His Daughter's Crisis Brought Him to Deeper Healing — Now Physician Is Bringing It Back to Norway – with Dr. Jo Ording Transcript

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Opening and podcast introduction

Actually, what I call it, it's regulating inflammation. Because we need inflammation, that's the way the body heals. But when the inflammation is not under control or not stopping and just keep on going, It produces cartilage damage, pain and other things.

So the principle is that you inject something that reduces the information and that leads to less pain. better joint, and then when you are exercising in a joint that's not inflamed, the cartilage heals.

Correct. Because the carnage in the joints, they get their nutrition 80% from the joint fluid. And if the join fluid is full of bad cytokines, inflammatory markers, toxins.

The cell cell work. Yeah. So we change that. We give good growth factors and reduce information and people recover. That's amazing. And recover a lot easier.

Welcome to the Deeper Healing Podcast. I'm your host, Danielle Howley. This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer.

You're going to hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them. You are going hear from medical experts we trust that are pioneering new approaches to healing the body.

Because we deeply know we're designed to heal. Let's dig in. Hi everybody, I am so excited. I have a very, very amazing guest today. So this is Dr. Joe Orting.

He's from Oslo, Norway. And he has been here, and I was thinking about this, you've been a month. You have been her a months. so I'm going to let him share his story, but I'll just give a tiny bit.

He's amazing. He has a big practice in Norway and he got attracted to deeper healing because he has sick child and that's so many of us that are in environmental medicine.

Orthopedic surgery and PRP discovery

It's the doctor or their children. And he said, not only do I want my daughter to come here, but I wanted to learn this and I wanna bring this back to my country.

So you are now going to be The next pioneer in Norway, bringing all of this environmental medicine and healing chronic illnesses to your country. It's super exciting.

We get asked by Europeans all the time, where can I go? So now we're going to have a place to send them. So let's get the story, but give us the background.

Okay, I'm an orthopedic surgeon. I started in Ireland and I've been practicing in Norway. And I used to do knee replacements, you know, that's where I ended up.

After a while I was kind of looking at the surgery I do and looked at different knees I am operating. And I can see that, you know, some of our patients were extremely, the osteoarthritis was severe and bad.

And, I was thinking, these patients, they probably had problems for years and I would go to talk to them and say, no, even though my knee and on the x-ray and the operating theater, It didn't look good at all.

They only had problems for maybe six months. And then I had other patients and I was operating LNE and the cartilage wasn't that bad. I needed to talk to them and they were like, well, I have painful years.

It was horrible. So you're like does it make sense? It doesn't make sense what's happening here. And I was attracted to the whole thing and I looking into PRP plasma and thinking this is probably inflammation.

It's the inflammation that causes the pain, it's inflammation causes probably cartilage destruction. So we started actually doing the IPRF, which is the PRP for the fibrin, and we start it in one room.

Okay. Just to test it. To see. I'm sceptic. Well, I love a surgeon who's looking for less invasive ways to heal the body. That already, like, yay! Okay, that's huge.

And we just got this one room because we, you know, we didn't know if it worked or not and put it there more than I expected. Okay. And about 80, 90% of my patients got so much better.

So we've just expanded the practice and after a while I went private and then I left the whole private normal surgery and I just did the injections at my clinic.

It's a stem cell clinic, We do the plasma and we do from stem cells from adipose tissue. And that's in the joints, it's the muscles, the bursa. And I see a lot of patients with information.

My colleagues were pretty sceptic about it. I get a lots of comments from my colleagues saying, okay, this isn't working. If you want to see the proper doctor, you've got to go to me instead of Joe.

But they're turning around because we're getting results. I was just going to say the proof is in the pudding. Exactly. If it's working, it is working.

And if you understand the principle about stem cells and adipose and the PRP or IPRF, what do you want to call it? It is anti-inflammatory. Actually, what I call it, it's regulating inflammation.

Because we need inflammation, that's the way the body heals. But when the inflammation is not under control or not stopping and just keep on going, It produces cartilage damage, pain and other things.

So the principle is that you inject something that reduces the inflammation and that leads to less pain, better joint. And then when you are exercising in a joint that's not inflamed, the cartilage heals.

Because the cartridge in the joints, they get their nutrition 80% from the joint fluid. If the join fluid is full of bad cytokines, inflammatory markers, toxins, The cells don't work.

A sick child leads to deeper investigation

Yeah. So we change that. We give good growth factors and reduce the information and people recover. That's amazing. And recover a lot easier. Then my patients are inflammatory patients.

When you realize that, you start to think what's causing the inflammation. Boom, boom, Boom. Curious doctor, going deeper, thinking about it a little more.

So this is the unusual part about you. You probably don't know that. But I think a lot of doctors are just stuck in their niche doing standard of care, doing what they're trained and aren't taking that next step.

Let's try this PRP. Oh, this was a good result. OK, let's expand that, and let do more of that better outcomes for the patient. Amazing. That's already tells me so many amazing things about

Okay, so then what happens next? How do you end up getting here? Like, this is a journey. Yeah, it is. I mean, I have a sick child and she's been sick for three and a half years.

And she has issues with autoimmune issues, meninges dysregulation. It's a bit of struggle trying to figure out what it was and what is it. And I was wondering, did you start out with what was available in your country through, like, your insurance?

Like, Did you do the pediatric route? Did do you the normal roads? I figured you… Yeah, we did. We did the GP and then we went to the national hospital.

And one of the main symptoms was loss of appetite and fatigue. Well, they basically didn't do anything. There you go. Didn't do anything. So I started on going into all the rabbit holes, finding out what's causing this.

First of all, we started, okay, is she lacking anything? Does she need supplements? All that. What's wrong? What keeping her energy levels and what fueling her symptoms?

Then after an acute infection, Two summers ago, she went into a complete crisis. She had extreme sensibility issues, extreme anxiety, and extreme fatigue.

And what I figured out was a huge cytokine storm basically. So now you're just a very smart doctor with a sick kid who's like on his own trying to figure it out.

and that we could not get help. It's the worst feeling. The worst. I'm sorry. That makes me like, I feel myself getting emotional. Yeah, it is. the interesting part is we found out that in her school, another girl had the exact same symptoms and she was sick the same week as Mateja originally.

Wow. And by chance we called her up and she started telling her story. And the more we talked, the realist with me and my wife, we looked at each other and said, it's exactly the same thing.

It's the exact same. That really gets you thinking environment. You're like, wait, there's a trigger point. There's something going on. Yeah. And they went to Italy and got treatment for it, or they got some tablets and they say they worked amazingly.

And I asked them what it was and it's was antibiotics. It was Augmentin. I was like, no, that can't hurt. So I went out, got them, gave it to her, and then within three days she was out of the crisis.

She was eating again, she's on the trampoline, it just was the most amazing change I've ever seen. Wow. That's when we realized this was a PANS-Pandas issue.

Okay. which is basically an autoimmune or a body's reaction to a certain antigen, to virus, bacteria. and the antibodies go to the brain and creates a lot of symptoms.

They get loss of appetite and anxiety, especially separation anxiety. Sensory issues with the light and sound and touch. It's a whole array of, of sentence, but the interesting part is, is why.

And I mean, she got the treatment. She wasn't, She was well. Yeah. She wasn't healing. So then you start to go down all the rabbit's hole, all of the things, and you go and I started reading online, I went to all groups on Facebook and everything.

And you do the different tests and then it's probably caused by a little bit of everything, which is now you're starting to sound like Dr. Bauschmidt.

It's always about everything. You know, you find some methylation problems, some abstain bar, microplasma, environmental toxins. Correct. So we found that she was immunocompromised.

She was exposed to toxins and heavy metals, which probably caused it. Did you figure this out before you came here or was that what we discovered here?

Some way I discovered. Okay, you were already on that road. Yeah. You were on the road? And in my practice, I started doing hyperbaric surgery. Okay. And I saw amazing effects.

I mean, it gives you energy. It can heal you. Can heal wounds, acute injuries, all that. But it's also very anti-inflammatory. Yes. and she could not get better.

PANS/PANDAS, inflammation, and environmental triggers

And she went all, you know, all the different grouts you do with the lime, and then she ended up with antibiotics and all different treatments. Then she started doing sauna.

So she was like, Joe, we've got to try this. She started a company selling sauna pots. So she said, Joe, you got to do sauna, or you've got do glutify.

So you're halfway there. And then I had a patient who was feeling well, she was in her 80s. She had lipodema, which gives you a lot of information. adipose tissue and it's a lot of food and lymphatics and they feel terrible.

So I put her in the hyperbaric and she lost like eight, nine pounds. Wow. Her lymph was raining. Yeah. And she felt wonderful. I bet. and I was like, maybe we could put on a vibration plate or something.

to get things going. Anyway, so I was kind of interested in all these things, because I think it makes sense a lot of it. You've got to rid of the toxins, you've gotta stimulate the immune system, You gotta give the mitochondria some oxygen.

Correct. you gotta have the building blocks, get out the vitamins, everything you need. So what happened is I'm one of these Facebook groups. Pointed you over to do for healing.

And then I started researching what you guys were doing. Yeah. And then it really made sense because you were already kind of halfway there. So you're like, okay, I'm going to bring my daughter.

Then what I loved about when you contacted us, you are like and I want to learn. I wanna learn all of this and bring this back. So this is the last day here after a month, been here a months with the family, beautiful, amazing family.

Beautiful wife, children, they're all incredible and to know them, but spent a lot of time with Dr. Bowerschmidt, did all the coursework and then also the hands-on residency here.

in each of the areas with, I don't even know how many patients he's talked to here, so many, and just really digging in deeper to what deeper healing can do and does.

And then how do I bring this to my clinic? This is so exciting. We're so excited about it. Yeah, it makes sense and I already have a clinic. I can kind of set up a bit of the system already.

Yeah. And I'm going to get support from Dr. B. He's going be my mentor in this. Listen, he was only an ER doctor. So we're already doing a lot of the stuff.

We're doing IV therapies, we doing the hyperbaric, you know, and then be setting up with the system you have. Rejuvenase, yeah. Yeah, rejuvinase will be great.

UVBOs. And I already have people calling me with this problem. Oh, I am post-COVID and I have inflammation. I early rheumatoid arthritis or they can't figure out what it is.

And but Dr. B has has a system where he goes through your past where you've lived, what you have been doing

to figure it out, you know, has there been any autoimmune issues?

Have there any exposures to heavy metals or other things? Exposures from birth. yeah he literally goes all the even before birth i know if i could get my 80 year old mother to check her medals i'm really high so is my daughter i was like mom you should check she goes i am 80 i m not doing it she's so funny but no but i mean it literally is yeah and it's a little bit of everything and my Thoughts has always been in there.

I mean, you got to hit it from several angles. Correct. And the normal things people with my colleagues say is, well, do you know if it's working then?

It's like, I don't really care. It working. So it just have to put the pieces in and your body starts to heal itself, basically. so I have start thinking different way.

and I've to go further down the past to see, what have you been exposed to? And what I learned with Dr. B is you usually find something. Okay, you usually find something.

And it is often not what you think. No. It's often now what to think Exactly. I've had patients come in with high anxiety and it was a root canal. They were drug resistant for years.

The infection from her mouth was going into her gut, making her brain on fire. 17 years of going to the dentist, no one found that. We find that here and we're like, wait a minute, this is it.

That could give thousands of examples of that, but it isn't always what we suspect and that's why it's always missed. So in my practice, I'm kind of at the other end, kind going, okay, trying to get the inflammation down in the joints, in tissue, you know, with my injections.

And then you have the hyperbaric, which helps a bit. But going deeper down, we might be able to see what's causing the information from the beginning.

Exactly, this is huge. This is how you heal the body. You know, I always say it, all of the training, and I, of course, don't know what European training looks like, but at least here, probably similar.

The way that medical training is they treat the bodies like it's a box of gears. I'm just an ear doctor. Just an eye doctor, just a skin doctor and just thyroid doctor I am just, a joint doctor So what the reality is, which you saw, it might be festering in your joint, but you could see the whole body's inflamed.

So you may just inject that joint. But guess what? A year from now it'll be somewhere else, right? Because that's the way it works. And I've had some of my patients come in.

And I fixed the joint and they asked me, you know, what else can you do? And then I'm like, okay, I'll do a 30 second diet from Dr. Ording and I tell them about the ketogenic diet.

Learning deeper healing and expanding treatment

You go and research. And what I found is I treat the joints, they start moving, They'd go on a diet, and find the diet that suits them. They lose 20, 30, 40 pounds.

Now everything is working better. Now the snoring went away and they're sleeping at night and having a better time with their relationships. They feel better about themselves.

So you're in the awkward spiral. Correct. I always say that. And the moods change and everything changes. For me it's so nice to have those patients and turn out to be good friends because it changes their lives.

Yes, you're going to be famous. You're gonna be the famous Dr. Ording in Norway. Yes. Well, this is exciting.

doing what you've done already, which is being curious, going deeper.

Addressing, and not only are you learning so much here, you're a joint doctor, pain doctor. Now you know all this about chronically ill children, which we have an epidemic of that, around the world.

Who is helping them? Very few people are helping these kids. You will be one of them. This is going to be huge. I mean, people will travel. People will come and see you.

They will, I'm so excited to see what happens. You're going to do great. You know more than most people at this point. I mean, and you were already ahead of people.

It's fun because when you realize stuff, it's kind of, you can't unsee it. Isn't that the truth? I say this all the time and I'm mean it, ignorance is bliss.

And now you just can't pretend not to know. We're so marketed to, even just the food. You know, we have moms in here with their kids that are hypersensitive and they're giving them Skittles and we're like, stop with the red dye.

Like, oh, but is that real? Yeah, it really is real. So this is the good news, we control so much. So for people who are like, I want that. I wanna be healthy, wanna live long, want to have my brain, have a better relationship and have health back and lose 20 pounds, you can do it.

We're so empowered. But there's so many things you're in control of. that it gets it really exciting. And then once they start, like you said, they have the win.

Like, okay, oh, this guy knows what he's talking about. I'm starting to feel it and I've getting better. Then everything just goes. Now you're genius.

It's oxygen and systemic inflammation. Sounds so simple. But it really is that simple. And I love that you're doing the diet. We've done a lot of diet stuff over here.

One of the things that we've gotten to make it very simple is just avoiding toxins in diet, you know, avoid the seed oils, like when you see all the long chemical ingredients, don't eat that.

Clean organic, clean meats, and clean everything. Everything that you can do at the best of your ability, 80-20 rule, don't make yourself crazy, but just really clean.

But try to eat clean as much as possible. People get really caught up in weird diets. And I'm always like, it would be better to just get caught in a toxin-free diet.

And that's why I do a 30 second course. Yeah. And then I go, well, I like, kind of like that because what I see all the time is they go to functional holistic integrative doctors and the entire thing is their diet, their food sensitivities and labs.

But that what, that the treatment. And they just end up with a lot of supplements and a diet plan. And I can tell you, thousands of people have come in the door here with their diet plans, their supplements, and they're still on red hot masks, including my husband was one of them.

So it's not the diet. I'm not saying it is not important. It's very important, it was just one part of it. That's why the deeper the Diet, Environment, Physical Elimination we're building, It actually does make a lots of sense.

You are already doing a lof of the things. This is so exciting. That's going to be exciting. We're going be following the whole entire journey. And certainly you'll be able to share this podcast and people will see what's this deeper healing, where do you get trained?

And when you start reading the website, which I'm sure you will incorporate into yours, you know, a lot of it, when I

talk to people, just uneducated people on medically minded people.

But you explain what you're saying. They're like, this just makes common sense. and that's where it gets exciting because you like if I understand it then I actually understand what I am doing and you are motivated to do it.

So it's not a quick fix, but you see results and the ball starts rolling. That's when it starts to get. And the other thing is it doesn't take long either.

Like even the most severely sick person we ever had, which is Megan, wheelchair, feeding tube, you know, as bad as they've ever been. It took 20 months.

But before the 20 of being with us, she was in hospitals for 12 years. So she would say, well, 20 month was fast. When you start down this road, like PRP and cleaning up your diet and hyperbaric, it's not like two years later.

You're going to see results. We were told in our daughter that, well, we see a lot of those kids and they usually stay at home for five to seven years and then pop back.

I said, I'm not waiting five or seven. My God. That's it. And then bye bye.

Diet, toxins, and closing encouragement

I know there's parents out there that are going to see this and there are so many chronically ill children and I knew you're all collecting in the groups and you are trying to figure out what works.

And honestly, cleaning up their environmental toxins and figuring out, what the array is. and a lot of it is rolling downhill from grandparents to parents to child.

Never would you think, I never would have thought that my daughter, whose health would be astronomical lead, but I only tested her because mine was so high.

Most people aren't checking those numbers. She's 24 years old. I'm like, don't you have a baby without getting this fixed? Because now we're rolling it down another generation.

So when the cover of Time Magazine this year was worldwide, researchers are baffled why all of these young people have cancer. Well, no, there's, Dr. B is like we are not bafled.

We are getting assaulted from every side. Though the body can only take so much. So this is the good news. You can't change what's going on out there, but you can change everything about your environment, what you choose to ingest, the water you drink, The simple changes that you make.

There's soo much you could do. We give all that information for free. It's on our website. Take the toxin quiz. it'll give you your own report and tell you what do I have to worry about.

Your patients can take that. They can say, hey, Dr. Joe, here's my quiz results. It's a great place to start and it's all free. We want to help the world avoid becoming sick.

So, and now we have a new place, to send them in Norway. You're going to do great. I'm so excited. Dr. Joe Orting. We got your back. We've got you back, you get that bad, hard case.

You're like, what the heck do I do? You have someone great to call. So, okay, everybody, I'm so glad I got to introduce Dr. Joe to you. And all the resources are in the show notes, and we'll put your website on there, And we can all follow the journey together.

Online we have loads of courses and a free toxin quiz. Subscribe and please, please share this episode with

Remember, this is educational content, not medical advice. The information shared here should be discussed with your own personal healthcare provider.

If you’re excited by listening to the medical experts or the personal recovery stories on here and you want to start your deeper healing journey, go to deeperhealing.com and start the process.