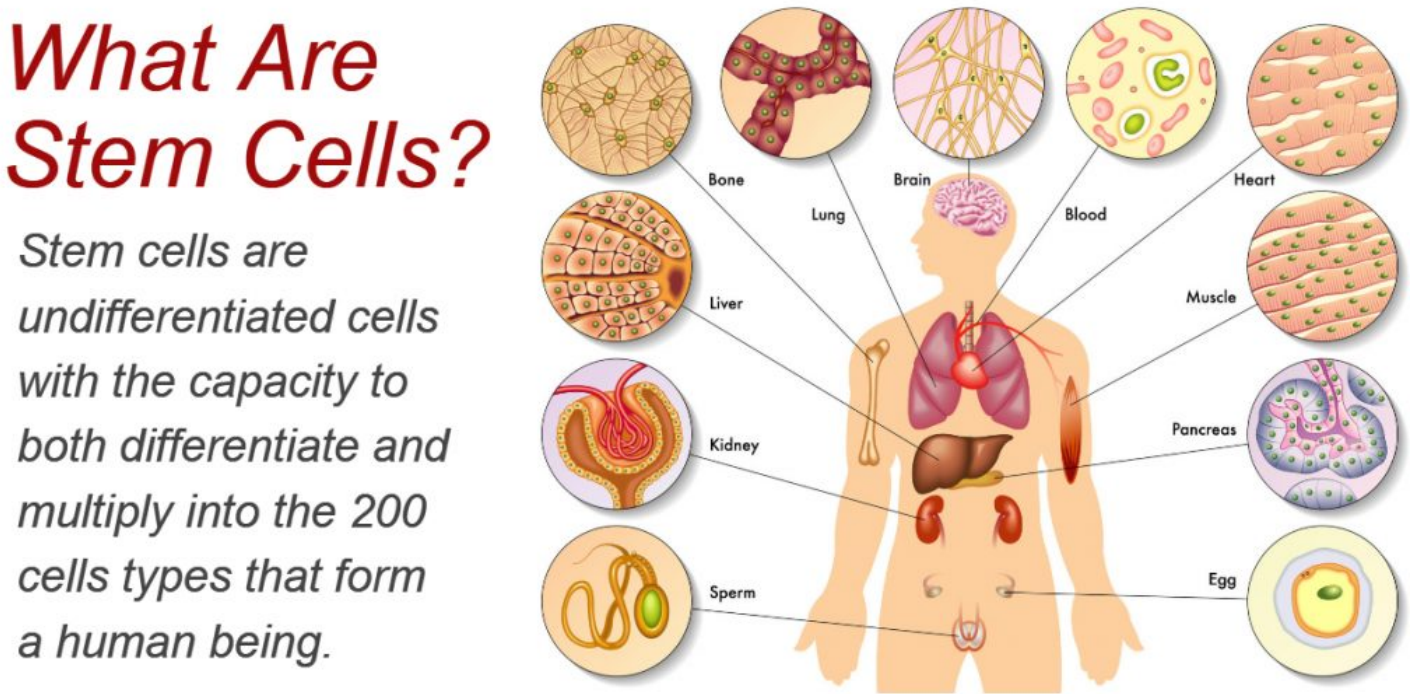
# Twitter Thread by Denver Ncube■

**Denver Ncube■**
@denvern3

## 1. What are stem cells? What are the various types of stem cells? How are stem cells being used in medicine today? Can stem cells be packaged into pills and taken orally?

2. Stem cells are basically undifferentiated cells found in various organs of the body. Almost every organ has a reserve quantity of cells that are capable of maturing and replacing already existent cells in that organ.




3. There are different types of stem cells based on their origin and method by which they can be derived. There are embryonic, adult, tissue specific,multipotent, pluripotent, totipotent and induced pluripotent stem cells. See graphics below.

## Embryonic Stem Cells

Embryonic stem cells are present at the earliest stages of life. They can form any of the more than 200 cell types present in the human body. Quickly, embryonic stem cells start to specialize and lose their ability to turn into any type of cell.

## Adult Stem Cells

Adult stem cells are present in the human body after birth, during childhood, and throughout the adult lifespan. They exist in a number of places, including within the teeth, liver, brain, skeletal muscle, gut, ovarian epithelium, testis, heart, and a few other places. However, the most common places from which to harvest those cells today include the bone marrow, adipose tissue (fat cells), and peripheral blood.

## Tissue-Specific (Multipotent) Stem Cells

Adult stem cells are tissue-specific, meaning that they can become a limited number of cell types. An example of tissue-specific stem cells includes the mesenchymal stem cells (MSCs), which develop into many of the cells

4. Stem cells are used in a variety of ways in medicine today. For instance, when a person has a blood or bone marrow disorder, they may receive a stem cell transplant. There is also a lot of work being done using stem cells on neurodegenerative disease research.

5. Stem cells, human stem cells need to be viable to be used in therapy. There is no way one can package then into capsules and administer them orally to a human being and immediately they find their way to a target organ ■■. Hakuna zvakadero. 6

6. Can you also package plant stem cells? Lol ■... Why would you do that when you can simply eat the fruit you want and consume those stem cells?■ What we extract from plants and fruits are extracts that can be packaged into various formulations.

7. Do pills made from fruit seed extracts boost stem cells and do you need to boost stem cell production in your body? This is slightly more complex. Boosting stem cell production isn't always a good thing. Uncontrolled stem cell turnover manifests in many cases as tumors.

8. You don't get better because you have simply boosted stem cells in your body. The body already has trillions of these cells in various organs and they are made every day. Only in specific conditions would you need to boost them and such therapy must be done correctly.

9. In conclusion, be careful of so called curative substances that treat every single disease under the sun. When in doubt contact Medicines Control Authority of ZImbabwe. Stay safe and don't pay for bogus therapies that could compromise your health in the end.