Opening Ozone and Blood Analysis

It's really fascinating when you look at the blood, you know, coming out of the, an individual from the one arm has just looked this kind of dark, nasty blood.

And then you, it gets filtered and ozonated, you know, in, in the, in the machine. And then it goes into your other arm and here is just vibrant and red and oxygenated.

And it just looks beautiful. On one individual, we did a light blood cell analysis while the individual was receiving So we took a little drop from their finger and put on the microscope, you know, blow it up on a big screen, and then we can look at the red blood cells, white blood cells, and how they're all behaving.

And you can also see pathogens. You can see fungus and spirochetes and things like that. Hi, and welcome to the Lime Bites podcast, where we shine a light on the misunderstood science of Lyme and other vector-borne diseases, as well as the truths that many still miss.

I'm Dr. Mariah Hinchey, naturopathic physician and fellow of the Medical Academy of Pediatric Special Needs. I specialize in treating chronic Lyme disease, as well as other complex inflammatory conditions.

In this podcast, we break down what's working and what's not. We share the facts that most people miss, we challenge outdated thinking, and we give both patients and practitioners the tools to heal smarter.

So let's get into it and change the way we heal Lyme. Hi, and welcome to another episode. I'm your host, Dr. Maria Hinchey, and I'm so excited to introduce to you tonight's guest expert.

Here with me is Dr. Michael Carldfeldt, who is a fellow board-certified naturopathic doctor. He's devoted his career to practicing and promoting natural health.

He is a high demand speaker, author, and educator in this field. Dr.

Podcast Introduction and Guest Background

Carldfeldt provides personalized naturopathic care at his busy multi-discipline integrative medicine center, the Carldfeldt Center in Boise, Idaho. He treats the root causes of diseases and strengthens the body's ability to heal.

Dr. Carldfeld has practiced medicine for over 30 years and is one of the leading experts in treating cancer and increasing awareness about natural ways to treat cancer.

Additionally, Dr. Carldfeld is the host of the internationally recognized podcasts Integrative Cancer Solutions with Dr. Karlfeldt and Integrative Lyme Solutions with Dr.

Karlfeldt. Here, he features people who have successfully conquered both of these diseases. Finally, he's the author of the number one bestselling book on Amazon, A Better Way to Treat Cancer.

Welcome, Dr. Karlfeldt. Thank you so much for joining us tonight. I'm so excited. This is going to be so fun and so great. So thank you so much for having me.

Absolutely. Tell our listeners a little bit about how you came to have one of your specialties treating Lyme disease. Well, so Lyme, when you're in the field for as long as I am, then you come across patients with very complex disorders and you always try to find what are the commonalities?

How can I get better at addressing this? And when you look at Lyme, it is exactly that. That's why I have both cancer, Lyme, and there's a lot of… kind of correlation between the two and we'll talk a little bit more about that later on.

Lyme, as I was seeing patients, you do kind of the normal therapies and they don't tend to get better and then you have to start to dig deeper. And it was not until really actually it was Dr.

Dieter Klinghardt, you know, that, you know, going through all this training that really opened up my eyes and this would have been back in the you know, 2010 or something like that, or maybe a little bit earlier than that, that I really dug deep into Lyme because it, you know, patients dealing with chronic, you know, chronic pain disorder, neurological brain issues, and you do different herbs to support that.

But then you're realizing there's much more to that. And that's kind of how I stepped into Lyme, just the desire to help people that were really battling.

Yeah. And not really getting help elsewhere, I would imagine. Exactly. And that, that's the thing is that is, I mean, all, and I know you've talked a lot about this already.

Lyme patients say they deal, they're so frustrated. They go to so many different places and, and they don't find a resolution and, and it's so frustrating.

That's why they deserve that extra time. They deserve that extra look and deeper look to see what, what the underlying factor is so that we can, we can address it.

Yeah. And I would imagine this is part of what inspired you to develop the integrative Lyme solutions program that you use with your patients. Exactly.

And there's so many tools out there and we pride ourselves in bringing together all these different tools and we talk a little bit about them later on, like photodynamic, ozone, mitochondrial, IV support, and neurological, going after Lyme, going mold, going after.

So we have Frequency medicine, detox medicine, we do a lot of it here at the center. So patients fly in and we can hit them a little bit harder with these different therapies and to clear out a lot of the stressors quickly.

That's amazing. Yeah. And I can't wait to talk about each of those modalities individually. So you had been treating cancer for what, maybe like 15 years before you really came to specialize in treating Lyme and vector borne disease.

So cancer has been kind of my little specialty, just because my dad, he passed away from colon cancer. So it became very personal to me. And that's why I'm also with Dr.

Talks, I'm hosting Breakthrough Cancer Summit, because I feel that that's another area where people are so frustrated. They're tools that are available in the medical profession, very limited.

And what I saw quickly is that there is a direct correlation between factors that you need to address with both cancer and Lyme, because cancer in itself is essentially the same where you have mitochondrial dysfunction, you have inflammatory responses, you have chemicals and heavy metals that are interfere with cellular function, making them turn them cancerous.

And you have all these infectious agents that at the same time also promote cancer. So Lyme in itself as a infection is actually a big component for people then ending up with cancer.

How Lyme Became a Specialty

So the type of therapies go very much parallel and the type of investigative work that needs to be done to look at

root factors and looking at the terrain of the body, looking at all these different factors, it's essentially the same.

So that's why both of them, they really fascinates me. And the biggest thing like yourself is because the people in these two camps, both cancer and Lyme, they feel like they're lost.

I mean, there's not much out there and we need to really buckle down and find better solutions for them. Are you ready to revolutionize your approach to diagnosing and healing complex chronic inflammatory illnesses in both adults and children?

The Lime Bites Symposium is your gateway to cutting-edge education, groundbreaking research, and innovative therapeutic solutions. Join us at Lime Bites Symposium.

at the Fort Lauderdale Marriott Pompano Beach Resort and Spa. Lion Bites is the premier functional medicine conference on complex, chronic, infection-driven inflammatory illnesses.

This year's meeting is jam-packed with leading industry experts discussing lung COVID, mycotoxin illness, PANS Pandas, as well as Lyme and other vector-borne diseases.

This conference will arm you with the knowledge, clinical pearls, and practical solutions that you can implement immediately into your practice Monday morning that will literally change your patients' lives and get them on their path to true healing.

So join us at Pompano Beach or virtually from anywhere. Register now at LymeBytes.com. That's L-Y-M-E-B-Y-T-E-S dot com. Yeah, I mean, in the Lyme world, if you can find a doctor that believes you actually have Lyme, you know, oftentimes there isn't much more than pharmaceutical antibiotics, you know, and steroids being offered, which is like, no.

And then in the cancer world, it's like, you know, what do we have chemotherapy, right? But like, we forget about all of these lifestyle modalities and how food affects our body, right, for good or bad and can promote inflammation and immune dysfunction or help to resolve it.

So it's funny because, you know, your training and what you figured out for your cancer patients is almost like the exact roadmap that is necessary not maybe roadmap, but like bases, same bases that you need to cover the same sort of medical investigation that you need to do in my opinion with a Lyme patient to really have any chance at recovering their immune system and getting that infection into remission or out of the body, whichever the case may be.

And that's the thing is that we, you know, when we think of cancer, then we think of the tumor, we got to get rid of tumor, we chemo, radiate, surgery, all of that, forgetting that the tumor exists there for a reason.

You know, there's a terrain that that… tumor grows within. And it's the same with infectious agents. You know, we see, I got Babesia or I got Bartonella or Borrelia or whatever it may be.

And then we go on high alert, I got to just kill, kill, kill that infectious agent, not recognizing that that infectious agent, just like the cancer, exists within a terrain.

And if you don't fix the terrain, it's just going to come back. Exactly. Exactly. It's like rats in the alley. If we can kill as many rats as we want, but if we don't clean it up, then they're just going to keep on coming back.

So all of these various treatment modalities that you've brought into your clinic and into your program, how do you balance them all? So it becomes a journey, it becomes very personalized and individualized, because each person is in a different place and you have stronger drivers for one individual versus another.

So let's say one individual, maybe there's a traumatic event or very stressful event or belief system that really promoted the expression of Lime in their body.

So then we need to then shift more towards making sure that we address those traumas. We address those belief systems and we use things like AP applied psych and our biology, EFT.

We have theta chamber that we have that helps to kind of rewire the brain. So then we focus more in that area, or let's say that an individual has Yes, they have lime, but they've also silver fillings.

Maybe they've been a hairdresser, maybe they are auto mechanic. And we know that their toxic load is very heavy. So then we want to start to open up those detox pathways so that we can then kind of clean up the environment so that when we choose to go after the pathogen that we you know, the body can handle some of the die-off and handle all, you know, one heavy energy to deal with as we're killing off the pathogen.

Or it could be that a person's been dealing, you know, they type A individual, they… burnt up their adrenals and you know, thyroid goes next and that their testosterone is depleted or estrogen is depleted.

But then we recognize we need to support the endocrine system and start there. Each individual is very unique and they have a very unique journey. on their getting well.

And that's why it's so important then to have somebody to guide you through that process. And I do use different techniques. One of my favorite technique is the ART or autonomic response testing that Dr.

Klinghardt, they brought together a lot of different testing techniques and this was to mitigate a lot of the caveats. And that just helps me to see what priority Do we need to address things and what is the first thing first?

Lyme, Cancer, and Terrain-Based Medicine

And then so we can see what the body is ready for. And then we start to address that. And then we, as we start to address that, then we see how the body is responding.

And then depending on how the body is responding, then we'll take care of that response. And that way we're guiding the person along a pathway that is congruent with what the body can handle and what it wants to do as a next step.

Okay, that makes sense. Now, how do you incorporate adjunctive therapies like ozone or photodynamic therapy, right, is a big therapy that you do there in your clinic?

How do you know when the right time is or the right sequence to do therapies like that? And how do you pair them with, I know you use a lot of botanical medicine, but sometimes conventional antibiotics and more of an integrative approach if it's warranted in that particular patient.

And I love, I think I'm very much like you. I like to go botanical. you know, way before, you know, starting with different antibiotics, because I feel that these different pathogens, and they've been around for a long, long time.

So, you know, it's not like it's a new invention that all of a sudden we have Lyme. And so the plant kingdom, they've evolved, you know, with these pathogens being around.

So they've developed a complex structure. to be able to defend themselves and then also to be able to exist with these different pathogens around them.

So that's why I love bringing in herbals and plant medicine. And then you see, you can start there. And then you can see, depending on the individual and depending on what they've done so far, we can then choose to do a big push to kill things off.

And we can use things like ozone, which is fantastic for people battling Lyme. We have different versions of ozone. We can do something that's called UBI, ultraviolet blood irradiation.

which is a little smaller, I usually call it kind of a starter ozone type of therapy. It doesn't have to be very powerful in itself, but then as the person evolves, we can then step into like major auto-hemotherapy or Ibu or RHP is another name for it, where we can essentially pull ozonate, like four liters of an individual's blood volume in a sitting.

And ozone is quite fantastic. I mean, one. It helps to, you know, it has that extra oxygen. So it oxidizes some pathogens, oxidizes, you know, chemicals, heavy metals, and it really doesn't care whether it's Lyme, virus, fungus, bacteria, whatever it may be.

It is fantastic at oxidizing whatever that may be. So it helps with the killing of the pathogen. But then it does many other things as well. So it actually triggers a cascade of cytokines that helps up-regulate the immune system and make the immune system more effective in being able to deal with these pathogens.

And then it also helps to increase your mitochondria. So we know that a cell has X amount of mitochondria within it. Mitochondria is the energy factor within the cell.

And obviously if we don't have energy within the cell, it can't regenerate, it can't detoxify, it can't do all the different things that it needs to do.

And then we experience pain and then because the cells are suffering, then they send out pain signals and inflammatory signals, et cetera. So ozone helped them to turn on the mitochondria and also help to rejuvenate so that we can then have old mitochondria become like new again and also helps to create these kind of big mega mitochondria to be even more efficient in producing energy.

So ozone in itself to me that is such a fantastic tool when you are battling Lyme because it fulfills so many different functions. Then we have things like vitamin C and articinate are other two IVs that I love in combination with Lyme.

Articinate is really good at supporting also oxidation of pathogens and killing of pathogens. But at the end, it's fascinating because as an IV, you know, we do it intravenously.

You have that initial, you know, where it kills. But then after that, it has all these kind of immunoregulatory effects that last for weeks after, you know, where you control the inflammation, control autoimmune conditions, control, you know, so many different functions of that.

And then obviously, you know, we have photodynamic that I bring up the table. We'll talk a little bit more about that as well. Are you suffering from Lyme disease or another complex chronic illness and aren't sure who to trust when it comes to herbal supplements?

Hi, I'm Dr. Mariah Hinchey, founder of Lyme Core Botanicals. As a naturopathic physician specializing in complex chronic infection-driven illnesses like Lyme disease, I needed herbal medicine I could truly trust.

That's why I formulated Lyme Core Botanicals. where our herbal tinctures are handcrafted in small batches right here in Connecticut. We use the whole herb, never isolates, to preserve the full spectrum of medicinal compounds.

Every single step from sourcing to extraction is done with precision to ensure maximum purity, potency, and consistency.

Personalized Treatment Sequencing

These are the same herbal formulas I used to heal myself and have used for years to help my patients and family members heal, too. And now I'm making them available to practitioners and patients everywhere.

Lyme Core Botanicals, herbal medicine you can trust from a doctor who lives this work. Learn more at Lyme Core Botanicals. That's L-Y-M-E-C-O-R-E dot com.

Yeah, before you move on to photodynamic therapy for the listeners, so if someone were going through ozone

therapy, like let's say, Ibu, how often would one receive the treatment and how long would like the period of time that you would recommend the treatments take place to be effective?

It's a very powerful therapy. So when you do the therapy, the Ibu, the effect lasts for several, several days after. And usually I want to minimize the amount of other therapies that you do after because you almost kind of want it to run its course.

You know, there may be some other things that I will bring alongside with it, but I want to minimize it. Usually that you sit, so the treatment in itself is about an hour.

And it's really fascinating when you look at the blood, you know, coming out of an individual from the one arm has just looked this kind of dark, nasty blood.

And then you, it gets filtered and ozonated, you know, in the, in the machine. and then it goes into your other arm and here it's just vibrant and red and oxygenated and it just looks beautiful.

It's really, really fascinating. In fact, we did on one individual, we did a light blood cell analysis while the individual was receiving an Ibu. So we took a little drop from their finger and put on the microscope, you know, blow it up on a big screen and then we can look at the red blood cells, white blood cells, and how they're all behaving.

And you can also see pathogens, you can see fungus and spirochetes and things like that. And it was quite incredible to see while an individual's receiving the ozone, you know, with the Ibu, the red blood cells was nice and round, they were separated, floating around very happily.

All the immune cells are very active, they're very busy, and they were just, you know, you can see how they were just working and and kind of cleaning things up because usually when you look at the blood like that, you see at the red blood or the white blood cells from an individual being infected.

It's kind of like they are on vacation, they're laying by the pool, they're having a margarita. They're really not doing anything. They're just kind of existing, almost like a governmental worker, not just kidding.

And then also you have, you see a lot of the red blood cells, they are clumped, all clumped together, and they're not able to really get into tissue because, and the capillaries, which is kind of at the end of our blood vessels, which is where we get oxygen transported into the tissue.

So that's kind of the last most important step. They need the red blood cells to be kind of a single file, and they need to be able to kind of fold themselves in order to be able to transport that oxygen into the tissue.

And so when the red blood cells are clumped together like that, that we're seeing in the light blood cell analysis, then they can transport oxygen. Yes, they can float around in the arteries, fine, but to get Oxygen to the tissue is not going to be very, very good.

It's good. And so the tissue is going to suffer. Your nerves are going to suffer, you know, because they don't get oxygen. So now you're going to be in pain.

You're not going to kind of lose control in some fashion. So that was really fascinating with the e-boob. So sorry, it went off in a tangent. No, that's great.

I doubt that most of our listeners have, you know, have really heard that. Yeah, no, it's, I love Ibu. So usually the quantity, the amount of times that you want to do that, I usually don't want to do it more than twice a week.

I prefer maybe like once a week, but if we want to hit it heavy, then twice a week and probably do that for four week time. Okay. And that, that would be kind of the maximum.

And then after that, depending on the individual, but usually then you kind of do an upkeep every six months or so,

depending on what's going on. But that, that tends to be the pattern with that.

And if someone were already on like, let's say a lifestyle and botanical medicine regime, would they be able, I mean, obviously the lifestyle you could probably continue, but when it comes to the botanical medicines or the herbs, do you recommend that they would stop that while going through ozone or they could stay sort of on their standard protocol and then add the ozone in?

I still like them to have that net of protection and support, all the herbals, the botanicals. I'm very, it may be some adjustments, but very little that's needed.

So I feel that if you are on the botanicals, you have done the lifestyle changes and you've done all these prep work, then this becomes a really great next step, you know, along with some of the other things we discussed.

Yeah, that's great. Okay, so tell us about photodynamic therapy now. What is that? So photodynamic therapy is something that I love and I use it both for so many different things.

So you have the component of what's called photobiomodulation and then you have photodynamic therapy.

Ozone Therapy and Blood Effects

So photobiomodulation, both of them use this light, you know, photo being light. Photobiomodulation is restorative, regenerative, reparative. Photodynamic therapy is destructive, killing, and so you can use photo by modulation.

just by itself and that's using what we do is we have intravenous optic needles that we introduce and that way we can treat the blood as it's passing by.

And the beauty with that, it used to be therapies where you kind of circulate the blood through a machine and then it gets killed there with some light and then it goes back into the body again.

which is also very fantastic, but now you are taking blood outside of the body. So there's always the question of sterility and safety factors and things.

And so here you're treating the blood essential acids passing by. And you are using an optic needle then to treat the blood. And with that, we have the ability to use different colors like ultraviolet, blue, green, yellow, red, infrared, and each one have different functions and they all impact the body in different ways.

Since the blood passes by one point in the body about once every minute, so in a 60-minute treatment session using then intravenous laser therapy, you're actually treating the whole blood volume 60 times.

In one session? In one session. And consider that we talked about UBI or ultraviolet blood irradiation. What that usually looks like is that you pull 60 cc or 60 milliliters of blood and you put that in a saline bag and then you put ozone into that.

And then you run that through a little machine that irradiates it with ultraviolet light. and then that goes into the body. So here you're essentially irradiating 60 cc of blood versus 60 times of 5,000 cc of blood.

So you can kind of see the difference of impact. In addition to that, then the blood is staying in the body, so it's in a sterile environment, and we can choose different laser colors.

So depending, you know, so we know the ultraviolet, it kills a lot. Blue kills a lot as well. You know, yellow then will work more on the, on viruses, fantastic going after viruses.

Also the sunshine, you know, color. So it makes you happy. It's an antidepressant. You have the green, you know, a lot for the cardiovascular support, the red blood cells.

Then you have the red really up regulates immune system, immune system activities, same with the infrared. And we know that the mitochondria that we talked about, the mitochondria looks kind of like a train state, like several train stations, you have a train moving from one spot to another.

And each spot, we kind of accelerate how we produce energy. So these different train stations are called complex 1, 2, 3, 4. And we've seen that the different colors and impact the different complexes.

So it kind of drives that whole energy production within the mitochondria. So that is the photobiomodulation that's really supportive. And that's when you just kind of run the colors by themselves.

But then if you bring in the photodynamic, Then we combine that with things like methylene blue. We combine it with a photosensitizer. So methylene blue would be a photosensitizer.

You have riboflavin, which is just vitamin B2, is another photosensitizer. Even botanicals like curcumin, EGCG, and even vitamin C, they are all in some way photosensitizers.

And what they do is that they will then attach themselves to the pathogen. And then as the pathogen with that photosensitizer passes by in the bloodstream and the laser hits them, it intensifies the energy of that laser light that hits the pathogen and kills them.

So it is a fantastic way of killing off a lot of pathogen. And then to layer that with things like Ibu, vitamin C, artisanate, it becomes really, really powerful therapy.

And so it sounds like the photodynamic therapy or the photobiomodulation is not invasive at all. It is not. No, it is very, yeah. Where is it applied to the body?

So this is an applied intravenous, so wherever your blood goes, that's where it treats. So you can also, we also have laser beds, we have, you know, hoe cats, you know, we have, you know, other different devices that helps to then hit a large amount of laser light onto the individual in combination then with the photosensitizer.

And we also have laser helmets for individuals that deal with a lot of neurological conditions. So then you can combine, let's say, methylene blue, you have them take that orally or we do it intravenously if we want to.

have a higher quantity and then we can have laser helmet on them. In addition to do it intravenously, we can also do kind of laser off in the nose to kind of hit the brain that way.

So there are a lot of different ways to utilize light and go after these different pathogens depending on where they're needed. Yes. Another tool, laser energetic detox is, I don't know if you talked about that, but that's another kind of fascinating layer since we're talking about light.

Yeah. There's so many effects of light. So far, I think we've really only talked about far infrared.

Photodynamic Therapy and Light-Based Treatments

Okay. If you would like to speak a little bit more about that, please do. Yeah, as I mentioned, the far infrared is great. It has, if you only have a light source, far infrared will have the deeper penetration.

But then if we use things that are intravenously, then obviously we don't need to just use infrared, far infrared, because we are then treating the blood directly.

You can also use these different laser watches that we have with the different colors. So you can then take an oral photosensitizer and then put on the laser watch and we have the bloodstreams right here passing by.

So as the bloodstream passing by with a laser watch and we're essentially treating the blood. So that becomes a good home use type of therapy. Then something's called laser energetic detox.

And that's something that was introduced by Dr. Klinghardt as well is actually Dr. Lee Cowan that really brought this to the world. And it's a fantastic tool to use on the homeopathic vials with substances like Borrelia, like mercury, like whatever it may be.

and you can use that homeopathic vial and then shine a light through it. And what's amazing with that is that then that frequency of that homeopathic vial, that information will piggyback onto that laser beam or that light beam.

And so as we are then shining it onto an individual, gives that individual the information about, you know, that this is an issue like mercury or whatever pathogen it may be.

And so it is fantastic then at giving the body the tools that it needs in order to be able to eliminate, you know, these different components. It's fascinating, you know, when you do the laser energetic detox on, let's say, you know, mercury and the individual will start to.

pee out mercury and they've been able to measure the chemicals or glyphosates. Or like I mentioned, if it is a pathogen, it will give the immune system more information about that pathogen so that it can be more equipped to address it.

And you can then use, you know, what's called where you go after different foci in the body. You know, that may be when you do the muscle testing that you see that there's a large quantity of a pathogen like mold stored in the liver.

And so now you can use the vial, you know, for that mold and then shine a just essential there. You only need like a laser, like an LED and shine that with the vial attached to it.

And that helps to drive that pathogen or that chemical or heavy metal out of that location where things are stored. So, lightness is amazing. Yeah. It's, it's incredible what, what it can do.

Yeah, it really is. That's fascinating. So let's switch gears a little bit and talk about some of the diagnostic tools that you like to use in your practice.

So beyond, you know, the testing and the specialty labs and all of that, talk to me about using, you use dark field microscopy, right? And then you use another test, RGCC.

Tell our listeners a little bit about both of those and how you use them in your practice. Yeah, so the light blood cell analysis or dark field microscopy, they're two different names of the same thing.

I love because you can then see the blood directly to what's going on and you can see impact of interventions that you're doing. seeing how the body responds to that.

And you have with that, you have the light blood cell analysis, dark field microscopy, and then you have what's called dry blood, where you actually see how the blood coagulates.

And with that, you can see patterns, inflammatory patterns. You can see what's going on within the gut. You can see vitamin C rings, heavy metals, liver spots.

parasites. I mean, there's so many things you can see just by looking at, you know, a few drops of an individual. So I love that aspect. Then obviously, you know, we talked about ART or autonomic response testing.

So that's another way for me to assess to see what's going on and how the nervous system is stressed by certain factors, you know, being Borrelia or Bartonella, whatever it may be.

And then you have others. So the RGCC, that is more in relationship to creating something that's called SOT. And that becomes a therapy in itself that you can use to target different pathogens.

And that requires a little bit of a longer discussion, but that that becomes a great tool for that. Then we have the

different regular labs that we tend to run, but I also like to do frequency, you know, where you check the different frequencies of pathogens, and that can give you a huge amount of insight.

So you have things like, you know, Monocore or AOScan or There are a lot of different devices like that and we have those different devices here. And that gives another angle of understanding.

And I feel that there is no be all end all test out there. So it is good to have a few vantage points that you can use to be able to assess and monitor to see what's going on.

Because we know Lyme in itself, I mean, one of the things that it does is it goes after your immune system, your ability to produce antibodies. And so, and how we monitor Lyme is with an antibody test.

So, so we know then the challenge to be able to be diagnosed with something that is, you know, destroyed, so to say, by the disease. So it is good then to have additional tools to be able to monitor and assess and see what's going on.

Yeah, absolutely. And with a dark field microscopy, it's a way to actually have almost like a live view, you know, like a now view, whereas antibodies can hang around for several months, you know, depending on which antibody we're talking about.

And so, yeah, it's not going to give you a real-time insight as to what's going on. And to your point, and we've talked about this multiple other times, Lyme affects the immune system and causes immune suppression or overreaction or a combination of both, depending on the individual.

And it seems almost asinine that we're using a test to detect something that destroys the immune system by analyzing the immune system. You know, but there isn't a lot of other better ways.

Diagnostics: Dark Field Microscopy and RGCC

So the dark field microscopy is an awesome tool, you know, as are some other things. So, all right. Yeah, I agree. I mean, it's not that the antibody tests do not bring value.

They bring a lot of value. Oh, for sure. It's just recognizing the limitations. And just because there's a negative test doesn't mean that it's negative.

No, definitely not. And I drone on and on about how Lyme and other vector-borne diseases are a clinical diagnosis, right? And any testing that we're doing, we're kind of bringing in as a piece of that clinical diagnosis.

It's not a positive or negative test. So for any of our listeners who haven't heard us talk about that over and over again, and maybe you just caught this episode, such an important point, such an important point.

So, all right, talk to us about the role of rebuilding the immune system. We've talked about a little bit about testing. We've talked a little bit about adjunctive therapies and killing organisms and whatnot.

Now talk to me about your approach to rebuilding the immune system, which I think is one of the most important pieces of the puzzle. And there's another similarity between Lyme disease and cancer is that you have patients going with chemo, radiation surgery, and yes, the tumor is gone and we do a little hip, hip, hooray dance.

But these therapies are never going to be able to get rid of it all. There's always going to be some cancer there and it's the same thing with Lyme. It's not like you're going to be able to get rid of all of the pathogens.

There are always going to be some there. It's going to be some virus, going to be exposed to mold, going to deal with some parasites. They're going to have some spirochetes running around.

It's just the nature of life. We're going to be exposed to that. So now we need to have that buffers on that layer of

protection. that to be able to address, we've reduced the load, we've supported the body, reduced the load of pathogens, and what do we have to protect us?

It's our immune system. So that becomes key, key, key to do. And there are many tools, and we talked about some of the different things to go after the pathogen, and some of them also help to rebuild the immune system.

Like vitamin C, glutathione helps. Glutathione, we know that You know, a cell cannot survive without glutathione. We produce energy with glutathione. If we are deficient in it, we're not able to have the appropriate antibody response.

So there's so many needs for glutathione and then vitamin C. Also, we talked about ozone that also helped to support the immune system. But then things like mistletoe.

You know, we think a lot about mistletoe in relationship to cancer, but mistletoe in relationship to Lyme is fantastic. It helps to really reset the immune system to up-regulate the components of the immune system that needs to be down-regulate a lot of the inflammatory, extremely antiviral.

So it is a fantastic tool to rebuild the immune system and then peptides. I love peptides, you know, thymus and alpha 1, you know, thymus and beta 4, you know, usually I use a kind of smaller version of thymus and beta 4 called TB 500. We have, you know, so there's so many wonderful tools, you know, BPC, KPV, that are incredible in relationship to modulate the immune system and support, you know, its function.

And obviously we've got all the different mushrooms, we have beta-glucans, we have astragalus, there's so many other tools as well. So immune system is so important.

We can also bring in things like exosomes later on to help to modulate a lot of the inflammatory responses and also help to kind of heal tissue and regenerate tissue because I look upon when dealing with lime, it's kind of like you have a house on fire.

You want to get rid of the fire. I mean, you can't really repair the house while it's fully on fire. We've got to get rid of the fire, clean that up, and then we can repair.

And a lot of times we think that we are still struggling with lime. when in reality it is post-lime, it's that repair and regeneration that we haven't done, that we need to do.

So it's kind of recognizing the different phases and when to do what. So do you use a lot of oral peptides or IV or a combination of both depending on which peptide it is that you're wanting to work with?

Rebuilding the Immune System

I do both, yeah. So you have with peptides, we do them both oral, we do them sub-Q, and we also do them IV. IV I like more because you are able to obviously get it directly into the bloodstream.

And I've seen tremendous changes in individuals quite quickly. By doing that for long distance guidance and sub cue or oral becomes really powerful as well.

Like thymus and alpha 1. Like for instance, when we had our COVID crisis, I used a huge amount of thymus and alpha 1 and I can't tell you how many people that I turned around.

by doing a heavier dose, you know, doing a dose, you know, twice a day, kind of hitting a little bit harder. And yeah, it's tremendous when you kind of lean on it a little bit harder.

So, but IV, I think that is the optimum if we can. And I usually like to do combination of, you know, 5% alpha 1, TB 500 and maybe KPV or BPC, you know, something like that.

So you have a vast amount of experience with all of this, like that is evident. What would you say is the most important lesson that you've learned working with Lyme patients, that you wish more people and people, medical practitioners, you know, lay persons, whatever, what do you wish they would understand about the treatment of Lyme and other vector-borne diseases?

I think the biggest lesson, and I think this is kind of a common scenario for most people coming out of any kind of school, medical, naturopathic, whatever it may be.

We are so gung-ho and we want to fix it all and we get rid of it all immediately. And we want to hit the body with all these possible things. I think the biggest lesson is to really listen to the body.

And sometimes less is more and being able to navigate that journey without overdoing it. Cause I think sometimes when we are kind of newer in our profession, we are kind of like a child in a china store where we just start swinging and then things break.

So I think that is the biggest lesson that I've learned. And then obviously as As I evolved, I mean, I've been in clinical practice since 1987. So I've seen an evolution of a lot of therapies that were not available when I started that are available now.

And to me that the tools that we use, that we have access to now is incredible. I mean, I think that just learning of their existence and learning how to utilize them and when to bringing men to me and having them available.

It's so exciting to me and the impact we can have on individuals with that. Yeah, absolutely. So are you taking patients in your clinic? We are. Yes, we are.

And so we have a number of different providers, and I'm part of the process. And even though I may not be the immediate provider, I'm still part of the process.

And yes, we do take patients. And if people are interested, just do a discovery call with one of our doctors, and then we're available to do that. And how would our listeners reach you?

So the best way, yes, yes. So the best way, so you can find a huge amount of information on our website. It's at the Karl Feldt Center. And we do, you can access in our blind podcasts that we have there.

We also have a large number of free e-books, and I believe we are offering a free e-book as well in how to dress lime efficiently. And then you can always call us.

And if you want to learn just a little bit more, we're offering a free 15-minute discovery call because I know a lot of people, gone to doctor, you know, from one to another and then sometimes they just want to kind of get a feel of this next doctor who they are and what they offer.

Yeah, that's great. That's a great service for people. I think it's so important to find someone that you feel comfortable with and you, you know, you feel like you can be completely honest and also you feel like the doctor's got your back.

You know, having that trust is so important. So you're starting a new podcast in addition to your Lyme podcast and your Cancer podcast. What is your new podcast?

So yes, I love my Lyme, I love my cancer podcasts, and I feel that they're so important to bring that information out to the world.

Clinical Lessons and Closing Remarks

I also love to discuss a little deeper subject that may not be related directly to cancer Lyme, talking about transformation, talking about maybe old touchy subject, such as COVID, and such as vaccines, and such as things

are spraying in the sky, and just kind of bringing deeper discussions about things that are intriguing to us and that are educational and enhance our understanding of who we are and our place in the universe and bringing additional tools.

Like I'll have Nobel Prize winners and physics and people that ran for the Nobel Peace Prize and so I'll have some amazing leading thought leaders in the world on that podcast.

So I'm excited to bring that forth. I'm excited to hear it. I think that's wonderful. And I think that it is very much needed, very much needed. And hopefully people are starting to, you know, to wake up and to realize what's going on in our world and around us and what's actually making us sick.

And I think having someone like you leading this discussion, lending credibility and the scientific backup right to all of this is so important. So I'm very much looking forward to that.

What is the name of the podcast? It's called Dr. K Show. The Dr. K Show. All right. So everyone be on the lookout for that. It was a pleasure. Thank you so much for being here with us tonight.

I truly appreciate it. It's always my pleasure. And yeah, you do such amazing work and I'm so grateful for what you bring to the world. And whatever I can do to help, I'm excited.

Well, thank you so much. And right back at you. For all of you listening from home, thank you so much for joining us. I hope that this episode was helpful and brings you information needed on healing from Lyme.

We'll see you next time. Bye-bye. If this episode gave you an answer, brought you new insight, or made you think differently, subscribe to the Lime Bites podcast and share with someone who's ready to take control of their healing journey.

And if you can, please leave a review. It helps others to find the show. Thanks for listening and we'll see you next time.