Heal Cancer With Natural And Integrative Therapies Transcript

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Introduction to Integrative Cancer Care

Welcome back to the Conquering Chronic Inflammation Summit. I'm your host, Dr. David Jockers. And today, I had the honor of interviewing Dr. Michael Karlfeldt And we're talking all about preventing and healing cancer with natural and integrative therapies.

And Dr. Karlfeldt, he has devoted his career to practicing and promoting natural health. He's a board certified naturopath, and he provides personalized naturopathic health care at his busy multi-discipline integrative medicine center.

The Karlfeldt Center in Boise, Idaho. He treats the root causes of diseases and strengthens the body's ability to heal, and he has practice and practice medicine for over 30 years and is one of the leading experts in treating cancer as well as other chronic inflammatory conditions like Lyme disease.

And he is just really passionate about this. You guys can check out his website thekarlfeldtcenter.com. And again we're going deep on how to prevent and heal cancer with natural and integrative therapies.

So without further ado, let's go into the. Oh Dr. Karlfeldt, always great to connect with you. And I know you're just a wealth of information, particularly when it comes to, you know, a lot of these unfortunately, you know, all too common chronic inflammatory type conditions.

You know, you've got a great podcast on Lyme disease. You've treated many different individuals on that as well as things like cancer. And so we really want to dive deep on natural and integrative, treatments for cancer.

But let's start with what is cancer? And really helping our audience understand cancer on a deeper level. Yeah, people a lot of times say the mistake, the notion that, you know, think of a cancer is just a tumor in itself that they're seeing.

So they they become very tumor focused. All the therapies, you know, is, is geared toward and, you know, cut that out, radiate it, you know, nuke it, you know, instead of recognizing that cancer in itself is a is a process.

It's a process that takes place on a cellular level. So you need to address it on a cellular level.

Understanding Cancer as a Cellular Process

And so there are a lot of things that happens prior to the body getting to the point where where cancer develops. And so we have a great amount of opportunity to address it way before it even gets to that point.

And that's why it becomes really important to look at it from a from a system point of view, you know, because everything is interrelated. You know, every cell, every cancer cell exists in a terrain, exists within a system.

And we need to kind of look at it as that. So you go looking at it on a cellular level, you know, cancer becomes when the the cell in itself cannot function in its normal metabolic pattern anymore.

It's not supported nutritionally the way it needs to be supported. it is in an environment that it's not conducive for, for healthy operational function.

So it's kind of like, you know, what kind of neighborhood did I grow in and grow up and did I grow up? And one that really nourished me and allowed me to become an individual that can really flourish in life?

Or did I grew up in it in a environment where, you know, all of a sudden, you know, I really didn't have a lot of

opportunities. I ended up, you know, turning to crime and became a criminal, you know?

So it's kind of the same with cancer cells is that you got to look at the environment that it's in. And because of of a environment that is not beneficial, the there are some metabolic changes that takes place within the cell that shifted from normal way of producing energy, because it doesn't have the resource to do it anymore.

Add to that more of a fermentation type of process, which is more kind of a primal way of of producing energy. It's more kind of an older genetic, programing that we have.

So a lot of people look on it as kind of a survival mechanism in a way, when they mitochondria is not able to function, we're not able to produce the energy the way that we need to do.

Yeah. For sure. And so basically it's an adaptive physiological state that the cell is is undergoing. And you know, with the there's kind of I think two ways of looking at it, there is the cell danger response where the cells adapting to because it's, you know, it feels like it's under threat.

And so the mitochondria become hypo metabolic and pro oxidative and then it gets stuck there. Right. And then there's kind of the idea of okay, like it's the mitochondria.

It's just been pounded by oxidative stress becomes damaged and senescent and aged. And now, you know, we need to get rid of it, but we're not able to because, you know, certain certain things, certain genetic factors have been broken down.

We don't have the environment to get rid of these senescent mitochondria. And so now, you know, we're just stuck in that fermentation state. Which of those sides would you say, you know, based on, on your research, do you lean more towards a cell danger response or kind of like the heavy oxidative stress side, or can do they work together.

Yeah, they they do work together. I mean, so I obviously when you have a lot of oxidative stress, then what what happens when you talk about the cell danger response?

We have then actually kind of mitochondrial byproducts that exits out of the cells and enters outside of the cell. And then the immune system responds to that and triggers a lot of kind of inflammatory processes in, in and, you know, in response to that.

And so and we know cancer in itself is always, yeah, there's no cancer that exist without inflammation prior to being there. So that type of inflammation, that kind of stress, you know, will then put stress onto that tissue.

That in itself would then lead into that. The mitochondria will will, you know, dysfunction even more.

Root Causes and Risk Factors

In order to be able for the cell to survive, it needs to shift how it operates, you know, so it and and both of them are true, but just in different places in the process.

And in regards to the senescent cells, you know, senescent cells say also known as zombie cells. Cells, you know, they are cells that are not fully the body hasn't the ability to really kind of break them down and clear them appropriately.

So then you have buildup of of junk and toxic, you know, inflammatory, you know, stuff there. It's kind of like a neighborhood where you you'd never kind of clean, you know, because you've got all this junk that just builds up old chairs, you know, old, you know, furniture, you know, old, old stuff.

People just cannot throw out. You got rats running around. And it's the same thing with senescent cells. Yeah. It creates a very inflammatory environment.

So both of them promote the same type of process which and ultimately can then lead to cancer. So yeah, I like like a lot of work that you do in regard to the fasting to help them then clear out, you know, a lot of that junk, you know, to put the body in a place where it now needs to look for, resources over and above what we usually feed it, you know, so then it needs to start to look and say, hey, I got this chair that I can use and let's kind of break it down into pieces and then I can make this a healthy chair or a healthy.

So we get, you know, bad cellular material. And now we can break down and create healthy cellular material, which happens then during that kind of fasting process.

But at the end of the day, what what it all brings, you know, boils down to is that we we need to make sure that we create an environment that is healthy for the cells.

And the way we do that is that we promote, you know, our detox pathways, we promote how we clear out old junk in the system. and then we need to support nutritionally what those cells need in order to be able to, yeah, have a healthy mitochondrial activity or health and metabolic activity.

in order to be able to, you know, because we need energy to detoxify what's in the cells, we need energy to be able to repair what's in the cells. And if we don't do that, then environment in there is not good.

And then it's likely to turn into cancer. Yeah. It's great explanation. What are some of the root cause factors that are underlying the development of cancer for for different individuals.

Yeah. So so cancer is kind of like the the accumulation of a bucket effect, you know. So a lot of people they, they come and say well what what caused my cancer usually it is an accumulation of a number of different things, you know.

So you can't just look at ad one thing and say that this caused my cancer because the body is, is amazing. I mean, it is truly, truly an amazing piece of machinery.

I mean, here we have 30 some trillion cells. Each cell, you know, that's about 100 million or does about a million different actions within every second.

So we get 30 million times, you know, 30 trillion times a million actions every second. So obviously there's a lot of intelligence that taking place within that.

So with that intelligence, it's able to compensate for a lot of stressors that we put it through without us knowing, without us having as symptoms, you know, without us feeling good and having energy.

So and it is important to understand that, you know, just because we feel good and have good energy, we don't have any pain doesn't mean that the body is not dealing with things that are, you know, moving you closer to cancer.

So it is always good to kind of assess, to see where the body's at, you know, doing labs, you know, and over and above just normal CBC and CMP. But it is the things that we look at are things like, what is my emotional stress?

You know, what, what am I, what am I dealing with there? we look at what is my toxic load, you know, heavy metals, chemicals. What am I exposed to? What is my work life?

What does that entail? What I clean, what do I clean with at home? Yeah. What do I put into my mouth? You know, do I eat organic, non-organic? You know, with dental health, you know, do I have root canals that I have hidden infections?

what what kind of exposures to pathogens am I dealing with? A lot of people are not aware of things like mold, you know. Do I have mold in my house? And and I have I don't know how many patients that I have coming to me.

You know, I've been diagnosed with cancer, and we're run a panel on them and we see, well, there's a lot of stack adopters showing up and they say, well, I just moved in to I mean, it's a new house.

And, and and then they run a, you know, check and see what's going on in the house. And they lo and behold, they find mold. Yeah. So, and we have things like different viruses, we got parasites.

We get I mean, so there's all these different factors that you get to look at, what's what fills the bucket and then what makes it spill over and then start to address that and kind of bring that toxic load down.

And then also see, nutritionally, you know, what am I eating that is that can promote this cancer, you know, am I eating a lot of sugar, refined flour.

You know, I have bad fatty, you know, fatty acids, you know, hydrogenated fats. Or am I loading myself with nutrition, a dense food that really support, you know, a healthy, strong integrity, you know, in our body.

So these are things that you get evaluate when you are then looking at cancer. And it's good obviously to evaluate this prior to the diagnosis. So each one of us should take this step now to do that.

Because it's always easier to deal with cancer before you have it than before you were diagnosed. Yeah. So important. You know, they say, what is it? you know, a pound of prevention is where I can't remember the statement, but.

I also prevention is a pound of. Yeah, yeah. Worth a pound of cure. Right. Exactly. Yep. So so critical.

Daily Prevention and Lifestyle Foundations

And so, I want to get into obviously the natural and integrative therapies that you're using. But first let's go over some of the key preventative strategies, things that you recommend for people do to do on a daily basis to help basically keep their body healthy and keep them cancer free.

And it is there's a lot of biohacking tools out there that that they can use. And we're learning more and more about what we can do. But essentially what it is, is to create a lifestyle, you know, and you don't have to be militant.

You don't have. You just kind of build good, healthy routines. You know, that is part of of who you are. And at the end of the day, what it all boils down to is, is to have joy in your life.

You know, you want to make sure that you live a happy and fulfilled life. And and that translates and into your programing of your immune system, your programing of your cellular functions.

Because you know how you feel and how you experience the life. that is how your tissue will experience life. And that's how your immune system will experience life.

I mean, because they see all these different receptor sites all in like the white blood cells with your little neuro transmitters, you know, that's secreted a little chemicals in the brain.

They land in those, you know, on those white blood cells. And if you're if you're angry all the time, you're going to make your immune system angry. And what does a angry immune system look like?

You know, it's going to create inflammation that's going to attack tissue. It's going to cause autoimmune. And so so it's important then to kind of first, what can I do to bring joy into my life?

And it it's not just as kind of artificial joy where I'm just kind of happy all the time. but you really need to kind of dig through and see what, what are some of the unresolved traumas that are there?

What are some of the, relationships that that is not beneficial? And how can I change that? So every day, then

make sure that you focus on bringing joy somehow into your life.

watch something funny, you know, and enjoy humor. Yeah. You have, you know, Norman cousin. Yeah. And his book. Yeah. He cured himself from a a very serious disease, you know, a deadly disease.

Just watching funny movies. And so, you know, bringing that into your life and making sure that that's part of your life, you know, also just simple breathing exercises.

You know, we we want to make sure that we stay in a and the parasympathetic mode, you know, we have the sympathetic we have the parasympathetic sympathetic.

It's important. Yeah. We need to be able to attack pathogens. We need to be able to go do action and get things done. But we also need to be able once we've been, you know, when once we've been chased, you know, by that tiger.

Yeah. Which is know the kind of the stress response when we're out in the car driving or whatever it may be. You know, that is kind of our stress response, that sympathetic mode we need to be able to shift on into that parasympathetic state where we're able to detoxify, regenerate, heal, and, and digest, you know, for nourishment and the best way to do that is, you know, simple things like, you know, you have where you can promote and vagal response, your base of vagal system, you know, which is that kind of long wandering nerve.

Yeah. You can just hum a little bit, you know, breathing, deep breathing, meditating, know diaphragm, using the diaphragm, really making sure that your expand being, you know, holding, doing kind of box breathing.

so there are different strategies, you know, using your breath, becomes really, really important. And, and you can just do that like five minutes a day.

You also have the grounding aspect, you know, touch Earth, you know, be outside barefoot and, just walk a little bit on Earth and sunshine, you know, just that it's so undervalued.

You know, we sit in a in a box at the office all day long and, and just going to stare at a computer screen. So we lose that connection with nature. You know, we part of nature and it's important that we feel that connection.

You know, we we see trees, we hear the wind. We feel the wind against our skin. Yeah. We we feel sun against our skin, that all those nerve sensations that we have along our skin, it can send signals to our whole body.

So that becomes a key component to do. And then looking obviously, you know, do an evaluation, you know, what are the chemicals I'm exposed to. You know, look at your home, you know, look at what you put on yourself and also what you put in yourself, you know, so diet becomes important.

And then also what you are using around yourself becomes really important. And that sleep, you know, so these are and that's a thing with cancer. It's just these foundational things that become so important.

You know look at your sleep. What is your sleep environment look like. You know, do you do you unplug. Do you where's your cell phone. Is it on. Is your Wi-Fi on?

Yeah. What what is plugged in around your head. Yeah. What what kind of sound? What kind of light? You know, we do better. We. Our bodies do better when it's completely dark.

When it's completely quiet. Yeah, because that's when our immune system and our, our detoxification system is able to do what it needs to do at night to really kind of repair the body.

If we do all these things, yeah, we are going to be so much better off than, you know, if, if we, you know, if we don't do them. And as I said, the body is amazing.

It's able to compensate for a lot. So even if you miss one thing here, miss one thing there, it usually can cover up a lot. But the the the more you do.

Yeah, that is within reasonable lifetime space. So to say, you know like I said, you know, you shouldn't stress about it because the stress in itself will then produce, you know, produce the inflammation. So yeah.

Yeah. So doing those things is going to significantly reduce your risk. Right. Which is, which is key. but you know, the obviously there are people that are doing what they can to live a healthy lifestyle, still get cancer because they're exposed to different things that they're just not aware of.

and so many people obviously come to you. And when they come in with with cancer, how are you evaluating them, lab tests, things like that. And then what kinds of natural and integrative therapies are utilizing.

Yeah. So and you're absolutely right. and I have I have holistic doctors that come. I have, yoga teachers that, you know, an organic all their life and they, they meditate and they and do all the right things and still they, they end up with cancer.

So it doesn't mean because you do all these things that you are, I should say. You're not cancer proof, right? You're not cancer proof. But it does lower your risk.

Exactly. And and this it's it's exactly the same. You know, you're driving when you drive a car, you put seatbelt on and and just because you have a seatbelt on doesn't mean that you're not going to get hurt if you're in a car accident.

But it it sure for sure increases your risk of survival and doing better. And to same with all these practices, you know, it increases your ability to deal with things.

You know, when things happen much better. So if you then have that foundation of doing these, you know, foundational things like we talked about and you come to me, it is a whole lot less unraveling that we have to do.

then if you haven't done any of them, you know, so, so when an individual comes to me, you know, first, it's really, really important then to, kind of understand, you know, where the individual coming from, what kind of exposures have they had?

So there's a lot of discussion that takes place in regards to that. and that gives me clues as to where do I need to let go and look a little bit further.

a lot of people may have done really well with supplements, but they haven't done really well with, we're looking at their emotional their, their, you know, the traumas.

So then we kind of then we focus on the things that have not really been focused on a lot and see if there's any kind of gold there to understand. You know, because cancer doesn't happen in a, in a vacuum.

There's a there's a reason for cancer taking place.

Evaluating Cancer Patients and Testing

And so we want to understand that reason. We want to look at the root cause of why is it there. Because the body has ways to communicate. Saying, hey, I'm suffering.

I'm, you know, we need to do something. And cancer is just one of those communications, allowing us to learn a little bit more how we can do better for the individual so that we can then shift the body towards health.

And so, we then go through, you know, through a discussion, analyze and see you know, what is going on with the individual. And then we run then appropriate labs, you know, like, for instance, if you know a person's it's a

hairdresser, you know, obviously they're exposed to a lot of chemicals.

So they work on oil rig or they're a mechanic or, you know, they do welding or, you know, maybe it's an office work, you know, where they say, I'm not exposed to anything.

So then you want to look and you run tests to see what is a chemical, what is that heavy metal exposure and and see what's going on there. And then we do another test and look and see, what are some of the pathogens that may be there?

Yeah, maybe when they're a kid, they're a bit by a tick and they, you know, I get some Lyme disease that's kind of they maybe not symptomatic, but it suppresses immune system enough so that cancer can then kind of express itself.

Or maybe it's mold or cytomegalovirus, Epstein-Barr, you know, things that we may not be aware of. we may feel good, but it's there and it's impacting you on a cellular level.

So running those tests becomes really important. You also want to take a look and see, you know, what is my circulating tumor cell count. You know what.

Where am I at. And that will also determine as we are then make doing therapies. Yeah. Are we moving in the right direction. Wrong direction is the numbers getting less or not circulating tumor cells?

If the numbers is high that means that, you know, yes, we have the tumor in one location, but people don't die from that tumor. They die from when it goes into other location.

So the circulating tumor cells becomes really, really important to understand. And so we want to see yeah. How much is that kind of moving into other areas of the body.

And, and then obviously sad to say, you know, things like, you know, chemo radiation and surgery and things they, they tend to not do well with things like cancer stem cells, which are the ones that are kind of the driving components of our metastases.

So that's why integrative therapies like what we do. Yeah. and, you know, doctors like myself, do, you know, it becomes so important to kind of control that that aspect in addition to obviously, you know, shrinking tumors is, is is important as well.

so looking at circulating tumor cells becomes important. And then we also want to look at genetically. Yeah each one of us is different. Yeah. How do I detoxify genetically. Yeah.

What kind of nutrients do I need to support some of my genetic weaknesses. And this is different than looking at the the genetics within the tumor. Yeah.

The genetics within the tumor is important as, as well. But you also want to see the individual. Yeah. What are my weaknesses. Yeah. Do I do better with you know, do I process protein better than maybe carbs?

Do I need more fat? Yeah. and do you want to look at all these things? So I have I come snip you know, I have far. Yeah. Sue snip. You know what? What am I dealing with?

You know, what package should I come into life with? And so at looking at it genetically becomes really, really important. and then it's also if we have the ability to, then it's a little bit more money.

You can then take a blood tissue biopsy, and you can also check and see what are some of the kind of metabolic components from the cancer in itself. And then you can then match that with natural agents and also repurpose drugs, you know, to see what what are some of the things that would be the most effective for this individual's cancer?

to make it a little bit more personalized that way. So those are, those are some, some kind of generic ones. And then there are a lot of additional ones that can be done, depending on the, the individual.

And that's a, the beauty is that there, there's so many amazing, kind of functional tests that are there that can really help us only into the individual and what's going on with them.

Yeah. It's good very, very thorough review there. And what are what are some of the natural and integrative therapies that you guys are using in your clinic.

Yeah. So so in addition to obviously we want to kind of make sure that we have the lifestyle, we have that really kind of focused. And we have also kind of clean out the environment.

So we want to look at the terrain and and clean out. So let's say if you're dealing with heavy metals, you know, there's a lot of lead, you know, then you bring in things like, you know, different collection components.

if you are dealing with a lot of inflammation going on and you bring in, IBS, like curcumin was available. Yeah. Becomes really important. you also can look and see, you know, if, the, the tumor is sensitive to, like EGCg or resveratrol, then you can bring in those as, as different IBS.

you can also, for the metabolic component, how to shift, you know, so one thing that becomes really important is to kind of drive, you know, the metabolic aspect, you know, from the fermentation more to drive it through the mitochondria.

And there are different tools that we can use to do that. because within the mitochondria. And that's one thing that happens with cancer, how it then becomes, immortal is that within the mitochondria you have then the cell death switch.

And so by bypassing the might of Condra and just using fermentation to produce energy, the cancer also then becomes immortal in a way. So if we can then kind of push the metabolic activity through the mitochondria, then we are then able then to trigger that cell death switch that is supposed to take place, you know, to kind of shut that cell down.

And so we can use, DCA as a, as a is a beautiful di chloride acetate, as beautiful to kind of shut that, fermentation process down. And then we can use things like poly MVA to really promote energy production.

Then within, you know, within the mitochondria and then and the beauty with that is that if the cell is healthy enough, when we do that and it's repairable, then the cell within the tissue will then be repaired.

Yeah. If it isn't repairable and the mitochondria says, hey, we can't do anything, we're too far gone, let's flip the switch. Then. Then it will die. So so that becomes a really powerful strategy to incorporate as well.

And then we can do strategies. That's called fair up ptosis where we use and the ion within the cell and within the cancer cell, cancer cells that are very ion hungry.

Yeah. So, you know, taking a lot of ion supplements while you're dealing with cancer is usually not a good idea. because it's kind of like eating a lot of sugar.

You know, we know sugar feeds cancer.

Natural and Integrative Cancer Therapies

and ion, yeah, tends to feed cancer as well, but we can use that to our benefit, using things like vitamin C, high dose vitamin C, and also, and I've, you know, called artists innate.

And that helps to then, trigger oxidation of the ion that exists within the cancer cell. And the cancer cell doesn't

really have the enzymes to protect itself from that oxidation.

Normal cells do. So they become impervious to, you know, that kind of a strategy. But the cancer cells becomes really, really vulnerable in that area.

And then another really cool therapy that we, that we offer that is, is a little bit and that's a little bit newer as something called photodynamic. And that is utilizing so to sensitize surface that are that have a tendency to accumulate at a much higher about 50 to 1 in, in cancer tumor tissue.

And then what that does is that when you expose that to laser light and you can do that both intravenously and then also externally, you know, if you have a tumor that accessible like a breast tumor, you know, colorectal or prostate or, you know, then you can literally kind of inject that with photosensitive Sirs and then put leads, you know, and laser light leads into it to trigger that oxidation within those cancer cells.

And you can do that also systemically by then, having an optic needle that's insert and intravenous loops that the as the blood passes by it gets and treated by that photodynamic action.

You know, we have the motor sensitized or attaches itself to these kind of floating cancer cells. And then, you know, you blast that with a laser light and the photo sensitized or just really intensifies it, you know, within the, within the cancer cell.

And the beauty of that, not just kind of killing the cancer cell in itself, is that it also triggers like a vaccine effect, you know, because here you are blasting these cancer cells and then so you have little components that are then entering into the bloodstream that allows then the immune system to kind of check that out and then trigger an appropriate antibody response to it.

so, so these are some of the kind of cool therapies that we will offer. I mean, obviously there's a huge amount of more things that we do, but that's just kind of a like a, a little sample of, of some of the things that we do.

Yeah. So you guys obviously are using a lot of things, different IVs that you were talking about in different supplements, different advanced therapies like the photodynamic therapy, or are you guys doing hyperbaric oxygen?

hyperthermia. Anything along those lines? Yeah. So we do, we do a number of different oxygen therapies in a number of different hyperthermia therapies as well.

in addition to things like PMF. Yeah. Becomes really important as well. Yeah. We we know that that PMF in itself will then trigger, kind of disturbing destabilization of the cell wall membrane of, of the cancer cells.

So by kind of shaking it up, then it will then, yeah, it'll be much more easily attack able and much more vulnerable. we use things like soft wave, as well, you know, where we use some pulses to also create that instability?

we bring in frequency medicine as well. You know, we use a tool that I love called moniker, that uses AI in order to be able to kind of measure to see, you know, which dysfunctions that exist, that 750 points you out through your whole kind of meridian system.

And then feedback the complete opposite of what that dysfunctional frequency is to neutralize it. so that is kind of AI technology. That's frequency based.

And there, you know, amazing stories with with that one alone, how people have gotten out of, cancers that should have taken them out within a few few months.

And then all of a sudden they're here cancer free, still many, many years later. so, yeah, so those those are some additional therapies that we do. We also use, things like laser energetic detox, you know, where we use homeopathic frequencies, and done through muscle testing or autonomic response testing to kind of see along with

the tumor to see what are some of the pathogens or chemicals, or we can use homeopathic frequencies of different chemokines, to then help to kind of go after the body on a frequency based, component there, there also, specific targeted vaccines that we can create, you know, from the, the tumor in itself, use and, and liquid biopsy, the tumor biopsy and also, urine, and that's using then kind of correcting peptide signaling mechanisms in addition to, causing the immune system to target that, that that tumor more efficiently and that's, that's using, creating a vaccine specifically for that individual as well.

So, we also bring in, you know, kind of a low dose of, of immunotherapy that we bring along with the photodynamic just to kind of expose the cancer a little bit more, so that we can, activate the immune system, you know, even even more so there's a lot of layers that we can add one on top of each other to, really, because that's the thing with cancer is that cancer is a complex disorders, a complex disease.

if you just attack it in one, one direction, it finds way, you know, two other escape, paths. that is a challenge that we see a lot with chemo. Radiation surgery is that, you know, we attack it in one direction, and it looks like we have no evidence of disease.

But because the cancer is is systemic and it is chronic, it finds other escape mechanisms that it will then use, to then proliferate and exist. So it's an intelligent organism, that is very complex.

And so we we need to treat it with respect, and we need to then kind of go after it from a very comprehensive point of view, that doesn't mean that chemo or radiation surgery is not needed at times.

Yeah, it is just that I feel that if you use that as your only strategy, you are going to be fighting an uphill battle. Yeah. This is really the future of integrative oncology.

You're getting you're addressing root cause factors and toxicities, inflammation, a lot of those underlying root cause factors that created the environment for the cancer to grow.

Meanwhile you're also obviously attacking the cancer cells in some of those therapies that you're using or strengthening the normal cells around it, strengthening the whole environment while also killing cancer cells.

Whereas in your traditional oncology really only have three main tools that they're using, which is basically cut it out, poison it, or radiate it. and sometimes that can be effective, at least, you know, to get rid of the tumor.

but it's not precise. It's not like precision medicine. It's kind of more of a blanket, kind of this is what we're going to do. And it's the whole approach is let's get rid of the cancer.

The cancer is the problem, not the environment. That was there to begin with that allowed the cancer to grow. And there's really nothing to address that.

And you're addressing all of that. Yeah. Yeah. The key is to shift the culture in the body at the same time as you're then, doing the battle against the cancer in itself, because if you just go after and try to kill cancer and shrink cat tumor and you don't shift the culture, you don't shift the terrain of, what made it become then then we've accomplished nothing.

Yeah. Yeah, absolutely. And so what kind of results are you guys seeing now, obviously, with this sort of treatment? A lot of times you're getting people who have been told by mainstream medicine and we really have nothing left for you.

so it kind of skews some of those results. But what are you seeing on a regular basis? And it is really incredible. And obviously, I wish I could say that we've all solved cancer.

We we haven't, you know, so it's not going to be that everybody is as hip hip hooray. but I know that with what we're doing, bringing that in in addition to or sometimes in lieu of, traditional oncology, we've seen some incredible results.

We've seen, tumors and the brain disappear. We've seen, you know, obviously, breast tumors disappear. Prostate cancers, colon cancers, you know, disappear, things in the liver.

Yeah. So it's really it's really amazing how you can then see, you know, things really. yeah. Shift as you're bringing all kind of hands on deck, so to say, you know, with these type of tools.

Yeah, absolutely. And you guys are in Boise, Idaho. So are people coming from all over the world. Do you have like mostly people local. How are people finding you and coming to your clinic?

Yeah. So like I do. Yeah. Do see people from a little bit all over the world. Yeah. So I consult with people in, in Asia and India and Africa and Europe.

obviously the majority of them are here from United States.

Results, Access, and Final Encouragement

But, it is amazing how, you know, this is something that's needed a little bit all over. And it is fascinating to me. I mean, my, my dream is that the type of medicine that we offer here at the center that that exists, you know, all over the world, you know, it is amazing to see the limitations that a lot of patients have in their, in their communities as to what's available to them.

so, my, my dream is that what we do is something that is going to be done, you know, all over and, and I love, I mean, the how we evolve as practitioners is that we, we all network together.

So it's not just me and silo. It is me working with, you know, colleagues, from all over the world. And we all bounce off, you know, ideas and, and improve and what we're doing and, and it is amazing to see that with that collaboration how, integrative oncology, how we address cancer, has really evolved the last 20 years.

I mean, I'm looking back, I've been I mean, clinical practice since 87, so hundreds of thousands of patient interactions and, you know, thousands and thousands of cancer patients, and I the tools that we have now, compared to what we had 20 years ago is, is night and day.

I mean, I remember one cancer patients that came in to me, this was in the 90s, you know, pancreatic, he was literally just kind of carried in. And, and I had very limited I mean, at that time was pretty much just kind of supplements, you know, diet and, and some other, you know, tools that I had.

And, within a week, he was up fixing his roof, and, and he was doing phenomenal many, many more years, but at that time only had those tools, you know, now I have all these other tools, in addition to which makes it so exciting.

Yeah. Yeah, absolutely. And our people, when people are consulting with you from around the world, obviously to use some of those tools, they've got to come to your clinic.

When people are coming to your clinic, is it like, did they come for a week, two weeks? What does that typically look like? So it depends a little bit on on these this situation, what they're dealing with I like it to be a minimum of like a week and a half.

but many patients come for like a four week treatment. So it depends on how hard we need to hit it. Are we able to kind of access to the tumor directly?

and also what kind of local support do they have? You know what what access do they have to therapies locally. So that way we can if they have good support locally, then we can kind of do a little quicker hit with what we're doing that's unique.

And then they can kind of continue with some of the local support. there are some patients that don't have any, you know, any type of therapies around them.

So then, it is good then for them to be here for a little bit longer. sometimes, you know, people come in very weak and then we need to kind of nutritionally kind of nourish them.

A little bit first before we start to kind of go with some of those stronger therapies. Yeah, that makes sense. And you guys can reach out to him at thekarlfeldtcenter.com.

So if you're interested in getting care or learning more it's The Karlfeldt Center. He's in Boise Idaho. So thekarlfeldtcenter.com is his website. And you're doing great work.

and so I really appreciate, you know, everything that you're doing and obviously sharing this. But with us Dr. Karlfeldt any last words of inspiration here for our audience?

Well, I want people to really know that that cancer is a very beatable disease, you know, so just because you are diagnosed with it doesn't don't feel like you, you know, all of a sudden have a death sentence.

There's a tremendous amount of hope. it's also important to to know that you are in the driver's seat, you know, so take as a step, you know, once you're diagnosed, you know, take a moment, pause and then kind of really kind of pray about what's going on, feel what feels right, listen to, you know, consult with not just one individual, just not with only with your oncologist, maybe a couple, maybe three, you know, find the one that you you relate to the best and, and then also reach out, you know, look at therapies that, you know that is available like in the integrative, aspect like things like I do, that practitioners do and really create an, a comprehensive team to address it from all, all areas.

And with that, yeah, there's a tremendous amount of hope and it's very beatable. Awesome. Well, thanks so much for your time, guys. Again, check them out.

thekarlfeldtcenter.com. Everybody be blessed.