Are We Medicalizing the Human Experience? with Dr. Roger McFillin Transcript

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Opening on mental health and medicalization

Every person I've ever worked with over my entire career, there was a reason for what they were going through. Now, sometimes it is physical. Sometimes it's something that they're putting into their body or there's a lifestyle or it an undiagnosed medical conditions.

I don't want to ever dismiss the fact that sound medical care may be required or sound evaluation may required. But what psychiatry is done or primary care has done is they've taken those behaviors or various symptoms and they labeled it as if it's a medical condition and without a lot of time of evaluation at all not understanding context the person.

They become drug dealers and the are prescribing psychiatric drugs and labeling a mental illness. Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs.

I'm Jared St. Clair. All right, this one is gonna be a little bit different today. If you know my lovely wife, Jen, and her story, she's standing here with me.

if you're watching on YouTube, you can see her. Otherwise, uh, You're going to hear from her here in just a minute. You don't know Jen's story. We do recommend and we'll link in the show description.

Her story there's five episodes and We highly encourage that you check those out. I've been told that they are the most inspiring episodes that we've ever done on Vitality radio.

But the reason this show is going be different is not just because it's taking a little bit different slant than often what I do with educating on supplements and nutrition, but also because I'm actually going to turn the mic over to Jen and let her have a conversation with our guest.

I'll introduce him in just a moment. Let me give you just the quick Cliff Notes version, especially since we have lots of new listeners to the show who probably aren't very familiar with what Jen's story is.

But let me get it to you really quick. So, she and I met about eight and a half years ago. We've been married for We're pushing three years almost. But when we met, she was in a very, very different place than she is now.

And she was in a place of what I would consider to be incredible darkness and hopelessness and feelings of things are never going to get better than they already are.

And, she told me that on many, many occasions. At the age of 13, She was put on Prozac by her doctor. She'd been diagnosed with depression and then anxiety.

Eventually she diagnosed bipolar disorder. One of the first things that I did when I met her was challenge those diagnoses and tell her that she didn't have bipolar disorder.

And she thought I was crazy. We've talked about that in some detail on this show. I didn t mean that she wasn't struggling with symptoms. What I meant was that, she was not broken.

She did not have to accept that as part of who she is or label that on her chest like a name badge. How long ago was it that you were given your first opiate?

Oh, um, I just had my 17 year clean date and I had been on them for probably eight years up to that point. And

when she was put on him, she told that there was this brand new drug that was not addictive that she could use for her chronic pain.

Then after eight and two suicide attempts that followed that, was proven to also not be a true statement by her doctors. When I met Jen, saw something different than what had seen in her before.

I saw someone who was an absolute powerhouse. buried underneath a pile of lies. And I don't know why I was given that insight. Well, I think I do know why, and I know who gave it to me.

But I saw something that others up to that point had not seen. And I wasn't willing to ignore that. I'm incredibly grateful that I didn't, because now she is the love of my life.

This podcast episode probably could get emotional, at least for me, it's a really, really important one.

Jenu2019s story and early psychiatric treatment

It's very likely that we may ruffle some feathers. And that's not the intent. The intent is to challenge beliefs and to the normal way of looking at what is called mental illness.

I don't particularly like that term myself. We're not here to ruffle feathers. We are here offer a different perspective and a difference way of looking at this because I personally believe that the mind and the body that are struggling with the symptom are not broken.

That the soul within that body is not broke. And that medication and therapy is used to cover things up, not to heal and to direct someone to their true self.

And while I never have really believed the traditional medical model here in this country because of how I was raised, we have two people here today, one a practitioner and one, a patient who have been on both sides of that story.

And that's why I want that conversation to happen between them. I hope that you stick around with us because what we had learned from my next guest, Dr.

Roger MacFillin is that is so much and it has tied so many what I would consider to be things that we've considered but hadn't quite figured out just yet together.

And his work is incredibly powerful. We hope that you don't just stop listening to him when this podcast ends, but that join him on his podcast, the Radically Genuine Podcast, which we definitely have spent a lot of time on, especially Jen, since she discovered his works about a year ago.

He's an outspoken critic of the mental health system. He is the author of a forthcoming book that we're extremely excited about, The Awakening, They Cannot Medicate, an expose on the anti-human agenda behind psychiatric diagnosis and drugging and on how we reclaim our health and freedom.

In October, 2026, his podcast expands from just a podcast to a media platform and a studio show. Welcome Dr. McPhillan to Vitality Radio. Jared and Jen, it's an honor to be with you today.

Thank you for having me. I'm going to go ahead and turn the time over to Jen and you guys have this conversation. Well, thank you. Yes, Thank You for being here.

This is a very new thing for me to do. So we'll see how this goes. But first, will you just give us a little more about your background in psychiatry or well, psychology, right?

Sure, yes. I am a clinical psychology by trade and education, board certified in behavioral and cognitive psychology. And I'm an owner of Center for Integrated Behavioral Health, which is a large practice in my region that

offers cognitive behavioral therapies.

But I'm probably most known for my advocacy work speaking out against my own profession and the greater mental health industrial complex, which I call it, and I am the host of the Radically Genuine podcast.

What has occurred over the course of my 25-plus years in some capacity working in the system has been an acknowledgement and an awareness of much of what we do, both in idea and diagnosis and limitation of, what call science, has created mass harm.

The drugs, which are widely prescribed and pushed on the American population, were drugs that were brought to market under corruption and what we believe to be scientific efficacy or safety is nothing of the case.

And these drugs are often metabolic and mitochondrial poisons that blunt emotions, alter cognition and affect human behavior in ways that we cannot predict.

And we pass that off as healthcare. And it's not anything healthcare, in fact. I'm very clear right now. There's a rare situation that any of these drugs should ever be used.

Maybe some short-term emergency medicine, a few of those drugs, but that's how they're communicated to the American public. So I am a staunch advocate for informed consent and medical freedom.

And I think that we have to have a profound and meaningful shift in the way we understand the human experience. It has created, we've medicalized almost all aspects of this journey.

And Jared, when you mentioned that, that's how I understand human beings, they are souls in a body. through for a journey and in that journey we have incarnated into realm of dimension of polarity so that means there are challenges and we learn those challenges but what is occurred is we apologize that.

And we've altered how we think about that experience which we are. essentially in a battle with our own mind and our emotions, which I think is intentional.

We could get into that if we have to. But simply when you understand who I am, I realized that a lot of what was standard care was doing harm. So I've completely shifted course.

And that's one of the things that I loved about. I found you first just through social media, I think Instagram was where I first started following you.

Then I had Substack, and I only did a little with it. In the last little while, in fact, thanks to actually your series, I deleted all social medias not all that long ago, maybe a month or so ago.

Realizing the distraction, it was bringing to my life on a level that i didn't like. It was your stance. I know for me, being able to acknowledge that I saw my whole world entirely wrong was not an easy thing to do.

It took time and it took a lot of, I won't say convincing, well, convincing of myself for sure. But just patience from mostly from Jared just trying to help me see things differently.

And I acknowledge I had to be open to that. At first I really wasn't open And so even though I was on the other side, I can see you as a practitioner, it's the same steps, right?

To be able to step back and say, what I've been doing and believing is completely wrong, for at least that's how I feel. And, so I have a lot of respect for you for being able do that because I don't see that happening.

I see some soft soft peddling a lot. Well, yeah, it's not great, but it is what people want. It's what, you know, what they expect. So I still have to do it.

There are times and places and I've really appreciated your stance of just being really cut and dry with what's going on with this. So that being said, you don't really know other than what Jared just said my story.

But starting out, I was 13 in 1987, Prozac was released and I. Was basically put on it because I had an eating disorder and so they had told my mom it would help increase my appetite.

And then I also was cutting at the time. Um, that was, and my, my poor mother, And I have no ill will towards my mother. She did what she believed. was right.

She was not a nurse at that time, but she became one about three years later. So she just has always followed the medical system and very much trust the authority type person.

I've always spent my life not being that person and so we butted heads a lot. We did not always get along very well because I was always pushing the limits and she followed rules.

But I spent on at 13 for needing disordering for cutting and I will know, it's been a long time ago. But I remember being a very empathetic person, being very sensitive, and I've had experiences of just kind of knowing things before, very intuitive.

And I think that was very overwhelming. I didn't know how to – I don't no boundaries, I did not know to handle that as a 13-year-old. Also, have discovered since – sorry, am I going to let you talk here in just a minute.

I lost someone very, very close to me right as I turned 13. And I had had a surgery at age 12 that we now know I have MTHFR, I don't methylate well. So in my brain, trying to put together things, and not that it necessarily matters at this point, but I like to have a little bit of an organization as to why things happen.

I just now see all of these dominoes that kind of just all fell at the same time, plus years of antibiotics for ear infections. that I had been on from the time I was six months old, that physical things that got turned into a mental illness.

Would you agree with that, I guess, is my question. Well, I've sat across from a number of young ladies just like you, maybe 13, 14, 15 years old who were going through various stages of development or were struggling in certain ways.

And the emotions were very intense and emotions that are very intensive require many different strategies or means to be able to regulate that, to communicate what you're feeling and to able respond in a way that isn't self-harming.

And every person I've ever worked with over my entire career, there was a reason for what they were going through.

Dr. McFillinu2019s background and critique of psychiatry

Now, sometimes it is physical. Sometimes it something that they're putting into their body or there's a lifestyle or it's an undiagnosed medical condition.

So, I don't want to ever dismiss the fact that sound medical care may be required or sound evaluation may required. What psychiatry is done or primary care has done is they've taken those behaviors or various symptoms and they labeled it as if it's a medical condition and without a lot of time of evaluation and all not understanding context the person.

They become drug dealers and the are prescribing psychiatric drugs and labeling a mental illness. And so there's really no justification for giving a 13-year-old an SSRI.

There's none at all. Not scientifically, of course. But it also does a lot of harm because it's the complete opposite of

what we want to do. Emotions are energy and they have to move.

And they're there for a reason. They're to get us on our path. So they are very powerful and important signals. Those who are in judgment of those signals or view those signal in itself as dangerous, Or there's an invalidating environment.

Well, that person is going to enter into a struggle with that inner experiences. And we see that as a precursor for a lot of problem behaviors, including eating disorders and self-injury.

The way that you appears to have been treated at that time was it was medicalized. You were given a drug under circumstances which you could not consent.

and underlies that somehow it increases appetite. There's no evidence for that, of course. If someone's struggling with an eating disorder, that's probably multiple problems that are associated with it.

You know, it could be body image, developing into an adolescent, emotional aspects, or it can be trauma there. All those things matter. And that's why the 13 year old would need help with, as well as refeeding with the right foods.

By putting a mind and mood altering drug into the equation, one that increases the likelihood of suicide, two to four fold increase in that age population.

That is intervening in ways we could never predict the negative consequences. There's a hardens rule of human ecology and what that means is you're never just intervening with one thing.

So when you take a drug, for example, and you intervene in the body with a chemical made in a factory that is artificially acting on the in a way that we could not predict, right?

Something as complex as the human body, something as complexity as human neurochemicals or something, a chemical like serotonin, which impacts the whole body that, we interfere with nature in that way.

And it has all these downstream consequences. Then you add into it a vulnerable period like adolescence, puberty even, where there's a bi-directional relationship with that hormone, a chemical, and all aspects of development.

It's really playing Russian roulette and playing God. And the hubris here that has become our healthcare system is so offensive. We put a lot of trust into medical professionals.

Unduly so, right? Because they're bright people, we tend not to question their limitations. And with corporate medicine today and the way that medicine is delivered, the care in the United States is so poor, We are struggling with a profound chronic disease epidemic that we keep labeling more and more disease states without ever understanding what the root causes of those are.

When it's an emotional aspect of one's development, even more so, people deserve compassion and wisdom and direction because we have somehow pathologized simply struggling, going through a difficult time.

And we've provoked so much fear, and fear as an energy is going to create more diseased states. So simply the way I kind of initially respond to the care that you received is it was harmful, extremely harmful.

And this is a wake-up call for much of Western societies to break free from this propaganda. We have been under attack, whether it's our food systems, our medical care, or we've been underway attacking ideas.

No one can dismiss that at this point, from vaccines, mRNA technology, poisoning our foods, many chemicals. The pharmaceutical companies and government have colluded to withhold American from the American public valuable information and informed consent is a right.

It's a legal right, but it's also an ethical right and if the doctors don't have this information, which they don' then how

can consent be acquired? If they're not informed, how do you provide informed consent?

And that's why it's become so dangerous that this conversation and all conversations I have to have requires us to return to common sense. And we've lost our understanding of what is normal, and we have lost common-sense in healthcare and responding ethically and compassionately to people who are struggling.

Anything on that one? Well, I actually do have a thought that I want to interject because the something you said to me earlier on, it's an interesting thing as you look back on it and I can't look on.

I wasn't there in the thick of it with you. But I, but I saw, where you were when we met and you had your freedom restricted by the way that you are treated in so many ways.

And to, me, one of the great God given rights that we have is our right to agency to be able to live our life the way that We choose to limit whichever way we decide to do You know for better or for worse or however you want to put it but you you were restricted by the belief system that had been Essentially indoctrinated into your mind that you weren't whole that You could not be whole and that were not capable of functioning without the assistance of a medicine or a therapist or both and and That was a lie and then also by inability, I think, to feel what needed to be felt to take you to where you needed it to going.

And those two things to me are incredibly devastating and incredibly harmful. I, think that's probably some of what you're talking about. Absolutely. Yeah.

Yeah, I was telling him earlier. I've made a lot of peace with what's happened. We've talked a lots. I could be very justified in being angry. My parents, I am angry at the system.

But I've chosen to take it as that was my learning experience, right? That's what I was needing to go through to get me to where I am now. And I believe that 100%. And so I have learned to actually find gratitude in my experience of those 35 years of of struggle and being drugged a lot.

But it does, the one part that I still struggle a little bit sometimes with is that, yeah, I look at it, and I was 13, it was just a belief that was shoved into my head that carried with me for almost 40 years.

And the power that that takes away from the individual, that's where I get a bit, where my passion for trying to educate people and wake people up to this comes in.

I look at people around me, people close to me that I love, and they're still stuck in it. And they don't realize that their agency has completely been taken from them.

So I guess I know you do too. It's just very evil. You like to use the word anti-human agenda that's going on. How do we wake people up to realizing what's Boy, this is always the most challenging questions that one receives and no matter who I follow or what shows who are kind of aware of what's happening, everyone's afraid to go to the next level, right?

Why or who or for what purpose? You know, so it's very clear that we have a chronic disease epidemic. It's clear we've been poisoned intentionally with a number of medical interventions that are designed to alter human DNA and do not respect the body's natural design to heal.

In fact, it is trying to altar that. Clearly. And whether that is science around vaccines that are suppressed or whether it's other science that's suppressed too regarding how we treat conditions.

We know clearly that this has gone on through all of our lives. This is multi-generational at this point.

How diagnosis, drugs, and labels cause harm

We're experiencing the consequences of it, obesity, declining birth rates. You see dramatic decline in, you know,

testosterone for men, sperm quality, rise in chronic diseases that are beginning earlier and earlier.

And we continue as a government We continue to support pesticides or other chemicals as part of the way that we produce our mass agriculture for food production, things that are going to have a detrimental effect on the human body.

no matter who's in the office, we still have COVID vaccines that are on the schedule. They just approved mRNA vaccines for the flu. And psychiatric drugs, harmful psychiatric drug, despite dramatic increases in quote unquote what we call mental illness, once we started using these drugs.

obviously very clear indication of their harm, those are still widely available. And then you go into healthcare centers, if you're going to the mainstream corporate medicine in the United States, you are going get a bunch of lies.

You're gonna be told that this drug is safe or this drugs effective or it treats this. The Lindsay Clancy case that's going on just right now is to me standard psychiatry on trial.

There's nobody right now who can look at this reasonably and say that this is healthcare or this isn't an effective response to people who are having any type of condition.

So how do we wake people up? Well, if the direct evidence is not enough right now, because to me, it's so clear, there's nothing really else that can be done.

I mean, you're under mass conditioning, right? That's the only way to think about it, that you are under some form of mass brainwashing, and that's because you've following the repetitive messages over and over again.

You're going to get that from mainstream media, through specific feeds and algorithms on your social media. The only way we can really wake people up in my opinion is from a higher perspective.

I do see the world to be the three-dimensional world in which we live in where maybe we have exposure to 1% of reality. We are energetic beings and we are in a spiritual realm.

So how do we begin to affect the population? We do it through love, we do through compassion, We have to look at advancements which are kept out of the mainstream purposely.

And what I mean by that is post-material science. There are scientific specialties which I think are trying to advance our understanding of human experience in healthcare.

That should be mainstream. They're just not because there is a financial incentive and probably another incentive to keep people dependent on the medical system and keep us sick.

But psych neuroimmunology is great field. When you start understanding the connection between thought, energy, our mind and our body. We should be intervening on numerous levels.

So you are talking, Jen, about freedom and sovereignty, right? Locking somebody up in a psychiatric facility or threatening or labeling them with a mental illness or creating in consciousness the idea that they're sick or broken is gonna have the predictable effect of that.

Somebody's going to feel, believe they are sick and broken. They're gonna live that way and it's gonna affect their body. There's no doubt, especially if you ingest poisons, what they call medicines.

But if instead we understood it differently, one, that you are a soul and a body who came for this miraculous and beautiful human experience with all the challenges to learn unconditional love and to continue your own soul's growth.

If we understand it that way, then we see the challenge is in there not as diseases, not as disorders, we see them as opportunities. We see as a reflection that you're off your path, that there's things going on in your life that require you to be addressed.

And without getting into specifics about your live when you are 13 years old, of course, you aren't in control of your entire life or your environment.

Some of those are very meaningful for later down the line. What I mean by that is Some of the greatest challenges that people experience, especially earlier in their life, can be transformational.

And they can get you on your path for whatever your purpose was, whatever you came here for. There's so much we can bring into the cultural consciousness.

I'll just use one example to describe this because these are things that are in the literature that doctors, physicians, corporate medicine physicians and nurse practitioners and other healthcare practitioners have access to if they want it.

And that is around belief and disease states or what we call the placebo effect or the nocebo effect. Then the conditions in which a doctor brings to any relationship matter in outcome.

So let's just use somebody who has a form of cancer, for example, maybe they're in stage three or stage four and the prognosis is not good. We know that how a doctor delivers that information matters on outcome.

So I'll give you two examples. Let's say there's a 5-10% chance of recovery and the disease will go into remission. So if one doctor says, get your affairs in order, the statistics we have on this rapid forming tumor and this disease are not good, right?

You're creating in consciousness that that person is going to die, that they're not able to recover from that condition. Now, compare that to another doctor who says you know what, five to 10% of people overcome this and they live full lives.

The cancer goes into remission, and we're going to learn everything about those people who have overcome it, from their diet, their lifestyle, And we're going to see all aspects that could have led to the disease, including emotional aspects of your life, psychological aspects in your because these are powerful.

But we are going do this together and I believe in you. Do you know the difference between how that is delivered, what that's going equal in terms of outcome?

It's dramatic. But instead we've created healthcare systems that focus on the no-see-bow effect. Like we can create disease in healthcare, and we do. We do that through our labels.

Specifically in the mental health world. What was originally designed for a way to communicate and bill for insurance has now become a medical condition that is something you have to manage for life.

And I can tell everyone who's listening right now, you did not come here to be managed. So what you align to, in consciousness is going to matter in your physical body.

That's quantum physics. Quantum physics shows that we can influence matter, that are a creator of our own experience. And so I would be much more focused in taking people in a direction where you actively create through your own consciousness, through you own mind, and you live a life outside of such a system.

We have a systems that is designed to provoke fear and fear is a root cause of disease. If you can move your body and your entire experience into love, the body in itself is design to heal.

You eliminate the poisons, the toxins, poison and toxins in thought. You move away from relationships that don't

serve you. you get on your soul's mission.

People get into alignment with a force, an energetic force. And that is your body at peace. That is you body in a higher state of love. We don' talk about health in those terms.

Well, I was actually just going to say to you, if going back eight years and when you were trapped in this belief system, being managed as Dr. McFillin said, which I love that we are not here to be managed, that is not freedom.

And now looking at yourself now, what is the difference in your outlook then versus your Outlook now? Can you even describe that? Yeah, I don't know if I quite have the words to describe it.

I was just numb for the most part. I thought I felt things, but not in what I would call a real sense. And I still honestly, and this would be a whole other conversation, I still feel like I struggle a little bit.

Not straight 35 years, but pretty close with a few years off meds here and there. That numbness has taken a while to completely leave and I know I don't know.

I still feel like I'm getting some of that back. But interestingly enough, in the last few months, I feel, and a lot of this has to do, with your work, that we've been reading, finding that connection again, which is why I am standing here.

Root causes, informed consent, and reclaiming agency

And I would have never done this probably even six months ago. So he has kind of to twist my arm to get me on here and I was actually the one that really wanted to do this and that's not normal for me, but that hasn't been normal.

Thank you. It just feels like a whole different life like somebody else lived it that I was kind of an observer of a life that really sucked. There just wasn't much joy, it was just constant dread of what was coming next and that things were never going to get better.

I was in very much an always and never mindset. It's always going be like this, its never gonna get any better and though yeah, because I think I told at such a young age, this is a permanent condition, here's a medication, you'll be on it the rest of your life.

Its really easy to fall into believing that everything is permanent. And one of the things that I've loved that, I know this, but it's a great reminder all the time when I'm listening to your stuff or reading it, that emotions come and go.

They don't stay permanently. But they feel like that sometimes. And for whatever reason, well, we've pathologized it all. So we have time limits on how long something should last.

One thing I would actually like you to do is explain to people kind of where the DSM comes from, what is that criteria that doctors are using to diagnose and treat people?

Because I don't think a lot of people really understand what makes up the DSM. Well, it's arbitrary criteria. And if you look into the history of what the DSM is, It's not based on scientific scrutiny.

It is around a select group of People who vote these conditions into existence. Now, if there was a very small book that had these general categories for its only purpose to bill for insurance, that's one thing.

But it certainly has not turned into that. The DSM has been misrepresented to the public. It's a multi-billion dollar boon for certain organizations. American Psychiatric Association as well published it.

But obviously it's much more than just the American psychiatric association who uses this book to generate revenue. Most of the physicians who are on these committees who vote these conditions into existence have ties to pharmaceutical companies.

So you're creating a number of conditions and then you are communicating them as if they're discrete medical conditions requiring a pharmaceutical drug.

And that's where the lie is. Then when you can use marketing, to the extent that they've used marketing. Now what's really dark is they target children.

They target through TikTok and other means. You begin to identify with whatever these disorders are. so ADHD bipolar disorder autism a depressed person whatever it may be you're seeing younger and younger people have access to this information and they go into the medical environments or with therapist and then they just repeat the criteria which is not widely available for any search on the internet what's important for people to know is.

This has ballooned to over 300 diagnosis. It's a label for most all aspects of the human condition, and they don't have very good validity or reliability.

In fact, they have poor validity and reliability, that means you can go into five different doctors, describe what you're experiencing, And they may give you multiple different diagnoses.

So it doesn't half inter-rater reliability They're not real. It's not a discrete medical condition. No matter how much we have been under this psychological operation for what amounts to be decades, they're just social constructs, even depression as a medical.

The criteria around it is. arbitrary, it's two weeks feeling sad, and a number of other conditions that are very normal throughout the human experience.

So you can increase the amount of people who have that label just by simple checklists or just pushing it into our primary care centers. Little statistic here.

If you look into the literature that dates back, you know, pre-1940, for example, on how many people identified themselves to be quote unquote depressed.

And it's less than 1% of the population. There was a great book written in 1960s on the epidemiology of depression. So less that 1%, would actually identify with themselves as experiencing what we call those symptoms of Depression right now or melancholy or whatever we called it.

All of it was attributed to life events. So you might have gone through a loss or you're struggling financially. You're not making it in your career. But you are not living the life you supposed to.

Fast forward to where we are now. And at any given time, you'll have a quarter of the US population identifying themselves to be depressed in a given year.

That's insane. The number of people who can identify with this condition, which is going to push more and more people to sell your product, that was the purpose.

I think there's more purpose around it. You can go back to the 1960s and MKUltra, a combined relationship between U. S. intelligence forces and academic psychiatry with the sole goal of understanding how to coerce, influence a population.

And although most of those records were destroyed, we know for a fact that happened. We have enough to know that they were experimenting with drugs and other mind control interventions, a lot of which we see today.

They developed certain drugs that influence cognition, emotion, and behavior, which lead to a more numbed out and sedated population that is much easier to control and influence, is the best way I can say it.

And of course, it has the other effect of creating more chronic health conditions, which then serves an entire industry. And for a group of people, this is the difficult questions of who are they and what, there's very dark

movements out there around depopulation.

around enslavement, humanism versus transhumanism, things that people don't want to recognize or acknowledge but are in plain sight. So if you want look at what's being said under Agenda 2030 or the global economic forums, select a group of people, they make very strong claims that the world is overpopulated, we're destroying our planet, and we need to decrease the population.

They also make claims that we can upgrade human beings and merge them with technology and AI. There is an absolute contempt for the pure human. To me, that's spiritual.

It goes into my understanding of what this reality is, which is a energetic one. No one can dispute that. And most Americans, 85%, understand or believe that there are forces at play that are outside the physical.

So we are a spiritual being by nature. People who are maybe not religious or formally religious also believe there are higher forces at play. Believe in God and believe that there's something to our lives that are outside just the limitations of what we acknowledge when we attach to out egos.

So I think this is more spiritual. I Think it's obvious. And it is the only way that you can really come to any conclusion about the level of darkness and the attack on American people through drugs, through food, and through ideas.

So then, as part of what we do in Vitality Radio, we, because we live in a world that you just described quite eloquently, but could certainly on its face be depressing, right?

It's a pretty dark situation that just you described. Our goal here is always to give people a new perspective and also what can they do in their lives to avoid these pitfalls and these traps that are essentially set for us by society, by whoever you want to pin the blame on because there's a variety of different sources that this stuff is coming from.

If we have somebody in the audience, and I know we do, who has been diagnosed with a mental illness, which I always put quotes around, depression, anxiety, bipolar, ADHD, pick the thing, they have struggled with their ability to find a way out of those set of symptoms.

Because again, I refuse to accept that any one of us is mentally ill. mental health struggles, sure, whatever you want to call it, we're not broken. So then what do you say to someone who is experiencing those things, who feels currently perhaps the way Jen felt trapped in with a fear that if they were to not do what they have been told to do, whether it be pharmaceutical or therapy or psychiatry or whatever path that they've been taking, that things will get worse.

What do they do? What's the next step for you when you're speaking to something like that? Well, first of all, it's always challenging because you gave a wide range of labels that can have many causes.

Each person's experience is unique. And that's what I've always loved about my work is you never meet the same person twice. What I can tell you is psychiatry is an illegitimate authority.

It's an illegitimate medical authority, And the labels that they give or the symptoms you experience have root causes to them.

DSM criticism, depression, and social conditioning

There's a reason that you're experiencing it. And that is a signal. That's, a gift to address things, whether that's your lifestyle, consciousness and your mental aspect of your life.

No one gets to be exposed to your inner world unless you share it, but you have an inner-world. And in that inner word, that includes your thoughts, your judgments.

You have a working mind that's constantly playing. Whatever that story is has an impact on your body. Trust me. How you cope with that, how you respond to everything that is going on in your live and internally is the answer often.

to what is being presented into the physical. And so we can't solve any problems without understanding what's contributing to it. That's what psychiatry does.

It has no answer or idea about what it's happening to you. They're just an arm of the pharmaceutical companies and they're going to drug you with various forms of chemicals that have been proven to create prolonged conditions, physical and mental.

So if you enter into the system and follow psychiatry and go on their drugs, the best you can get is a sedated and numbed out version of yourself. Again, from a real health perspective, you are actually blocking the energetic flow to creation.

So you will get sick. You will put your body in disease. There is no doubt about it. Now you can never just abruptly stop any of these drugs. As we all know that that was what's quite dangerous to do.

Your body is adapting to that foreign agent that you're putting into your body and to abruptly stopped them or get off them too quickly is going to place you in a state of withdrawal that could have fatal consequences.

The answer to your question, if I can generally speak towards it is we require a complete paradigm shift. There's a reason you initially started to feel that way.

Whether, even if it's something like mania, bipolar disorder isn't a discrete condition. It's just a set of symptoms. I've seen people who are labeled bipolar from a drug interaction.

Get triggered from lack of sleep. Another medical condition that went missed. That went undiscovered. So the body reacts in all different ways. how psychiatry labels it is completely unscientific and dangerous because they've just created this idea of a mental illness.

They have no objective testing, there's no medical evaluation, they're not gonna discover your bipolar disorder, They're going to discover you're obsessive-compulsive disorder.

they are not going find a depression gene. There are no going do a scan of your brain and say, boom, you have this genetic problem called ADHD. None of that exists, it's an illegitimate medical authority.

All of the symptoms you're experiencing have an answer. They're responding to something about your life, they're giving us information. And you have to be in the presence of people who understand that and trust that, and help you discover that.

We're seeing in our world right now, world what were labeled as chronic severe mental illness like schizophrenia, bipolar disorder, chronic depression, people getting off their drugs and going on a ketogenic diet and then symptoms being going into remission.

Well, what's happening there? Well Christopher Palmer will say, well, they were experiencing metabolic illness. But he'll never acknowledge that maybe the treatment was creating metabolic illness.

You are on drugs that are mitochondrial poisons, you're going to get metabolically sick by taking them. So when you get people safely off their drugs and then you change their diet, ketogenic, which provides a specific fuel to the brain, People start to like improve dramatically, just get healthier.

So is it the potential that some of these conditions that we label in the psychiatric system are just manifestations of other physical illness? We are being poisoned and often people enter into the system at a very young age.

So we've poisoned them very young, but we also poisoned in mind too. So not only you take on the drugs, you now believe that you're broken. And that goes back to what I said earlier about consciousness and belief and placebo.

The most powerful healing aspect of us is our mind, our consciousness. If you think that there's something wrong with you, You're going to feel that as a disease state.

In our current healthcare system, the allopathic model, those symptoms just get labeled and drugged. I basically was handed a questionnaire when I got my bipolar diagnosis and then just got more drugs added on to what I was already taking.

It's scary because we have kids now that want to have a mental illness that are diagnosing themselves and putting themselves in their own cage. And so yeah, I think your message needs to be shouted from the rooftops to try and help.

Because at that point, parents have a lot of say in what goes on. And I thinks parents panic. I that's what my mom did was panic, she didn't know what to do and she trusted the doctors.

But I still think there's still a lots of parents out there too that just don't want to have to figure it out. Society that we have a good friend whose son just died just a little over a month ago.

And I was talking to her the other day and she already has people suggesting she should be on an SSRI because she's grieving her son. I'm like, no, you're allowed to grieve.

You need to grief. But we don't like as a society uncomfortable feelings. We've been very conditioned to Want to push those away and ignore them. And so, yeah, I just, i really appreciate your message and what you're trying to do to educate people and wake them up.

Yeah. Thank you. It's to drug grief is a crime against humanity. I agree. Go ahead. I'd say that there's nothing more human than loss. This entire experience is temporary.

You cannot get out of your life without experiencing loss, and those are meaningful events in our lives. They teach us so much about the temporary nature of this existence.

We learn to love deeper and stronger. we understand love in its dialectical opposite. So to rob somebody of that experience and to pathologize it is absolutely a crime against humanity.

100%. And we're up against the time here and we don't want to keep you longer than we said we would. I want mention just one more thing for our listeners and then I'm going to let you have the last word here.

Secret Knowledge, Hidden Wisdom is a series that you've recently been producing, I guess. We're in the middle of it. Don't know exactly how many episodes you plan to do or posts, but I think we are on the ninth one.

Is that right? That's great. My wife and I have been listening to this or reading it and reading to each other and spending time on beautiful trails out in the mountains, time in our backyard, enjoying nature, watching the sun on the horizon while we're really digging into this.

It's been incredibly impactful for both of us. I wanted to leave that with our listeners too. If you're not sure where to start, one thing that you said, Dr.

McPhillen, that I think is critical is that there is something at the root. And sometimes that something is obvious. For our friend, she lost her son.

That's a pretty obvious root cause, right? But sometimes it's not so obvious, and in Jen's case, there was a history of years of antibiotics that had just absolutely wrecked her microbiome.

And we talk all the time on this show about why that's so critical for mental health and mental wellness.

Spiritual perspective, healing, and closing thoughts

So look for the root causes and look there, but also find things that are giving you information that give you the freedom to think outside of the box that maybe you've been placed in, or maybe that you placed yourself in.

And one thing that has been beautiful for us, because we already believed this way, that much of what you presented in Secret Knowledge and Hidden Wisdom is just tying things together that we already had at least the beginnings of these connections.

And in such an eloquent way, I mean, my goodness, you're an incredible writer. So we just absolutely love that and highly encourage that you check out Dr.

McFillen on his sub stack, his podcast, the radically genuine podcast. Apparently this Thursday, a lot of stuff happens. I'll let you tell people what's going on that way.

Then if in any way we can help you with your message, whether it's having you here again, sharing your information, you know, our social media and all that type of thing, we're here for you to back you up and help you spread what you're spreading because it's absolutely beautiful.

Well, thank you. It's very kind. My sub stack is drmcphil and that's substack.com, radically genuine. And too much for this podcast, but I had a spiritual awakening that occurred approximately six years ago and it has completely changed my life.

I have pulled myself off of the control grid. So what that means is I don't watch television anymore. I pulled myself away from sports, which I used to follow quite regularly.

That was a hard one. Yeah, I was, still am, a season ticket holder for the Philadelphia Eagles. And I'd love my football on Sunday and was kind of an obsessed sports fanatic.

But my mind was being drawn out of what was most important and meaningful in my life. I have a consistent and disciplined meditation practice. I learned how to quiet my mind and kind of change the dial within, connected to nature, gave up alcohol.

Pretty much eliminated anything in my life that could interfere with my ability to connect to the divine. And with that, I believe we all have this capability to receive divine information.

We often do. It's through intuition. You know, that gut feeling, it's in our heart. we're often guided by forces outside of us, but I think we can have a more direct line and connection to Receive.

And I've been able to do that to help people and take me on a path to other things that are really important for me to serve, which is why we are here, ultimately, is to Serve Humanity.

And so my podcast is evolving to a media platform and show. It's going to be launched October 1st, but this Thursday, which I don't know what the date is on Thursday because people might watch this in other points.

We're at the end of August. So today's the 24th. so I guess it's like the 27th? Yeah. Uh, we'll launch our website and an initial episode at my studio with my new cohost, Tracy Thurman.

And you can learn a lot more about what our platform is going. To do. we're trying to build a community as well. There's so much to teach. there's, so, much, to talk about.

And to prepare people for what I think is next. And obviously we're exposed to a very dark time in human history, but it's a transition point. We're going to go through some very difficult, hard lessons over the next five to ten years,

But there's something beautiful on the other side of it.

And I think we have to prepare for communities to work outside of these systems that have done harm. But most importantly, I want the takeaway to be this, which is your attention is powerful and where your intention goes, your energy will flow and you are here to.

Be a creator being. And so bring your attention away from all that fear porn and everything that's going on online and in the media and begin to focus on yourselves and your community and learn how to silent your mind and break free from the various forms of control mechanisms.

Love it. Yeah. Perfectly said. All right. Well, and for everybody, well, first off, thank you, Dr. McStill, I sure appreciate your time today and what you're trying to do.

And I'm not going to say what your trying do, what are you doing and who it's reaching. I anticipate your audience growing substantially over the next few months and years.

And for everybody listening, I hope that what you got out of this is what was needed. There's a lot of information here. Some of it is probably very challenging.

We talked at the very beginning about the potential for ruffling feathers, that sort of thing, and possibly going a little bit deeper than what we probably expected here as well.

It's important, I think, to understand part of the reason and the thing that Jen said and we'll leave you with this and then let everybody move on. This morning when we were talking about how to handle this interview, Jen, said, you know, maybe this is a full circle moment for Jen's story on the Vitality Radio podcast because This conversation and listening to it and the fact that I see her nodding her head over and over again when five or six, seven years ago, she would have been like, what in the world is he talking about?

Exactly like what you said, Dr. Riffin, you felt is that's what this is. It's a process. And if you're willing to believe in yourself and in this soul that is within this body that you have and that this life is and the challenges that come to you that are given to, you as opposed to thrown at you is a really, really critical first step.

And so thank you for listening. Thank you, Dr. Rick Phelan for your work and I hope that we get to talk to again soon. Thanks for listening to the Vitality Radio Podcast.

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Thank you.