How Covid is Widening the Gap For Effective Cancer Treatment and What to Do About it Transcript

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Introduction to Dr. Christine Schaffner

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

Doctor Christine Schaffner is a board certified naturopathic doctor who's helped thousands of people recover from chronic or complex illnesses through online summits.

Her Spectrum of Health podcast, network of Eminence health clinics and renowned online programs. Doctor Schaffner goes beyond biological medicine, pulling from all systems of medicine, which is exciting.

This is what we're gonna talk about today, from all different systems of medicine and healing modalities, helping patients reclaim their wellness and reveal their brightest light.

Something I think all of us are looking for at some level. Right? With her diverse skillset, Doctor Schaffner seeks to improve access outcomes and speed of recovery for patients struggling with chronic, complex and even mystery illnesses.

Patients travel from all around the world to reclaim their wellness, using her eco methodology, Eco methodology. Her website is Doctor Christine schaffner.com.

I do encourage you to go there and download her free report and get in touch with her and the great work that she does on this. Dr. Christine schaffner.com.

Doctor Schaffner, thank you so much for joining us. Well, thank you so much for having me. It's an honor. Yeah, it's my pleasure. I think the work you've been doing in the field for as long as you have been, and being really a leader and a pioneer is, is remarkable.

I'm honored that you've joined us here for this event. And I know we're going to really cover a lot of information that's going to help a lot of people.

So let's dive right into the topic of integrative medicine. Right. Why is integrative medicine, from your perspective, why do you think it's more important now than maybe ever in human history?

I think it's such a good place to start.

Why Integrative Medicine Matters

And as we're going through the challenges that we're going through right now, Nathan, we can see the world becoming more and more polarized, and we can see that polarity show up in so many parts of our life.

And, unfortunately, we're seeing that, as we walk through the pandemic and all the chronic illness work that I do, we see this polarity between conventional and alternative medicine.

And I think, as you and I are both passionate about, it's like, how can we change this conversation of how how can we take the best of both worlds and really merge them so that the patient really has the care team that we all want for them?

And just a little aside, I grew up in a conventional family. My father is an oncologist. My mother is has a nursing

background. And so I've been in that system and I've seen the unfortunately, the failures of that system.

But I also have seen, some of the great, pioneering work, that many, you know, big hearted, you know, doctors and researchers have contributed and I think, you know, like in any system, when the systems get big, you know, there can be unfortunately, some of that passion or that information can get lost and, you know, so it's almost like, you know, we have to re-inspired those people on the ground floor of conventional medicine.

How they are making a difference in people's lives. And I you know, I often say, because I see patients who've seen, you know, I was the one person's, 54th doctor.

And so I've seen, patients who have, you know, gone to all the conventional, you know, exhausted the conventional routes. They usually don't come to alternative medicine because that's how they grew up or how that's how they were natural in the clinic came from a a process of unfortunately, being failed, you know, not seen, dismissed and, misunderstood by our conventional paradigm.

And so, you know, I often say, I see a lot of neurological illnesses, and I see that neurologists are some of the smartest people on the planet, right?

You know, all their schooling, they go through, all the work that they do. And, I think I'm like, how frustrated would I be if I was a neurologist? And some patient that came to me had, you know, underlying causes that I don't know yet how to communicate.

And I'm only given like 4 or 5 drugs to actually help them, you know? And I'm like, that could be really frustrating because on the flip side, in the, in the alternative world, we have our toolkit is so big to a fault.

You know, I often overwhelm patients because I share so many things. I, you know, give them so much information. And so, you know, I, I think about as we were talking about the, you know, the opportunity here as our, health care system is in a healing crisis is how do we move forward with an integrative model, where we can take the best of conventional medicine.

And really, I think, where alternative medicine shines is their therapeutic toolkit. There's so many tools, so many ways to support people. And also this understanding of, okay, what is the root cause?

I had a teacher, a mentor of mine in school saying nothing is random in the body, right. So we have to get away from this, like, oh, it's just our genetic destiny or, you know, we're just to, you know, this random event is happening.

You know, that we're victim to, like, we need to come back and reclaim, how empowered that we can be and how no matter what illness that you're facing or what the diagnosis is, there's always a path forward and there's always an opportunity to heal.

And so I think that, you know, that that's what inspires me. That's what I'd like to see in my lifetime, in my career, how we could really pave the way that we're not in this polarized two camps, but how we work together.

And I've had, you know, patients where I had really, awesome neurologists, too, who are really, you know, more open minded, who are in the functional camp.

And we work together as a team. And those patients really accelerate their healing. Yeah. I love I love how you just, frame that. And I think it's more important now than ever, right?

That we do come together because we've had this almost this, unspoken war happening right between natural medicine and conventional medicine. I think it's unnecessary, because who suffers?

It's the patients. It suffers. Right. And it's this war of like. And you see it on both sides of somebody, especially dealing with cancer or another chronic disease or a viral infection like Covid, said.

No, I'm only doing natural. It's what I believe in. It's the only thing. And then they suffer because they didn't get the extra support they needed from, quite safe, off label drug that could have stopped the pathway that nothing else was helping.

And then and then they died from it, unfortunately. Right. Or they suffered long term or vice versa. Someone says, no, I'm only doing conventional. I don't believe in natural.

And then they suffer from that because they don't get all the benefits of, of, flushing the lymphatic system and enhancing the immune system and, you know, cellular regeneration, all these things we need to keep the body living long and healthy.

And so it's like, okay, look, if there are good, useful, helpful, effective resources from conventional medicine and it works and it's it's not as it's not super toxic or it's not going to destroy you or kill you, you know, it's quite safe.

Why wouldn't we use it? And if there are proven herbs and supplements and nutritional therapies and energetic therapies and emotional healing and all these great things, we know from a natural, holistic approach that help you and have little or no side effects, why would we not use it?

And then if they have a synergistic approach, oh my gosh, we have this new world. You and I spoke offline. You know, this vision for this new hospital, if you will, of truly integrative medicine, a truly integrative approach, because it's really about let's use what works, let's stop using what doesn't.

And at the end of the day, who benefits everybody, right. Yeah I love that. And I you know I'm a natural at and of course I'm going to be more biased to natural therapies.

Understanding the body's ability to self regulate and heal. You know the all of these treatment modalities. But I've been very humbled in my short career.

I've been practicing for a little over ten and a half years, and I feel that I've been humbled so much by my patients where, you know, when you kind of, just again put the patient first and understand whatever it's going to be for their best interest, whether it's a conventional therapy or naturopathic therapy.

And again, that synergy with the right support at the right time. You know, I've been completely humbled how sometimes a surgical intervention can be helpful or, you know, an antifungal or, you know, an antibiotic at the right time or anti-parasitic medications or, you know, what have you.

But there are there's a place, for all medicine, when appropriately applied at the right time, with the right support for a patient. Absolutely.

Terrain, Immunity, and Chronic Illness

You know, I think one of the challenges we're seeing right now as well with this, you know, viral pandemic going on, is it seems that this gap has either become more prolific or it's just become more at the forefront of our what we're seeing more often now, you know, more clearly or it's even widened right between kind of these two camps, the natural camp, the conventional camp because of Covid.

Right. And it seems that it's like you're either really strongly for everything or you're really strongly against everything, but my question is, how is that stance affecting people?

Is it really serving the greater good for all of us, or is it causing more harm than good? You know, I think when we look around I mean my clear answer for my reality and what I know to be true is that it hasn't been helpful for, you know, individuals or the collective.

I see a collective field of fear and panic and uncertainty and disempowerment, and I feel that we, have so many tools that people don't have to feel disempowered right now.

Again, no matter what, you know, is in our path, like, you know, this pandemic again, there are so many, tools that we can do to support our biology, our terrain.

And again, you know, I, I've shared with this some in some interviews that, I work with a lot of chronic illness, and I work with a lot of Lyme disease and chronic viral infections and so forth.

And it's kind of an unspoken, understanding in the field that, you know, these are infectious diseases. These are diseases that are probably more contagious than any of us want to realize.

And there is a knowing that when you work with this patient population, you are getting exposed, whether you know you like it or not, you know, there's probably some respiratory transmission and so forth.

And so, you know, I had an awareness when I started working with this population that, that was a possibility. And, you know, it was up to me in sort of, facing that with fear or, and, you know, just kind of the, the, you know, reality that, oh, I was going to get sick because I was going to be exposed to the same things as my patients.

You know, I met with, you know, an empowering viewpoint. Okay. It's like if I know that these things can cause acts and I could be exposed to them, how can I continue to strengthen my immune system, support my detoxification pathways, and also, not to maybe go here too quickly, but, you know, have an energetic field of protection and that I know that, you know, I don't have to suffer with my patients in order to help them.

And so, with that being said, it strengthened my, reality and my, you know, understanding that, it's not just about the bug, you know, it's about the bug and the interaction with the individuals terrain.

And when we say the word terrain, we talk about, our, you know, I use the word ecosystem a lot because it's about our immune system, but our immune system in the context of our microbiome, you know, we are more, again, bacteria than human cells.

It's also in the context of environment, right? You know, we have 380 trillion viruses in the human body. And how can you know that just one interaction with one bug and not, you know, not understanding that interaction between and microbiome, our environment, we even have a microbiome.

So it's like in a fungal microbiome. So if we just think of that, you know, really paradigm one bug you're exposed to, you get infected, you do the one drug.

And then either you get better, you get worse. We're missing this whole whole reality of feeling empowered and treating people. So terrain is not only this ecosystem of our, you know, these, microbes in our body, but then interaction with our immune system.

I think health is a big, a big part of health, because what we've seen that has shifted and changed so much over even the last 25 years is our increasing environmental exposures.

So we're wildly overexposed to toxicants, and we're in this kind of grand experiment of how herbicides and pesticides affect the system. Heavy metals, electro smog, you know, dental infections and, you know, all that, other things, conventional dentistry also, you know, when we think about, you know, our immune system, we think about toxicants and we think, of course, of that interaction with our genetics.

So the more empowering view of genetics is epigenetics. Right. So how how do these things help to optimize and shift. Right. And then I see of course a huge role in how, trauma can affect our bodies.

I think our physical bodies are a barometer, for our unhealed, and unresolved trauma. And so when you think about all those things, like, how can we not feel empowered to look at all of these things, to strengthen our system and strengthen our field?

So no matter what comes our way, we're resilient to that? Yeah, I love I love that you just said that. I mean, it

makes me think about this kind of misinformation campaign that's currently happens, you know, worldwide where if you're asymptomatic from a viral infection, there's something wrong with that.

You know, an asymptomatic typically means your body's doing what it's supposed to be doing. You know, it's it's handling that viral infection quite well.

You know, your your your innate immune system, your adaptive immune system, they're both reacting, they're kicking on. They're effectively working. And you may have you know, we all are exposed to, potentially life threatening and damaging viruses and bacteria every single day of our lives.

Right? I mean, literally, you're outside and it's there in the air, the water, the, you know, on the desks, on the handles and work on the drinking fountains at school.

But why? Why are we dying from all of these every single day, right? Or getting sick every single day? Well, in most cases, it's because most people have a generally effective immune system, right?

When we see the long term damaging effects of everything you just talked about, you know, from from high stress to high toxic low to, you know, poor diet, inadequate exercise, you know, energetic pollution, so on and so forth.

We just keep taking chips away at the immune system, right. Doctor Thomas Loti said it so famously in my documentary about cancer. He said, there is a cure for cancer.

It's called the immune system. And when you really look at that data and when you really, you know, talk with the experts on cancer, what you're continuously going to hear is if you have a fully functioning immune system, you're not going to have a cancer diagnosis.

I think you can extend that to say also, for something like Covid or a viral infection, you have a fully functioning immune system. You know, you don't have to worry so much about getting infected because your body's going to do what it's designed to do.

Now we need to do the things to support the body, right? We need to do the things to keep the immune system strong and to help the body to flush out, you know, the toxins and help the immune system to react and do what it's supposed to do.

So maybe you can share for a moment some of those things. What are some things that people can do to keep their body strong and healthy, so they don't have to fear something like a viral infection on one hand, right?

Infection meaning from outside in, or even how that relates to cancer and how the fear we can reduce our fear of cancer and help our bodies to do what it's designed to do, which is heal and remove cancer cells, which that's the other hand, right?

Which is the body's making cancer because of all of these, pollutants and toxins and carcinogens and other things that cause cancer. Yeah, it's a great question.

And I could, you know, probably speak for another two hours. Right. And how how we can support our individual health. And I think, you know, where I'll start.

And I'm sure you've educated your community a lot on this topic is where do again when we think about detoxification and supporting our organs of elimination and all of that that I can get into the always the step one is to avoid exposure where you can.

Right? So unfortunately, in the reality that we're in on Mother Earth today, we're going to be exposed to many things that we don't have control over.

But what can we control? And what can we limit and reduce our exposure as we're trying to empty your bucket, if

you will?

Supporting Detox and the Lymphatic System

And so, you know, of course, you know, clean food, clean air, clean water, within your home environment, where you live, I think that's a really empowering place to start is like, how can you create a healing sanctuary?

And where we start with, of course, all of those things. Unfortunately, I've seen a lot of patients whose lives, and their health have been destroyed by mold exposure.

And so, making sure that you're not in a moldy home, there's a great lab for my geometrics that I like to use, called the Ermey test. The dust test that you can send in, doctor Neil Nathan is an expert in this topic, and he has a great book called toxic.

So if you want to look at that, you can dive deeper. But again, remember, when you're exposed to mold, you inhale mold spores and those mold spores produce mycotoxins in your body.

And mycotoxins are very carcinogenic as well as neurotoxic. They can affect your liver, your kidneys and so forth. Your bone marrow so, if you really want to lead a life of preventing cancer and just making sure that you don't have a current and old exposure, or if you've had a past mold exposure, we can actually it's gotten less expensive to look at mycotoxins in the urine.

And there's two great labs, great play labs and real time labs. And they both pick up different mycotoxins a little bit more specifically. So if you were really wanting to get a full picture, you do both.

And then you could, you know, evaluate. So that would be, you know, a place to start. Also, we are in Organigram, the experiment of how, electro smog is affecting us.

So again, within your home environment, if you insist on using Wi-Fi, which I understand, just turning off the Wi-Fi router at night, could be very important.

We want to also really focus on your sleeping location. This is the time for your body to heal, repair for your lymphatic system to work, for your body to regenerate.

All of these things. And so we want you to be in a safe sleeping location. So that has to do with not having anything plugged in in your bedroom. You know, again, turning the Wi-Fi off.

Try not to fall asleep with your phone on your face, knowing if there is a cellphone tower or a 5G tower or smart meter. Close in proximity. The thing with electro smog, it can feel very overwhelming.

But distance is our friend. So if we know where things are, we can strategize. And also, there's more and more shielding technologies and harming harmonizing technologies that, serve a purpose.

And so, that would be as far as avoiding exposure. And of course, you know, there's, you know, lots more things to do within personal care products and cleaning products and, you know, water and all of that, but I'm sure that's covered.

And so then when I think about, you know, the next layer, when we think about having a healthy terrain, I love, educating people on how do we just really kind of chip away at this toxic burden that we are, you know, again, all of us are going to deal with differently in our bodies.

So some of us are going to be more resilient than others based on a lot of different factors. But, you know, none of us are really immune to it. But, again, people will deal with this differently.

So when we think about our organs, that elimination, that's it, include our liver and, you know, bile excretion

through the gallbladder. Obviously those, toxicants that get, eliminated through bile, get eliminated through the stool.

So having healthy bowel movements, your kidneys, and having, clean water, electrolytes. So you hold on to your water, your kidneys filter a lot of toxicity out through the urine.

So supporting the kidneys, the lungs are really important. Of course. We've been very aware of the lungs, you know, with Covid. And so, you know, not only, focusing on breathing exercises or, just being mindful of, you know, the health of your lungs.

And the lungs are of a, a rapid excretion to. So we remove metabolic waste, from our lungs and again, the lungs when we connect our breath. And it also helps our nervous system and helps for a lymphatic system.

And so we think about the lungs and then the skin. So sweating is a really great way to reduce toxicity over time. Home samples are getting more and more affordable.

And we know through studies in Europe and Finland that really to prevent cognitive decline, to support cardiovascular disease. And I think all of that goes and hand in hand with cancer as well, that we, you know, the more people sweat, you know, the healthier they are.

And so those are, you know, really the main organs of elimination. And then I always bring into the, the lymphatic system. So the lymphatic system kind of gets a bad rap when you start talking about cancer.

But it's really, really one of the most important systems in the body. And I think this one, it's your best friend. If you have cancer, I mean, it should be really and totally.

And it's the most overlooked system, I think. And I think when we realize how the, lymphatic system is tied to our circulatory system, and then we realize that the lymphatic system drains our extracellular matrix.

So all of that fluid in the tissue space, where that's where a lot of the action happens in the body. That's where toxicants kind of hang on to collagen and protease glycans.

And that's where the immune system can get up regulated if they're viruses or stealth pathogens. And you know, mast cells can get irritated and release histamine.

And so keeping that, fluid draining, through the lymphatic system, it can be a really key part of keeping our terrain healthy. And so the lymphatic system, is a basically a body wide network.

But it has unlike the circulatory system, we really have to rely on, strategies to move in on back to the heart so that it can, return to the circulatory system.

And so we do things like movement and rebounding and vibration plates and quasars and, you know, I, I do a lot of lymphatic drainage at my office, and we have specialized equipment, but there's a lot of things that you can do at home and different topical, some herbs.

And so the lymphatic system, even if you just check one thing because I'm sure I just gave you too many, one thing to really hone in on, to really, support your health.

It would be focusing our lymphatic therapies and strategies to do on a regular basis. So what would you say are your top three favorite lymphatic strategies?

Yeah, it's a deep question. So I, you know, just what I think clinically. So I'll just tell you in my office first, and then I'll tell you what's probably more doable at home.

So I have, some skilled massage therapists that work on, lymphatic drainage. And one of the things that we've

learned, which I think is the missing piece in a lot of lymphatic drainage massages, is that there can be a buildup of lymphatic fluid in the abdomen.

So it's not we have a whole land system within the intestines, but then we can have a buildup of fluid behind the intestines. And so when people, have a chronically congested lymphatic system, it's all interconnected.

So if you have stagnation of one area, it can affect the whole network. So my, my therapist actually work on the abdomen first. And so I'm working on the abdomen first.

Helps to drain, the rest of the body. I also have a friend, Kelly Kennedy, who introduced to me to a woman. Doesn't respond to created a, piece of equipment called the flow press. So.

And this is a wonderful if you're a practitioner out there, this is one of the most awesome things that I've gotten in a long time. And it's compression, but it also has infrared, which helps to not only have a gentle heating in the body, but infrared also increases exclusion zone of the water, which actually creates movement.

So, my friend Doctor Pollock, who talks a lot about exclusions in water, this fourth piece of water, I think this is one of the other big pieces of health.

I think the more discussions on water we have inside the cells and within the fluids in the body that we, have more, flow in the body. So the infrared is a piece and then, it's also pemf so pulsed electromagnetic, fields.

So that helps to increase cellular voltage. And so people get into this really deep parasympathetic state and then have their, lymph move. And so those are strategies I use in the office and then at home, you know, to help with that abdominal fluid buildup.

Naturopaths have used castor oil packs for years. And, you know, there's all sorts of reasons why they work. But I think a big reason is that wherever you apply castor oil, you get the lymph moving.

So traditionally I wouldn't put it on the liver, which is great, but put it on the liver and also the abdomen and don't make it complicated. Just put Castrol Castor oil on your body and fall asleep.

Or you could put a, a basically a hot water bottle to enhance, penetration of the castor oil, but it will absorb over time. It's just sticky in the meantime.

So that's a great strategy. There's different topicals. We have a friend, Doctor Ruggiero, who created a cream for us called the flow cream. And it has a probiotic, that makes a peptide called macrophage activating factor.

And so wherever you apply it, you actually, because we know that things that get through the skin get into the interstitium into a lens, and that's where, again, a lot of those top pathogens and toxicants can be.

So we focus really putting that cream on the next to the lymphatic system. So to have a healthy brain, so I love that. And then there's just a lot of different, you know, herbs, you know, there's traditional herbs.

We've made other topical products. But again, just having this awareness of the lymph is the first step. And then I mentioned hydration. And hydration is important, because, you know, our lymphatic system, the more hydrated you are, and with the right type of water, with the right minerals and the electrolytes, the more, you can move your lymph.

Yeah. A lot of great things. I mean, both clinical and then at home. You mentioned early on, you know, rebounding. I just want to bring that up. You know, we have a little, little rebounder trampoline in the living room.

I have my kids jump on it every morning. I put it there next to it. You know, I grew up as a kid. And in most people I think today grew up and heard, don't jump on the couch, don't run, don't climb, don't do this, don't do that.

I'm the opposite. I'm like, yeah, a parent that's like, just jump on the couch, please. I watch my kids and it's, you know, I try to get them into the we have a home gym.

And so I get them in the home gym once in a while, make it fun for them, but they're not going to come in their workout with me six days a week. Right?

So like we put a little rebounder in the living room and I start every morning on that jumping. I'll do, you know, 50 to 100 jumping jacks. Right on the rebounder.

Fantastic way to move the limb first thing in the morning. And then my kids run around, they jump on it, they'll jump on that, do front flips onto the couch and they'll jump from the couch.

The other couch, it's like, that would probably make some parents cringe, but I know the value of it, you know, for long term health. So I encourage them to do it.

But for those tuning in, I mean, you know, getting a rebounder, it's super easy and light on the joints. You can just, you know, just moving like this.

This is a Chiron movement, actually practice qigong. And you just you move the body, you start moving the lymphatic system to help your body detox so much, so much more effectively.

Love that. I'm going to have to think about that for my I love it, love it. Yeah. So in terms of you have a report on your website called The Four Hidden Factors Keeping you sick.

Four Hidden Factors Behind Illness

Right. And maybe you can share just briefly. I know people can go to your website, download it to get more specifics, but can you share briefly what does four factors are and how they relate to people dealing with cancer today?

And, and what we need to know about them. Yeah, absolutely. And so again, there's so many, you know, things to focus on. But I felt like this was a good, hidden factors because a lot of patients who come to see me, these are, you know, things that we investigate that might have been overlooked.

And so one of them is the role of aluminum, in our physiology. And so we are overexposed to, unfortunately, a heavy metal, called aluminum. Aluminum is both neurotoxic and it's also carcinogenic.

And it can inflame our blood vessels. It can create a lot of cognitive issues, because there can be a buildup of aluminum in our brains that can lead to neurodegenerative.

And a professor out of England has studied the brains of children with autism, as well as, the brains of, people who've passed of dementia and have found, a statistically significant amount of aluminum in the human brain.

And so, that is something that is really important to be aware of and avoid exposure as much as we can. Again, clean air, clean personal care products, investigate with your medications, have aluminum in them, and aluminum gets, eliminated in the body through silicone.

So, one study has shown that if you drink, mineral water high in silica, that increases urinary excretion of aluminum. And so aluminum can be, again, we're highly exposed and we can, you know, again, more exposure and then, of course, live a lifestyle to help eliminate it.

If you want to go deeper in the not just do silica water, the ionic footbath actually works. And so that can be a really great tool to just help support the lymphatics, help to also excrete, more through the kidneys.

After the treatment, heavy metals such as aluminum. And so we use that as well. Malic acid can also be another

tool to excrete aluminum. What about what about diatomaceous earth?

I know it's really high in silica. Yeah, you know that. I don't use it as much. But it can. Any silica compound. We use the, like, powders, that are, aluminum silicate.

But the aluminum stays down because there's so much silica, and then it can bind other aluminum more in the digestive tract. So diatomaceous earth can do something similar.

And again, with both of those products, just finding a clean source, that's been consciously made with knowing that, so, so yeah, aluminum is a big one.

I talk a lot too, about interference fields. So I have been trained in something called biological medicine or by regulatory medicine that really came out of Europe, in Germany.

And again, the premise of that is to look at how does the body self-regulate, inhale and what is and what is in the way. If someone has a pathology, there are obstacles, right?

And some of those obstacles can be in the category of interference fields. And so interference fields can be what we call focal infections. So these reservoir of microbes that the immune system cannot see, but that chronically poison the circulatory system, the lymphatic system and can stress of course, the immune system.

And so, focal infections can be things like the tonsils. Can also be, dental infections. So root canals can be a source of, hidden, infection in the body, root canals or dead teeth that, the nerve is taken up and then it's stuffed with non biocompatible material.

And then that can be a reservoir for different bacteria. Not only bacteria but also viruses. Also parasitic infections are yeast. There's a lab called DNA connections that you can even floss around your root canal.

And send it into the lab, and they'll tell you, the pathogens that they're detecting that are not part of the normal oral microbiome. So interference fields can be vocal infections can also be, things like scars on the body.

Scars can affect our lymphatics or fascia. They can affect our, autonomic nervous system. And then they can hold emotional trauma. So we do a technique called neuro therapy.

There's also, the role of electro smog, which I had already, again, I want people to feel empowered because it can feel really overwhelming very quickly.

I have a, friend, Doctor Beverly Rubik, who studied electro smog and the impacts of the on the human body. And she reminded me when I did an interview, like, one of the most empowering things you can do around electro smog is, you know, safe cell phone hygiene.

Right? So that's going to be probably the, you know, most, you know, highest source that you encounter on a daily basis. And if you're having a, you know, near your head or on your body that can affect us, you know, over time and then, you know, what do we do that.

Sorry to interrupt. I just want to let her know because we don't have time. In this interview, I have an entire interview with Lloyd Buro about the science of cancer and cell phones and Emfs and 5G.

It's a really empowering interview. It's part of this series. It's in, the episode about, 5G and Emfs and all of that. And I do encourage people to go watch that whole episode, you know, after this, because there's a lot of science actually, that I didn't even know about with, you know, I knew some of it, but specifically with cell phones, with emfs, with radiation and the science linking it to cancer and then what we can actually do about it.

Empowering steps. You're sharing a few here. I think we share a dozen or more things you can do every single day in that episode, too. So I'm glad you brought it up because it's an important thing.

Sometimes we we overlook. Yeah. And I'm so glad Lloyd is a friend. And he's really, you know, he's gone through his own journey and, you know, again, there's so much more science than we realize.

And when we think about things that are going to affect our epigenetic expression and our protein, transcription and how it can affect our DNA, there's so many studies to show, you know, EMF can be there also create free radical stress.

And I'm really big into melatonin as well. So thinking about, you know, kind of it's part of the hidden factors and the role of melatonin, in our healing.

And I think, we live in this really melatonin deficient time. So melatonin is produced by our pineal gland. Our pineal gland, helps with our circadian rhythm.

Our pineal gland is unfortunately really vulnerable because of its blood supply to toxicants. So, through friends of mine, they have taught me that the pineal gland can be, affected by fluoride, aluminum, glyphosate, electro smog.

And again, even if you do everything right and live in your bubble, unfortunately there's sun exposure. And so circadian rhythm again, is regulated by light and the pineal gland.

And melatonin helps to put our brains to sleep. But it also assists the lymphatic system and clearing toxicants out of the brain. And then melatonin is often used to and cancer therapy.

Right. So our melatonin and higher doses have been shown to really it's a very high antioxidant, that has been shown to be protective in part of cancer protocols as well.

And then again, from the neurological, neurological standpoint, it can clear, toxicants and pathogens out of the brain. And that's why, you know, we we're big fans of melatonin.

And of course, it's not only, avoiding those toxicants that affect the pineal gland and avoiding electro smog, but also light. So light can be a huge trigger, to, you know, appropriate production of melatonin.

And unfortunately, we're all over exposed to the wrong light at the wrong time. And so we can our pineal gland can get confused because at night, if you're in front of your devices and you're, you know, overexposed by blue light, you know, then your, your pineal gland doesn't get that, communication.

It's so true. So important. You know, there's a lot of things you can do there. I did a great interview with Misty Williams all about, you know, the top sleep hacks.

Right? But what you're saying is so critical, it's, you know, some a few things to take away here in terms of, you know, activating more melatonin naturally.

One is, you know, we've got to try to go to sleep with the sun. Now, that's not very realistic in our modern day, but we changed all of our light bulbs in our house for blue light blocking bulbs.

Okay. So at least where we're not getting the blue light at night, we turn off the devices around 9:00. Ideally, you'd want to do it earlier, you know, that's around.

We are nine, 930, in bed, usually around 10:00, and then everything blacked out. No lights in the rooms, blackout curtains, blackout, everything. Because you want, you know, you want all that light to be gone.

So as you're saying, your body is producing more melatonin. It's down regulating the cortisol, right? It's telling your body's time to sleep, to heal, to rejuvenate.

You get into deep sleep, you enter autophagy. You get to the point where your body's actually healing. Now, it's key. Right? But we're so bombarded by so much fake light that the brain's so confused, and we're producing

melatonin, cortisol, melatonin, cortisol.

It's like it doesn't know what to do. And you're not. We're not healing, you know? So I'm glad you brought that up. It's super important. So that was three hidden factors.

That was the fourth. That was the fourth. That was the fourth. Yeah. Yeah. No I'm like I'm checking them on my head.

Light, Energy, and Photodynamic Therapy

Interference fields are also kind of like a big bucket when we do break that out with the scars and then also the dental infections. So yeah those are those are really important right?

I mean we are energy beings. We are energy bodies. Right. And we go into more we have an entire episode on like the mind body connection and energetics.

And you know, I've been involved in, you know, energy medicine, if you will, for a long time. I mean, I was just speaking at energy medicine conferences in San Diego years ago, I don't know, ten years ago maybe, because we're all energy.

And so, you know, you're talking about scars, but you mentioned emotional, emotional trauma, emotions. It's a form of energy. And we know, you know, have great interviews, as part of this series and many I've done over the years where once somebody heals that emotional trauma, which emotion is not something you can necessarily physically, you know, touch its energy, but that heals.

And all of a sudden their disease goes away. It's amazing. Right? So it's like we have to look at every part of being human, from physical to emotional to energy to, you know, and that's why the holistic or the integrative approach is, is so critical, right?

Because we can't just look at one drug or one therapy or one, you know, just exercise or just take this herb. It's like, we've got to look at the entire human being, mind, emotions.

Body, environment, relationships, all of it. Right. I think, I'm so glad you said that. And there's a deep interest in mine as well. And I think this is also where not only this innovative approach, but the future of medicine.

I think, really, lies in the realm of understanding and acknowledging that that we're no more than our biochemistry, that we are biophysical in nature.

And we have you know, an electromagnetic field of our heart. We have, you know, brainwaves that can be picked up, you know, through EEGs. And we have a bio field, and that is measurable.

And the more that we acknowledge that and understand also, when we are sick, our light emissions in our body are, non coherent and we, the lack that is a breakdown in communication.

And so one of the therapies I'm most excited about in the realm of oncology is around photodynamic therapy. And that is the application of different wavelengths of laser light applied with a photosensitive.

And so this is always something that boggles my mind. And I'm, you know, always diving deeper. But and by the way, Doctor Webber out of Germany, he has equipment that he's taught, this information to us.

And so and he, he sells this equipment, but it's a combination of a photosensitive. So those are natural agents or, you know, synthetic agents that are either ingested orally or given intravenously.

And inflamed cells and cancer cells naturally take up these photos and so tasers and more quantities, and then that makes them more vulnerable to light application.

So then they go through apoptosis or they have an oxidative burst to treat a pathogen. And so I think really and Doctor Weber treats a lot of oncology cases and has these like beyond miracle, you know, success stories.

But how we, you know, can really integrate and this understanding again, of how we are wired to, receive light and more wired to communicate with light.

Closing Thoughts and Resources

And I think we just miss a huge toolkit of we under knowledge that. Yeah, I'm glad you I'm glad you mentioned that. You know, there's so much that can be done.

And I think that's the key is one is recognizing, you know, if we really approach this to an integrative approach with the mindset of, look, I'm going to learn and do everything I possibly can from whatever is available that's effective, low or nontoxic that can help me heal and live longer and healthier and happier.

Then that's that's the that's the approach that I want. Right? And if so, we approach it that way and as people go through this series, I want to encourage you to just, you know, keep educating yourself, learn as much as you possibly can, because the more you learn about what's available and what's possible, the more empowered you are to actually make better decisions for your health, right?

If you don't know what's possible from either, you know, world from from conventional and that naturopathic, you don't know what what your options are.

Well, then you're not, you know, moving forward for your health, for with the greatest potential for your healing. So, you know, I just want to say thank you so much, Doctor Schaffner, for the great work you do for being here and sharing such great wisdom.

I want to encourage people to go to your website. Doctor Christine schaffner.com. You can download her free report there. You can connect with her and her team.

You can even go visit her clinic. Can people come to your clinic in person? Can I consult with you online? Yeah, we do both. So we're in Seattle, Washington.

And then we also do telemedicine. So it's imminence health that you can find that doctor Christine shop icon. So we do all of these things that I just mentioned.

Fantastic. Well thank you so much I really appreciate it. Thank you so much, Nathan. And I want to thank everyone for tuning in to the Conquering Cancer Summit.

Please share this with friends and family. Together, we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you and I wish you ultimate health and happiness.

Be well.