Introduction to the Summit Guest

You're watching the Restore your Mitochondrial Matrix summit. I'm your host, Laura Frontrow, and I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today, my special guest is Doctor Sergei Shealy. Sorin. Hi, doctor. I like to call you Doctor Sergei. And because you're a friend of mine. Doctor Sergei, welcome to the summit.

Thank you. It's an honor. The conversations with you are always fantastic. This conversation is truly magnificent. It is. It's so important to bring you here to a summit all about healing mitochondria.

You have an incredible healing story. Really remarkable yourself. And, and an incredible background as well. You are actually named the Holistic Physician of the year in 2020.

And this is after putting your own stage three colon cancer into remission. You have dedicated your life since then to sharing holistic health care and healing information with the world.

And very fascinating. In 2015, you actually became family with doctor Norm Shealy, and recently he adopted you formally as his son. And now you are devoted to honoring his legacy and bringing his healing contributions to the world.

As the medical director of the Real Holistic Doc Wellness Center, and for those of you who don't know who Norm Shealy is. Doctor Sergei is going to tell us all about Norm as well.

He is literally like the father of functional medicine. So, so let's get into this amazing talk today. Sergei, can you start off by sharing your personal story of healing from colon cancer?

I know there's people watching right now who have a cancer story themselves, or who may be going through it right now and who may be here looking for answers.

So I know you're going to, just be a guiding light to people today. So share with us how you are where you are right now. Thank you. Thank you. I appreciate you extremely, extremely much.

I would I'm going to say my journey began when I was, still back in the former Soviet Union. Belarus. We were born, well, I was I was born into a medical family.

My grandmother was a pediatric cardiologist. Now, the fact that she, as a woman, was able to become a director of a kind of a clinic, and.

Sergei Shealy's Background and Cancer Diagnosis

Well, and not only that, but pediatric cardiology was truly amazing because, first of all, it was very difficult. But the other thing is, back in those times, the system, that, was operating was completely, completely nonfunctional, very much skewed towards, the those who have, in other words, people with power and the rest had nothing, truly nothing, no resources.

And whatever resources were, they were terrible. So what I learned from an early age, and this came later much, very helpful, is you don't just look at the system, you look at the entire perspective.

You look at the entire picture. When I was 12 years old, my family moved to the to the United States. It was a wonderful transition. Interesting. But wonderful.

And so, when I was college and, and thereafter, I was asked or even high school, what do you want to do when you grow up? The the answer was very, very simple.

What do you mean? Well, what I want to do, I'm going to be a doctor. Is there anything else in the world? Well, of course there's there's a lot of things in the world.

But, for me, there was just one vision. And what I saw was conventional medicine, because that's what I saw. That's what I learned. That's what I knew, and that's what I trusted.

And we'll get there. We'll get to that. Because at this point, I have literally seen the light about the reality of life, the world, medicine, health care system and everything else in between.

And it's a fascinating, interesting reality that we need to talk about, at some point. But anyhow, in 2007, after having graduated from medical school and finally having my my American Dream, I was married.

I had a house, cars, even a swimming pool. I mean, all the materialistic and the American dream that I imagined and beyond, I guess I'm supposed to be happy.

Well, was I, in oh seven, I was diagnosed finally, after blowing off and ignoring the symptoms that I would have diagnosed in a spot, with a colon cancer stage three.

And it was basically in the transverse colon. It was I had a resection that I went through a brief, course of chemo, but I still remember the very first time that I was sitting in a in a hospital room.

And this this was basically, a situation where I literally just blew it off. And I tried to make all kinds of excuses, but the one day that I was, I was working and, it was in a clinic, at the urgent care at the time, I had multiple contracts, and I found myself drinking a glass of water.

And then basically in the fetal position on the floor for the next half an hour, unable to get up. That's when. And that's when it was time. Okay, I'm going to the emergency room.

That sounds advanced, Sergei. I mean, by the time colon cancer becomes symptomatic, we know it's quite advanced. You mentioned at stage three and four.

Three plus. Yes. It literally blocked the entire transverse colon. There was no space. There was nowhere to go. And lymph nodes and other things. So, the first time colleges that came in literally gave me a death sentence on the spot.

Death sentence. I was told there in the very nonchalant tone of voice, you got two years to live. And in the meantime, in those two years, this is going to be the side effects of chemotherapy.

Yeah. So basically, you're going to be dead really quick. So I just want to make sure people realize with with colon cancer, it's a very slow growing cancer.

And if you were at stage 3 in 2007, that means that close to ten years prior you had started growing this cancer. So you were in your late. I was, I was I was probably in my 20s, but, it goes deeper than that.

Back in the former Soviet. And, you know, this is where I trust no one in, especially in authority or power. And I, I'm going to be very careful in that statement.

But I learned that the government's, at least the government of the country I was living in literally deceived and lied about, situation in Chernobyl.

Chernobyl was a nuclear accident. And with a wind down stream, most of our families died out of cancers. Right? Cancers. And so when we left in 88, 89, it was still basically considered, oh, don't worry about it.

So just, you know, go, go, go about your, your life as you do normally. No no no no problems here guys. So that probably was a contributor, another huge contributor.

And this is interesting, is that I was unhappily married at the time, unhappily. And this brings back to the concept of the not just the physical body and what's happening in the body, but thoughts, feelings and emotions, in other words, mental and emotional.

The control center, the mind, the brain and how that affects things. And the short of it is that going through all this difficulties, my first wife, and God bless her, she, I recovered eventually.

In other words, even though I was told I would be dead and I'll go into this a little bit more. She was perfectly healthy, young lady. And she developed pancreatic cancer.

Oh, my. Within a couple of years and passed away. Now that there was no communication, I couldn't do anything at that point, you know, well after the fact.

But, they just just to kind of connect and see what, what, what the, risk factors are for all these things and, and the depression, anxiety and stress.

I'm truly at the core of it. And now I know we can. You know, there's work with Doctor Celia who's done research in the 30s and 40s. I didn't know the step back in the beginning, but I it's a the stress is a huge factor in being unhappy is a huge factor.

Not living your full life and not being genuine to yourself and of course, to spirit, soul, who am I? And so on and so forth. Why am I here? What is my purpose? I had none of that.

I was just simply preoccupied with the house, with the cars, with the swimming pool, and with the status quo. And that was basically, an earthquake right there, just not the everything from under me, the ground.

So when that happened, I literally realized on the spot that, and by the way, I just I literally fired the fired that in college. School came in. I not not only fired the fired him immediately, but I, I'm not not the best response, of course, but the best I could do was basically to tell him, if you didn't get the hell out of the room right there, right then, so would he be dead before I was for my cancer.

Healing Journey and Shift to Holistic Medicine

And I meant it, actually. So, I think he got the point. He actually got out of the room real fast and never saw him again. I mean, the fact of the matter is not the best way to handle the situation in retrospect, and I and I would apologize for that, if I had the opportunity, but maybe I would just say thank you instead, because that really activated the warrior within.

In other words, something got woken up and at that moment I didn't have the answers. I didn't know what I was going to do. I didn't know where life was going to lead me.

I didn't know I was going to become a medical partner. And basically, well, with a real holistic doc. In other words, following the legacy of the founder of holistic medicine, I didn't know that that challenged that opportunity.

The lesson was, what was the most important and essential thing at the time. I just knew that I wasn't accepting. I wasn't going to accept the status quo.

I wasn't going to accept that. Nocebo negative placebo, there's positive placebo, negative placebo words of power. I chose to understand myself, to believe in myself, and to see, hey, let's find out if I'm going to be dead in two in in two years, but might might as well.

Today's two minutes, 20 years, 80 years, whatever it is, who am I? I didn't know what is my purpose? What is my

meaning? Why am I here? And if you have no idea why you're here, if you're not enjoying your life, it doesn't matter how many decades you live, it doesn't matter how it's the quality.

It's the purpose, it's the sense. So this was literally my initiation into asking the question, who am I and what am I doing on this earth? What did you find out.

What did you find out Sergey I found out a lot of stuff. Onion layers after onion layers after onion layers I literally took. Yeah. Education after education conferences, I read hundreds of books.

I literally I if I'm going to be dead in two years. Hey, let's, let's, let's learn, let's explore. Let's find out what's up with what else is out there.

And the first thing that I did was I started working on the basics and essentials lifestyle. I literally changed who I was and that changed the relationship.

In the, in my marriage, which led to a divorce shortly thereafter because I was no longer the same person. And that was that was interesting. So that was another stressor.

But what happened was as I changed my, my my trajectory, my directive, I started looking at holistic medicine. And the more I learned, I didn't call it holistic, I called it functional, I called it integrative.

I called it all sorts of stuff, alternative and complementary. Now I just use the one simple word holistic because everything is Holy Spirit, soul, mind, body.

In other words, we are holy. And, I'll get into this, more. But, there is a general principle, a guiding concept that I use an all in everything that I do, no matter what tools.

What, you know, what the problems are, what the situation is. And that's following the blueprint, the concept of who we are as human beings. And if you listen and if you look at the conventional medicine concepts such as, you know, and over it's, well, oncology or just even primary care or so on and so forth, conventionally trained doctor is going to focus on the physical.

He's going to focus on the disease. You have diabetes, hypertension, you have this, you have cancer, you have you, well, low energy, I mean, that's a symptom as well.

And literally here's here's a bandaid, here's a drug, here's procedure, here's medicine. But what's missing here is the same thing that's been missing for over 300 years since the Cartesian, basically, reductionist and just literally cutting back, cutting off of the spirit and the soul of of a human being, but also cutting off the head, literally cutting off the head with the separation of the mind, a mental, emotional and the physical.

And, there's still people who say it's all in your mind and there's still psychiatrists and otherwise, who basically treat the brain and the mind independent of the body.

And then there are people who treat the body independent of the mind. And that's that's why the system is failing. That's why we have over 36,000 successful outcomes and over 85% success rate.

And it's not because we're anything special, it's because we're looking at it from another perspective, not from the bottom up here, your physical body okay.

Take this. Feels better. Feels worse. Okay. Let's do something else. No. You've got to look at the big picture. If you want to truly be okay. There is the spirit.

The soul. Who am I? Why am I here? What is my. What is my genuine self? What am I here to do? The why? With the right why? You can do any how. You can do any what where that's strong for that powerful.

And then, of course, there's the control center and there's various ways to work with a control center. We'll talk about that. There's various techniques, but the ultimate thing is you've got to have a point of origin.

What do you want? Who are you? Where are you going? And the simple example is if you're driving a car and you happen to just gaze in a, you know, put your eyes, your your vision, your outlook towards the side of the road, you will eventually go off the road.

And I'm not saying that, that's a good idea to do that, but the, the concept is wherever you have vision, wherever you focus, your intention is that's where everything else is going to go.

So that's the first thing I ask a person. Set the intention, who are you? Why is this important to you? What are you? What are you willing to do? This is a really important concept. Sergey.

I want to just highlight this when, you know, you just said, wherever you focus your attention, that's where you're going to go. And I think this is really important because I've definitely worked with people over the years who are focused on failure.

Nobody can fix me. I've seen multiple practitioners. I've tried everything. There's no hope or, you know, this kind of thing. Like, you're my last hope.

And really, I'm not their last hope. They are their hope. Right? So. So, you know, somebody like you or myself, we can guide people, you know, how to heal their bodies using holistic, practices and really, you know, bringing it all together for them.

Can you share, with us how healing your own cancer affected your career? Because you're also an emergency medicine physician. And you and you have a holistic practice as well.

And so how has this shifted your career? Completely 180 degrees. I still practice conventional medicine. I like the emergency room aspect. Keeps me on my toes, keeps it, keeps it real.

And I also use that aspect in my practice. There is, you know, I also often, you know, say jokingly, I've got multiple heads. The very first head that I, I activate, in other words, the first the first thing that I wear is the emergency room head when I see somebody and if they look like crap, for example, it would be vital signs are not doing well.

Or they're going, I'm telling you, telling your story, but they just look like they need to be in the emergency room. That's the first thing that I make sure that we do.

Check out medical, make sure everything is proper. And there is, and that's a concept, you know, a whole holistic and wellness does really it really does incorporate everything.

Whole ism is holy. Everything medicine, surgery, pills, even. Well, everything has a purpose. Everything has a has a place. But chronic chronicity and chronic diseases is defined as, six months or more.

But to me, six weeks if you're not fully resolved or if you're not optimized, something's not right. That's a pattern that you set up. How do you change that pattern?

I'm not interested in dealing with a chronic disease. I'm interested in resolving chronic disease. I'm interested in reversing the patterns that lead to the chronic disease.

But that's on the person. That's interesting. So reversing the patterns in chronic because there are patterns there. And there's layers so that you can work with you can work with physical layers.

You can work with mental emotional layers. And we'll talk about those things. You can talk about electromagnetic because the body is indeed electromagnetic.

And one of the things that Doctor Sheely, the father of, the founding father of holistic medicine, truly going back to the 50s and he started out truly let's talk about Doctor Shealy and his foundation, because where I am is just standing on the shoulders of giants.

Really. He is a giant in this field, you know, he is. Well, for, anyone who doesn't know, that, in the see, Norman Seeley, is a neurosurgeon, and he started out, he was about to be to turn 90.

This coming up? Well, this year, and he's still practicing. He's still working. He's still doing research. He's still producing. Well, literature, research, I mean, for a project, still seeing patients and practice active as ever and, doing fantastically wonderful.

The accomplishment list is absolutely tremendous.

Doctor Shealy's Legacy and Holistic Foundations

From founding of the first American holistic American Medical Association to, to helping to create, Holistic Nursing Association and, multiple patents, multiple books, multiple discoveries, just world famous.

More world, more world famous. Them here in Springfield, Missouri, where people have no idea who who we are, but that's okay. You know, it's interesting.

People from other countries continents call us and try to get in. And our waiting list is, you know, a little bit on the longer side. And in the meantime, I talk to my neighbors.

What for? Holism. What is that? Well, right. That's okay. You know, if when you ready. Well, when the time comes, it'll it'll it'll be there. Doctor Shealy has laid the foundation literally, the foundation for holism, including the physical, mental, emotional and spiritual.

And he literally reconnected the entire being, the holiness. And that's that's his greatest contribution. But along the way, he also came up with a number of concepts, patents, devices, inventions, and including, EMF, not so much an electromagnetic field device that operates in a very interesting, capacity to optimize the brain, body.

There's also multiple tools that he introduced and brought in, including, and another major secret to health, which is, acupuncture without the needles, using bliss oils on certain acupuncture points to create five distinct circuits, including for those who are interested in who are actually doing all the right things in improving their genetics, growing the telomeres tail end of DNA.

Imagine living to be healthy. Happy 150 160. It's possible. Yeah. Fascinating stuff. People tuning in, people tuning in right now are wanting to learn more about how to support their mitochondrial health, how to, achieve, incredible mitochondrial function.

Can you speak into that a little bit from the perspective of these devices? And, the different things that, that you work with in your holistic clinic and how you support people on this level?

Absolutely. And I'll make a disclaimer, first and foremost, the ultimate power, the responsibility. And I'll break up that word responsibility, responsibility, ability to respond is already within us.

And it's a decision that each and every person has to make for themselves. What am I willing to do? What am I interested in doing once that decision is made and it's full, full speed ahead in terms of taking best care of themselves, then the question is, what are the what are the options?

What are the choices, and where do you go from there? One of the easiest ways to regain health and to optimize energy and improve mitochondrial function is indeed a PMF.

And I actually got a functional unit right here that I'd like to show you. And this is a unit that was originally created

by Doctor Shealy. Here's a control box.

It's got right now. It's on. This is the first setting. You can easily switch to, between the three settings. And let's go through the settings. Here's, this is a ring.

I call it a halo. And the reason why we actually created a yellow or golden, ring is and this was actually initially an interesting concept because, well, it optimizes the brain, especially in the gamma range.

And the gamma range is, about 40 cycles per second. So that's why we call it a gamma DMF. This is the only device that puts the brain into the gamma state.

Gamma is the optimal state of relaxation optimization. And just literally doing the best that you can, cleaning up the burn and cleaning out all kinds of stuff.

There's been research that was done, including addiction and, well, without making any judgment, addicts, one of the harder people to work in terms of the mind and the brain, because the brain chemistry and all the other stuff is, is off to a large degree and, to the even to the best of the rehab and otherwise, the folks end up with maybe 17 to 20% success rate.

And this is after going through multiple rehabs, for instance, having wearing this for, two hours a day, minimum on the gamma setting has over 90% over, well over five years.

And, the interesting thing is this is the only device that actually works on the brain in that capacity. That's really incredible. Yep. What happened?

And it's I'm not going to say that the device is the miracle. The miracle is the brain. The device is simply helping the brain go in the right direction.

And an interesting example on that, for example, is, when you have, for, you know, I like to use examples and analogies. I mean, if this makes sense, let me know otherwise.

So we will, you know, expedite. But if you have a person who's colorblind, let's say I cannot see color blue or yellow, if somebody tries to describe to me what the color or what the color looks like, it's difficult.

It's nearly impossible. But if somebody shows me at least once what that looks like now, we can associate and connect, then I can bring that back with the part of my mind.

That is where that is. This is the same thing, what we're doing. We're giving the tool so we can train and allow the brain and the mind to get into optimal state.

And once you know what that optimal state is, I do believe that most people will want to do better if you know that you can do better, you'll do better.

And that's a fact. There are two other modes there that are basically very functional. And the first mode, this sweep mode, it literally has to do with a Schumann frequency.

And Schumann frequency is the 7.83 cycles per second. The interesting thing about that this is the frequency of the Earth in the atmosphere. This is where the lightning strikes and creates, all sorts of wonderful, things like ozone and otherwise.

And this, this, this Schumann frequencies all over the world, all around the world and this free. Well, when you have free human being, a human being is not just a collection of cells.

Even though we we made of trillions of cells. We are electromagnetic beings, mitochondria, energy, everything is energy. Truly. Even physical matter is energy.

And, Doctor Shealy, really has done a fantastic job, including a number of books on energy medicine, outlining how each modalities and the work within their medical systems of the body.

The EMF is one of the most important things. If you want to optimize the cellular structure and the mitochondrial ATP production and everything else in the body, and that's mode number one, scans through from basically 5.7, eight cycles per second to 56 point, well, somewhere in there about 56, 57 cycles per second.

And so what that does is it gives you the entire range, of the seven energy centers. And let's talk about chakras, because the word chakra is now becoming more familiar to the world.

Initially we call the device chakra sweep. Why is that? Because, if the concept is that the base level or the first chakra, which is literally a nerve plexus, you can think of the chakras as energy centers, but in the ancient ways they use different vocabulary, different words.

They didn't use the word nerve plexus or otherwise. They use the word chakras. That's how they saw it. And it still works and applies right now. So there's seven centers in the body and there's a center connecting us to the higher.

Mitochondrial Health and PEMF Devices

So when you multiply that, that 7.83 cycles per second by two times, two times three times four, and all the way up to seven, you actually have something called a chakra sweep.

And, what are they in it for? That energy center sweep. And that not only recharges the cells, but it actually optimizes the entire body. I've used this, device personally for recovery.

I've had, several critical, very major incidents and events in my life, including several near-death. Last year around March, I had an incident where.

And I'll admit it, pure stupidity. I literally drove over 100 miles an hour on a little narrow roads in the middle of nowhere. Went off the road, lost control into the trees about 15ft up in the air.

Came down, crushed my L3 vertebra. Compression fracture. Went off like a grenade. I was nearly paralyzed and, so, since then, I had surgery. I was told the recovery would be longer and longer and more and more painful than what I anticipated or what I.

What I said for myself, but I just I made a decision. I'm going to do this my way. So I use the TMF. I used a number of other modalities, and within four weeks I was back in the emergency room working a 24 hour shift.

And I did it. Not the smartest decision in the world set me back by a couple of weeks because, well, that's supposed to recover somewhat, but I was. I've been able to do that and so much more literally no limitations.

A lot of it has to do with, yes, PMF is, is a remarkable healing, strategy. Can you share with us, a little bit and. Well, I mean, I remember you talking about that last time I saw you, which was about a month ago.

I remember talking about that accident you had. And really remarkable that you recovered as quickly as you did. And I will say, shame on you for working a 24 hour shift.

You know better than four weeks did. Thank you. Recovery. Yeah. Great for speaking. It was a it was more of a test. I just wanted to say to myself, to prove to myself and to and not so much to myself, just to see who we are as a humans are capable of a lot more than what humanity gives us credit for society, culture, medical system.

And I. And that's the point. That's the point not to do stupid things or to basically to go back to work too early, or to compromise your own recovery by prolonging things, to realize we are more than all that we are capable of, literally infinite potential.

That's the point, certainly. Well, I want to, but yes, today, about your, your three secrets to escape the conventional medicine matrix. Now, what I find interesting about this is that you actually work in, in support to, you know, a practice inside of the conventional medicine matrix, as you like to call it.

And simultaneously, you figured out a way to navigate all of that and still be true to yourself and, and holistic medicine. So, you know, what is we cannot escape the conventional medicine model.

It's important. It's part of our, of our culture here in developed, in developed nations. They're really good at emergency medicine and putting you back together when things go wrong, like when you shatter a vertebrae, for example.

And, and I think this is why you love emergency medicine, right? Because this is where you really get to, use all the modern technology of medicine and and work in it on an acute level.

We're not like, you know, chronic executive, chronic. So, right, when you're talking about escaping the conventional medicine matrix, I don't think you're talking about escaping acute care medicine because thank goodness we have it.

Let's put you back together so you can get back out there and do your thing. And let's so let's talk about escaping the chronic conventional medicine matrix, if you will.

So what's the first secret in that? The first and foremost secret is very simple personal responsibility. We mentioned this briefly. Yeah. Person that you've got to take accountability and responsibility for your own health.

If a person doesn't, you literally are. You're giving your power away. Why? There's no reason for that. And the and what happens when when, when? And I've given my power away for over 40 years.

I'm learning now. I'm I'm taking it all back. In other words, it all comes back to me right now. But, you know, for, for the longest time, I literally gave away my power.

My, my my sense of who I am, my sense of what I can do in this world, what I what I should do in this world. I literally let society, culture and everything else guide and dictate everything that I was and and everything that I could be or couldn't be.

And, no more of that. I am an unlimited human being as all as are all of us. And the first thing that you have to do is take responsibility for your actions and the outcomes, and literally look at everything that has happened from a perspective of it's either a lesson or, well, if you if it is great, fantastic, enjoy it.

You've done something good. If it's not great, learn. So be grateful. Every everything from cancer to this, to this, nearly paralytic, experience with the accident.

And I've had multiple others, by the way, interesting stories of my life. It's interesting, interesting how I'm still alive, but there's a purpose to that.

And stem. So being responsible is what I'm hearing. And I remember, you know, when I was a kid and growing up, one of the biggest lessons my dad taught me was that I have a choice in every single moment of my life.

Everything is a choice that I will. Stimulus and response is a freedom of choice. Yeah. So yeah, being responsible reminds me of that choice making that we have in every moment, even how we respond to someone who maybe makes us angry or frustrated.

How who are we going to be in that moment? And are we going to, you know, get our stress levels going out of control and spike our cortisol levels and have our brain going crazy?

I mean, everything is a choice. So being responsible, what is secret number two? Secret number two, there is a

secret blueprint which is not so secret.

I'll give an example when you, when there is a carmaker and I like Porsches, for example. I mean, it's been my favorite vehicle. Well, carmakers, you know, for a long time.

I haven't always had Porsches, but I was one of them. So, And it's a good car, but this is what I'm realizing. It's only as good as following the blueprint.

If you if you do what you're supposed to do. In other words, you're supposed to put certain gas or certain fuel, certain maintenance. If you don't do that, the car falls apart, no matter how well designed it is, no matter how good it is.

We forget this as human beings. What is the blueprint of humanity? There's physical blueprint, there's mental blueprint, and there's also a spiritual.

And, and soul blueprint. And I'm going to start with a spiritual and soul blueprint. We are we have the inheritance. We truly are honor and blessed. We are holy and we cannot forget that.

We literally cannot forget that we are holy beings with infinite power. This is where that comes from. So whenever I get, I get into the thinking behavior of the physical and and stuff happens.

I literally just have to snap out of it and just kind of come out the bigger picture. Who am I, what am I? I'm an unlimited human being. I'm a I'm a soul and I'm a spirit.

And I've had several near-death, out-of-body experiences to kind of prove that point to myself as well. So I don't have to believe, you know. So and that's, that's when miracles, magic happens because you step back, you look, you change the patterns, and you literally look at the big picture.

And the big picture is beautiful. It's so much bigger than anything we know. In other pattern, thoughts, feelings and emotions. The control center. Most of us are subjects to external influences television and politics, all society, school, culture, family.

And I'm not saying it's all bad. I'm not saying there is. But, you know, people do the best they can, but you cannot give that power away. You cannot give the control center away and expect to have good results, because the outside world does not have your best interests in mind.

It literally doesn't. Some people might. Some people might not. If you really want to be your best self, you've got to own yourself. You've got to be in charge of yourself and be willing to learn every mistake I've ever made.

Everything that has ever happened to me has been a huge blessing. But that's a that's because the first thing I do is, I admit to my mistakes. I admit to the patterns that and I look at them and I change them.

I don't feel bad for them. I don't feel sorry.

Bliss Oils, Energy Circuits, and Longevity

I just take action and that's it. What's another part of the blueprint? Physical, physical and material lifestyle. Without good lifestyle, nutrition activity, sleep, rest, body mass index, weight, veggies.

In other words, supplements. And there's a whole there's a regimen that we follow. And I'm sure different people follow different regimens. And there is more than one way to the of the mountain.

But the bottom line is you've got to understand how the body works. And if you don't give the body the physical, the physical lifestyle and the foundations, not to mention stress management, which is mental and emotional and stress is behind literally over 90% of everything that happens.

You can use different statistics. But back to 30s and 40s and the work of Doctor Cilia, who did research on guess general adaptation syndrome, chronic acute stress, chronic stress, very clear demonstration using a variety of biological markers and all sorts of things.

Without a question that chronic stress is what's killing us and the capacity to handle stress and to deal with stress processes. That's that's what we address with orogenic training and biogenesis, which is another, key concept which is rich resetting, retraining the nervous system, resetting how the brain, the control center functions, and setting and committing to the pattern of physical behaviors that lead to physical wellness.

For instance, good nutrition, proper exercise and activity, proper sleep, maintaining weight, maintaining nutrition, optimizing supplements and optimizing stress.

If you do that, keep the positive mind frame and remember who you are. You are an unlimited, beautiful, infinite human being, holy being, sovereign being.

And there you are, there you have it. Then you can start to look at what's available, what's around, what are the tools that I'm willing to use, what are the tools available to me?

And then you go from there. That's the blueprint. You don't follow the blueprint. Well, enjoy the consequences. So we've got we've got responsibility.

We've got a blueprint just like a Porsche. And what is that? What is the road? Spirit. Yes. Energy healing energy. We think of healing in terms of here's a pill in conventional medicine.

Here's a blood pressure pill here. Cholesterol pill, here's this feel. And by the way, we get people off pills as much as we can. This is what our practice all about.

But it's not just getting off pills. You really. It's the analogy there is if a person has a broken leg and a crutch and they, they want to get better, they want to walk on their own.

If they drop the crutch prematurely before the leg is healed, they're going to fall flat on their face. The crutch is serving a purpose. That's okay. But the mistake that is being made in our conventional society, in conventional culture, is that we hold on to those crutches far too long.

And this is what we call chronic dis ease, lack of ease. What we gotta do is take the dis out of it. And that's energy. And energy is primarily mitochondria.

So that's the topic of this conversation. And it can be worked on with a number of different modalities. And from simplest to the much more complicated, the simplest thing you can do for to optimize your energy and the cellular structure of, well, cellular support, ATP production.

So you can do what you came here to do to fulfill your purpose, to feel good, to enjoy, enjoy life, live is the EMF. That's what we talked about. That's what simple a device and actually have a model here.

So, this is all it takes? That. By the way, there's a story behind the yellow coil and, that I talked about that yet? Yes. And, halo on your brain like a halo.

Exactly. And so when they were sitting around, it was a different color coils, like, you know, when we're looking at pictures of saints and all sorts of amazing things and holistic holism and all of a sudden just came to me.

And so this is one of my major contributions. Maybe not major, but it's it's a one of the contributions to this device is how about we make it golden yellow just like the halo?

Because this is what this this is what what the goal is. We want to basically come back to the Holy, to the whole, to the to the healing. So that's that that was the concept behind that one right there.

The, other than PMS, which is the easiest and the most direct way, just safe. You can use it 24/7. Another key is next easiest modality is, to optimize energy.

Well, you can do acupuncture, you can do electro acupuncture, which is something which doctors normally initiated in his, back in the 70s, as a matter of fact.

And he actually had delegations from China and everything just learning from him. Incredible. I mean, that's, the some of the stories and some of the history behind what's happened around the world.

And not just that, you know, with the, discoveries from all over, like, the shoe has been instrumental in so many factors. So, he is also behind something called Bliss Oils.

Bliss oils is a the idea that you can take essential oils, apply them to certain acupuncture points in the body. 12 points to 13 points specifically takes literally 30 seconds to apply each circuit.

There's five circuits. There is a fire, a fire circuit. There's the earth circuit. There is a crystal circuit. Water circuit and air circuit. And, each of them has specific function.

For example, the Earth optimizes the musculoskeletal, health and also is a is a for wonderful for pain reduction, especially from, acute injuries and otherwise the crystal reduces the free radicals and thus many other things.

The actually there's a fire, fire. That's a, that's a, that's an a wonderful one. Fire, blaze literally works on the entire endocrine system from the pineal all the way down to the gonads.

And it does so many other things. Plus the combination of the three Earth crystal and fire will actually cause the tail end of DNA, the telomeres, which basically under the best of the conditions deteriorate.

They they go away at the rate of 1% a year under the best of the habits and conditions and circumstances. So most people live to about 100, some people more, some people less.

But what about the concept of in well, enhancing the telomeres instead of losing them, increasing them by 3.5% a year. And so they personality. Yeah reversing aging reversing aging.

So this is where one of Norm's books, the know came out for, anti-aging. In other words, life beyond a hundred. In other words, capacity and potential for life to one 5160.

And I'm not talking nursing home or, or debilitated living. I'm talking about good quality living, quality of life and quantity of life. And why not? It's interesting, Sergei, when you read the Bible, if you've ever, you know, read, the old Testament people lived to be 130, 150 years old.

And the old stories of the Bible. Yes.

Finding Resources and Closing Remarks

And I remember the first time I read that I thought, could that be is that possible? Well, let's think of what happened in our society. The food is junk.

The lifestyle is junk. Stresses over the top. Everything is unnatural. We're not following the blueprint. Of course, you know, we're not doing what we came here to do.

Us. Humanity. Yeah, well, thank you so much today for sharing your healing journey and helping us see that there's a way to get out of this conventional medicine matrix of chronic disease management that doesn't work.

Can you share with us, how our viewers can find these, PMF devices, or maybe how they can find the essential oils you were talking about and where we can learn more, from your real holistic doc center.

Absolutely. There's a lot more to this. You know, I wish we had more time. There's the entire region that training of the central and autonomic nervous system, resetting the patterns and, truly controlling, becoming aware, aware and in control of yourself.

And that's by eugenics as well. So there's a lot of, a lot of tools, a lot of education. We have a radio program that's available. We have topics including pretty much a lot of stuff that's of interest.

And it's free. It's available. It's all in real holistic doc.com. And by the way, the doc, is a doc, little running joke is basically, I had somebody ask me is a doc, Duke or doc that as a doctor.

And I found that actually curious and they let me share that little part of the story. And that's how my of my brain works. That to some degree, is there's a lot of people in conventional medicine and society that look at the above, anything outside of their box that they grew up in, they know of, and there's a lot of use of words such as quackery and so on and so forth.

So I, I look at the word doc, even Duke K, as a really as an interesting term. And if somebody wants to go, if somebody wants to say, you know, one wants to use that, I will freely say in other words that, you know, what is a duck.

If you think about it, the doc is truly a holistic animal. It can walk, it can swim, it can fly. It does everything. So, so much for that. Anyway, that's a little that's a little side.

But, yeah. Holism. It's really everything. Like the like the mighty doc, you know, real holistic doc.com. That's so funny. Oh, with, thank you, Sergei, for sharing your wisdom with us, for sharing your story, for holding the torch, for holistic medicine, for carrying on the great work of Doctor Sheila.

We really appreciate you and your contribution to the world. Thank you. Thank you. And I would love to have you. We have a number of programs, number of educational, activities.

The work that you do is absolutely fantastic. So would love to, to to talk to you and well see your experiences as well. So we'd love to have you. Thank you so much. You take good care now. Bye.