Introduction and Dr. Schaffneru2019s Background

– Dr. Schaffner, I am so excited to get to interview you again on this segment of the General medicine summit. Thank you so much. – Oh thank you so much for having me. Dr. Karlfeldt it's always such an honor to be with you. – You've done such a such a cool impact on on this kind of regenerative holistic restorative field on medicine you know being a naturopathic doctor and and really helped so many people with what you've done and all the education that you've done. So this is really cool to get to have you share you know the skill sets and knowledge that you have which is tremendous.

– Thank you for saying that and thank you for laying the foundation for people like myself to have this medicine to teach and to embrace and to really change lives with.

So thank you – Thank you. I want the audience to know a little bit more about you and Dr. Christine Schaffner is a board certified naturopathic doctor who's helped thousands of people recover from chronic or complex illnesses through online summits or spectrum of health podcast, a network of imminent health clinics and renowned online programs. Dr. Schaffner goes beyond biological medicine, pulling from all systems of medicine and healing modalities, helping patients reclaim their wellness and reveal their brightest light like that.

I want to have the brightest light. Dr. Schaffner completed her undergraduate studies in pre medicine and Psychology at the University of Virginia in Charlottesville and went on to earn her doctorate at austere university with her diverse skills. Dr. Schaffner seeks to improve access outcomes and speed of recovery for patients struggling with chronic complex and mystery illnesses, patients travel from all around the world to reclaim their wealth using her E.

C. O methodology. Well Dr. Schaffner, I am really curious about E. C. O. I mean we're talking about regenerative medicine and obviously in order to be able to regenerate in order to be able to kind of use these methods of like peptides and stem cells and prp and all all these kind of fancy. You know what you consider regenerative medicine, you got to lay the foundation and from what I understand E.

C. O. Is exactly that. So do you call it eco or how how do you think? I love it. – Yeah. So – We all want a good ecosystem. – We do. We do. So I'm happy to dive in and you know I'm so excited right about.

There are so many tools now that are way more accessible to more patients into more clinics that really are harnessing and getting us in touch with our regenerative capacity, right? And I know you and myself in our lifetime, right, we went to school and we even didn't think brain neurons regenerate, right? And now look at what we know?

So I think the regenerative aspect of the body were joe Just like you know in its infancy of understanding harnessing and people having access to. So it's so exciting and you know these tools have you know I've just been practicing and shared about 12 years. And these tools have been around you know more or less but they get more and more sophisticated every year and you know people will come to me and want to just jump in sometimes to some of these tools and I can understand that right? When you're suffering and when you're not well you want to just like save me get me better. Let's move on and I get that right.

But we have to really understand healing is a process and if we speed up or time things may be at the wrong time. Sometimes we can be backsliding rather than moving ourselves forward at least. That's my experience and what patients have shown me where I sit today and so um you know where you know E.

C. O. Comes up and you know many people I'm sure coming to your office to they have all these labels, right? Fibromyalgia chronic you know chronic fatigue syndrome, even persistent Lyme disease, long covid mercury toxicity. You know neurological illnesses like A.

L. S.

ECO Framework: Environment, Energy, Clearing Blocks, and Flow

To Parkinson's what have you and what whatever the label is, we still have to tend all these things. And the first E stands for environment and terrain which I'm happy to dive into.

The second E stands for energy systems that we are more than a physical body. We are bio photonic and bio electromagnetic and we have a light body and we're sitting in the unified field and all of those things and then clearing the boat the box is just a way for sharing interference fields um which tend to be dental focal infections, often focal infections of the sinuses, the tonsils, the scars and how they can disrupt the energy bodies.

They can hold trauma. They can be poisoning our body um with chronic bacteria and other pathogens. And then optimizing flow is our naturopathic roots right? It's all about um drainage and supporting the organs of elimination. And it's not just about you know pushing through detoxification but it's really laying the groundwork to optimize what our body knows how to do. And a big job I think of ours is to get out of the way so the body can do what it knows how to do.

But our job is to identify where people have you know really blocks or stuck um energy in different aspects and these things can interfere with their ability to heal and receive these regenerative therapies in the most profound capacity that we all want.

The regenerative medicine release where we stand tends to be a little bit more expensive now. So we're gonna make that commitment. We really want those regenerative medicines to not have to work on like mitigating a dental infection that's still not dealt with or you know going to some area of the system that hasn't you know that we could totally improve more and sometimes when the body isn't ready we can create more inflammation or more stress and again, you know, neither of us want that for a patient or to struggle through that.

So I'm happy to just go through each of those or however you'd like, – But I would like to kind of high like a little bit more of what you just said is that you know, for instance, we have somebody, they want to improve their brain function.

Maybe they want to use peptides like Bieksa or see link or C max because they are, they're great for the brain but then they don't address some of these underlying factors like what you mentioned. You know, maybe you have an accumulation of metals, maybe it's mercury, aluminum or maybe there's underlying infections that are there.

So if we are just going to throw peptides on an environment that is polluted and dysfunctional, it is not going to be able to do the job and it's then you're gonna think, well peptides doesn't work for me and which which may not.

I mean it's probably not the case that the case is more that you haven't built the foundation and this is exactly what you're dealing with the ecosystem that you have is to set that foundation so that these therapies can work and so that you don't become frustrated with like dried peptides that didn't work.

Well I tried stem cells that didn't work. I tried this and doesn't work. And the key is to recognize what the terrain is that we have and then address that.

And that's exactly what you're doing. – Thank you, thank you. Absolutely. And you know, I you know, just diving in and gets into the first environment and terrain, you know, especially the last few years, right? You know, we've all stood in this truth that's very different from what the conversations are going around and terrain theory and terrain medicine and you know, it's about the individual's response and adaptation to the stresses that we are swimming in rather than every individual is going to encounter something and have the same physiological response and so very empowering way.

And again, I am coming from you know, this humble observation of you know, the beauty of the human body and have reverence and you know, might try to deepen my understanding every day, but you know what we are

coming, you know, to this conversation with is that you know, there's an empowering perspective right?

That we have a lot that we can do to tend our terrain and our terrain has to do with the microbiome in our body. And you know, when you really dig down, dig down rather into, you know how we see the body, you know, yes, we see these opportunistic infections that are creating a lot of symptoms and contributing to someone's disease. But you know, why are those infections thriving in this terrain, right?

Why are they play a more fickle more stealth? You know, why are they, you know, having the ability to evade the immune system? Why are they welcome in this host? Right? So – Different from one person to another. They have the same pathogen.

They have the same. So yeah, so then we look at it can't just be the pathogen. It's got to be more than that. And that's when we have, you know, Pastora versus Bishop.

You know, – I always like to say when I'm doing these talks, right, Pastor Wright. He was said, I mean this is all anecdotal, but it's been passed down enough that on his death, but he was like the train is everything, you know, and he's the father of germ theory. We're gonna wake up to this, right? And so and not to say that, you know, like antibiotics and you know, anti microbial strategies don't have a place.

But coming from that perspective, right? And so we look at the microbiome in the body because science is continuing to uncover that we not only have of course a gut microbiome that is hugely contributing to our health or disease, but we have microbiome in our lungs of course in our skin and our brain and our nose and our tonsils, you know, in our long panics, you know, you name it, We have microbiome. And so why are some microbiome is more imbalanced, you know in the human body than others.

And for me what I keep on coming back to is we'll get into the other things too and how they play a part but a big factor and I'm sure in your career you've seen this the ever increasing role of environmental toxicants and how they play and really changing the microbiome is and making the immune system more vulnerable to these persistent infections. So this is the world of mycotoxins and microplastics and herbicides and pesticides and um you know heavy metals as we talked about and electro smog and even deuterium and you know all these things that have over time a cumulative effect on our body's ability to self regulate and heal.

So I feel that you know I mean you and I speak this language but very much it's still you know there's still new new news to people so I feel I mean I could have a whole lecture on that specific thought but what I want to just say is when we're getting ready to regenerative for regenerative therapies or we know that our immune system is where we need the peptide thymosin alpha one or the you know the mass cell components of you know you know the lowering the histamine of like the BPc 1 57 or the regenerative aspect of thymosin beta four and we're working with these immune modulator torrey, you know peptides we want to also understand and acknowledge that um in order for them to communicate and help the immune system, we have to take stock of our environment burden, you know, is really the headline news there and then um you know going into um energy, you know the whole energy systems. I'm very much a student and I have a deep passion for this field of medicine because I in my bio like what we want our patients to get better as fast as possible right?

You know that healing is a process but often it is still too long for people even when all the right things are happening. And I think the realm of energy medicine is where we can really see these leaps and bounds in medicine and this is you – See that kind of so because you have the environmental, your first to create that terrain and you see how now when we're dealing with electro smog and and E.

M. F. And all of that and how that is impacting our energetic system so much. So you can see kind of how they blend together in a way that but we have to kind of really recognize the importance of protecting our energetic field are you know how we are bombarded in so many different ways and you know like you talked about the traumas, the scars and all these different things. It becomes really crucial to make sure that we close, it becomes part of our terrain are physical and that emotional spiritual, energetic, you know, it's it's such a key to recognize that.

– Yeah, absolutely. And these things aren't linear right there, dynamic the E C. O aye idea and I very much agree

with you there and you know, just even and you know, for people who are new to this, you know, part of the regenerative capacity in the body is working with changes and light and sound and vibration and mechanical stresses in the body to stimulate regeneration.

Right? So this is a very much truth of who we are. And when we become ill there's typically disruptions within the, you know, physical, you know, like communication, sound, communication, electrical communication within the body.

And then where I'm really a student of that, you know, it's this bidirectional communication, right? So we have the physical body and then just for simplicity, let's just say we have this bio field and there's probably layers within that we can unpack all day and then we have the environment around us, right? The which in my world too is the unified field source, the quantum field, the quantum vacuum and first of all just having an awareness of that is huge, right? Because all of a sudden then all of these other modalities are here to support us not on only like a human perspective of the realm of prayer and intention and group healing and community and I think we have to just be honest and just make that part of the healing equation right now we were farm more powerful in supporting people in the healing equation than we realize, right?

And then that's why light and sound, I mean frequency modalities which I know you and I both are very much in tune to and we use with every patient. That's why when you pair these things, that's when things really shift, right? When we can use bio residence and photo bayamon solution and photodynamic therapy and sound medicine and you know all these things this is helps us tender terrain right? And they can help you know I'm sure you'll have other speakers talk to the effect on their ability to support regeneration within the body, you know as well. So that's just a very quick you know, overview of E.

– And that's what's interesting like you're talking about I mean we exist and so we're talking about the fiscal terrain but we have the energetic terrain as well, you know, so and you talk about it being bidirectional which means that our thoughts, our moods, who we are as a person, the energy that that comes from us changes did terrain as well as the terrain around us that the energy we choose to be around the people we choose to be around the activities that we we decide decide to do all of those things.

Then we'll also have an impact on us. So it's that continual feedback loop between us and our energetic terrain and that will also then have an impact on our fiscal terrain as well. So it's really really cool to see because we think because we can't see it, you know. Well is it real?

But it's so real.

Terrain Theory and Environmental Toxicants

I mean our bodies, you know it's I mean we're mostly just vibration. We're not really physical beings what is matter And so to be able to to do you work on it like you know, talking about bio resonance and then photo by manipulation.

Do you mind just speaking a little bit on those two? So people understand what don't think? – Yeah, absolutely. So this idea bio resonance is often like how it will look in the clinic, you know is that there are different tools, pieces of equipment that are using biophysics actually too um send out signals and get feedback from the human body reading um the energy of the body. So you know we're already talking about this idea right? So just take you know sit from that idea that we're energy bodies right? And then you know the kind of the advent of cell phones and all these, you know we're swimming in invisible fields of information and energy and exchanging that all the time.

So I think people are you know can make that leap more and more these days. And so you know we have as I mentioned electrical information. We have light information and bio photonic information.

We have vibrate, vibrate Torrey information. We have magnetic information that the body you know can be read by. And so different bio resonance tools will basically have different ways of sending a signal.

Again I'm oversimplifying to connect with the human body. The body sends a signal back. And that technology that often is originated and eastern Europe a lot of eastern Europeans um create this you know biophysics technology. So just think about it in the moment, that frequency is all about everything in life has a signature, unique frequency and every cell, every tissue, everything has what we call a resonant frequency that is the band, the wavelength band that tends to be an optimal state, optimal function. Just again, I'm oversimplifying.

So a lot of these machines have these resonant frequencies of this library of information that we actually know. Like this is I mean I've been some a lot too and I remember even my mind was blown and that I was interviewing Dr.

Schoharie, she has a book called Sound medicine and she studies the ancient Indian texts and they mapped out each bone in the body with it hurts basically. And like every you know every bone had a you know resonant sound, you know, so this is ancient renaissance of this ancient wisdom right? Is what I'm getting up.

And so just we have this library resident frequencies. And so we see, you know is the human body. Every piece and every space of the human body at an optimal band when the frequency or are there imbalances there.

So it can depending on what system you use, you can get really granular or you can get, you know, stay in the macro. There are other, you know, technologies that are also looking at you know, stress in the light body. So looking at the bio photonic energy if we're emitting coherent light and you know, basically the energy centers of the body.

So I'm happy to leave it there not to get too down the rabbit hole, but hopefully like that gives people the idea. So it's really exciting for me because all, you know, talk to patients and do all the doctors stuff, you know, talk to them, get their review systems, you know, talking to them about their history, all about who they are.

And then I look at normal labs because that's always fun and insightful. But it misses a lot, right. If we just looked at labs, we wouldn't have half the people we have. And then there's this whole other data set that we can look at that nothing is 100%. But it's very accurate.

A lot of these systems. So it gives me thinking too, oh, like that could be, you know, something a piece to focus on and prioritize and a lot of these systems to they'll also admit the resonant frequency back into the field of the body so the body can feel what healthy information is like and start tuning into that to have a new experience of what health is and get out of that diseased, you know, state. So that's my kind of vote explanation by residents. – Yeah. So it's kind of like a recalibration, you know, So you and that's what's so cool because like you're saying labs, the imbalances in labs only show when the body has gone to the point where it can't compensate anymore. I mean, so that so it's gone pretty far in the disease states. So then to be able to look, you know using by resonance to be able to identify things way before they become then what was called clinical, you know, and so then you can address them and that is what true medicine is, is to really that preventative and restorative regenerative medicine, you know, by being able to look at these kind of fine tune things and then, you know, using that feedback mechanism to kind of give body back the intel it is that it need to be able to then say that this is what my heart is supposed to vibrate at.

And then it can calibrate itself. And so yeah, I really love how you have have taken made that such an important part in your practice, you know? – Thank you.

Thank you. And I think I think that's the future, you know, I think that's where hopefully, you know, will become more and more open technologies are going to become better and better.

I think on the flip side right of all this electro smog and all the, you know, detriment we have of having all of this stuff around us.

Bioresonance and Frequency-Based Assessment

It's still there's gonna be I think in the future there's a an opportunity for us to have more of these like healthy

wearable frequencies and devices to regulate us. I think that's very much where we're going and I think that's the you know, hopefully you know the way we're going to survive these times but but you know, just to answer your question too about photo by modulation, right, is you know this is the idea, there's two aspects and I know you do both in your office too. So photo by modulation and then photodynamic therapy and I do both in my office too. So photo by modulation is the application of different wavelengths of light to the human body that a different physical effect.

What's the most common in our in our offices today are the red spectrum and the infrared. And so our bodies are wired. You know, I'm already totally they operate with light energy but there wire there's certain parts of our biochemistry that get turned on and off based on different wavelengths of light coming in contact with them.

So the the the analogy or the picture that's often used in these, you know, educational pieces is that our mitochondria are of course going to be making a teepee which is energy and then also metabolic water that is water depleted from deuterium and also from chemicals to help our body stay hydrated and run and function.

And part of the mitochondria, the electron transport chain is um a section called chroma chroma. Side of my brain just blinked. I say this every crime. It's a sick quote, it's a chroma four. So it's a absorbs red light cytochrome C.

I was trying to say chroma for yeah, I was trying to be a chroma for and yeah, and my my brain is completely like short circuit. And so but that part of the mitochondria absorbs red light which is in this specific range of the myths is red line and one of the absorbs that allows it to basically move electrons through that change. So that's just the, you know, that side of town is basically a illustration of many, many of these parts of us that actually use light energy.

And of course, you know, we're meant to be in the sun and the sun has that full spectrum of light. But when we're sick we're trying to live in modern times, we can harness different parts of the this information to apply it to the human body to maintain our health. So that is one and then you know the whole infrared spectrum which can be you know near mid and far that penetrates the body the you know the deepest and so that can have you know a profound effect on the body.

The more I learned about it, I think what it's doing mostly is increasing exclusions on water which is the fourth phase of water. Is this gel like plasma water in the body that creates a lot of electricity and energy and movement in the body.

And so infrared really does that. So it just helps to generate you know more of that to heal within us. So those are like the two most common. I mean there's an application for the whole spectrum.

And then photodynamic therapy. We both have connected I know that recently spoke to one of the island conferences which is the International Society of laser application. And so they are big proponents and educating people in the power of laser and light energy.

And applying it with photodynamic therapy. And photodynamic therapy is when you take a substance often internally. And it has this is where I just keep wrapping my head like how amazing there are all these substances and nature that have a peak spectrum absorption that makes them work within us and more activated when they're in contact with light. And so Math lean blue has a lot of impress now with long covid and just all the things we treat and it works really well right?

For all the reasons. And so that gets photo activated by red light. So that with that Ls Trisha means is when you take methylene blue and you come in contact with red light that's gonna allow within the cell that movement on that electron and that electron transport chain to work even better than just red light alone.

And then there's a whole I don't treat cancer but there's a whole cancer application for photodynamic therapy because of its ability not only to excite electrons but to stimulate apoptosis and kill cancer cells. So um bio resonance light.

I mean you talked already about vibration but sound is like a rabbit hole that I'm just scratching the surface on. But I feel like that's a whole another modality that I do some things in my office. But I think sound is so the impact on sound in our physical bodies is profound. So we have we even do some bold therapy here.

I remember you telling me that that's great. – It's really cool because it it really you know, since all set you know, we're talking about, you know, they have different frequencies. So so all all of this is just like the bio residence the photo by modulation, the photodynamic ensemble.

I mean all of this is to refuel us with energy. You know with those vibrations that we need in order to be able to maintain maintain health and vitality.

So and that's it's it's such a I think it's such a huge piece that people are because it can't be seen and it just kinda is out there and and we don't recognize the importance of it and on the same side, the flip side, the negative, you know, the cell phones, the MF and all that, you know, because we can't see it, we don't recognize the detriment of it either, you know, so that's why it's important to be able to balance that out.

I wanna so we we I apologize for diving deeper into the – No, no, I think it's fascinating, you know, we both are right. I'm just joking. But but yeah, I can quickly go through the others or however you like.

– So the c remind me what that stands for again, – That is clearing the block. So that is all about and bio regulatory medicine. We're trained to look at interference feels so we can use our regenerative modalities to help us and some of these steps and healing and recovery.

But really if you're going to go through a huge step, like let's say stem cell therapy, you really want these addressed so that you get the most out of the regenerative medicine.

So I look at every new patient and I look at the scar history.

Photobiomodulation and Photodynamic Therapy

So scars can be these basically energetic blocks within the fascia and the lymphatic and they can basically hold toxicants and trauma you know just be an island of turbulences, Louise, Williams says. And so they can be very disruptive scar tissue when you see pictures of it is thicker and creates a traffic jam in the fashion.

So we have techniques to open that up and release um stuck energy in that area and that that seems simple but it's actually quite profound in the body.

So we do that and then we always take a dental history. We always look at the tonsils and the sinuses and all the other places and you have to work with a really wonderful biological dentist to do this work well with some of the most impactful work to get your cab annotations address for your root canals.

So of course you're Amalgam fillings out. Don't ever do stem cells please with amalgam fillings. Like you know if anyone's going to do that please or root canals like please please just get that addressed and then but biological dentist wall so often use PG era for like the platelet rich growth factor that is like the kind of souped up prp that helps to heal the bone.

And I often use peptides to help people you know alongside their healing you know process especially VPC 1 57 before and after and then often because there's so this is such infected tissue will throw in. Often something like a thymosin alpha one for people. So the clearing blocks is really, really important. And if you're just stuck out there please just keep going back to those lists of things and make sure that you have a great team to help you address those things to really get that healing momentum back within your body.

– So one of the things that I know you do a lot of you have like neural therapy, you know, you talked about scars, you know, so tell me because that that is something that a lot of people aren't familiar with and and the importance of addressing scars and and what scars do in your body and why are the interference fields and how how do they

interfere with healing?

– Yeah, absolutely. So neural therapy is a technique, one of the parts of neural therapy scar therapy, we can also do something called segmental therapy or you know, do deeper injections as well to help flesh out the toxic ganglia.

So the idea of neuro therapy um we use something called procaine. It's been around since the 1920s this form of medicine and procaine we have compounded that's 1% and preservative free and it has it's a local anesthetic but it has a lot of beautiful properties that help to bring circulation and blood flow and lymphatic drainage and helps with the cell voltage within the scar tissue and helps to kind of reset it.

And so what scars do you know again when you think about scar tissue, it looks different from the surrounding tissue and it really is I mean your body basically healed an injury and the scar basically its job is to plug up and repair and it doesn't really restore to the same you know um caliber of the tissue around it and so that you know it's doing its job, you know because it's it's repairing injury.

But when you look at pictures of when it's like the top of the scarf, what's actually in the fascia. It's these thicker bands of fascia that can create adhesions and can create just you know, just more not this flowing movement of lymphatic sor energy in that area. And so what happens is things can just accumulate and by accumulated. So if you have a terrain that is high in heavy metals, let's say or high deficit or what have you that can settle in that tissue or that scar tissue, scar tissue. Also with probably we're all trying to understand this but factual memory we talked about or how um structured water holds emotional memory in the tissues. There is encoded memories of traumatic events especially that injury was at the time of a surgery or at the time of a like a car accident or something inadvertently.

We get scars from something unpleasant and unexpected and we can we can still be holding on to the impact of that event and our tissues, you know, the body might think you're fine, but your your body still holds them and all of them for all of those factors.

And that creates this disturbance and not only the physical body because it affects the fashion and the lymphatic, but also and in the nervous system and all of those are one and the same. And then it also creates a disturbance and like the acupuncture meridian system and, you know, the energy system in the body, you know, as well. So our job with your own therapies, we come in with the procaine and the injections and we go very superficial and thread the scar and it helps to break down the scar tissue. And you you can see a scar change.

People often like it cosmetically because the scar looks better because you're just bringing blood flow, you know, just, just circulate into this area so it can be restored um and often releasing energy and I often just go deeper to and just kind of poke around in there and just try to get that tissue moving and sometimes one's enough. And sometimes every time and then we're off my office, we do it. And sometimes when we're going through big life events, we need to do our scars again. And it's interesting, it's fascinating and and there's many paths to treat these things, but I just found neural therapy to be really, really an amazing one.

– And I know people dealing with kind of pain syndromes that sometimes are unresolved and it can be the most little innocent scar that you didn't even think about and you open up the flow through that scar through neuro therapy and all of a sudden the pain just goes away.

– Yeah, yeah, I know there's wild stories that you just see, that's how, you know, we're like highly interconnected within the national network, right? I always, whenever people ask me this, it just comes up, this woman, um she had a melanoma scar on her back and when I opened it up, her heart palpitations palpitations went away and I was like, your mind goes, what the heck? And like, but you're, you know, other mind that you see these connections are just like, oh, that makes sense.

Of course, that makes sense. You know, – But it's to recognize how interconnected beings we are and things that may seem distal or far away from the location doesn't mean that it's separated from that, it still has an impact and it still creates these interferences and that's why it's so important to to to address these interferences.

Neural Therapy and Scar Interference Fields

And then in regards to then dental, you have root canals and dental infections talk a little bit more about that because that people have a strong hesitancy to take that step because obviously it's it's a big step. I mean, first it's a financial expense.

And then secondly, nobody wants to pull teeth. You know, it's it's just the last thing that you want to do. So so talk a little bit about the importance of that and the impact of that and why people should consider that when they're dealing with complex illnesses or or if they just for regenerative and they want to take that next step and they want to get rid of some of these underlying infections that are interfering for them to be able to take that next step and feeling amazing. – Yeah, absolutely.

And it's a really big part of the medicine and we do and we have to rely and work on it with a team of well trained biological dentists. And the thing that's really hard about this form of medicine is that, you know, there's not a biological dentists in every community yet.

I mean my I hope in my career that is the case. But you know, you really want a great biological dentist on your team and then you want to either functional or naturopathic, you know, provider, you know, any form of doctor that knows how to do the this stuff and you work in concert because you have to prepare the body and you have to really support it because a lot of things can come up.

And so what we're screening the body for is I mean I don't think you said amalgams, but of course we we know that mercury is toxic. You know, please get your often if someone comes in let's say they have it all right, we would take the amalgams out first off and get the toxic metals out of the body.

Again, we do that with support from both teams and you know, doing all the things that we need to do and then, you know, root canals for essentially dead teeth, right? And every tooth sits on an acupuncture meridian.

So not only is the dead to the acquiring bacteria and harnessing it over time and that is potentially like poisoning the lymphatic and becoming, you know, neurotoxic with the, you know, the proximity of the cranial nerves.

You know, it's it's a huge stress on the body even though you might not have the symptoms and not to that also the connection with the acupuncture system.

So like the front teeth are often the kidney bladder, meridian or you know, the endocrine, it can affect the pituitary. And so when you think about it, like, let's say, someone has like chronic urinary infections, that bacteria that's in that room can now can be traveling in the poisoning in the bladder.

But also just when you think about the energy of that system, sometimes this root canal is almost like short circuiting. I'm already in creating like interference and stress that there's just not that there's always this roadblock for really getting past a chronic symptom it's hard to articulate, but that's just what we, you know, seeing practice and so you really want to, you know, get that root canal extracted, you know, it should have been extracted in the first place. You know, we don't keep other dead tissue in our body. So, you know, it's as it should be, you know, you know, it stings to have teeth died, die, but we gotta remove them, right? And then our tools to, you know, have a tooth are improving. We often clean that out and with the ozone and just make sure it's really nice and clean and there's not any lingering infection.

But we also want to make sure that bone heals right. So often people do need an implant to have the, you know, alignment of their mouth and their jaw and you know, all of the things that entails.

And so the, you know, the best biocompatible implants at this time are still zirconia. You know, but again, everyone's individual and there might be for some people, they need a bridge or this or that or wherever the tooth is placed, but you want to get the talks of tooth out of the body, that's a really important thing and then the capitation can be along, you know, root canal teeth, but often there where the wisdom teeth were extracted and you know, essentially the one of the ligaments of the wisdom tooth is removed properly when you were taking out the tooth

and so it never signals that bone to heal.

And so what happens is that can become a reservoir of chronic you know microbes and not only bacteria but a fun guy and viruses and even amoebas and you know parasites and all the things you don't ever want to think about and you have necrotic tissue just poisoning you know your lymphatic and your vagus nerve in your heart and you know all the things. So you just have a you know a time bomb in your mouth and we know that the or the microbiome is so important to our gut health and our heart health and our brain health and so it's really quite a big issue you know for people.

– Yeah and this like from the food we eat. I mean this is how we create nitric oxide a lot from you know through our saliva. So the composition of saliva it becomes key.

And then if we have all these microbes it will then interfere with that and impact our whole, you know in so many different ways. But cardiovascular health becomes so hugely impacted. You know from from that.

Yeah. It's it's such an important subject that that people just need to hear again and again again until they realize how how vital this this is you know yeah I don't know how many like one stage four cancer patient that I had. I mean the root canal obviously was right over where the cancer was, you know, and and that's just what you see frequently.

– Yeah. So unfortunately, I mean I I know that conventional dentists are great people, they just have the the worst training that needs to be evolved, right? We we need to evolve like we need to keep evolving as we know more. And you know, I I dream that, you know, biological dentist dentistry has taught, you know, we can put some of these, you know, really health.

Dental Infections, Root Canals, and Biological Dentistry

You know, these things are really quite devastating to human health that we can put these practices behind us one day. So we'll get all right. – So the last letter o tell me, yes, – Yeah. So you know, like the principles right on the foundations of you know, really natural medicine, but you know, it's just a optimizing flow, right? So where there's stagnation in the body, that's where disease usually begins. And so when we think about flow in the body, we think about supporting of course the organs of elimination.

So that's gonna be the liver and also bio flow in and out of the gallbladder. And we're going to think about the colon and when you think about the kidneys and the lungs and the skin and you know, wherever we have stuck you know, energy in one of those areas we wanna improve because they all work together to eliminate waste and also toxicants. And then I think what's really important is not only the organs of elimination but also the idea of the lymphatic and the extra cellular matrix and kind of that space in between you know the cells and then you know really if that is not um that interstitial fluid or that um fluid abates the cells and that in the tissues and the environment if that's not um flowing while and getting removed by the lymphatic um that can create a lot a lot of disease because of the build up not only metabolic waste but toxicants and that can disrupt um structural and connective tissue proteins that can perpetuate this cell danger response affect cellular communication, irritating mast cells, you name it, it can do a lot. So part of the optimizing flow is really supporting the lymphatic and getting you know just an awareness around the lymphatic drainage is like the foundation. So it's the world of organs of elimination, lymphatic health and lymphatic flow and we use binders often in our protocols to just lay the groundwork. So then when we're moving and you know eliminating that often in the intestines there is a binder sitting there allowing um to bind to toxicants that have been eliminated through the bile.

So they can be removed out through the stool. – Yeah the key I mean like you're saying the yeah the process of elimination they eliminate ori organs. I mean it's it's it's like if we try to get people off the freeway without all exit pathways blocks, you know, it just doesn't work. So it just creates that stagnation and then, you know, nothing good happens.

So we we need to open up, you know, the pathways of elimination and what what are they? I mean, which which ones are the pathways of elimination? – Yeah. So they're gonna be the liver, there's gonna be the colon, the

kidneys, the lungs, and the skin. And I think for a lot of our patients it's not just the liver but it's the liver and the gallbladder and really bio flow is a huge area of stagnation and our patients and I often feel like a broken record on supporting lymph flow and bile flow all day long. But if you can do those two thing, you're really on a winding path. – And I see that frequently my practice that kind of the gallbladder bile duct becomes like a bottleneck in a way.

So, and we got to keep that flowing in order to deliver to be able to drain appropriately. So a lot of people, they go to the health food store and they just get whatever it is to support detoxification that works on the liver and not recognizing the importance of looking at pathways of elimination as a whole. And that's why it's important and to have someone like yourself to guide them through to see where the hangups are and then to support that appropriately. So and in regards to the lymphatic you're mentioning the importance of lymphatic because or the extra cellular matrix because you have the cells. That's that's where they're at.

I mean the lymphatic is toxic, that's environment. Now we're going back to like the terrain theory, you know that's environment that the cells are in and they can't function well if that terrain is toxic.

– Yeah, absolutely. And you know when you keep on looking at this how interconnected we are because the you know cells and the extra cellular matrix are held and this fossil network which also the lymph is within and these fluids are within and so if you have stuck energy here or you know you're not moving um metabolic waste and all the environmental issues through the lymphatic for the immune system to handle it is for us to you know eliminate you know that can have a very global effect on the body.

So when in doubt move your limp for sure and that you can do that in so many ways. And I think there's so much education, thank goodness. You know, happening around the lymphatic system. You know thank goodness you have to you know think about the lymphatic system in your brain, you have to open up the cervical lymph nodes in your neck. You have to always be thinking about the lymph nodes and opening and your clavicle, you know your armpits are a huge area of you know lymphatic drainage for women. Your breast health is lymphatic health um your gut health is lymphatic health. If you have a lot of um you know abdominal bloating or intestinal inflammation you most likely have stagnation of limp within and behind and around your intestines.

Optimizing Flow: Lymphatic Drainage and Elimination

And then if you have like a Dema or poor circulation or any of those things um you can very much have stuck lymphatic that can't drain appropriately um you know into you know basically upstream where abdomen is and it all works together if you have stuck areas in one it's going to affect your whole system. So abdominal bloating can affect the male can affect lymph drainage out of your head and you know so – Exactly you can't you can't disconnect one from the other in any shape or form.

What's interesting with the fashion. I mean they have seen that pictures how fashion it is like a network of communication that there is light, you can see kind of light flowing through the fashion.

And then if you have toxic matter toxic lymphatic you know it's going to interfere with how that that fashion is able to communicate. So I kind of look upon it like a you know these kind of highways of optic cables when we're calling on the phone and all this communication that takes place and then all of a sudden we have toxic lymph and we it's like cutting a bunch of these cables and we throw a lot of junk and junk there and try to communicate with somebody said, hey everybody there. Hello.

It's the same like the body does you know? So that's why it's important to clean off that up so we can have clear communication. So yeah, – I did a deep dive again into Dr. Sean Claude Gilberto's work which you're referencing because I had seen the videos and then I just the summer I just read the book like front to back and I was like just you know what I mean? Like when you can just hold that reverence like from the whole other perspective and I it was kind of an inspiration for a talk I gave and when you really think about it too like bringing it all together.

It's like the fossil network I think is the terrain and that is the fabric within us and around us. That actually also connects us to her. You know, informational energy field around us too.

So it's a re really beautiful system that gets disrupted. I think you did a beautiful analogy of the fiber optic cable system and the communication within it. And that's a big key to our health right?

Keeping that network open to receive and to flow. And you know, things get complicated in our offices right? But if we keep on coming back to these principles, I think we continue to get the results and continue to lay the regenerative modalities within that understanding, I think is really important. – I love it.

Well, Dr. Schaffner, it's always a pleasure, is always so great to chat with you and I always feel blessed to get to hear all the wealth of knowledge that that you have.

Thank you so much. – Thank you so much for having me. The feeling is mutual. Thank you.