



## To have or not to have a Useful Healthy Long Life by Stem Cells

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### Abstract

Long and healthy life are going to become a common and convenient means for human to will be survived. More-and-more health problems are kept on arriving over the world, forcing human to increase the set of knowledge and using intelligent data to predict and decide more accurately and correctly. The availability of different new health problems increase the complexity of discovery as well as the selection process to overcome them. In this research we are sharing our results from data science to fight against the new generation of health problems by using stem cells and at the end we try to offer the ways which human will be able to live longer and healthier. By using reliving stem cells in the body and also some other useful ways.

**Keywords:** Stem Cells; ABAR1 Enzyme; MSI-1436

### Introduction and Methodology

In this article, we try to explain about stem cells and their types and then the process of human progress in obtaining stem cells and using them. In the following, we will compare the different paths that a stem cell becomes into a target cell, such as muscle cells, the heart, or neurons in the brain, etc. We will compare the different pathways in which a stem cell becomes a target cell or a cancer cell. Results of Human Findings in Year 2010 on how to put stem cells in the right direction, with the most surprising human findings on how and how easily traditional medicine turns stem cells into target cells and longevity It normalizes cells many times over (given that researchers have no knowledge of Iranian traditional medicine). Stem cells are cells that have the ability to become any other type of cell. Stem cells were first found in the embryo, which had to destroy the embryo to obtain the stem cells. Later, when artificial insemination was introduced, after fertilization of the fertilized egg in the uterus, additional fertilized eggs were used for this purpose. Scientists have long found that stem cells also produce stem cells when obese people undergo abdominal suctioning. With the advancement of science, it has become very clear that stem cells are present in all parts of the body. For example, in muscle cells, there are many muscle cells that do not have the ability to

transform, but there are also a small number of stem cells that are activated in women and then become muscle cells and replace the destroyed cells. It turned out that there are two types of adult and embryonic stem cells. Knowing that the next question that arises is how to stimulate stem cells to start working to transform into other cells and proliferate.

### Related works

There is a lot of valuable works in this area. This is the time not to compete but help each other to find the best solutions to make long and healthy life for human.

### Results and Discussion

There are various factors that will be mentioned in the supplementary explanation, and the second question is that after stimulating stem cells to proliferate and become the desired cell, such as muscle cells, heart cells or neurons in the brain, etc. or cells? Will the stem cells become the best in that cell or do you need other care? When a person gets angry, the first spark of anger stimulates a gland in the brain called the amygdala. Stimulation of these glands stimulates the hypothalamus in the brain. Thus, the hypothalamus sends a message to the pituitary glands by secreting the hormone

corticotrophin. The pituitary gland secretes adrenocorticotrophic hormone by activating the adrenal glands, and eventually stress hormones such as cortisol adrenaline and noradrenaline are secreted by the adrenal glands in the body. Increased levels of the hormone cortisol in the body cause too much calcium to be absorbed by neurons in its membranes, causing the cells to burn and die repeatedly. Elevated cortisol levels make the hippocampus and front of the brain the most vulnerable parts of the body. As cortisol levels rise in these areas, a person has difficulty making decisions as well as planning for the near or distant future. \*(Compare with when we think or act positively) which we will have a comparison in the next pages. Increased levels of cortisol in the hippocampus cause the destruction of neurons in this area and lead to disruption in the production of new neurons. This is the same negative effect on the process of converting a stem cell into a negative and harmful cell. In this case, it was found that a stem cell, after being stimulated in different pathways to become the desired cell, undergoes the process of DNA completion and modification. Sometimes in the process of turning a stem cell into a target cell, for some reason, instead of turning into a useful cell, it turns into a cancer cell. As a result, after stimulating the embryonic or adult stem cells in the body to regenerate new cells, the conversion pathway must be taken care of so that the result is a defective cell and in some cases even better than the original cell. Various pathways examined in terms of biochemistry and other sciences and the result (without researchers' knowledge of traditional Iranian Islamic medicine). \*How to stimulate embryonic stem cells or adult stem cells in the body to proliferate and transform to do the destination cell correctly? Stem cells are the only type of cells that have the ability to amplify and alter their DNA. Stem cells attach themselves to problem cells by replicating, transforming, and replacing themselves with problem cells. If we insert embryonic stem cells taken from human embryonic cells or from a person's deciduous teeth that have been stored under special conditions and conditions into the person's body, the spontaneously rotates to the area where the damaged cell is damaged and sticks. These cells proliferate and replace them. Embryonic stem cells or adult stem cells that are present anywhere in the body must be stimulated to start working. This irritability in nature is a natural way, such as bodily injury, bleeding, etc., in which mature stem cells recognize that they need to be activated and replaced with damaged cells. Sometimes stem cells go in the opposite direction and unfortunately transform. They turn into cancer cells. At this time, an enzyme turns stem cells into cancer cells. The enzyme that converts adult stem cells to cancer cells is

a well-known enzyme called ABAR1, which is easily detected in cancer patients. The question is why mature stem cells are not so much more complete and incapable of regenerating. For example, the reconstruction of an amputated finger or eye or foot or heart muscle or brain neurons. The next question is that embryonic stem cells are very active and alive in the baby's body for up to two months and cannot completely regenerate an organ like some animals (lizards, etc.). We are now investigating the cause of this issue. It is caused by a special enzyme called PTP1B, which blocks the activity of stem cells in the body and stops them from working. An inhibitor called MSI-1436 can be used to deactivate this enzyme, which can reactivate mature stem cells in the body like embryonic stem cells to the point where they can even rebuild the heart muscle and cells. Recover others who have been injured in the body. MSI-1436 inhibits the PTP1B protein enzyme in two ways to reenable mature stem cells in various tissues in the body to function again as embryonic stem cells. Method 1: Direct effect of MSI-1436 on PTP1B enzyme; in this method, it must be present and attach to the PTP1B enzyme to impair the function of PTP1B. Method 2: Stimulation of MSI-1436 on PTP1B enzyme; in this method, MSI-1436 deactivates PTP1B by colliding and the presence of MSI-1436 in the next steps is not necessary. Following this action, MSI-1436 disables the PTP1B enzyme, which deactivates stem cells in the body, and the adult stem cells in the body are transformed back into stem cells with the function of embryonic stem cells, except that these cells They have the ability to transform into the cells that are in them and do not turn into every cell. For example, if they are inside muscle cells, they only turn into muscle cells, and these are the wrong paths for mature stem cells that are spontaneous due to stress. Nervous proliferate. If genotoxicity occurs, the pressure on the stem cells increases and they begin to multiply and convert their DNA into damaged DNA, resulting in the production and proliferation of cancer cells. Substances that cause genotoxicity and stress on cells: the sun's ultraviolet rays and chemicals such as detergents and shampoos, etc. that are fertilized through the skin or through food such as chemical drugs and fruits and vegetables that are fertilized by chemicals. Of course, the opposite is also true, that is, changing the DNA of stem cells to better DNA. What is very certain is the type of nutrition and the type of climate... These are the factors that affect our DNA and cause defective DNAs such as cancer DNAs. So, things like nutrition and living environment, the type of climate are very important. According to research by the non-profit MATH TLEART institute, in the last 20 years the kind of thinking and stresses of life that we have every day and gratitude

and satisfaction and love, anger and tiredness are very, very effective on the DNA of the cells produced. "The difference between the original and the natural genetic state of a person is very important," says Professor Bruce Lipton. All of a person's physical, behavioral, and emotional states are controlled by their genetic codes. When we feel negative, such as anger and fatigue, hatred and having or not having two sets, or negative thoughts or expressions such as: "I hate my job". \*When a person gets angry According to research, the type of energy we go back to ourselves. (HMI Website) These energies are used to turn stem cells into damaged cells in the body. As a result, our obtained cells have better DNA, and with better cells, we experience less stress and a better life.

In the study, 3 cases of DNA positive method were applied and positive mental, emotional and physical results were produced in two cases and had no effect on the third type. This study proved that DNA changes are influenced by behavior and thoughts. Proof that when people act kind-heartedly and with love and friendship, they have a higher ability to conform DNA. The theory of Duck Chillers (smart heart) has shown that a kind of information binding energy is generated between DNA inside cells, which increases the ability to predict people very accurately and accurately. Any good heart feeling increases this intracellular DNA information link. These people have the ability to make positive changes in their DNA (if we want to compare this method with the method mentioned in the section on Negative Thoughts and Stress, as explained, write some of that brain here. So positive or negative change The DNA of the newly produced cells is in our own hands.

### Article result

As explained in the above article, there are stem cells in the human body that are activated when necessary and act to supply damaged cells to the body. Scientists are using MSI-1436 to inactivate the ABAR1 enzyme to reactivate these embryonic stem cells, and various methods have been able to stimulate the stem cells. To the extent that a whole organ, such as the heart muscle, etc. grows. In order to convert stem cells into other cells, the stem cell transforms itself from the replication of DNA inside its cell to a damaged cell that cling to it and we also saw that if the stem cell is affected by..... \*genotoxic pressure, it will automatically start to multiply and negatively change its DNA and make cancer cells, and finally we saw Based on research by the institute over the past two years, not only the type of nutrition and climate, but also the way others think and love. One is able to predict the future situation. But what is the

result of all this? First, stem cells in the body that must be stimulated to proliferate and alter DNA, according to modern science, in a completely abnormal way. What to do in traditional medicine: We very easily in traditional medicine transmit signals to stem cells for activation, and it is nothing but dry cupping (hot air balloons) that causes stem cells to enteric and sound to them. Tells the cells what a strange thing happened inside the body and the DNA of the damaged cells must begin to multiply immediately. The result of this research is nothing but what we have been doing for thousands of years. But making new cells that are stem cells that have good DNA and are not problematic but even better. And what is it? Nutrition Proper nutrition of good materials and good weather and good thoughts and hearing and seeing positive things, saying positive things kind-hearted and forgiving others and praying for enemies and wishing happiness for humanity. Which makes the process of converting them to better DNA easier and better. But what if the PTP1B protein enzyme is not made to inhibit the function of stem cells? According to the order of the Prophet of Islam, cupping at effective times prevents the body's stem cells from aging and continues to function like war maneuvers. Decreased neurons in this part of the brain can cause short-term memory problems and also make it difficult to recall new memories, which is why when you are angry when you are angry, what You want to say it does not cross your mind and a few hours later a more appropriate answer will come to your mind for that moment. Elevated levels of the hormone cortisol decrease the amount of serotonin, which is the hormone of happiness, and a decrease in this hormone can cause you to get angry sooner and engage in aggressive behaviors. In the following, we will refer to other problems that anger causes for other organs of the body: - Increased heart rate - Increased venous stress - Increased glucose and fatty acids in the blood - Decreased thyroid function - High blood pressure - Weak Cells become resistant to viruses - Increased risk of cancer - Decreased vision - Increased pressure in the eyes - Decreased cell density in the bones - Decreased metabolism - Migraines and headaches - Dry mouth. It should be noted that regular exercise is one of the most important factors that can help balance hormones in the body and ward off anger in people. In the following, we have collected hadiths from the elders, a small part of which we will explain below:

- The Holy Prophet (PBUH): The strong are better and more beloved in the sight of God than the weak believer.
- Imam Ali (AS): Whoever does physical work becomes stronger and whoever fails to work, will become weaker.

And we have a review on the role of happiness in body and soul health: Studies in recent years show that the role of happiness in heart and brain health and immune system is more than imagined. Happiness promotes heart health:

- Studies show that happy people have a more regular heart-beat and lower blood pressure fluctuations in these people. Studies conducted by Canadian researchers in the year 2010 show positive emotions such as happiness, excitement and excitement are more likely to develop diseases. Reduces the coronary arteries of the heart by 22%.

Happiness strengthens the immune system:

- Studies show that stress leads to biological and hormonal changes and one of the most important causes of high blood pressure is stress.
- Happiness reduces pain: Studies in the year 2001 show that happiness reduces pain and muscle pressure, dizziness and heartburn. On the other hand, these studies show that the amount of pain in patients with chronic inflammation, including arthritis, is associated with feelings of happiness, and patients, especially happy women, are less likely to suffer from inflammatory diseases. Happiness reduces physical disabilities: Studies show that optimism and happiness reduce the risk of many diseases, including breast cancer, a result that has been proven in many other diseases.

### Happiness contributes to brain health

Happiness and positive thinking affect brain health through the following methods. Happiness is a stimulus for the growth of brain communication.

Happiness improves cognition and increases the productivity of the brain. Happiness increases the brain's ability to analyze. Happiness improves concentration and memory. Happiness causes longevity. Feeling happy and satisfied is the best way to deal with illnesses such as depression. Also, happy people are more inclined to exercise.

There are ways to improve your mood and happiness, which include: do not eat a heavy meal. Exercise. Get enough sleep. Inhale fresh air. Laugh a lot. Participate in volunteer work.

Professor Morteza Motahari writes in the definition of happiness: "Server is a pleasant and enjoyable state that gives a person the knowledge that one of the goals and desires will be fulfilled or will be fulfilled." Living happily is one of the necessities of hu-

man life and self-improvement and reform of society are its consequences. Happiness has a good effect on both the soul and man.

The following are examples of happiness: Appreciating the effort and goodness of others. Enjoy the divine gifts. Act positively. Positive thinking. Being open. Living in the present. Self-righteousness and appearance and satisfaction with life are other examples of happiness that can be experienced in life. The great emphasis of Islam is on making the most of human beings happy moments, in order to increase their spiritual and psychological readiness to achieve growth and perfection. If a person removes sorrow and grief from the servants of God with an open face and good intentions, he has performed the worship of God and he himself will be pleased with this joy.

Imam Baqir (AS) is quoted; In the sight of God, worship is no more beloved than to make believers happy. If you want to establish Khalil Kaaba, release two thousand servants a day and make it a place of prayer and obedience, there was no need to rejoice.

Happiness Research Recent research by researchers at UCLA University in North Marvelina shows that genes and cells are highly responsive to happiness and generosity. Psychologists have been emphasizing the positive effect of happiness on the human psyche for many years, and there have been many lectures on this subject around the world. These studies have shown that the immune system of happy and benevolent people who are looking for an opportunity to help their peers is much stronger than selfish people who have constant negative emotions. In these studies, the effects of emotions such as happiness, stress, jealousy and fear on people's cells and genes have been studied in detail for 10 years. According to the director of this research project, the direct effect of happiness and good feelings on the health of body and soul has been clearly proven and proven. The research goes on to say that actions to satisfy the human role have a very negative effect on cells. Hence, immune cells react more to fear and depression, become inflamed, and their antiviral activity decreases. On the other hand, blood and genetic tests show that the genetic activities of happy and benevolent people are more desirable than those of sad, anxious and selfish people. A team of 190 researchers from 140 research centers in 17 different countries studied the genome data of hundreds of thousands of people to identify the genetic diversity associated with feelings of satisfaction, depression and neurosis. The researchers found that these genes are often present in the central nervous system and in adrenal or pancreatic tissues. To conduct

this research, the researchers collected data from a large number of previous studies and, using advanced analysis tools, analyzed this information into a unit consisting of the genetic information of 298,000 volunteers. Previous research has shown that the difference between the level of happiness and well-being of individuals is related to the genetic structure of their bodies. This issue has been considered more and more by proving the direct effect of welfare on the mental and physical health of individuals. But researchers believe that genetic makeup is the only factor that affects how people feel and think about their lives. Also, the environment and how it interacts with genes are also of great importance. The study of genes can provide a correct understanding of the reasons for the biological talent of individuals in intensifying these feelings and can be a way to identify the factors that affect the level of happiness among different people [1-12].

## Conclusion

In this research, the main aim is to develop a new and easy method to relive stem cells to make healthy and useful long life for human.

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