Stem cells in our bodies work wonders. They repair damaged organs. They rebuild vital tissues and muscles. And they have already changed people’s lives. They’ve helped people with severe spinal cord injuries to walk again. They’ve helped children avoid a life of pain from sickle-cell anemia. And stem cells are showing further promise in treating a host of diseases like Parkinson’s, diabetes and heart disease. But these are not embryonic stem cells. They are adult stem cells, obtained without harming anyone.

Some insist miracle cures will come only from embryonic stem cells. Yet two decades of embryonic stem cell research have not helped a single person. Embryonic stem cells tend to be genetically unstable and can form lethal tumors. And they come with a hefty price tag: living human embryos must be killed to obtain their cells.

Embryonic stem cells have been hyped. But it’s the adult stem cells that are showing hope.

So, where’s the future?

Look deep inside. The answer is clear.