HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Stem Cells and Regenerative Healing at Holistique

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What Is Regenerative Medicine?

Regenerative medicine is one of the most transformative and promising areas in modern healthcare. Instead of masking symptoms, it focuses on repairing, replacing, and restoring damaged or aging cells, tissues, and systems.

Holistique's Regenerative Philosophy

At Holistique, we believe the body is designed to heal when given the right biological conditions. The idea is to give the body what it needs and remove the toxins that interfere with its healing.

Regenerative medicine supports that innate intelligence using advanced tools like:

- Biologics
- Stem cells
- Growth factors
- Peptides
- Exosomes
- NAD+
- Ozone and oxygen
- IV nutrient and mitochondrial therapies

Learn more about our regenerative approach:
👉 /what-we-do/advanced-regenerative-anti-aging-medicine/

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The Science of How Regeneration Works

Below are the four foundational scientific pillars that make regenerative medicine possible, each of which connects directly to therapies offered at Holistique.

1. *Stem Cells* — The Body's Master Repair System
Stem cells are unique because they can become many different types of cells and release healing molecules that reduce inflammation, encourage tissue repair, and stimulate new cell growth.

Types commonly used or studied:

- Adult stem cells (from bone marrow, fat, or blood)
- Mesenchymal Perinatal cells (amniotic and umbilical sources)
- Induced pluripotent stem cells (iPSCs) — adult cells reprogrammed to act like embryonic ones

Stem cell science forms the foundation for biologics, PRP, exosomes, and many regenerative therapies in use today.

2. *Tissue Engineering & Biologic Scaffolds*
Researchers create biomaterial scaffolds that guide new tissue growth. These structures mimic the extracellular matrix — the natural "architecture" of your tissues.

In clinical practice, similar principles are used when we apply biologic matrices or inject regenerative substances into areas needing structural repair, such as:

- cartilage
- ligaments & tendons
- nerves
- skin

3. *Molecular & Genetic Repair Pathways*
Regeneration is heavily influenced by genes and molecular signaling. Emerging tools like CRISPR are shaping how scientists correct dysfunctional cells.
While these technologies are still evolving, Holistique uses therapies that influence these same pathways — including peptides, NAD+, hormone optimization, mitochondrial repair, and IV therapies — to help the body repair and revitalize from within.

4. *Bioelectric & Biochemical Signaling — The Language of Cells*
Cells communicate through electrical charges and chemical messengers. When signals break down, healing slows. When signals are restored, regeneration accelerates.

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Holistique uses scientifically informed modalities that influence these pathways, including:
• Full spectrum, infrared, ultraviolet, yellow, blue, Red-light therapy
• PEMF (Ondamed as an advanced Pulsed Electro-Magnetic Therapy)
• Ozone and oxygenation therapies, include blood ozone therapy known as autohemotherapy, multi-pass therapy and hyperbaric oxygen therapy to increase oxygen to cells
• Exosomes (messages derived from mesenchymal stem cells)
• Peptides (chains of amino acids)
• IV micronutrients
Together, these support an internal environment optimized for repair.

What Regenerative Medicine Can Support

Regenerative therapies are used for restoring, rebuilding, or optimizing areas such as:

- Joint pain & arthritis
- Sports injuries
- Tendon & ligament tears
- Skin rejuvenation & hair restoration
- Sexual wellness
- Immune and cell engine (mitochondrial) function
- Healthy aging & longevity
- Neuro-degenerative conditions (like MS, parkinson's, etc)

Exosomes are emerging as a promising non-cellular regenerative therapy. They activate tissue repair and regeneration of cartilage, skin, ligaments, tendons, nerves and tissues. Exosomes provide safe immuno-modulatory effects. Holistique uses live exosomes derived from Mesenchymal cells from umbilical cord blood/tissue from live babies whose mothers donated the umbilical cord.

Additional articles:
👉 /category/services/medical-center/regenerative/

Holistique's Whole-Person Approach to Regeneration

At Holistique, regenerative medicine is not a single procedure — it's a holistic process. We combine regenerative therapies with:

- Root-cause medicine
- Functional and naturopathic medicine
- Hormone balancing & optimization
- Detoxification & drainage
- Mitochondrial optimization

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- Longevity medicine
- Personalized nutrition

Because cells heal only as well as the environment they live in. We treat the whole person: body, biochemistry, emotions, and lifestyle.

To learn more or for a Regenerative Medicine consult, speak to one of our Care specialist. Text or call (425) 451-0404

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