A Whole-Person Lens on Cancer: Prevention, Testing, and Terrain Transcript

(Transcripts are generated by AI and may contain errors)

Opening Advice for a Cancer Diagnosis

They have a cancer diagnosis. Where does someone start? Well, I mean, first take a deep breath. Don't think that you have to figure everything else, everything out, you know, within a week.

Because it feels like it. You think cancer, then you think, oh, if I don't do something now I'm going to immediately just shrivel up and die. Reality is it took a long time for that cancer to develop and you still have long a time.

So, yes, there are points when you're dealing with a severe crisis. And yes, you should act upon that. The majority of time you have, You can sit and really think through it, learn your options.

Welcome to the TBD Fit podcast on Dr. Talks. I'm your host, Daniel Keeley, and I will be guiding you through this wellness journey in terms of optimizing health and longevity, where we unpack the science, the dos, dos and everything in between.

Come join us. Look forward to seeing you inside. I'm your host, Daniel Keeley, I am a functional medicine practitioner and my goal is simple. I want to showcase who does best in their category and bring that conversation to light.

Today's guest is no different.

Podcast Introduction and Guest Background

doctor as well as a PhD and is a board certified integrative medicine expert and the founder of the Carvel Clit Center, a 17,000 square foot integrated healing center in Boise, Idaho, which hopefully we can showcase in person soon enough here.

With over 30 years of experience bridging conventional science with natural medicine, Dr. Caulfield is also the author of The Amazon Best Seller, a better way to treat cancer and co-author of Breast Cancer Breakthrough.

His work empowers patients to understand the full spectrum of therapeutic options, showcasing how conventional treatments and natural therapies can work synergistically for whole person healing.

He's also the host of several successful podcasts. We had met at a Lyme conference, so perhaps we might get into that his way in today's episode as well.

But that's quite a mouthful already. So welcome to the show. Thank you so much, Dr. Chilli. I appreciate this. It's going to be a fun conversation. You spent over 30 years in natural and integrative medicine.

And I love kind of starting with showcasing the guest story. Take us to kind what brought you to what you're doing today. Well, I started in engineering, believe it or not.

And I mean, my schooling started at engineering. I'm from Sweden and I had a gentleman, he was like a father figure to me. Got to know him when I was around 10, 11 years old.

He was a leading naturopath in Sweden. So he said, well, like I know you really love, you know, physics and maths and engineering and all of that. But, yeah, come and check out what I do in my clinic.

And, uh, and I did, I really fell in love with the impact that he had on people. So as I was original thinking, you know, it's going to go to Stanford and become this, particle physicist and be brilliant.

I chose not to be, no, II chose to recognize the complexity of the human being and the choice of either having to, be in a lab, trying to figure out the velocity of, of an electron and, kind of.

seeing as you kind of bombard particles together. Yeah, I was thinking, oh, the human body is pretty amazing. It's pretty complex and you get to hang out with people that you really care for.

And also you got to see the impact in people's lives. That is really what's fueled me through all these years is just seeing that change in a person's life when you've discover what it is that is interfering with their joy, their optimum wellbeing.

And then address that and then support, bring in the tools that they need to full living, full Live fully and really kind of make sure that, you know, because there's so many ailments and so much, so maybe talk about Lyme, talk, about cancer.

There's, there are so, many things out there that people are battling and it feels, feels so good when people achieve freedom. Is there a reason you decided to target cancer above anything else?

Well, so as you see patients, one of the most frustrating group that felt like they had as little options as possible were patients battling cancer. I mean, they all seem to go through the same treadmill having very similar results.

And it was just very frustrating for them as they were communicating to me as a naturopathic doctor.

From Engineering to Integrative Medicine

So I realized quickly that this is something I wanted to assist them on this journey. And in addition to that, my father ended up passing away from colon cancer and we were not very close.

So, I was not that engaged in what was taking place. In fact, that didn't find out about it until after he had passed away. But as I was hearing the story of what happened to him here, he's a strong German man and just wilting away to nothing, to just skin and bones and then passing away.

Going through the same process that everyone dealing with cancer, the traditional oncology way in Sweden, And to me, I don't want other people having to not have those choices.

I mean, it's one thing if you know the options are available and say, yeah, still want to do this. And then, you're not having such a great outcome, but at least you should have a choice.

You should know what is available. Let's kind of rewind for a moment. When did you move? Because you said you grew up in Sweden, right? So I'm curious what healthcare there looks like versus our model.

And more so in the light of cancer or oncology, what kind of their approaches, perhaps versus what ours and what you're doing and you found such great success.

So when did you move and transition to? Well, Sy came actually when I, the naturopath that I studied with, you know, he moved over here and I followed him a year later.

So I came here in 1987, practicing with him for, being in clinical practice essentially with them for seven years. And then opening up then my own clinic after that back in 1994. And so that was kind of my journey in that way.

So you transitioned in 1987 because you were following a naturopath. I was curious though in terms of healthcare in Sweden versus healthcare. In the U. S.

maybe the prevalence of cancer in Swedish or breast cancer, in particular, what oncology, treatment looks like there versus what We do here. Yeah. And it's interesting.

I mean, Swedes, when I grew up, I really didn't see anyone that was obese in Sweden. That was very rare. First time when was here in the United States and visiting back in 1984, that's the first time I actually saw an obese individual.

And so, yeah, health-wise, you know, Swedes are, were much better at that time. They're still better, at this time, but I would say that the, because the kind of bringing in things like McDonald's and fast food into Sweden.

I mean, growing up, I only maybe ate out once every two months or so. Yeah. We would go Sunday restaurant and that was pretty much it when I was growing out.

Otherwise you ate at home. But now that culture has shifted and also with the healthcare system, it's very socialistic, which is good and bad. The healthcare then is free in many, many ways, but if you're dealing with something a little bit more complex, you may be put then on a waiting list whether you need it acutely or not.

Why Cancer Became the Focus

And so then many people then utilize private care where they may actually go to different countries to to help, you know, to get help in their health condition.

In regards to cancer, I mean, the research, we have Karolinska Institute, which is pretty much at the forefront of a lot of research. But Swedes are very, they like to not push boundaries.

I'm mean they're very… they follow the law very well. They're really law abiding. And so it was interesting, I was talking to a radiation oncologist from, from Pakistan that, yeah, is really good.

And, you know, he worked in an oncology, radiation, oncologists for some time, able to pretty much kind of hit anything, put a needle in anything using imaging.

and, and he, his expression of, of the sweets and very, very good, have the know-how, they have researched it, but because it is not allowed really by the socialistic government, the don't step and kind of break, you know, kind do more of that cutting edge in a way.

They're still following very traditional models and do not dare to really step outside of it. So it's great to socialist care, it counts with its own cost as well.

As always, there's always a trade-off. In terms of now cancer treatment here, can you maybe share what you feel is missing in the conventional cancer care model and perhaps what your doing and how integrative medicine has transitioned and fills those gaps?

Yeah, the challenge is that we are also stuck in that traditional oncology model and it is very hard to break that paradigm. The initial paradigm is you have this gene that's going dysfunctional and we need to go and either first figure out what what part of the gene is dysfunctional and then correct it.

And so we did have the long genome project and spent billions and billions of dollars on it, figuring out that there is really not very specific genes for this cancer or that cancer.

So you can have two people dealing with pancreatic cancer, And it can be too completely a set of genetic dysfunction. So that didn't seem to really correlate very well.

Then we also have then the war on cancer, you know, where we're just going to go and we were just gonna blast it and kill it. And then by nuking it or bringing in poison or cutting it out, then we should succeed and be successful.

But not recognizing that cancer essentially, it is a systemic and it's also chronic disease. So you can't just, you know, blast something or cut something out thinking that you now have conquered cancer because cancer cells exist in the whole body.

And also we have the things like cancer stem cells that actually wake up with radiation or chemo, they get more activated and they definitely cannot be killed by it.

So that's where the beauty then comes in with more of the holistic or the integrative method. It doesn't mean that the tools of traditional oncology are not important, but they are sufficient, they're not enough and they also overuse because the traditional oncology feel like this is the only way to do it because that is All the activity do is based upon research, you know, a hundred millions of dollars, but it is research that is manipulated a little bit in a way because there's so much money behind it.

Sweden vs. U.S. Healthcare and Oncology

So the better tool is then to look at, why did cancer come about anyway? What is the root cause? And then address that as we know it is a systemic disease, it isn't chronic disease.

Just like diabetes impact your body systemically and then also it as a chronic. But if you change lifestyle, if your address root causes and you address the tumor microenvironment and impact the drivers that are moving cancer forward.

the outcome is going to be quite different. And lo and behold, there are a lot of natural agents that are able to achieve these things, impact the different components of drivers that I'm moving cancer forward.

and also then looking at the root causes, you know, whether it's heavy metals or chemicals or parasites or a combination of all of those things. Talked about Lyme and I did a presentation how Lymen cancer how they correlate and how the impact cellular behavior.

So if we can then bring in safer and natural tools from what I am seeing, the impacts on a cancer patient is so much more improved. It doesn't mean that we found the solution saying here, take this, you know, and all of a sudden everything is going to be sunshine and roses.

No, but we're doing better by combining it in intelligence. Yeah, you mentioned looking at or addressing root cause, root-cause medicine. I say this all the time.

And I quote it as the unlucky seven. It's going to be bacteria, parasite, fungus, viral, and then now you have the environmental toxins. You have heavy metals and you stress.

which now is ubiquitous, but we were never, we talked offline how we just both came back from a medical conference, flight delayed, I was running on one and a half hour of sleep, you just a little bit more.

I mean, so it's constant stress and whether that's external or internal, unfortunately, that too kind of perils our biology. I'm curious in terms of, if you were to assign a percentage or arrangement percentage, because you hear this often enough, and I know now that, I mean, the gene somatic theory of cancer has been quite disproven, but in How much is that a genetic component if you were to assign a percentage?

Well, I mean, so studies have kind of pointed out that in reality is around, you know, 5% that is genetically driven. You know the rest is lifestyle, spiritual connection, all these other factors that we're talking about.

And I think the 5%, is still a little bit of a high number. So, because, you know, we all have genetic dysfunctions in some way and I think how we live, how think and how connect all will impact the expression.

So it's more about the epigenetics versus the genetics, which genes are we turning on and which ones are returning off. And that is an orchestra based upon how we live.

That's the epitome of lifestyle medicine. I even take that one step further. My focus has been microbial medicine for the last decade or the interplay between our microbiome and every biological system in the body.

And we realize now that each organ has its own kind of unique microbiomes and the translocation of bacteria will also obviously impact. Now in terms of.

cancer and healing and let's call it, you know, complimentary medicine versus conventional medicine and how you integrate both. What are some synergies?

What or some therapies? what are you doing at a higher level, which obviously when we'd spoken offline really impressed me. what you're doing, what needs to be considered, What do some of these therapies look like?

Obviously that you kind of highlight in your book, The Breast Cancer Breakthrough. Well, so it's always initial about foundation. You know, we talk about lifestyle and so you got to do the foundational things.

I mean, same if you want to achieve and become a concert pianist, you know. If you can't do fancy stuff, if don't the basic stuff. And the majority of us, know the basics.

It is right eating and controlling stress, right relationships, very important.

What Conventional Cancer Care Misses

You know, in fact, an art book in the breast cancer breakthrough, we go through the seven essentials. And, and one component that a lot of people sometimes forget about is trauma.

and that's not only trauma in your own life, but it can also be generational trauma that we're still holding on to. That creates that epigenetic changes as well.

So it is important that you look at the basic components and make sure that it's in place. And then on top of that, you can bring in a little bit more heroic treatments.

And that's what we do a lot here at the center, where we bring, we use an oxidative therapy, like vitamin C, artisanate or like ozone. So those are common oxidated type of therapies.

We use therapies that impacts on the metabolic component because we recognize that a A cancer cell has a metabolic dysfunction and that can then be used for our advantage.

So we can bring in tools that essentially then starves the cancer and then also drives the component that controls apoptosis, so that cell death switch.

And we know mitochondria does that so we then bring tools for that directly. And then we can bring in tools that help to control a lot of the cancer drivers.

So cancer manipulates then the different gene expressions and also what kind of drivers that are expressed at a higher level, genetic mutations are. triggered, so it utilizes that for its own benefit, you know, like upregulates, vascular, endothelial growth factors, because it knows it's very inefficient in how it produces energy.

So it needs more roads to it, to transport more stuff, be able to burn more, stuff to create more energy, and so with that, it need to stimulate more growth.

And so it upregulates on VEGF, or it will then up-regulate something called MMP. Because in order for it to be able to build its own building, so to say, it needs to clear out old building or other buildings.

So MNP will them break down tissue that we have so that cancer can start to invade that area. Cancer will control a lot of these different drivers and we can then bring in tools like curcumin, these different components to help to mitigate a lot of the expressions of these drivers.

So we can then minimize the communication that cancer is trying to do. We can starve it. And then we can bring in

things that support the body's ability to kill it, you know, because when it's starved, not able to communicate, it is more of a sitting duck.

And that we add to that as something that does not exist. on the level that we do in many clinics called photodynamic therapy. And photodynamics is essentially using something that were exposed to every day.

Light. You know, light is very powerful and I think almost like cancer in itself is a little bit of a light deficiency. And so if we flood it with strong light, you know, healthy cells love strong life, it turns on mitochondria, but the cancer cells cannot handle when we intensify the light on it.

It actually triggers oxidative substances that kills it, so it becomes a very targeted, very intelligent way of also increasing that oxidated stress on the cell by using a combination of a photosensitizer that You might introduce intravenously or you can also do some of them orally and it increases in that photosensitivity of the cancer cell.

And then you in can expose the cancers cells to laser light, both internally and externally, and that will then trigger that oxidation of cancer cells.

So stacking all these things together becomes a very powerful tool. that you lay on top of the basic foundation that your build, you know, by eating right, thinking right living right and then also detoxifying right.

And looking for what is the driver, we talked about all the different infectious agents, they're becoming more and more prevalent. In addition to also, they are more active with this kind of a new, stronger electrosmog that we're living in because they don't like it, our bodies don´t like, so they get more aggressive in our body because we are exposed to kind this toxic frequencies around us.

So there's all these kind layers of things that you need to address. And then we can lay on top of that the different heroic therapies that we do here.

That is, I'm smiling because you said heroic therapy. I've never heard of it before, but I very much like that. Cause in essence, that's kind of what's happening when you say, you know, the foundational component.

Root Causes, Genetics, and Epigenetics

So my foundation five is you got to eat right, sleep right. Move right talk right poop right? And so you mentioned relationships, that's often overlooked because most of the time, you know, we're spending in our environments or with our peers and we don't always acknowledge how that kind of input affects us, right?

Whether it's toxic or whether it is therapeutic, whether its encouraging or, or weather it kind the other way. Unfortunately or fortunately, we can choose, be intentional with whom we spend our lives or with who we seek in order to heal.

When you said integrating these heroic therapies, what are some therapies that you find in the conventional realm that are actually moving the needle favorably?

Well, I think immunotherapy is kind of thinking in the right way. So it does play a role. I'm not going to diss radiation completely because if you're very knowledgeable and how to kind cut off blood supply to the tumor, if done right and appropriately, it can be beneficial.

So the thing, you know, I also like more of the personalized direction where things are heading, where you're looking at the genetic makeup of, the tumor and then being able to match that with the therapies.

You know? So I like the movement of that in the right direction. I think also cryotherapy done appropriately. Yeah, think that this is a powerful tool.

We have things like histochipsy, yeah, we're. We're essentially using sound, especially a lot of studies on liver

cancers and they're expanding that a little bit more.

where you can use sound to help to essentially create what's called cavitation bubbles or, you know, actually just kind of shake the cancer up and destroy it that way.

So I think there are a lot of tools available that we're not utilizing and other countries are bringing in different like natural killer cell exosomes and to how to activate the immune system.

There are a lot of tools that we're starting to see. It is just the medical profession, especially such a big animal that the cancer research is. it's going to move very, very slowly.

And obviously it is always the dollar that guides it. Everyone that's involved, you know, always have shareholders and they want to, they wanna make money on their investment.

And a lot of times it's kind of flip and flip in turn, we're bringing in something, and you make a lotta money and then you move on to the next. But you wanna to make sure that whatever you studied, your gonna make the money off.

So I think if there's a way we could get rid of the..

Integrative Cancer Therapies and Foundations

. kind of huge money machine, which I mean, obviously that's very altruistic. I'm not sure if that is ever going to be possible. And actually allow researchers to do research, not based upon financial outcome, but based on clinical outcome.

There's so, I think the research is out there already. think that if we get rid of the money incentive, we'd be able to, you know, cancer would be something of a past.

Yeah. I mean, certainly not only in the past, but treatment or standard of care would very different because at this point, I think something as simple as non-native EMF.

You mentioned that electrosmog. Obviously the chemical suit that we reside, 2 billion pounds of chemicals in circulation, it's inevitable, right? So this is now changing us on a…

genetic level, but the genes don't account for the prevalence, right? You look back a hundred years ago and it's many of these, largely these metabolic issues were non-existent.

So, unfortunately, we just can't keep up. The good part is that we are developing therapies to stay on the cutting edge. I know you mentioned, you know, hypothermia, there's IV vitamin C, I understand your work, ozone, photobiomodulation.

targeted supplementation that you briefly kind of alluded to. Two that I want to get into that i see here, mistletoe therapy and nervous system regulation.

Before we jump into those two though, I wanna also take a look at prevention. Do you feel there is any testing, i know like Galerai has been quite popularized, but any of these kind tools or diagnostics that allows us to stay ahead of cancer in terms of testing that you guys have found work well?

There are a number of tests where you can then check for if cancer is existing in the body. I mean, we're able to highlight things that are kind of more of aggressive cancers, you know, like pancreatic.

Yeah, colon, lung, liver. Yeah. So those are tests that can be done. I mean, they're a little pricier. They're around a thousand bucks, but, you know, I think that is a good preventative tool just to do, especially if you are concerned.

Find slow growing like prostate and breasts, but we do have tools for that as well. There are labs that you can run

in regard to that. Imaging for breasts.

We're getting better at that, I mean, we know that mammogram is absolutely not the standard. You know, the research so far shows that it is, yeah, it really is not a better outcome for people, you know women doing mammograms.

And here to me, your measuring something that you're causing while you are measuring it and that is a very intelligent medicine. You're rating tissue, squishing it, creating trauma and by doing that, essentially potentating the risk for breast cancer.

So there are other tools out there that's coming out. I mean, you could do MRI without contrast would be better. You have something called QT imaging.

My friend, Dr. Jen Simmons, that something that she promotes. And just plain ultrasound can be a very good way. But for other types of cancers, a little bit more aggressive.

There are labs out there and there are number ones out so I'm not going to name any specific, but they're all I would say about equally good. But then just looking at regular labs can really give you a huge amount of information.

So a plain CBC, we can look and see the ratios and we talk about, I talk that in both my books. You know, the different ratios between like neutrophils, lymphocytes, monocytes, that's a powerful understanding that you can gain, you know what's going on in your immune system.

There are also more extensive lymphocyte maps, where you kind of check your lymphocytes and see the expression of the CD57s and 58s, and T4, T8, then T helper, t suppressor.

So you can see all these different ratios, you know, if you're at TH17 or TH1, TH2, yes, so you look and see kind of where your immune system is and how effective it is.

And that plays a huge role. in your ability to be fortified against cancer because yes, the best cancer is the one you never get. So if you can prevent, that's always the first step you want to do.

And then I like to highlight the different inflammatory drive or inflammatory markers you look at. C-reactive protein is a powerful set rate. LDH, fibrinogen, ferritin, these are really good markers to follow.

And then you obviously, you want to make sure you're metabolically healthy because we know cancer is a metabolic disease. It is when a cell, it becomes metabolical dysfunction and starts to behave in a way it shouldn't.

based upon kind of a survival process that takes place within the cell. So if we look at what is my A1C, what's my fasting insulin, looking at that, then that will also help us a lot in regards to are we metabolically sound.

Conventional Treatments That Still Help

I suggest for people to do these kind continuous glucose monitor and just kind check and see how you do for a couple of months, how are you responding to your food.

And then because each person will respond to the same type of food in different ways. And so the best is then to be able to actually assess it and to assess in real time with these glucose monitors.

I think that's a phenomenal tool. So doing these steps, and then there are a lot of functional labs you can run for preventative medicine, where you look at, am I dealing with Lyme?

Am I deal with mold? Mold is a big issue. What is my toxic load? How are my hormones doing? For females, yeah, am I estrogen dominant or what type of estrogen is more active, the more cancerous one or the one that down

regulates the estrogen receptors?

So gaining this picture, addressing that, you're going to be in much better place. And to me, that is true preventative medicine rather than what the medical profession try to say that vaccination is.

You know, vaccination it's not preventive medicine. What we do addressing these things, that is preventative medicine. That was extremely comprehensive.

And within our advanced blood chemistry panel, we're looking at everything that you mentioned, fibrinogen, LDH, sedrate, obviously CRP, A1C, all these markers that kind of Invite a lens into what's going on internally from lens of inflammation and then looking at the immune system.

So CD ratios, T-helpers, everything that coincides there. To me, this whole craze of anti-aging medicine, we need to assess the health of our immune. And it's our immune system that's dictating the level of inflammation.

And the inflammation that is ubiquitous within the food, water, air, soil, every corner of the globe now, it is really understanding your immune function or dysfunction that then creates disease.

If you look at cancer obviously as a metabolic syndrome, as you said, some of these are very kind of slow happening. It doesn't happen overnight. Same thing with autoimmunity.

To me, that's a diagnosis of seven years. People have been struggling for so long. Symptoms don't manifest until there's kind of that one switch that finally flipped.

And that is the kind straw that broke the camel's back and that kind metaphor. But you're absolutely right. At the end of the day, it's lifestyle medicine that has to be addressed and looking at kind how our environment is either set up for success or failure.

And I say this all the time with nutrition, it's binary. It's either going to heal you or it can hurt you. I don't find it anywhere in between. So it was kind of the prevalence of cancer.

We have all these cells within us. Why is it that some begin to proliferate while others don´t? And so looking at the battery of tests. Um, is in essence the, really the way to, to practice preventative medicine too often as these patients, they come in, you know, when it's, I don't want to say a little too late, but had there been a focus on preventive medicine, which we don t in the U S right.

Insurance care is sick care. Um, and I'm not trying to undermine the whole insurance model necessarily, but that's the reality is people go in and, uh, the incentive is to go when you're ill versus, you know, are you doing blood testing quarterly or biennially or, I mean, at the minimum yearly, just to check under the hood, a CGM, which is what I am wearing now.

All these things are such profound data points and they're becoming so cost effective, right? It doesn't have to be. Yes, some of these are kind of out of pocket, but needless to say, it's becoming a lot more affordable as technology begins to scale.

I mean, a whole body imaging, pre-nova MRI, I think costs are going to continue to come down as demand continues to grow and more tech comes into the picture.

So I'm very optimistic, But I appreciate kind the level and depth of how you're looking at everything.

Prevention, Testing, and Early Detection

In terms of some of those therapies that I mentioned, so I want to know more about mistletoe therapy and what you're doing for nervous system regulation.

Well, mistle toe therapies is probably one of the most studied therapies in regards to cancer. Yeah, it's been around for a long time. You had Rudolf Steiner, you know, through his epiphany that kind of gave birth to mistled toe therapy.

And it is fascinating when you. look at this plant, because one, it is a parasitic plant. So you think that life cures life, you have that kind of mindset.

Cancer being a parasite, mistletoe being parasite growing on a host, that has a similar behavior in that way. And depending on which host that it grows on, It will then have different types of properties.

But it is, if you look at mistletoe as a whole, it has a very regulating, you know, so it brings intelligence actually into the immune system. It has it very regulated, whether it upregulates, the NK cells and downregulate certain cytokines.

So it's not just kind of, we consider it in a way as natural immunotherapy. But what it really does is it's natural, intelligent immunotherapy, where it doesn't just up-regulate indiscriminately, it up regulates the components that need to be and down regulate the areas that cancer take advantage of.

for its own proliferation because cancer does utilize the immune system for it's own benefit to be able to proliferate itself. So if we can bring more intelligence, then the cancer has less ability to do that.

It's a mistletoe. I mean, we do it in a number of different ways. The more common is just essentially doing subcube. We have our patients doing a sub-cubed and that will stimulate the system to then go after the cancers.

And this is something in some countries, it's almost standard when you bring in something like chemotherapy that we know trashes the immune system to couple that with things that will help to support the system.

To be able to then at the end of the day, we no chemo is not going to kill all cancer cells. So when we're done. You know, we still need an immune system to clean up the rest.

And mistletoe helps with that. Also to me, you know we, know that we look very physical. We think cancer is very fiscal. Uh, and you now we think we live in a fiscal world, but going to physics, then we realize that essentially it's very little matter.

The majority of it is organization of that matter and the frequency of the matter, Yeah. So if we can then, and I think that this is kind of that next level of therapy where we need to go not only in regular health issues, but in cancer prevention and also cancer care is to correct the dysfunctional frequency signature that exists in cancers cells.

And so. bringing frequency medicine, you know, creating harmonization. I think that this is so powerful and should not be missed when you also bring in molecular medicine.

You know like vitamin C IVs and like this mineral of that. So you want to bring intelligence in addition to the beneficial building blocks and regulators.

so that's why I love both of them. And to me, they should always be standard in any person's cancer. Unfortunately, it's not. Right. So I appreciate kind of the ones that you're looking at.

I know you've mentioned parasite and mold. All is maybe hyperbole, but darn near all. There is such severe routes that are taking place that modern medicine doesn't treat.

often simply overlooks, doesn't know how to treat, but will also overlook too. So my focus again be on the GI. And so within the last decade, people coming with colonoscopy and anacostomy, everything looks good.

Everything is clean. Labs look quote unquote normal, yet they are struggling. All of this question is why? And then they share with me kind of some of the panels and right away I can discern when you mentioned the neutrophils,

lymphocytes, monocytes, specific ratios, Already there's a heightened degree of immunocompromisation that's been taking place for some time now.

Parasites in particular, very difficult to diagnose. I don't know if there is any sort of testing that you find that above all else, because even when I test for it, it often comes back negative, but I treat it and patients get better.

Anything in terms of the testing, in term of mold, mycotoxin or parasite that the youth find work well? I mean, we feel we're getting better at mold, but we were still, and also the different Lyme and co-infections, were getting at it, it's still eluding us in some way because we have so many different tests and they test Lymes at different angles.

And it's almost like you need to bring these different tests and they're all, you know, a little bit more on the expensive side. And you to kind of bring this different test together and looking at from all these aspects to have a better picture.

So we're getting better there, but I still feel we have long way to go in regards to lab testing for Lyme. Regardless of parasites, it's horrible because you're looking at the poop and you try to then figure out what would an indication be other than seeing the actual parasite.

If you would go to a regular lab at a hospital. You can essentially come with a poop sample with the big worm right there. And they, what they do is that they filter that thing, you know, so they'd filter away the worm, throw it away, and then whatever's left, they put and smear it on their little slide and look at it and say, I don't see any parasites here.

You know? And the essentially threw away their parasites and they looked, yeah. So traditional labbing, lab testing for parasites is atrocious. But then we have some of the functional and they're still missing the mark, you know, because a lot of times I recognize we get like 22 feet of small intestines, about six, seven of large intestines.

Mistletoe Therapy and Frequency Medicine

All we're measuring is essentially the end product, what's coming out after these almost 30 feet of processing and try to then create conclusions based upon that.

It is designed to fail. And so it's hard. You can't really do a blood test for parasites. So we're still trying to figure that out. Obviously, it doesn't mean that these labs are useless.

They still give us information, but it is far from perfect. It's important to recognize that, yes, this test is helpful. gives me direction, but it's going to be all that.

Well, you mentioned standard of care, obviously chemo, and that just kind of, the susceptibility now we see for recurring cancer becomes very high when you're just absolutely destructing the immune system.

I just was in Frank Schellenberger's clinic and he's leveraging low dose kind, of immunotherapy with some low-dose radiation coupled with ozone, um, has found great success.

So I see you, your kind thinking things through on the, on, in the same In terms of where does someone start, right? They have a cancer diagnosis. Where does somebody start?

Well, I mean, first take a deep breath. Yeah. Don't think that you have to figure everything else, everything out, you know, within a week. And because it feels like it, yeah.

You think cancer, then you think, um, if I don't do something now I'm going to immediately just shrivel up and die. And reality is it took a long time for that cancer to develop and you still have a lot of time.

Yeah. So yes, there are points when you're dealing with a severe crisis and yes you should act upon that. The majority of the time you have, you can sit and really think through it, learn your options.

And also it's important then to disconnect from too many voices of your loving family and friends and also probably communicate with them and let them know, yeah, please give me some time and I feel what feels right.

I want to look through the different options. So it is always good to consider, educate yourself and then think of what's available. What options do I have?

How much traditional oncology do want do? how effective is it with what I'm dealing with? Yeah, a lot of times the chemo may not be the solution. Yeah.

So, uh, because, you know, the oncologists feel like this is the only way, but they know in their mind that this only palliative care and the cancer patient may recognize that is what the oncologist is thinking.

They're thinking that. This is curative. But, yeah, so knowing the tools that are available and. the outcome of those tools and then, and, then kind of choosing what, what is best for you.

And then I highly obviously suggest I'm an integrative doctor. So I, I suggest, you know, bringing, creating a team around you that help you with the different aspects that you need.

And I, and I think in a integrative functional type of doctor that is very educated and knows cancer, it should be part of that team. I thinking oncologists should part that as well, whether you utilize all their services or not.

And then you want to work on all the different components, you know, the emotional, your fitness, and just, then, want you to have people that just kind of love on you and support you.

And say, tell you you're awesome and how amazing you are. So creating that team around you, I feel is vital. I think that is the next step. Obviously, if you wanna reach out to our center, we're available.

If we do offer free discovery calls, so that you can kind of check us out, then we can learn a little bit more about you without it. And then if it's a good fit, we could guide you along that healing journey that I've talked about.

So I think those are kind the first steps to really take as you embark on this journey. I know we're approaching time for your last two questions. The one I asked previously, nervous system dysregulation.

You said the thing is, even I had to take a breath because that's so… it's so crippling when you hear this kind of diagnosis, right? So what are you doing in terms of nervous system dysregulation?

Any sort of specific tools, anything to move HRV? Are you tracking HRB? How are looking at that? Yes and yes. Yeah, so we have an advanced form of heart rate variability type of tool.

Parasites, Mold, and Lab Testing Limits

It's a technology from Russia that is quite advanced and being able then to correlate that with mitochondrial health, Yeah, brain health and with nutrition and hormones and neurotransmitters and the different meridians.

And so it gives us a lot of information that way. and obviously that will help us then as we introduce a therapy to see, is the nervous system moving in the right direction or is it still having an issue?

We know vagus nerve stimulation is very important. So we have tools for that. We also know that trauma. is very important and that belief system, so we work on that as well.

But we also have a little bit more heroic treatments aswell, since we like that word. One is a theta chamber, which uses a combination of different components to help to create new brain pathways.

Cerebral electrical stimulation, have vestibular motion, has binaural beats, it has a light stimulation depending on what's going on. and also some magnetic stimulation, you combine all of that and it becomes a really, and you do

that each day after each other and that really helps them to develop then new brain pathways.

So when people come here, stay here for a little bit and we have them do it once or twice every day. to kind of create new pathways that instead of being that stress state, now we can be in that restorative, regenerative non-inflammatory state.

We also do a little bit more advanced form of transcranial magnetic stimulation that also helps a lot to activate the different components of your brain that is That's needed in order for better executive thinking instead of being in that fight or flight mode.

It also helps them with creating new pathways for the brain so that you're not stuck in the fight-or-flight mode Cortisol is elevated, impacts blood sugar, impedes your ability to detoxify, neutralize effectiveness of the immune system, all of these different things that happen when you're in that fight or flight mode.

So to bring a person down. to regulate, like we're saying, regulate that nervous system. So it can then act when it needs to act and then disconnect when they need to disconnect.

Yes, you know, a tiger fought you or was chasing you, but now the tiger is gone, and you don't have to sit there staring out there the whole time thinking a tigers going to come, that you should be able to just kind of relax and go there and grace and not think about it.

Where to Start After a Cancer Diagnosis

What is the name of the unit from Russia? It's called HeartQuest, it's a fascinating technology. And is that someone that's like you're plugging into that or you overseen?

Yeah, so a person would come here, you know, would measure them for a few minutes, just sitting still, and then you gain all that data. Yeah, the Thetacin certainly is powerful as well.

I'm on a quest to find some of these devices that move the needle effectively in terms of HRVBs. That's the first thing I see, just this nervous system dysregulation as everyone's stuck in fight or flight.

Again, going back to my Unlucky 7, stress being kind of almost the foundation there that's kind driving this. Because our body was designed to fight these toxins in isolation, but never this kind of amalgamation.

And so it leaves us in this kind crippled state where we're not able to detoxify, we are constantly stuck. We're unable to repair, our sleep is compromised and so too then our health will follow.

This has been absolutely incredible. You mentioned a discovery call which I encourage everyone to do. What other platforms, where else can people find you, track you and reach out to you?

Well, I mean, obviously we talked about my books, you know, breast cancer breakthroughs. This was one I did a couple of years ago, a better way to treat cancer.

So these are great resources and both of them are a great resource, even if you're doing preventative care, because obviously knowing what to do when you're dealing with it, it's even better to know it before you are dealing it and address it.

So those become great resources, my website at the carpoolcenter.com. Huge amount of interviews there, blogs, you know, a huge amount research that's there.

You can just search, do search term and lots of things probably pop up. I have three podcasts running, Integrative Cancer Solutions. So obviously focusing on cancer, integrated blind solution.

because I think Lyme was alluded to a little bit where we met originally. I thing Lyne is becoming more and more of

an issue and it correlates with a lot of the chronic diseases that we're dealing with.

Then also the Dr. K Show, which is more free discussions on different health topics and also some controversial and personal developments. All of that, you can find that information on our website, or if you just go to iTunes or Spotify, type in my last name, I'm sure I'll pop up in those different categories.

So those are good initial first steps. And we have a bunch of eBooks for free on the website. You can look at the resources. See if there's any one of those eBooks that are exciting and downloaded for free.

Yeah.

Nervous System Regulation and HRV Tools

So there was a huge amount of information that you get for, free from us in addition to- Yeah, my intention is to do an in-person episode in the new year here for sure.

And I would love to get into Lyme because we didn't even discuss that in depth and that's becoming a very prevalent issue in terms of obviously crippling the immune system, but one the most prominent infections overlooked.

And that comes with its own risk of co-infections and long-term issues. This has been truly incredible. Like I said, we'll definitely have to do around two minutes in the new year where we will come to an episode in person.

As if one podcast wasn't enough, you have three. So kudos and I applaud you for what you're trying to in terms of spreading knowledge and even free knowledge, right?

And certainly your books, I encourage people to go through that. Last final question, we end with every guest. If you could have one superpower, what would it be?

I would like to have perfect discernment. Elegant. Simple and beautiful. Very concise. Well, thank you again for your time, for everyone else who's been tuning in.

I hope you found this as rewarding as our conversation today. And please like, review, subscribe, share this with someone who you feel could benefit from this message.

who can benefit from Michael's care and what he's doing. Take a breath, find someone that can help. Enjoy the time that we have here. And until next time, stay healthy, and stay wealthy, my friends.

Thank you, Michael.