# Beyond the Physical: A Multidimensional Approach to Healing and Cancer Care Transcript

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## Introduction to the show and guest

You know, we're learning more and more how the planets influence us. I'm studying medical astrology right now, and there are these galactic and cosmic rhythms that influence.

us, I don't know if you watch Stefan Byrne's YouTube, but he talks all the time about what's happening in space and how that's affecting earth. In my early career, I had patients that told me that they were influenced by solar flares.

And I'm like, what are you talking about? But now we understand. Roland McCready taught me how the plasma from the sun can affect the magnetic field lines of Mother Earth, and that can effect our energetic system.

Welcome to the Belgiansky Cancer Talk Show, where integrative science and holistic healing come together. I am Sylvie Belchanski and in each episode we explore nutrition, lifestyle, mental health and research-backed approaches to support the whole person through cancer and chronic diseases.

Hello and welcome to this new edition of the Belzhansky Cancer Talk Show and today I have the pleasure to welcome Dr. Christine Schaffner. Dr. Christine Schaffner is a naturopathic physician with over 16 years of experience treating complex, chronic, and multi-system illness.

She bridges bioregulatory medicine with principles of biophysics. Those principles help support the multidimensional human addressing nervous system dysregulation, immune imbalance, chronic infections, and environmental illness through a whole system approach.

Our clinical work integrates advanced generative therapies with bio resonance and precision muscle testing to assess regulatory coherence across the body.

She is known for listening deeply, working with compassion, and guiding patients who have not improved with conventional or standard functional approaches.

At the heart of her work is a belief that healing is not only about removing stressors, but restoring regulation and helping patients reconnect with their own inner navigation system, building resilience, clarity, and long-term vitality from within.

Dr. Scheffler, welcome to the show.

## Christine Schaffneru2019s path into naturopathic medicine

So nice to see you again, Sylvie. It's always a pleasure to connect with you. Thank you so much. I like to ask, how did you get there? You did not grow up thinking you would have a different approach and you will come up with a multi-dimensional new way to seek patients.

How did get you there, what's telling you about your journey? Thank you. Yeah, I definitely if you asked me when I was like seven if this is what I would be doing.

I probably knew a little bit of this but not to the depth that my work has taken me on but I grew up in medicine my father's actually an oncologist. My mother is a nurse and she was in education.

And so I was always around medicine. I always loved the sciences. from a young age, just asking deeper questions

and the why. I'm a Sagittarius and I think we're all about truth and spirituality and science.

And really my path has led really weaving these philosophies and these sciences. So I took a windy road, but I stood my ground and became a naturopath rather than a medical doctor.

I went to Bastyr University in Seattle, and that really gave me not only the depth of the science that I needed, but I explored all these different modalities.

And so I knew when I was at school that, I didn't want to just do like green allopathy, where I just give like a pill for this, instead of a, a supplement, right?

I did not want just to do that. I had a really memorable moment where Dr. Louisa Williams came to my school and she did a brown bag lunch and She wrote the book, Radical Medicine.

So she kind of wrote The textbook of the time for bioregulatory medicine. And I just resonated so deeply with her conversation and I remember to this day, she says, what's the first thing that you do with each patient?

And we're like, diet, gluten, all of these things. And she said, no, you look in their mouth. That really inspired me. I would just take that book around.

It was before Kindle, and I'd take a thousand-page book. Through osmosis, I ended up reading the whole thing at one point. was really inspired, an opportunity to have really great mentors.

I had mentors in bioregulatory medicine, which is a form of medicine that came out of Switzerland, Austria, and Germany. And it bridges so many philosophies, but at the core, it's all about that, you know, we don't have to fix anything.

You know the body is wise and intelligent and it is up to us to be detectives to understand what's dampening that intelligence, what's interfering that, intelligence.

And it gave me a lot of tools. I, every patient I see, I still go back to, you know, my bioregulatory roots because they helped me get momentum, especially with patients with chronic illness.

So I started my practice and I've been practicing 16 years. Through mentors and so much study and ultimately my patients teach me, I think we don't set out to become specialists in cancer or chronic illness, but we see that our patients need this philosophy, this framework, these tools, and these therapies because I don't know about you, Sylvie, but I think people are just getting sicker, more complex, and it stretches us.

So yeah, that's the very, you know, cliff note version of how I am, how it got here today. And again, I'm very inspired by my patients and I have turned to physics and quantum biology and Quantum Physics and spirituality to deepen my own personal experience.

I've also been on a healing journey. many people that you've talked to, I had a benign brain tumor in 2022, but it was large enough that I have to have surgery because it would give me a stroke or kill me if we didn't find it.

That was a long journey, and I was inspired at the time of the work of Dr. Joe Dispenza. I know I needed to do conventional work to get surgery in order to move beyond this, You know, a lot of the things we'll talk about today.

## A multidimensional model of terrain and healing

So I, I only had two weeks to prepare for the surgery. was in that moment where I can really observe the outcome that I want in this experience. Sometimes we don't understand why things happen in our life.

We can make up all these assumptions, but there's mystery. But we can choose how we move through things. That gave me a strength in my commitment to what I share today.

I had validation from my neurosurgeon where he said, to me on my follow-up. He told me when he looked at the pathology report that my tumor was very different and he was going to study my tumour for a long time because he said that I want to know why it came out so easily.

And that was a lot of the meditations, the energy work, and the visualizations. Yes, we, I had to go through surgery. I don't exactly, you know, make up a whole slew of things of why this happened.

But again, it shows in that moment how I wanted to move through that and it mattered. So I feel really passionate about empowering people and inspiring them to do the same in their life.

Absolutely, this is an amazing story and thank you for sharing. There are a number of physicians now, especially in the area of cancer, who are speaking of the terrain.

Discussion of importance of terrain is going back to Pasteur and Brechardt. was in France in the 19th century. So it is not new, but what you are bringing is this notion of multi-dimensional terrain.

And what does it mean? How is it different from the traditional just root cause model? When you are facing cancer, you're suddenly facing a myriad of questions.

Questions about nutrition, lifestyle, mental and emotional support. And how integrative approaches can work alongside conventional care. The Belgiansky Integrative Cancer Conference brings the conversation together in one place.

From June 26 to 28, join leading oncologists, integrative physicians, researchers and survivors in San Diego, California, for three days of science-informed all-person cancer care.

These live events expose evidence-based integrative strategies, emerging research, and practical tools you can apply immediately while connecting with a community that understands the journey.

Whether you attend in person or virtually, this conference is designed to educate, empower, and support informed decision making. Learn more and reserve your spot at integrativecancerconference.com because better outcomes begin with better conversation.

Yes. Yeah. Thank you. And again, I'm always evolving. my philosophy and my framework based on my experience and what patients share with me. And part of bioregulatory medicine with what I was trained in is, you know, terrain theory.

You know it's completely opposite from germ theory and we focus a lot on the extracellular matrix which is really important for the health of the cell and the mitochondria and to help us have optimal genetic expression.

And so what I have of all of this, we are very much physical beings living on, you know, this planet and I don't ignore our physicality at all. It's a lot of what i'm doing in the treatment room, but my questions are kind of as I really explored these ideas that were inspired by me, by the statement, when you change the field, you changed matter and what that really looks like.

And so I have studied a lot about this and I explored in my own practice, but how I've laid it out and, I'm sure it will evolve, over the years. But I think about that we're, of course, beyond our physical body.

A lot of us talk about nature. And we might talk about the biofield, or we may talk the unified field, but I'm really like, okay, how does this all work?

And so at my current understanding, I talk our physicality, which is a lot about our regulatory systems, our autonomic nervous system, you know, extracellular matrix, lymphatics, organs of elimination, a lots of what we're treating people in our clinics.

And then we know that we're electromagnetic right conventional medicine knows that you know we very much know, that and terrain theory as well we talk about voltage and pH we talked about heart coherence and brain coherents and the connection between the heart and our electromagnetic nature.

And we know that we are full of charges moving through conductors and we create electromagnetism in our body. So we have this, you know, electromagnetic major.

Then I share that. We have our emotional nature, we're very much human, living a human experience, and have emotions that carry from past experiences, current experiences.

And those emotions can get stored in our limbic system or in out organs and our tissues. They can gets stored and are field and they can just as much as a toxicant or an infection dampen our intelligence of healing and that can be a roadblock.

So a lot of heeling is excavating and bringing into our awareness our emotional terrain. And it's a very big part, I think, of the healing journey. We also have this ancestral kind of epigenetic nature.

It's been studied, especially with survivors of The Holocaust, that there can be, you know, when a family member from a, up to third generation that has even passed, if there's unresolved or very traumatic experiences, it can come.

create a ripple effect in our epigenome. And, you know, there are wonderful tools to bring awareness to that and even change that, which is really incredible.

So we can really influence our Epigenetics by liberating and bringing awareness you know, we weren't created in a vacuum. We have a lot of people who came before us, before, us that created our life.

I call this layer because it is multifaceted. i call it the crystalline architecture. So we can look at fascia very much as a structural component, but we could also look what I called the living matrix from Dr.

James Oshman's work, that we have this beautiful connection between our skin and to the nucleus of our cell that doesn't just create a structural fabric, but it's actually a communication network.

And this is the network where electricity runs, where bio photons communicate, and where energy medicine works, right? We're influencing this whole body-wide system.

This could be our acupuncture system, Mae Wan Ho found that, you know, our acupuncture meridians are within the fascial, fabric. And so it's this other lens of communication that happens in our crystalline architecture.

Then I kind of talk about the biofield and plasma. So I love the work of Beverly Rubik and Eileen McCusick. They inspired me to look at the Biofield, and we're still learning about BioField.

We talk it. It's our electromagnetic nature, but there's also this idea that it's our plasma nature. And plasma is the fourth state of matter and it influences what comes from, you know, maybe the higher fields, that kind of density and its kind a bridge between the outer ether and into our 3D body.

So it can store information it can definitely shift and change and influence our physical body. And we have plasma in our body as well. We have plasmas in your blood, we had plasmas in CSF, which is our craniosacral fluid and our cerebral spinal fluid, We had plasma and the fourth phase of water that's throughout our bodies.

So it's this idea that we are plasma beings. And we have a plasma biofield, it is a connection between where we come from and also this other part of us.

Plasma is full of these ionized gases. It's a charge separation, which creates a lot of energy and it creates matter, creates life. And when it's distorted, we can have distortions in our physical body.

And then I also talk about, this is something that I'm still noodling on. There was a book called The Holographic Universe, and it's talking about that we are, you know, 3D holograms from a larger energy source.

So Joe talks a lot about this too, that when we want to change our, operating system and change, our physicality, we have to go upstream, where is there interference in our source code, right?

It takes us depending on your belief system on a spiritual journey. And then there's two more that I talk about. I love the work of Nassim Harriman and the unified field theory and also Tesla's Einstein's ether philosophy.

Um, I think we're all interconnected, you know, in space time, outside of space, time within our bodies. You and I are interconnected. you, know I know you're across the country and i'm here and we live in an interconnected universe and We also live Yeah.

And we live in this cosmic universe too. You know, we're learning more and more how the planets influence us. I'm studying medical astrology right now, and there are these galactic and cosmic rhythms that influence.

us I don't know if you watch Stephen Burns YouTube, but he talks all the time about what's happening in space and how that's affecting earth.

## How terrain is assessed and treated in practice

In my early career, I had patients that told me that they were influenced by solar flares and I'm like, what are you talking about? But now we understand, Roland McCready taught me how the plasma from the sun can affect the magnetic field lines of Mother Earth and that can effect our energetic system and people are more and more tuned into that.

And then lastly, you know, kind of where I landed is our soul. You know again, no matter what you believe in, there's this timeless internal essence of who we are.

I call it, the divine, people call source, God, whatever you belief in. We come from a higher power, that's my belief system. And we are, you know, this part of us that when I'm no longer Christine will, last and become something different and we're eternal.

And I think a lot of our journey, especially when we were on a healing journey is to explore these different layers. And why I share that is because healing is not linear.

All of us know that. We want to think we get a diagnosis, we do a treatment, and we're better. It's not like that, it is a windy journey. I think the more that you can embrace that your on this journey and accept it, you really learn a lot about who you are and where you're going.

Also, I ultimately think that we are here to and have a, you know, a really strong connection to our higher self, our soul, source, whatever you believe in, which is a guiding, benevolent, unconditionally love source of information that can help us through these times.

Earth is always going to be a school. It's always gonna be full of challenges. it's, always, going, to, be, full, of, decisions and dilemmas. And if we can really trust our inner navigation system, especially in a time where Truth is very confusing and with AI and, you know, all the things, we really have to get good at knowing what is truth for us and what it is not truth.

And so that's very much where I am right now, Sylvie, with my understanding, but I'm sure it will change. Ask me next year, I'll have a whole different understanding.

But that is really what I have observed and studied and I think healing is about. So, I mean, this is fascinating, but practically, for patients coming to your practice, how do you assess and treat the terrain for them?

How do help practically? Absolutely. You know, I see patients in person and telemedicine, and I kind of have my framework where in the beginning, you know very much put my doctor hat on, right?

I listen to their history. I look at their labs. So I'm in their physical body. And throughout the clinical history though, i'm hearing a lot about them, where their wounds are, or where they're traumas are or they are stuck in there body Right.

And that gives me also, especially if, you know, someone comes in and says, Oh, my mom had Hashimoto's and my grandmother had Hashi motos. You know that.

Gives me information. Okay. Like there's work to do on the ancestral level. So I take that clinical history in the labs. I also use bio resonance. so I use two different bio resonant scans and I, also a muscle test.

my muscle chest in a way that I am always looking at where is the priority, right? Because we can all read about healing in the book, but when it gets down to our own body, there is a unique blueprint and a new unique unfolding that we have to listen to the body to help with.

A treatment plan in my world could look like, you know, lymphatic drainage and binders and liver support, going to a biological dentist, getting your mold in your home tested, but also, do you need to go see an EMDR therapist?

Do you need to do somatic therapy? Should we bring in family constellation? What are you doing at home for your electric terrain? what is your EMF exposures taining?

Are you creating time to listen? And again, it's very different for every patient, but I'm tuning in to all of those layers and working with them all the time.

Again, it's not all the things that I said are not linear or a hierarchy, but they're all interwoven and they are all affecting each other. Again there are so many ways to create high-frequency, high vibration water.

There's ways to work with the subtle energies in the body. A lot of my patients are all over the country, so I often tune into who's their healing team at home.

It's often someone who works on the physical structure and the electromagnetic structure. Somebody works in emotional body, often I recommend IVs that can look cross dimensions, right, from just a glutathione IV to, you know, Weber, we use intravenous biophotonic light therapy, to help the body.

We're always assessing and tuning in, and I'm not only using that in my approach, but also I am listening from the bioresonance devices that work with resonant frequencies to see prioritization.

## What is missed when patients do not improve

And also with muscle testing to see where the priorities lie. So, and there's a lot of art in medicine, you know, there is a depth of science, but I always have this experience where I think I know where i'm going.

And then, my intuition or the patient's intuition, or these therapies give me another angle that I would have missed if I wasn't listening or open to receiving that information.

What's the difference for patients consulting you with telemedicine? You said that you have patients from everywhere. And those who are close to you, by the way, can you tell us where your practice is?

When you are facing cancer, the choices can feel overwhelming. conflicting advices, endless options, and very little clarity. At Maison Belchanski, everything begins with science.

For decades, molecular biologist Dr. Mirko Belzhansky studied how specific plant extracts interact with cancer cells, work that continues today through independent research and real-world use.

Maison Beljanski offers carefully formulated supplements inspired by that research, along with targeted support for immune health, cellular resilience, digestion, detoxification and overall wellness.

You will also find educational books, organic teas, personalized health coaching and wellness programs designed to support the whole person, not just the diagnosis.

This is not about quick fixes. It's about informed choices, thoughtful formulations and supporting the body alongside conventional care. Explore the products, the research and the resources at maisonbelchanski.com because when science leads, wellness follows.

Yeah, yeah, absolutely. So I love seeing people in person. You know, I always do, but you know in this day and age and since COVID, we really had to stretch ourselves, right, to understand that energy, you, know traverses and we are entangled beyond our location.

Right. And so I, the bio resonance technology I use, can tune into people wherever they are. I've learned to muscle test remotely, which took me a little bit to, you'd really trust, but it really does work.

So I really love that. And then in person I work, I just moved to Boise, Idaho, so I do have an office here. Um, have a good friend, Suchita Margeron, who has a clinic in the Bay area, Hebrew and Weber, and she just got Dr.

Elias's aphoresis machine that, you know, we see patients together there. And I kind of travel and I see patience, at my friend's clinics at this point while I'm studying up in Boise.

But in person, I love doing Hands-on muscle testing, I also do a technique called neural therapy that I would say works on the electromagnetic and emotional layer, also maybe the plasma water layer.

We inject scars, we inject different segmental patterns, you can inject ganglion, and we can eject areas of pain and inflammation. And this helps to reset the autonomic nervous system in the fascia and it's really great with the communication.

in the body and so, and people store emotion in their tissues and that can very much be released and liberated and, that allows the, body to have this, you know, a lot of people feel lighter or you, know more present and they feel like better in, their bodies.

So I do that and then if I'm at Tsutida's, we integrate IV work, I mean, Um, yeah, integrate, you know, depending on the therapists that are there, we integrate those therapies as well.

But I love, I live in person, but I very much have learned. I can see people from, my, home office and get them results, just by working, different locations, which is good for this day and age.

It sounds fantastic, but we have to recognize that there are some people, especially those who are listening to us, who already in their cancer journey and feel that they are doing everything already, they're doing every thing that the doctor is recommending, and yet they do not get any better.

What are we missing? How can you help those people and make a difference? When cancer enters your life, the questions don't stop at treatment. You start asking, why?

What else? And what more can I do to support my body? At the Belzhansky Foundation, we believe cancer care deserves deeper answers. Answers rooted in science, not in shortcuts.

For decades, groundbreaking molecular research by Dr. Mirko Belzhansky explored how specific natural compounds selectively target cancer cells while spearing healthy ones.

That work continues today through independent research, education, and global collaboration. At belgianski.org, you will find evidence-based resources, expert-led conferences, books, and conversations that explore integrative

approaches to cancer and chronic disease alongside conventional care.

Whether you are a patient, a caregiver, or practitioner, this is the place to learn, to question, Visit belgianski.org to explore the research, attend upcoming events and connect with the Belgiansky community.

Because informed choices begin with credible science. You know, and that's, you know a lot of the people I see, right? And they're also awesome doctors and we're all, none of us are a hundred percent are perfect.

Right. And we all have our blind spots. So if you're not getting better, we always have to reevaluate the treatment. Are you doing the best treatment at the right time for you?

Then often the things that are missed You could have dental infections or toxicants in the mouth. You can be living in mold. you could. Have scar interference fear.

And you can also have trauma or emotional stagnation where you really need to look at your healing as not just a physical experience, but looking at getting support on really letting go of what might be still stuck in your system.

I would also look at your EMF environment in you home. i would encourage you to meditate and have a practice where you really get in states of heart-brain coherence, which are states when the heart is in a coherent rhythm pattern that entrains the brain.

And from that state, we are more powerful. We're more receptive and we can sometimes get information that helps us align with the healing journey or seeing what was missing.

You can get that guidance from within and you can also visualize yourself getting better.

## San Diego conference and closing remarks

You know, when I was going through my surgery, I did all of these things, but I also did a lot of visualization of every part of my experience and the outcome I wanted to see.

Also I would say, and I haven't talked about this, so I guess it's not exactly part the framework, what is important is connection, right? We are meant to live in connection and community, you know?

So, illness can be very isolating. How can you, you know, make an effort to go and lift your spirit up, and connect. And then, with the ancestral stuff that the best way I know other than, maybe some really advanced homeopathics is family constellation therapy and they're wonderfully trained family consolation therapists.

They can work one-on-one or in a group setting. That can help really bring awareness to any trauma that you're still carrying from a past generation, and that can affect your epigenetics.

I mean, it's wild, but it can. And then I would say, just really feel empowered. There's something in quantum physics called the observer effect. We choose what we observe.

Again, there's mystery in life and there is uncertainty, of course. life is, you know, a smooth path. But, choose to be the observer of your highest timeline of healing and be open and receptive to finding the answers that maybe you haven't or being led to the person or the people that you need to led with.

And yeah, just remain open, and trusted that your on your healing journey. Yeah, I hear you and I know it can be frustrating, but Don't lose hope. We're meant to be hopeful and inspired people.

And when we lose that, you know, our whole system and all these levels really gets impacted. So I hope that helps. I love those words of wisdom. Yeah.

Thank you. Absolutely. So you are going to join us in San Diego this summer, June 26 to 29 in san diego and we

are very much looking forward to having you and to discuss in person those matters.

I am sure this is going add multi-dimensional. approach to an audience which is very much looking for solutions for cancer. And this is going to be really the opportunity to have you able to, I mean, what is important with this event is also to give the opportunities to people to connect with a number of practitioners and hear directly from them what's really resonating resonating with them and who they want to continue to work with in order to heal for this journey.

And I'm very grateful that you have accepted to join us in San Diego. Thank you so much, Sylvie. I was so honored to be re-invited and we had a great time last year in Austin and I am so looking forward to San Diego.

And I just love the venue and really the buffet of information that you give people. We, you know, cross like the very technical research to, talking about things that I'm talking to about here.

There's a wonderful exhibitors who are always sharing the latest cutting edge. treatments and therapies and also things that you could bring it home. And it's just a very approachable and wonderful community.

Everyone is there for the right reasons and has a lot of integrity. So many people need help right now who are struggling with a cancer diagnosis. And we're so, you know, on the cutting edge of, creating this new paradigm together.

And Sylvie has really brought all of these wonderful people together to do that. So I'm really honored to be part of it and I am looking forward to seeing you go.

Thank you. Well, thank you so much. We look forward too having you, Dr. Scheffner. I think this is what was very illuminating and bringing a new dimension actually at the Healing Journée.

Thank you. Thank