

Foreword By Kimber Eastwood

They say a cat has nine lives, but that myth has nothing on the various lives and incarnations that Dr. Joy Kong has enjoyed in her transformation to become the leading voice for regenerative medicine in all its healing forms.

Dr. Kong's story began in China, where the Tiger of Beijing was an inquisitive child – bright, strong-willed and always searching beyond her confines for new and exciting things in life. In her early teens, she already knew that something about America was calling to her. Political changes in China forced her to make the decision to leave China much earlier than she anticipated. Her friends thought she was crazy for even trying to leave because it was "next to impossible," yet the Tiger in her would not be denied.

In this book, you'll discover how this relentless and resourceful feline within Joy eventually got her the ticket to come to America. Yet what was to come in this new country was a different kind of obstacle that would threaten her soul.

I took this journey with her - with Joy, and the Tiger. What I realized was that this is not just a story about a girl from China fighting for her dreams. This is about all of us. What do you call upon when you are in terrible situations that are out of your control? How Joy overcame such monumental hurdles personifies the magnificence of the Tiger.

Joy's account of her journey is raw yet nuanced. One can sense her fearlessness walking along her side, as she explores her boundaries as a young woman and an immigrant. Her stories straddle two continents, and keep the readers on their toes.

It was in America that Joy found her true calling, as if an irresistible force was channeling itself through her. In China it would have been called Qi, or energy, and that force spoke to the healer in Joy. "I think the healing energy is simply love," she says. As a result of her passion for

science and quest to understand the brain, Joy conducted neuroscience research in renowned institutions such as NYU and the Mayo Clinic, before she was accepted by the School of Medicine at UCLA.

As you read through this amazingly candid memoir, you'll discover Dr. Kong's path to become the preeminent spokesperson for regenerative medicine, where the healing properties of the human body are used to repair the body itself. Powered by her insatiable desire for knowledge and excellence, Dr. Kong became a board-certified physician in three specialties: psychiatry, addictive medicine, and anti-aging and regenerative medicine. Now, she is a one of the top anti-aging medicine physicians in the country, and an expert and authority on stem cell therapy.

Dr. Joy Kong is one of those rare gifts, a brilliant physician who has the greatest possible number of healing tools in her arsenal and is leading the way in the field of regenerative medicine. Her story is one of undaunted determination and courage, and one that might awaken unexpected parts and parcels within each of us.



Kimber Eastwood, Daughter of Clint Eastwood