Can Plants Talk to Your Genes? Plant Stem Cells, Cancer Stem Cells, Epigenetics & the Cancer Terrain Transcript

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Introduction and Welcome

Well, Jennifer O;Brien Payeur your dear friend. And you're such a special individual. And I'm so honored to have you here on this event. So thank you, Jennifer, for being with me.

Thank you so much for having me. I love spending time with you. And you're just a a walking encyclopedia of wisdom and information. And I love your mission. So thank you.

Well thank you. Ditto. Ditto. Tell. Yeah. Let the audience know a little bit. Kind of where you're coming from because you started in finance and here you are, you know, spreading the word about ancient plant wisdom to the world and really bringing healing to the world versus your prior profession.

So how? Yeah. Talk to me a little bit about that. Yeah. You know, I'm the what I would call the classic pain to purpose story. Worked in banking 29 years.

I had two health crises. Luckily, I had them in a good order. The first one led me deep into the natural healing world. I grew up in a very traditional classic West, Middle West, you know, grew up in Ohio in a family of military family, Catholic, like all of the structure and rigor.

And you were meant to follow the authority. And so that authority within never really developed in me. I never thought to question it. And so here I am in this corporate job, and something was stirring in me, and I knew it, but I kept ignoring it.

From Banking to Plant Healing

And I think that's important to state because we often get these stirring inside, you know, and we push it aside and push it down. And so luckily, I went deep into the natural healing world with the first health crisis and the second one, which was stage four.

Cancer is what really allowed me to or invited me to step out of the corporate world and come into something else. And that's something else. Took about a year for me to sit in this nothingness to figure out who am I, what lights me up?

How do I connect to that part of me that lights me up? And that's where I found the plant world. Yeah, I love that. And just for the audience to know these these are products that I use in my clinic, and I.

And I love them. You know, I've been there with Jennifer up in, you know, in Italy where, where they're manufactured and picked. And I mean, the process is just phenomenal.

So what made you fall in love with these kind of stem cell plant stem cells? Essentially. Right. Right. You know, before a tree becomes a tree, everything that it will ever become.

So all of its intention and potential sits in the bud of a tree or shrub. And for me, I always joke and say that the plants found me because my cancer markers were rising, and that was pretty indicative of a recurrence.

And I, you know, I was at a friend's house and her husband, who's a doctor, came out with a bottle of this tincture. And very casually, I asked him, what is it?

And he told me, and I had no intention of connecting it to my experience or my health, but I just got overwhelmed

with this energy of what this was. And so what we're talking about is the buds, young shoots and rootlets of plants in their growth phase carry compounds that disappear when those plants become adults.

And so plant stem cells reside in that new growth on the plants in the springtime. And what's fascinating is the research is now showing that these these buds and rootlets and young shoots carry exosomes that have micro RNA, which gives a pathway through which the plant can influence our gene expression.

So they are affecting our epigenetics. How cool is that? And then the other thing is that they contain secondary metabolites. Hey, I said it. All right.

Lactones which can help target cancer stem cells. And so what made me fall in love with these plants was watching my own labs change as a result of working with these plants.

And that that's when I said, wait a minute, nothing else I've done. And I did a lot had changed that aspect of my health. And so I still kind of had that very haggard look, which when I go back now, I know I still had toxins in my body, even though I was doing a lot of the soreness and the high dose vitamin C and a lot of the things, nothing was getting me over the goal line until I found these plants.

And so here you have you used the word exosomes. And then you said that these exosomes actually can go in and we have your DNA.

Discovering Plant Stem Cells

And then you have, you know, which genes are turned on and turned off. And, and that cannot tells the behavior of that cell. And obviously cancer cells, the epigenetic structure of that is to drive a cancer behavior within that cell.

So these exosomes can actually go in then and help to correct a lot of that epigenetic genes turned on, turn off for the benefit of the cells so that it may not need to be expressing that cancer behavior anymore.

Yeah, absolutely. And for sure, I just passed my 11th year. I have not had a recurrence. And my labs continue to support, you know, my health, which is amazing.

And that, I believe, is because of what you just mentioned, Doctor Carr felt. And then, you know, this part of being able to work with these micro RNAs that are in certain plants that can survive digestion, that's a question I get often is, well, doesn't the, you know, acid in the stomach destroy these know?

And some ants actually get stronger with that acid, which is a whole nother discussion. But these microRNAs these exosomes are absolutely influencing gene expression.

So they are turning on and turning off genes that are going to support our health. Because that's phenomenal. We talk about like the the p53 aspect, you know, which is a protector of the genome.

And we know in cancer cells, you know, these are then mutated. And so if we are then able to then instead of just kind of killing things, to be able then to adjust to then actually bring intelligence to those cells and kind of shift the behavior so that those cells instead of, you know, being cancers.

Now they we can move them by bringing that intelligence from these plants that have these exosomes to shift that cell to healthy, versus just thinking that this is a fold that we got to go after and killed.

We're bringing intelligence to it, so knows how to operate. Yeah, exactly. And it part of the the process is changing our mindset because we've been taught you've got to kill it.

You're at war right. It's all these very masculine terms, when in fact, what we really want to do is work with the intelligence of our body, with the intelligence of these plants.

So now we're in a relationship and we've got this collaborative healing effect going on versus blocking a pathway, shutting something down. You're actually, you know, kind of driving toward healing with a partner.

You know, I call these allies because now and it helps change your mindset of I am empowered in my healing process. I don't have to have something happening to me.

I don't have to block something or push something through. I actually get to do it in a gentle, slow way with the intelligence of my body, because that is kind of the normal pathway of the the medical, the pharmaceutical mindset is that I'm going to give you something that is going over ride your natural innate intelligence, which is phenomenal.

I mean, we have the best doctors that exists within here, the amount of intelligence to be able to coordinate the 30 some trillion cells that we have with a million reactions every second in each cell.

That's a lot of intelligence and that's a lot of coordination. So pharmaceutical model is that skip that intelligence. We're going to take over. And obviously that always comes with repercussion.

So how much more beautiful and you know restorative and regenerative and healing to work alongside with the innate intelligence and bring then that energy that exists within those plants that usually as, as we have evolved here on, on Earth.

Yeah. So have the plants save about with us. And so we, we carry that that kind of cross intelligence and what we can support each other. Absolutely. And we often refer to this as alternative medicine when in fact plants have been here.

Thousands and thousands and thousands of eons before humans even. Right. So plants really are our original medicine. And so it's, you know, having so it's in our DNA too, right?

We were evolved as human beings with plants. And there's always there was a show called The Last of Us, and one of the things they showed in there is if humans disappeared, plants would flourish.

If plants disappeared, humans wouldn't exist anymore.

How Exosomes Influence Gene Expression

So that is that symbiotic relationship that we have with plants. So they really are, you know, partners in our healing, not, you know, not fighting against anything.

And you talked about that regular mature herbs, they do not carry these, these exosomes. So what is the process of making sure that we have these exosomes and as high of the quantity as we would like.

Because I would assume that becomes really important since they do all this, this amazing work. Yeah. There are all these plants come from the Italian Alps.

And, you know, we had the joy of having you and your beautiful wife there with us last year. You know, you saw the process. There is intentionality. And I would even say a sacredness with every aspect of these plants.

They are hand-picked. Those buds are hand-picked, the young shoots are hand-picked. So everything is hand-picked. And this is where the art comes in, because they have to be picked at just the right time, where the bud hasn't opened up fully or it's not too tight.

And so that process in and of itself just checking. Okay. Are they ready? Are they ready? They're ready now. Hand-picked then they're macerated. At that point, we need to know how much water is in each bud, and each plant will be different.

And the water in the buds is actually cellular water. Well, guess what we have in our bodies? Cellular water. And so

they are weighed so they can see how much water is in and then macerated for 21 days minimum.

Some take a little bit longer. And then the plant material that has been soaking is pulled out and that is sent to doctor Canelo. And doctor Canelo then will take it and he will use the process.

And spigot is where they take that plant material, they press it, they burn it. And I just I just found this out this year. You'll be maybe interested in this.

It's not just one temperature. So he burns it at a 400 and an 800 degree temperature. That's Celsius. So that tells you how hot it is. And then he gets that crystallized ash left.

Then it's clean with distilled water and then put back into the tincture. And what that's doing is it's essentially bringing light. This is where those carbon nano dots that he found a couple of years ago in his lab started to appear on the slide when he looked under the microscope.

And so that tells me, you know, just as a somebody who's interested in energy is they're literally bringing light into the body. And then once the process is completed, then it's spirals naturally, like nature is.

So it's a condensation process that's just constantly going at a very, very low temperature. And then it's bottled. So really, I've never seen a process as intentional and sacred as what I've experienced in Italy.

Yeah. And I like to mention I get to experience that whole process and it's phenomenal. You have individuals that this is what they've done for many, many years.

They're up there in the Alps and they they look at they check the trees, check the plans to make sure that it is just the right time to pick. And then they're picking that.

And like you said, it can't be too tight. It can't be too open. And so is that that optimum time where they're picking. So there are no machines involved or. No.

It's literally people up in the Alps, no toxicity. You know, it's clean environment as you possibly can obviously completely, you know, organic because there's there's no pesticides up there.

There's everything's just growing in the wild. So it's phenomenal.

Plant Intelligence and Healing Philosophy

And then the brilliance and a professor and Doctor Neeley, in regards to how he has developed this process to really optimize the energetic quality and the, you know, the like the exosomes and then the, you know, the different mineral ash and the carbon docs and all these components, you know, that then come along with the product, you know, so when people think that, well, these are just different herbs and I'm taking and then, you know, why can I take this herb versus that herb.

This is a completely different ball game. Yeah completely different. And one of the uniqueness, one of the pieces of uniqueness of these buds is that they contain something called juvenile phyto hormones.

Fido means light, and they are really four main ones that tell that plant what to do. So for example, axons are the grow and repair signal. And so they're helping and signaling tissue to rebuild in the body.

So it's the renovation crew. And you have plants like walnut or mountain pine or fig that have a lot of oxidase in them. And then gill billions. That's the wake up and expand.

So that is going to help with sluggish organs and our metabolism. Plants like sweet chestnut for the lymphatic system. Artichoke for the liver beech for the kidney.

Cytokines is the third one. And that's the keep everything young. So that's going to slow the aging process at a cellular level. And one of my favorite plants there is cedar of Lebanon.

Maidenhair tree for the brain crabapple for digestion. And then the last one is a psychic acid which is the balance. Or that's the regulator that tells when growth should start and stop.

And that will be your purple cone flowers, which is your echinacea, that will be maize, which helps with the heart LA campaign, which helps with the lungs.

So no adult plants have these phyto hormones in them. Does that mean adult plants are bad? Nope, not at all. Adult plants work quickly and they work on our biochemistry.

The plant buds are working on communication. They're working on regulating our hormones. They're regulating those genetic signals in our body. So they just have a different way of supporting the body.

So you can just say that these are bio. Yeah. Because I know that that is kind of a a hot topic nowadays. You know. So these are like almost the original bio regulators that that God created.

Yeah 1,000%. And you know Doctor Canelo and his brilliance really came up with a main word that each one of these do. And so he calls the adult herbs.

There are the specialists right. Fast targeted. They have a biochemical reaction in the body. And then he calls the the gems or the plant stem cells the original blueprint.

So it's telling tissue how they're supposed to work at a cellular level in the body as well as the organs. And I really like that. So you've got the architect and the specialist.

I love that. And you were mentioning something about earlier in our discussion that these also go after cancer stem cells, as did I hear that? Correct? You sure did.

So that is because of those Turpin lactones, that is secondary metabolites in certain plants. For example wormwood. Right. Artemisia, better acid concentrate have an abundance of those.

And what they do is they will induce a pop ptosis of the cancer stem cells. So they will get rid of those cells. And your odds of a recurrence are either completely averted or radically reduced because of that, because of that impact on the cancer stem cells.

And of course, there are other plants like mistletoe that we know. What's interesting is, you know, in in conventional treatment, turmeric is used a lot.

But we know turmeric is not very bioavailable. And same thing with fever. Few. And so we do have a nano version of that that contains Parthenon Light.

And Parthenon Light is known to basically go after cancer cells and cancer stem cells. And we also talked about artemisinin or on the wormwood. You have that ptosis process now where you are then going after we know in cancer cells we have excessive, you know, iron.

And then we can utilize that by bringing in tools like artemisinin or the product that you mentioned from fever view, to actually trigger oxidation of those iron components to, you know, put oxidative stress on the cancer to support its demise.

Absolutely. And that's what we need. And when I look back at how I went through my process, I didn't know any of that. Right. Nobody talked to me about targeting cancer stem cells, hence why I was on the way to a recurrence.

Harvesting and Processing in the Italian Alps

And and so the the challenge is you have these individuals to go through diagnosed with cancer. And they they may opt for some of the traditional oncology care like chemo surgery, radiation therapy, etc.

but none of these like I mentioned a number of times during these interviews, none of these go after cancer stem cells. So here you're shrinking tumor.

You're cutting it out, you're radiating it, you know, and or you may even kind of make it more visible with immunotherapy. So the immune system can see it better.

But you are still not targeting the cancer stem cells. And so the issue them becomes yes, I shrunk the tumor. And yes it's no evidence of disease. I can't see it.

But then you have all these cancer stem cells that are kind of hanging out there and waiting for the the right opportunity and then start to then develop and regenerate the tissue that they are specialized in, which is creating cancer tissue.

So, you know, bringing these type of tools on board alongside with, you know, seems to me to be the appropriate thing to do. Yeah. And one of the things I love about the plant stem cells is they don't have contraindications. Right.

You can utilize them with traditional therapies if you're choosing to go that route. And you can use them with other supplements. So there's not that interference that you can get with adult plants sometimes.

And I love that about again, going back to their gentle, I've worked with, you know, two month old six month old babies, 95 year olds and even animals, right.

That's how gentle they are. And one of the things I really love about them is we are living in this toxic time. And, you know, we're seeing chronic illness younger and younger and younger and bigger and bigger and bigger, right?

It's not just one chronic issue. It's 5 or 6. And what I love is because these have that intelligence, they know where to go in the body to work with the healing process, to help you come back to a state of that wholeness and health.

And so like you're talking about toxicity, we think of metals, chemicals and all these and we we all know that if we toxic too fast and you have, you know, maybe these healing crisis and you feel horrible, you have headache and, you know, maybe body pain because you're trying to move all these chemicals out.

So from my understanding, when you utilize them, these plant stem cells, it is a much more gentle and almost a deeper process where it can get kind of deeper into the tissue and to pull it out, you know, from where it's at.

And then depending on which plant you're using, each plant then has a little bit more of a target organ. So to say that some plants are more targeted towards lungs and then liver and pancreas, or depending on which which organ you have.

Can you talk a little bit about that? Yeah. We know in the adult world that plants have an affinity for organs. It's been studied for eons. It's the same with these plants.

So they just have this different mechanism of action because of the juvenile Fido hormones and these exosomes and the micro RNA that the body is working with.

But all of the plants have an affinity for an organ system or a system like the circulatory system in the body. And so that's, you know, that's why I wrote the book because there's not a lot of data out there.

And, you know, I've been fortunate enough to have Doctor Canelo as my mentor and people like you where I just, you know, I like to keep learning and evolving my understanding of how the body's healing.

But for sure these plants are gentle. They are targeted in that that intelligence that Bud has, all this information is

going right to that organ that needs the support.

And so, you know, it's a drainage remedy. It's a little bit different than detox because the intelligence says if the liver is congested and there's a problem with the liver, oh, I'm going to go to the next monetary organ to try to find a way out.

So you're not recycling the toxins in your body like you could do if you were doing just a basic detox. Yeah. And the beauty with this is that, you know, it is gentle, it works with the body, and it kind of goes, goes deeper into the tissue.

And then obviously, I mean, I look up on cancer like a the body's attempt to collect a lot of junk in one location and isolated there. And so if we can start to kind of move and clean up the terrain and start clean up that organ, let's say you have tumors in, in your liver.

If we can start to kind of drain the junk that's in the liver so that the body does start to feel, I feel secure enough to be able to kind of open up that shell a little bit and start to kind of ease up the pressures.

Juvenile Phytohormones and Organ Support

Kind of like you have a big balloon, you know, and you want to let out the air. You know, you can just kind of let it out a little bit at a time. And as the body is able to handle whatever is let out now, we can then gradually shrink that tumor instead of just radiating it, then to the blast all those components throughout all of the body, or using chemo to try to do the same, just kind of attack that.

But now we're adding more toxicity load in the body and adding more stress and suppressing immune system and causing more inflammation and activating the cancer stem cells.

If we can just kind of let out that those little toxins in that area, I mean, that's phenomenal. And yes, it does take time. I mean, it's not like you take this and everything is going to disappear immediately.

You just have to be a little patient and and then just ask, you feel better? Yeah. And also the labs look better and then, you know, you're on the right way.

Yeah. It is a former cancer patient. It's it's fascinating because we know cancer doesn't just happen overnight. And yet you get that diagnosis and it's like, hey, on Monday you're scheduled for surgery, right.

So it's all of a sudden it's urgent. And I think that's a misnomer. That's information that we've been given that you do have time. And when you're working with the body, the body will respond.

It's almost like you're waking up. Aspects of the body that have gone to sleep or the signaling has been broken for some reason. And you're slowly bringing that back online.

And now your body can start to fight or address what you're what you're dealing with. I mean, it's kind of like when you're cleaning a house and you have a bunch of, you know, junk in your closet.

And I kind of look upon all that giant gas as the tumor. You know, you don't start to, you know, immediately, just kind of rip everything out of the closet.

You want to make sure that your living space is able to handle that first and then appropriately start to kind of offload things out of that closet. And so and that tends to be what I see should take place in the body, is that you need to strengthen the, the whole of the individual and clean that up.

And then utilizing the, the body's intelligence to start kind of shift and move those toxins or infectious agents or whatever that's in there, or store trauma or whatever it may be, and start to move that out in a very organized fashion without sacrificing the, the individual.

Yeah. And that's where these plants stem cells excel, right? Is they have that very gentle approach of, you know, working with certain plants for certain organs, for certain systems in the body you're going to be working with, not against.

And, you know, it's not the napalm. Let's just bomb everything and hope for the best. And it's unfortunate that, you know, as a society, we we go through that and we think, oh, no evidence of disease.

But we haven't addressed we've added more toxicity. We haven't addressed the cancer stem cells and some of the other things that can recycle and come back in a different way.

And that's what I love about using the SCS is I know based on my own experience and based on folks that I've worked with, that they are literally cleaning up the body in the slow, gentle way.

Yes, it's not a race. It's a a slow. It's an evolution, not a revolution. Yeah. And when you do it gradually and intelligently, yes it is, it is a little bit slower, but it's an intelligent unraveling of a yarn.

And instead of just cutting it all up and destroying it, we're just kind of unraveling it. And and it's in a process. And yes, it may take a little time, but you are going to be so much stronger and so much better after because you haven't gone through all that destructive force that it would have been if you hit it hard with destructive type of tools.

Not saying that sometimes they're not needed now, sometimes they are, and then the benefit of bringing them all together.

Cancer Stem Cells and Targeted Plant Compounds

But I would say, you know, why be so destructive immediately if there are other ways to go about it that is much more gentle and restorative or regenerative.

And that's what I love with these plant stem cells, brings that intelligence and brings that regenerative aspect. And then, you know, like you're talking about the exosome aspect, where it helps to then actually correct the inappropriate epigenetic signaling.

And then also that word that you said that works on the cancer stem cells. So I'm not going to try that. Yeah exactly. That one card. Yeah. So and then we have the aspect and we talked a little bit about that.

The the carbon dots I mean I love light and I think that we are being some light. We know our mitochondria is driven by light. And we know light, you know, has that fourth face of water with separation of water to create that, you know, that that battery fact that also produces energy in the South.

So there's so many components of light. And we know light also helps with communication between cells and helps us to communicate to our surrounding and gain information from our surroundings to help to kind of shift physiology within ourselves.

So to me, light is so crucial. And here and I've seen these under the microscope with, you know, in Italy. And it was just fascinating to see that radiant light from these carbon dots.

I mean, these are phenomenal. Can you share a little bit more about the carbon dots and what we know about them. Yeah. You know, and and this was, you know, in acts a great accident that happened where Doctor Canelo was walking by in his lab with two test tubes and he had the blue light on.

And all of a sudden he looked over and one of the lights was this fluorescent blue. And he said, what is this? And so he put it under the microscope and he saw what looked like little soccer balls, so dodecahedron in shape, and he saw literally these sparks of light coming off of those.

And so he started studying them. And what he found is that those carbon nano dots are truly bringing light into the

body, and they're helping to connect the signaling system, right, that extracellular matrix.

And one of the things he talked about this year, doctor felt, is that it's the stiffening of our collagen of our tissues that allow illness to set in.

And these carbon nanobots don't allow that process to happen because they're constantly moving and emitting light. So light outside and light inside when you're utilizing these as a pretty good combination that that I think works so well.

And the other thing about these carbon nano dots is that is what helps pull the heavy metals out of the organs and the tissue. And if you go back to our inception as an egg and as a sperm, when those fuze light gets emitted, and so you're literally creating life in the body, you're emitting light and you're pulling things out that aren't supposed to be there, or maybe shining the lights so that the body can recognize it and say, oh, wait a minute, that's toxic.

I want that out. And to me, that's incredible what he's been able to discover. And he now has a PhD student that is now trying to further this research for him, which is amazing.

Yeah. It's truly is that. Yeah. Be the light. You know, you shine, shine the light. And then darkness cannot exist where we're light is shown. And so here we are able then to ingest something that's bringing light inside into our cellular structure, to bring light there, to get rid of the darkness that exists within the South.

Absolutely. Yes. It's incredible. And and that that's the thing is that, I mean, we think we're so technologically advanced nowadays.

Carbon Dots, Light, and Cellular Communication

And here we have things that have I mean, the incredible creation of these plants and the wisdom, like you're saying, ancient plant wisdom, which is the name of your book.

I mean, it's it's been around and for obviously forever. It was before us. It's going to be after us, you know, and they and I mean, it's mind boggling then it exists, you know, within it then not taking advantage of that.

What a disservice that would be. Hunter. Yeah 100%. And I want to give you a plug because we just one our sixth film festival award. We want another one for episode two which you are featured in.

You're one of the keynotes in that which tells more about the science and how these work in the body and why they work. And so that's super exciting. So thank you.

What an honor and privilege to have you in that. Well, I mean, it was such a it was such an amazing experience that we got to film that and my section.

Yeah. Sweden. Sweden. Yes, I loved it. It's a beautiful lake behind us, you know, and just coming back really quickly. You know, plants live by photosynthesis, right?

That is light. They are converting lights. And so when you're getting these plant buds at that new growth before they have developed into what they're meant to develop into, you're getting pure light and then kind of expanding on that.

When we look in our bodies, you know, our DNA, I mean, they're like these coils that can then vibrate depending on the frequency. And then also they people almost look upon them as, as antennas, you know, where we can then draw light into the cell and we have the like the microtubule and inside the cell, which we initially thought were just kind of a structure there to hold up a fiscal structure.

But we know now that they also transmit light. And it's you have these kind of collapse to create new reality, sort of say a micro collapses. And there's so much fascinating physics that comes along with that is we're just exploring

and understanding with some of the Nobel Prize winners out there and, and physics, and there's so much to it that we're still learning.

And, and that's the thing. Just because we don't understand every aspect of what these plants do doesn't mean that those aspects aren't taking place. And so just benefiting them and benefiting from them, knowing, you know, the incredible tools that they are.

And yeah, it's incredible. And and I want the audience to know. So you've done two documentaries and both of them are phenomenal. So in addition to your book, Ancient Plant Wisdom and that is also I have it on my shelf right, right there.

Books, Documentaries, and Closing Remarks

And so for everyone, you should check out the documentaries, not just because I'm in the second one, but just because they're phenomenal. So where can people go for that?

They can go to health. Dot nature provides.com. And there's a button that says connects. And you can see the down drop down menu and you can see watch the documentary.

Oh love it. Well Jennifer, thank you so much for this mission that you're on. I mean, we the world would have been so much less if you would have stuck stayed in finance.

Yes, yes, I definitely am lit up by my purpose. And at a time where I read a statistic a few weeks ago that we are spending 90% of our time indoors, 90%.

And if you go back 100 years, you would flip that 90% outside. And so, you know, as a population, a society who's living indoors, light matters. Intelligence of our bodies matter.

So many things matter. And I'm so grateful that these plants came into my sphere and that I get to be their steward and share just how incredible they are to the healing process in each of us.

So thank you, thank you, thank you. Well, thank you. And I see you and Justin. You're literally ingesting light. So just think of that when you're inside and you know, think I don't have to be out.

Have time to be outside. I got to work. Then you take a dropper and you just infused yourself with carbon dots and light. So thank you. Thank you so much. Jennifer. Thank you doctor Karlfeldt.