Can Your Body Heal Itself? Dr. Christine Schaffner on Quantum Coherence & Natural Healing Transcript

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Podcast Introduction and Guest Welcome

And I worked with energy healers in two weeks. Energy Hillary's, my friends did, intention circles. I have an intention circle group. I did the that I, meditated every day.

I, you know, visualized a good outcome. And I got through the surgery so much that when I had my follow up with a neurosurgeon who does 420th centuries of these years, my my tumor was quite big.

So it was difficult, right, because already transferred. Welcome to Doctor Talks the podcast. Wherever I episode leads to a healthier You. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you are seeking to transform your health journey, or if you are looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors. All the issues that matter to you most.

Hi, welcome to another episode of the Recharged Biomedical Podcast. I'm your host, Doctor Edward Park, and today we're very fortunate to be greeted and joined by Doctor Christine Schaffner.

Oh, thank you so much for having me. This is such a delight to be on your podcast. Yes, my delight. I mean, we just ended up interviewing me and now I'm going to talk to you.

And I think that's only fair. I love that. Let's talk about your journey. You're a naturopathic doctor.

Naturopathic and Bioregulatory Medicine

For those that don't know, naturopathy is sort of focused on nature, which is nonsense. Instead of allopathy, which is kind of a derogatory term for us going to medical school and taking tests and learning about how to best prescribe drugs for diseases.

So you guys have a focus. How would you describe it to the layperson who knows stuff? Yeah, I think fundamentally the difference is a natural of medicine.

We start with this idea that the body is wise and intelligent and designed to heal, and we're looking at nature to look at really not only modalities or treatments or different cycles or rhythms that nature communicates and shares with us.

To learn more about how we are designed to heal and I. I'm also not only studying naturopathic medicine, and I study what we call bio regulatory medicine that came out of Austria, Switzerland and Germany.

And it's really a combination of Eastern and Western traditions. But I like how they go a step further. And not only the regulatory, the ability, but they also identify these things called interference fields in the body and the physical body, like scars, vocal infections and how they can actually be interferences in your autonomic nervous system or your fascism ability to communicate in health.

Interesting. No. So this is a different, more organic approach. If I was to sum up the field of medicine, our medical

school medicine, and that includes dogs as well.

Yeah. Our focus, you know, is I guess I would state it like this, that Rockefeller founded all these med schools, all this accreditation, you know, it's a petroleum based economy and whatnot.

And we're told to memorize that there are these rare diseases that we have to look for, but that everything else is just a normal part of getting old, like the human body is a machine.

And because of whatever reason, the machine will always get worse. So once you get the disease, you've got the disease. Let us manage it with drugs. And if the drugs give you complications, let us give you more drugs.

And this, you know, in the grand scheme of things, even though we don't step back and look at it, it's not really serving our patients that well. So if you're in practice for 13 or 14 years, you're looking around, you see why my patients getting better is because we're in the process of disease management.

We're not looking at root causes that would be bad for business, like if there was a way to cure cancer without giving, you know, $600,000 worth of chemo. Why would we do that? It seems idiotic.

So I think the profit for for profit medicine is very I think that was an unintended good side of of Covid is people became skeptical of biomass in general.

So but you've not only gone to naturopathy, which of course is a mastery of food as medicine at one aspect, but now you're alluding to the fact that the body keeps score, the body has memory.

Yeah, that there are systems. And now we were talking before about tech coming online.

Quantum Biology and Emerging Health Tech

Yeah. Where people can measure these things. So I want people to know that you have a summit coming up that you're co-hosting, and it's called the Quantum Coherence Medicine Masterclass April 6th through nine.

You have 21 experts. And it's it's something that they can register for for free at Doctor Catherine clinton.com. Yes. And so, you know, this is stuff that I am only scratching the surface on.

I'm super skeptical. But as we said, I'm open minded. Yeah. So for example, if anybody's ever heard these terms like you mentioned fascial release. Yes.

The fourth phase of water, water structuring mitochondria. Yes. You know, heart math, coherence energy systems, just the inherent intelligence of the bio field, how to look at how to analyze it.

There's a lot of tech coming from the future that people can access. And I find at least in the last two years. So people with wearable tech, the people doing their due diligence, it never stops.

Like they really know much more than me as a doctor. And it's amazing the kind of innovation in the tech space that is coming. And they're giving us data that we don't even know how to interpret.

So what's your feeling on that? If you if I'm interested in learning about this stuff, I'm not super gullible. I don't want to have a lot of money, but I want to understand how will this conference help me?

Yeah. You know, thank you for sharing this. And so I my good friend is Doctor Catherine Clinton. We're both naturopathic doctors. And Catherine is really, you know, brought a lot of attention to what we call quantum biology.

So looking at a biological systems from a quantum lens. So that could be and then the plant systems photosynthesis and then also looking at mitochondria like proton tunneling and things of that nature looking at the structure of water and how that creates flow states in the body and so forth.

So she brought a lot of attention to that. And I've always been kind of this, you know, I love the bridge of science and spirituality. And I think that we have so much to learn.

I don't pretend to be an expert. I, I just am a curious practitioner. I want to get I want to see my patients get better faster, you know, and in a more accelerated, elegant way.

We're not so guessing so much. And we really understand, you know, these parts of our body that we're still learning, like this idea of how we are connected to the quantum field, how we communicate with bio photons, how we have communication and sound through sound and so on.

So in our body, how we are electromagnetic beings, how we have a measurable toroidal field that we emit and what is not about. And how do we understand that?

Is that creating health or disease in our body. So we were very much, diligent about not only interviewing clinicians. So people on the frontlines of these modern illnesses that are getting, you know, really hard to look at from there.

So complex. There's so many systems, so many root causes. And how do we walk that person through this process with, you know, knowing that everyone has the same experience, right.

There's no cookbook medicine. And then we were also wanting to, really talk to the scientists. I had some great coffee conversations with biophysicist and scientists to understand, you know, where they are at.

And, you know, there's so much to be learned still. But I think it's I really believe in what we call this future of medicine. I like about Mr. Fuller's quote like, let's not just keep, you know, you know, like, polarizing each other, but like, how do we, like, emerge and create a new system?

There's truth in the medical field. You have great training, but the wrong modality to apply in this. It's in trauma, right. How do we learn from naturopathy and bio regulatory medicine and quantum biology and this emerging field of how we are truly like electromagnet, bio, photonic, bio.

So manic beings living in those, you know, vast secrecy of information, I think it's undeniable, you know, and so I at this conference they were giving out free books.

Well a their they're free. Yeah. So this is a book about electronics. So we're going to interview him. Great. But I think it's undeniable. You're talking about the toroidal field.

A month and a half ago I went to this conscious festival, and I put up the picture of the toroidal field. Yeah. For those people that don't know everything in the universe, you know, from the tiny subatomic level to our aura, if you will.

Yeah. Because it's a literal aura of energy that is shaped like a donut. Yes. So I think that what you're alluding to is that we are electric, you know, and that sound also is within us.

And so, sure, why not structured water? It must have an impact. But I think that as a, you know, trained scientists or whatever, we have to be very open minded but yet skeptical.

So the premise of what you're describing is quite sound that, you know, sound and light and energy, electricity are part of us. But again, we have to live our lives. We have to parts.

Body Coherence, Energy, and Resilience

We can't live in Belize or, you know, outside of the electro smog. Yeah. So I'm hoping that people can kind of acquire the wisdom and just the belief, the core belief, which is not my belief, from biomedicine, but my belief from living is that the body tries to heal.

Yeah. See, a lot of people that used to have diabetes. I used to have fatty liver. So there I think that in some way what we experience as, you know, micro trauma or fractal victim stories, like they kind of impair our natural healing ability.

That's not to say we're all going to live to 120, right. But there are certain ways you can access your current state and perhaps modulate. And now I see my patients who are more open minded.

They're like, read like this and, you know, have that at home. You know, they have ways of quantifying their neuro health. I never even heard of. Yeah. And it's just more and more information.

Yeah. So the people who attend your conference, this three day conference, they're going to learn about what like how to they're gonna learn like if you have a chronic illness out there, you might have a different approach or a different, you know, information to either seek another doctor or ask your doctor about if you're a clinician, you might be inspired by different conversations from, you know, other clinicians or scientists or people that really are on the front line, you know, developing and asking the deeper questions. Why?

You know, why does you know, one person respond to this and another person respond to that, you know, understanding the depth of who we are. And I want to make a comment, I really do think, like, we're not going to live in Utopia here on Earth.

You know, we at this time are not, you know, if you live in LA. I live in Seattle. We're have a 5G city. You have probably 5G times 100 city. You know, and you know, I, I do think that the answers lie in these concepts.

If we can really hone them in and really get a, you know, clear explanation and begin to measure them more, you know, in clinical and clinical practice that when, you know, we're in states of coherence, the strength of our electromagnetic energy is more synchronized, we're more in trained, we're delivering coherent information to our cells or mitochondria or even DNA.

Maybe our epigenetic translation shifts for that moment and we build a more health. Even the soup of, you know, electro smog and toxicity. How can we work with the energy of life to maybe shift those chemical states?

And we age because our telomeres shorten and our stem cells deplete? But what if we could support both? I've been taking care 65 for 17 years. It's the only supplement I trust to support better mood, better sleep and exercise recovery.

At age 57, I don't have any gray hair and I don't need reading glasses to 65 is available now. Go to Recharge Biomedical Icon MTA hyphen 65 and enter promo code Recharge ten to save 10% off.

I think that's so important that people focus on the abundance, you know? Yeah, because once you get in your head and your reptilian brain, it's fires your amygdala. It's like, oh, I have electric smog.

Oh, I yeah, I know short term, you know, I have red dye number 30. You're like afraid. And that's part of the game too, because I think there are a lot of entry points into making us freaked out about the toxicity of the world.

Yeah. So, you know, but I think that the fundamental truth is that we're so resilient. Yes. Really, we have so much more capacity to heal and maintain homeostasis.

Yeah. I think hopefully people can take that core message as well. Yeah. But think part of it, you know, in bio regulatory medicine we talk a lot about touring medicine.

And I'm just, you know, expanding upon it that it's not just our physical body, you know, and what we can measure through chemistry, but there's also this whole other piece that we can measure.

Brilliant. People are looking at these properties of the body. You know, there's a guy at UCLA measuring, you know, the sound of cells, right? There's also people, you know, studying in depth.

The water within us. There's, you know, the whole electromagnetic nature of our heart, that modern medicine, you know, measures of, you know, the electrical activity in the brain.

I, I think it's just really, you know, again, putting this together and getting more eyes on these conversations and getting the PhDs to talk to the clinicians and the, you know, kind of fringe scientists to get more into these conversations.

Because, you know, I think it's going to accelerate. Like, I just bought this ring. It's not an aura. It's a galaxy 24 hours ago. And it's saying how stressed you are out.

Yeah, it's pretty good at reading how stressed to have, you know. And so we talked about the fact I used to deliver babies and put a scout monitor on, say, what the variability in the heart rate is.

But yeah, the way that we can understand things is that we are a system of electrical cells. There's little mitochondria, little bacteria living in our cells creating electricity.

Personal Tumor Surgery Story

And they're working in tissues and organs, systems and as a field and that yeah, sometimes, you know, you walk through the TSA scanner and maybe it's resetting your field, maybe it's good or bad like radiation pharmacist.

But yeah, I just think the tendency for people to have is cognitive dissonance. Right? So they're just like, I'm just going to go into my little fear and be like, I don't want to understand anything.

There's nothing I could do. Learn helplessness. I think that's such a disservice. So with the Quantum Coherence Medicine Masterclass, April 6th tonight, people are going to be able to open their minds and tap the resources and learn more.

Because I'll be honest with you, at this point, your doctor is 10 or 15 years behind in all this stuff. Like, yeah, ask him what red light is and they'll be like, I don't know, is that the sign to stop your car?

Like they don't know? Yeah. So whether some of it is true half true pseudoscience or bias, we don't know. But yeah, somebody has to figure this stuff out.

And I think the most interesting voices are the ones that don't rely on scientific method, the ones who maybe rely on Vedic traditions are channeling some kind of spirit.

It's like there's a lot of wisdom there about how we function within the unified field, you know? And there's a lot they can teach us about being human.

It doesn't just date back to the one the 19 tens like it dates back thousands of years. Yeah. And I think it's, you know, a more optimistic conversation.

And, you know, all of this, you know, post Covid illness and, you know, again, the emerging toxicity and we could go on and on about what's going wrong.

But you know, have we really ever been explain how our bodies work on this level and how have we really put focus and intention in the scientific method?

Clinically we really haven't. And that I've not much. I know there's via like no. And I think it's so great that you teach your six year old actually breathe and how to sleep.

Yeah. I mean, why isn't this in our schools? I would argue that schools are method of inculcating, you know, submissiveness and lack of critical thinking.

And yeah, certainly they don't teach you how to take naps or understand when you need to rest or what foods are good and why. Yeah. So that's why I also wrote this book.

If you'll forgive the plug. Oh yeah. Hey, House and I talk about the six cylinders like you have to buy anything. The book is like nine bucks, which is all about sleep architecture.

I mean, stuff that I've already forgotten, but like consciousness. Your thoughts? Diet, exercise, supplements. Yeah. So, yeah, I mean, there's a lot of people that could benefit just from, you know, a third grade class.

On why bingeing high fructose corn sirup is not good for you. It's years later, you know. Yeah. So thank you for having that wisdom. I wish the schools were more into that, you know, teaching kids how to box, breathe or meditate, upgrade with that.

They wouldn't win them. All these dysregulated robots go going I meditate every morning and my daughter, you know, wake up at different times and she knows I'm meditating.

She'll sometimes, you know, do the hands. Not that I do that when I'm meditating, but I, I, you know, we lead by example too, right. You know, so she understands that I, I have my red light on and then meditating and crystals all around me.

Not that that is you know, I, I, I love it because of the beauty right around me. But I also think that meditation, because a lot of these biohacking tools are, you know, pricey and not everybody can, you know, you know, basically afford them at this point in time.

And I, I love the thought that were the, you know, gas, you know, biohacking within ourselves. You know, we we've really learned how to synchronize your heart to your brain that you really learn how to breathe.

If you really learn how to just take, you know, five minutes a day, hopefully more to, you know, see where you are and find stillness and maybe breathing some life or energy into what you want to create and not just what you're reacting to.

I see that in the health space. I mean, I've gone through my own journey. I've seen people have horrific, you know, medical stories that, you know, get out of them.

And I just think that's probably the best kept secret in our medical field, that how are. Yeah. Yeah. I mean, but you know, we had talked about how comfortable you are sharing, but you had Yeah.

And something. Oh okay. So you know you're interception. You were raising a kid. Things were going on. And then come to find out the reason you couldn't see well out in the temple area.

Yeah. And the reason why your facial structure was morphing was you had a 3.2cm, growth hormone. Hormone. Pituitary hormone. Yeah. That's crazy. Like, talk about that. Like.

Yeah, it was a it was a very life changing event for me where, as you can see, I've gone through some stressful stuff. My daughter was still quite young.

And, you know, we wanted to have another baby and I wasn't getting pregnant. And I, my husband kind of nudged me and he was like, Christine, we're not getting any younger.

I go, let's go check this out. And, you know, doctors are the worst patients. So I dragged my feet and I finally got an MRI. You know, there was a moment where time froze.

I knew that this was probably bigger than I realize at the time I thought I was. That's the point, too, is biggest I've heard that's a big tumors like.

Yeah. And I thought maybe I had a prolactin normal or something like that. But you know, here I am, somebody who at the time was teaching a lot about brain detoxification, the lymphatic system in sleep.

And I have a big tumor in the middle. Know. Ironic isn't it? Yeah. I mean, it's wild and but, you know, I was already doing a lot of meditation. I was already learning a lot from Doctor Joe Dispenza before I had the tumor.

Healing, Mindset, and Nightmares

And I, you know, through the stress in my life. And I only had two weeks to prepare for the surgery. So no supplement, no physical thing was going to help me have a good outcome.

And I, I felt my fear in my chair. You have to feel those feelings because they're real. But I had a moment where I knew that I had to decide what my outcome I wanted this to be.

Was this going to be something that broke me and that I was afraid for life, or was this going to be something that really, you know, allowed me to see the potential of the topics that I'm talking about?

And I worked with energy healers in two weeks. Energy healers, my friends did, intention circles. I have an intention circle group. I did the that I meditated every day.

I, you know, visualized a good outcome and I got through the surgery so much that when I had my follow up with a neurosurgeon who does 420 surgeries of these a year is my my tumor was quite big.

So it was difficult, right? He was already transferred. Yeah. He went through that. And thank God people study this right. This is where conventional medicine shines. Right.

And, you know, it was a big tumor. And so I donated it. And I asked about the parts reporting that he said he kind of fumbled. He's like, you know what?

Actually, I'm going to be, you know, studying this tumor for a long time. And it's like, right. Because most of all, I want to understand why your tumor came out so easily compared to all the other tumors I see.

I believe the realm that like the the experience I had, the level of energy, whatever we call that, you know. Oh, no, it's I think it's legit. It sounds crazy.

Yeah. Magical. But that's what quantum is, right? So quantum is a literal thing. It means a quantum state of energy change. But it also alludes to these non Newtonian and or non like magical action at a distance like observation changes things.

Everything is in an indeterminate state. Superimposition. It's basically a placeholder for magic. So maybe in some way you and your friends were able to create that thing.

Yeah. Saying thank you. My 3.2cm tumor. Yeah. I'm ready to let you go. So it was well encapsulated. It was ready to be birthed out, you know. Yeah. You know the sound of it being really easy to come out.

You know that's kind of one of the things. And so and you know there's so many variables of course. But I think, you know, we don't always know why we go through things on this human plane.

You know, there's a lot of great people who have a bad, you know, like they have a lot of bad circumstances. We don't quite understand that from our human lens.

But I think the gift and the these concepts are you can support that person to decide how they want to move through that circumstance. And isn't that the great work really?

Like they used to talk about an alchemy like alchemy is turning lead into gold. What's dragging you down into

something eternal, a gift? Yeah, for mankind. Right.

So the guy on stage was saying, oh, my house burned down. I was diagnosed with multiple myeloma. I lost a bunch of weight. And he kept on ask himself, like, where's the gift?

And some voice in his head was saying, you idiot, you have cancer. What gift? But then the other Fred Flintstone shoulder was like, no, no, it's this.

We're going to bring a high powered medical diagnostics. And this is like your new pivot. Yeah. So I think there always is a gift. But if your intention is to stay in victim consciousness and be disempowered, then that can have equally powerful effects, right?

Yeah. And there was a lot of reasons I could have been in victim consciousness, especially with what was going on in that time. And so I, I, I feel like sometimes, you know, especially when we have these doctor hats on our life experiences help us to, you know, kind of allow, you know, us.

Yeah. It allows us to go deeper where others. Yeah, yeah, yeah. Create some more empathy. Yeah. I mean, I tell you what I mean. I talk to a lot of people.

I had a patient last week who was very wealthy, and you know, the most interesting thing was she started having nightmares after exercise. Bear with me.

You know, I know this from the 65 that I've taken and and given to people for 17 years in the first two weeks, abuse. A lot of times people have nightmares.

So I explained to her, as a non-expert in anything that in my opinion, nightmares. The purpose of procedural dreaming. REM sleep is to tell stories. Yeah, and in the stories, if you're having some kind of internal conflict, whether it be trauma, you know, scarcity, fear, then that's going to bubble up.

But I found that if people stay with it for two weeks and eventually they flip the story, they get to the third act where they're the hero. Yeah, yeah.

Closing Remarks and Event Promotion

If you have unresolved conflict, whether it be from our past life, which may be real childhood trauma, you know, current circumstances, ego, circumstance, choices like always shows up.

You can't run away from yourself. Yeah. So in the process of deconstructing that and writing new stories, people get nightmares. Yeah. You know, even I've met a lot of wealthy people.

I, I know my problems. I wouldn't never trade my problems with someone else's problems. Like, the more you know about people rich, poor, whatever beautiful.

Not beautiful. Yeah. It's like you have your problems for a reason. You're here to transcend them. And, you know, it's it's a blessed life. But to get to that space is not always easy.

I mean, we started the phone call. I was in pain from my whiplash, and now it's getting better. So I think you are sharing your quantum energy with me.

Well, no, I'm happy to help, but no, I'm I'm excited. We we did our best and we're them way more conversations like this. And I just hope that so great.

It's such a great thing. Yeah. So let me just play it one more time. Quantum Coherence Medicine Masterclass is just the introduction. Yeah. But man you're going to learn so much from these great experts.

So if you're ready to quantum leap in your health and and and healing yourself and go there, you can search that or you can go to Doctor Catherine clinton.com who is co-sponsor it with you.

Right. Yes. Yeah. We did it together. So super. Yeah. Thank you so much I'll be there. Yeah. Thank you. When you hear about it. Thank you. Have a great day.

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