new coats and \$25 for each extra mouth. It'll remain at the **Haggard Party Barn** on 12/4. The other clubs are welcome as well.

He reminded us too of the change in **Angel Tree** this year. We seek stocking stuffers to include (according to Camille) "*small gifts and gift cards.*" The event is to be held 10:30-noon on **Christmas Eve** at the **Samaritan Inn**.

JOEFF said that the return to four Thursday lunches a month will be in February 2020. Until then, we'll skip the first Thursday meeting. Following then, we'll skip the fifth Thursday, in months that have them, in favor of sweat equity projects, at which **JOEFF** vows to do a better job of impressment.

Since **Joe Camenara** was AWOL, **JOEFF** took over, introducing **Dr. Andrew Shepherd** of the **Genesis Regeneration Center**.

parkerwellness2017@gmail.com

K. Andrew Shepherd is Clinic Director and Nutritionist at the **Parker Wellness Centers/Genesis Regeneration Centers** in Plano. It took a serious injury during a ski race for would-be lawyer Andrew Shepherd to take his career in an entirely different direction. After being confined to a wheelchair for 6 months, Andrew was able to walk again thanks to the help of chiropractic, and, upon completing law school, he began to pursue a career in wellness and functional medicine.

After researching various chiropractic colleges, he moved to Dallas to attend **Parker College of Chiropractic**. After graduation, Dr. Shepherd opened **Mountain Health** in Plano, and, in 2018, renamed it **Parker Wellness Centers** when he expanded to full-service, functional medicine chiropractic to include physical and bioidentical hormone therapies.

Since chiropractic removes structural and postural imbalances to allow the body to heal itself, using regeneration medicine to augment the healing of specific areas of the body was a natural next step. As a result, Dr. Shepherd incorporated stem cell therapy into his practice and renamed that part of it **Genesis Regeneration Centers**, which is the forefront of using stem cell therapy in Collin County.

He explained his "*best Southern accent*" as being a Kiwi (down under and over) at birth. He offered his books, **Health Put in Your Reach**, **Forever Young**, and **Your Health, Your Choice**, as mild soporifics.

He was diagnosed with **anklosing spondylitis** (spinal joint inflammation), a degenerative disorder leading to fusion of the joints. There is no known cause (though it may be inherited) and no cure. Dr. Shepherd researched the topic for six years and found stem cell therapies used in Europe and Asia. It took him 2.5 years to overcome his skepticism and then became his first patient! (One wonders if the adage against being your own lawyer applies?) The blood marker for the disease is called HLA-B27, and it was present initially,

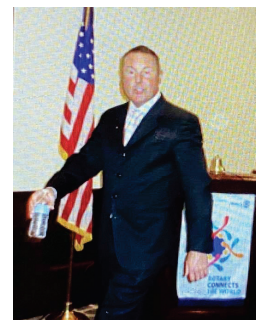
but after stem cell therapy, it was gone. Dr. Shepherd had the test done at three different laboratories because he couldn't believe his luck! But, the 3rd time being the charm, he now holds himself free of the condition at age 60 (well, technically, 59+364 days, as his birthday is tomorrow...OVER THE HILL, ANDREW!).

Time Magazine did a cover story about inflammation being a common factor in disease. And the common cure is to "*get up off the couch.*" Dr. Shepherd maintains that a sedentary lifestyle generates an "*acidic body*" which encourages inflammation. He also cautioned against drinking water with your meals (as that dilutes your digestive juices leading to incomplete digestion). Fortunately, your body is repairing itself all the time. (Your red blood cells, for example, are totally replaced every 90 days. That's why your A1C reading averages your blood sugar over the last 3 months by analyzing sugar buildup on your erythrocytes.) You are creating new tissue all the time in the process of regeneration. So doctors don't heal you, you heal you (with your preferred Deity's assistance, no doubt). Doctors only influence the impediments to self-healing. They diagnose and reduce the interference to regeneration.

OK, what are stem cells? (Ref. **Weekly Reader** 28 July 2016 **THE NEW MONKEY GLANDS**) They are undeveloped cells that can warp themselves into any human tissue. They are what each of us once was in our blastula stage undergoing ontogeny (that recapitulates phylogeny). In other words, at our earliest stage of development, we are but a single (stem) cell with instructions (via the genetic code) to divide and replicate our evolutionary past *enroute* to our glorious human present. But that trick is impossible without a biological *tabula rasa* on which to write our differentiation into skeleton, muscle, nerve, etc.

Our stem cells turn us human and can be persuaded to keep us human through their capacity to analyze and replicate adjacent tissues. Thus, as Dr. Shepherd pointed out, at least a smidgen of healthy tissue must remain at a damaged site for stem cells to model themselves upon. He holds them to be the antithesis of apoptosis, an answer to the horror of cell death. But they become fewer as we age. As a zygote, stem cells were 1 in 1. As an infant, they are 1 in 10K. At age 80, they fall to 1 in 2M! (Still, at 37T cells, even an octogenarian has almost 20M stems.) That diminution implies that "*injuries take longer to heal*" and any bruising goes away "*more slowly.*" One solution is a transplant, but the body's rejection of foreign tissue means that patients may need to be "*on immuno-rejection drugs for the rest of your life.*" Scare tactics aside, the softer, gentler way is to rebuild worn or damaged tissue with stem cells, preferably your own (via "*autologous*" harvesting).

Alternately, stem cells from some other zygotic neighborhood, placentas or umbilical cords, for example, may be administered by simple injection. Mothers are offered an opportunity to bank umbilical cords. If they agree, the cords are saved (for a hefty fee?), but if they decline they are encouraged to donate them to the **American Association of Blood Banks** (AABB) for use by anyone.





Any condition ending in “-itis” indicates an inflammation. (Thus “colitis” is inflammation of the colon, and “arthritis” is inflammation of the “arthro-” or joint.) Dr. Shepherd followed that revelation up with X-rays of ankylosing spondylitis showing a spinal joint closed to 4.3 mm (~1/6”) opened to 7.6 mm (~1/3”) with application of stem cell therapies. Osteomyelitis, he claimed, is repaired within 30 days, regardless of the patient’s age! But, of course, “*the health of the body makes a difference.*”

Even bone-on-bone (i.e., almost the entire loss of joint cartilage) responds to stem cells within 90 days, giving patients “*significantly improved*” pain. (I’m not sure I’d want my pain improved, but I take the point.) So it represents improvement not cure. The arthritis remains after the procedure, so the autoimmune forces are still at play, but the cartilage has regenerated. So patients can go pain-free longer but not necessarily to the grave.

Apologizing for any loss of lunch, he showed us a vasculitis (autoimmune attack on blood vessels) wound that responded only to stem cell therapy. Continuing the theme of dyspepsia, Dr. Shepherd displayed a horrendous psoriasis case solved by stem cells. Appealing to distaff vanity, he even had the audacity to show the results of stem cell facelift and two video endorsements. The male talked of increased (masculine) energy while the female spoke of (feminine) skin-tightening.

So Dr. Shepherd believes his flock has had their lives changed through the anti-aging effects of regeneration. He even took credit for their improved sleep!

He offered a slide of FAQs, including administration (intravenous), side-effects (unseen), initial pain (needle stick but then you drive

yourself home...but you’re cautioned to take it easy for 3-4 weeks while the stems work their magic).

In response to the question of costs, he said that no (American) insurance will cover it, but he will offer financing. That he felt obliged to, raised serious questions of remuneration, which he allayed by suggesting that a minimal procedure might be as little as **\$2K**. A more complicated one might run upwards of **\$15K**.

Kelly Palmer asked for its application in dentistry and was told that Dr. Shepherd knows of dentists who have applied it.

Kelly also wanted to know about rejection, and Dr. Shepherd assured him that, even though they don’t come from Kelly’s umbilical cord, they’ll still work (even if he has an outy and not an iny). In an autologous treatment, your own stem cells are harvested (from adipose tissue, as Kelly remembers the last such talk) from you in what can be a painful procedure. But most folk are looking for pain minimization not maximization.



Carolyn the Petite thanked the speaker, led us in the 5-Way Test, and dismissed the assembly at **1:00** as an example to the AWOL **JOEFFRY**.



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