Human Biofields: The Missing Insight To Reclaim Your Wellness Transcript

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Introduction and Guest Background

Welcome back to the conversation. We're talking to Dr. Christine Schaffner. Hi, Christine. Welcome. Oh, so good to see you. Always a pleasure. You're you're one of my favorite people to interview.

And you always bring a different perspective to these conversations and a very important perspective at that. So let's introduce you to our audience. You are a board certified naturopathic doctor.

You've helped thousands of people recover from chronic and complex illnesses. You host the Spectrum of Health podcast of online programs, and you have a clinic in Seattle where patients can actually see you in person.

So wonderful. And then, of course, we were just talking about how you mentor practitioners as well. And I just love the work that you do. So today we are going to talk about our natural rhythm.

We're going to talk about bio fields, photodynamic therapy. And we're going to talk about other things that might affect our energy as well. So here we go.

What have we got? A lot to talk about, right? I know. I know. So what are biofuels and why? Why is this important to the discussion of mitochondria? Well, let me David set us up further.

There's a lot of the world's biggest experts on mitochondria on this summit. And they're really talking deep into the science of mitochondria in terms of how those mitochondria work, how the electron transport chain works, how the Krebs Cycle works, how ATP energy is produced.

But you're going to talk about something that might not be discussed in these in these talks. So this is going to be fascinating for everyone. Thank you.

Thank you, Laura. So, you know, let me just kind of set us up a little bit, right? Because you can sound really random to talk about bio fields and a mitochondrial, you know, summit if we don't kind of set this up.

So I as you mentioned, I am a naturopathy doctor and I was one person's 54th doctor. I mean, I'm so honored. Right. And, you know, most of my patients have been struggling for like decades.

Right. Horrible. Right. If you been taken out of life for decades because of some mystery illness. And so it just keeps me thinking outside the box, because my patients have already done gluten free.

They've already done carnitine, they've already done, you know, all the things. So it keeps me, you know, on the leading edge because I have to be to serve, you know, my patients.

And, you know, I've really gone down the rabbit hole within my own life. And with patients around these concepts around quantum biology, quantum physics, we can say quantum again.

I feel like we couldn't say that for a while because it was kind of key. And now I feel like we can say it, you know, it's like really there's so much wonderful literature in research that I actually read a lot about all of these things.

Biofields and the Body's Information Field

And so when we go into this realm of looking at this biophysical nature of healing, there's a lot of amazing insights and fascination. And with so exciting about it is that, you know, I say this often, I say I really want to find the most elegant path to healing for my patients.

And what does that mean? Like the shortest distance between two points. Right. And so I think the answers line and by the biophysics and the quantum biology because this is the realm where we accelerate, accelerate and amplify healing.

And you know, I've been down the Dr. Joe Dispenser rabbit hole and I know you're you know, in, you know, introduced to his work, too. And he says this, saying that this has stuck with me.

When you change matter with matter, it takes time. But when you change the field, you change matter. So what does that mean? Right. I think all of us in the functional medicine world do amazing matter to matter.

It's amazing what we know and amazing what we work with. But it takes time. Like by the time someone comes to me, it still takes like 2 to 3 years to get them, like, you know, functional and, you know, all of that great stuff.

But when you change the field, you can change matters. So this is a path. The more that we understand and have a knowledge and a lexicon and terminology around the fields of life, we can understand and change them so we can have a faster fact, unchanging matter.

And what this is know really helped me to dove into is that the root cause might be in the fields of life, rather in the biochemistry of the life. The biochemistry might be actually downstream from these fields.

So when we talk about the fields within the body, the first thing concept I like to talk about is this biosphere idea and this is like not esoteric. This is actually you can type it in pub man.

Our good friend stop and Dr. Beverly Rubik and all of her amazing colleagues, she's a biophysicist out of UC Berkeley. She in the 1990s got this term in PubMed so we can study it, we can legitimize it, we can, you know, not just talk about aura and chakras and all of that.

With that, we know that we have this electromagnetic and photonic energy that we're emitting all the time. And, you know, again, it's not just an emission like it's emitting from the body.

There are conversations around how it's actually organized within information within us, which is really trippy. And then if you just kind of like go in the body, I'm like, okay, what is she talking about?

You know, we know about electromagnetism, right? So electricity and magnetism are go hand in hand and we know we have electrolytes in the body. Right. So electric lights.

And when you're moving charges and conductors, you're generating electromagnetic energy. And we know the heart is electric, has an electrical system as well.

And we've talked about this in western medicine for hundreds of years. There's a plumbing system and an electrical system in your heart. Yeah. Yeah, exactly.

You know, conventional medicine is not blind to this, right? We have EKGs and EEGs and we have MRI's and we have all of this technology to you know, understand, you know, how we're wired.

And, you know, I think there was a big movement, you know, in the 1900s around electric physiology and then for obvious reasons around, you know, Flexner report.

And going into the pharmaceuticals, we got really inundated in biochemistry. And don't get me wrong, I love biochemistry. It's amazing. It's so satisfying, right, to learn and to study and to help people in that way, you know?

But again, I'm seeing these patients where we start to see that this informational system is profound and we need to understand we need to work with it.

So if it's okay with you, Laura, I just want to say one other thought to connect the dots here and then we can go

where, but you know how we. So I mentioned this bio field.

I mentioned like we have, you know, the electrical Mount Magnetic field in the heart, in the brain. And we know that we have all these charges moving through our blood and through our limbs that are creating an electromagnetic magnetic fields in the body.

And what I've been you know, you've been sitting next to us in conferences when we talk about terrain theory and we talk about, you know, that our ability to adapt and be resilient is about us within not about what we're exposed to, you know, around there.

It's really how we tolerate and how we adapt to that. And when we think about the terrain, we often talk about the extracellular matrix and, you know, terrain medicine.

And I've just kind of expanded upon that based on a couple of people who really inspired me. And Dr. James Ashman, if you want to nerd out on this stuff, go to read his book, Energy Medicine and get it.

Laura, put on your Kindle. It's amazing. And then Doctor John Cloud of Gutenberg. So who's this French hand surgeon who studied the fashion of studied living in Varsha?

And we you know, I won't belabor this too much, but we find a through line, you know, from our skin to the nucleus of the cell, there's literally a fabric of connection through a fashion.

So that facial connection crosses over the cell membrane, hooks into the cytoplasm, cytoskeleton hooks into the mitochondria. Right. We have mitochondria, a micro tubulin red, and then hooks into the nucleus of the cell.

We have the cytoskeleton in there. And what's in the nucleus right at this point, we still, you know, of course, value the information of the DNA. And when you start reading about these papers, the DNA emits light and sound and vibration.

So does the mitochondria emits sound and light and vibration. And this fabric that is connected through this tissue ten separate matrix is interconnected.

So all of a sudden and this becomes like this beautiful fiber optic network of communication that we have this through line that's faster than our nervous system.

Right. And then, you know, and it's doesn't just stop at the skin. We have the bio field. And then if you want to really go down the rabbit hole, you know, we have the unified field, the ether, all of that. So this this is the area that I'm a student of.

I don't pretend to be a biophysicist in any way, but I'm trying to understand, like, if information is imbalanced in the body, you know, it's not just about methyl folate or not just about, you know, having enough, you know, B-12 or whatever.

It's more than that. But the literally the information and oscillations and vibrations are, you know, affected by noise and around the body and within the body that's interfering with the communication.

So I don't know if I'm making sense for your audience, but it's just such an area that I'm fascinated by. And so I want to work with these concepts to add clear information to the to the body, to start rewriting the biochemistry that's imbalanced.

And I think this is making really good sense to people. If you're if you're listening to this right now, really think and really feel into your body right now and and ask yourself, does this make sense?

Because I bet it does. I bet, you know, intuitively, we all know that there's more to it. There's a little bit more to it. So you have you have laid out what bio fields are and how biofuels affect our body now.

And you take us into photodynamic therapy and what that is and how that supports it's. Yeah. Healing mitochondria and creating more mitochondrial energy.

Yeah, absolutely. So this is a really fun topic. And you know, we know about CO2 bio modulation, right? So that's the application of different wavelengths of light that have often different colors and depth and penetration in the body that affect us on a cellular level.

Right. And then there's photodynamic therapy. That's actually. Real quick. Let me just say, Christine, if anybody's wondering about this, all I would refer you to just Google and look up the the research and the studies that have been done on how colors affect people and how colors and advertising certain colors are used by certain companies to elicit a response and you to buy their product.

And also in schools like there are certain colors that you wouldn't want to paint the walls in a school because it would stimulate more aggression versus more calming colors that would would be more of a learning environment.

So color is just think about that. So I just want to lay that foundation out here because it's something that we all understand advertising, right? Yeah, I love that.

I love that, you know, bringing it back to, you know, what triggers an emotion right in the body. Right. And, you know, so photo by a modulation is again really well research.

You know they're doing that at Harvard, you know, researching about it. Right. And then there's photodynamic therapy that is recognized in conventional medicine as well.

It's just not widely applied. So I learned a lot through this brilliant man, Dr. Weber, who's a German doctor. They often are right on German physicians.

And he really brilliant guys. She's like a little bit of everything and including in college, he and so his technology, I've come across them. I've integrated in my practice on a regular basis.

I have his technology and my office. And what we're doing is we're having somebody either ingest or get through ivy, what we call a photosensitive. So these are just like normal substances and natural compounds or synthetics that, you know, have all of these properties, but they have this overlay property of what we call being a photosensitive, sir.

Photodynamic Therapy and Light-Based Healing

So that means that they have a peak spectrum absorption of a certain wavelength of light that will excite electrons out of the compound and create an oxidative effect that can either be, you know, kill a cancer zombie apoptotic or it can create a oxidative burst and can actually kill pathogens.

Without. The show. The whole kind of special source of photodynamic therapy is pairing that compound with the appropriate wavelength of light that actually excites the substance of the most common one is methylene blue, right?

I'm sure you have people talking about methylene blue. We do have a couple of talks about it. And I'm taking it because. We we use methylene blue all the time.

It was awesome. And COVID and long COVID and awesome and you know, all of our mitochondrial dysfunction people. Right. And so we know the benefits because of all the wonderful talks that you've shared.

And then when you combine it with red light, around 660 nanometers, so we do that and we need to have the red light panels. So we have, you know, red light helmets and watches and intravenous red light.

We actually photo activate. Look at that. Perfect here's Webbers watches and on the floor on the other side of my

desk is the helmet. I totally yeah, I was using it today.

Today was a very busy day for me in terms of filming these interviews and in between. I had a break and I put that helmet on and took my methylene blue, put on the helmet, put on the watch and gave my mitochondria a hit.

And had a yeah, how did you feel? So much better. I can feel my hair growing with that thing on. I know. It's like good for your brain and good for your hair, right? So.

So that combination action of the red light and methylene blue photo activates it. So then there are more electrons for the mitochondria to work with, you know, in the case of methylene blue, right?

And then, you know, methylene blue. So cool because it's not only in the electron donor and really supports ATP production of all that, but it's like anti-malarial, antiviral, anti protozoa.

All, you know, crosses the blood brain barrier, you know. Produces serotonin, helps you produce serotonin. I mean, everything is so good. So you want, you know, like how cool is that?

As you can make that more potent and more effective grade, we use curcumin in the office. You know, we'll use intravenous curcumin and we'll pair that with blue light.

So the blue light actually photo activates curcumin. So when we as blue light, we get a more enhanced effect and we get a lot of, you know, anti-inflammatory and, you know, reduction in pain and so forth.

So that's just there's like a whole chart that brilliant people have put together. And really you can actually Google it peaks from the spectrum of absorption of you know, most substances.

When they get in a study, they go through that kind of process. And there's a lot of data on this which is kind of fascinating. So so yeah, it's just like an added benefit to amplify and accelerate, you know, these tools that we have at our fingertips to help people feel better, faster.

So good. I want to share a quick story with you. It just happened yesterday. So so Christine and I share a mutual friend, Sinclair, who is also speaking on this summit.

You'll see her. And so yesterday we were neighbors. We lived 25 minutes apart. And so we went to the something called the Carlsbad Flower Fields. And they they grow ranunculus out there in the spring.

And and it's just acres and acres and acres. It feels like you're you are Dorothy in The Wizard of Oz when she goes through the flowers, you know, and everybody falls asleep and then wakes up, right?

So remember that. So, so in the in these flower fields, they actually have it where all the yellow ranunculus are together and all the orange ones and all the pink ones and all the white ones.

So you can go stand in the middle of all yellow around you are all orange or all pink. And so we get to the flower fields yesterday and we're standing there and both of us were standing in the yellow and both of us realized, oh my gosh, we are literally getting light therapy and color therapy right now and an overwhelming feeling of just healing and peace and joy when I was in the yellow and then we went up to the deep orange, like almost up there was a fuchsia, the color of my shirt and imagine an orange in this same spectrum like that bright orange.

And it was so energizing and and just like once, girl, the energy completely changed and the white was serene. When you stood in the white, it was just like, peaceful and angelic.

And it is so real if you pay attention to it, if you open yourself up to it, you will experience a feeling. Yes, I just had to go there because it just happened yesterday.

It was so. We call it we have yellow light in our Weber and we call it liquid sunshine, you know, because people feel

like so positive and happy with the yellow and like all these other colors.

But, you know, I'm sitting in an office here in my treatment room and it's this like turquoise blue, you know what I mean? Because a lot of offices, you know, you go to when you're in a doctor's office or like sterile and I'm like really like not esthetically pleasing at all.

And the way I created my office, I really wanted it to be beautiful. And I'm calming, you know, so people could really start to unwind just by walking into the space, you know?

And I think we're so much more sensitive to that than we. Oh, you're so right. You know, ironically, I worked in a I worked for one of the biggest HMOs in the country for 20 years before I retired.

And at one point, I was given a new office and I was they built it out for me, and I was given the color palette for the building. I was allowed to pick whatever color I wanted in my office.

I picked that exact color that I'm looking at right there behind you. And I will tell you that everyone who walked into my office for the next several years said, What color is that?

I'm going to ask the paint crew to come and paint my office that color like people just loved it. They felt good in it. That's why I said, Yeah, I love it.

Yes, that. Was part of their color palette. Awesome, you know? Yeah. Yeah, it was. It was amazing. Of course, I picked the most crazy color. Everybody else wanted gray and browns.

I'm like, No, no, no. Give me that great, vibrant, beautiful, aqua blue, green. And so, so. So you just said that you have like this yellow that this yellow sunshine.

But this gives us a great segway into the next topic that I'd love for you to explore, which is circadian rhythm and sun and, you know, living our life with the with the cycle of the sun and the circadian rhythm.

So how does that impact mitochondrial health? Yeah, it's so important. Right. And, you know, we are so in-tune and wired to be in rhythm with life and with nature.

And I think a lot of modern illnesses and a lot of mitochondrial dysfunction is this disconnection of the natural rhythms. Right. And we're waking up to that.

You know, a lot of us are you know, a lot of us still need to be educated. So we know how we're wired to heal. And there's so much like misinformation about the sun.

Right. And yes, if there's a lot of sun overexposure that can create changes in the skin, but that's also an internal, you know, issue as well. You know, so there's more empowerment than just kind of shielding your body.

Her brain issue, right? Totally. And so, you know, in modern life, right. We we don't you know, we can totally not even go outside and be in the bright light all day long.

And we're missing those natural singing moments. And so, you know, what we're wired to do is be into that full spectrum. You know, we've mentioned all these, like therapeutic photodynamic, therapy, lights and colors and how they impact us.

The sun offers that full spectrum from UV to infrared, and we get everything in between. And we're you know, we have we're wired, right? We have chroma forest.

We have, you know, we're wired to receive light and color in our physiology and so when we get that full spectrum, you know, we're getting that healing information.

And, you know, we call it like junk lighting, right? So there's like this, you know, energy conservation concept about using LEDs everywhere, which might be maybe effective for that even, I don't know.

But what they're doing is they have these peak blue light, you know, peaks of blue light, rather. And they can be very overstimulating and very confusing for the body.

And with the Internet of Things also, you can have that EMF exposure too. If you have one of those wired light bulbs that are also like connected to your cell phone or whatever.

So you have to watch that out. See, that's like a whole other thing. So we're wired to like wake up with blue light that helps to really break down our melatonin and increase serotonin.

Circadian Rhythm, Sunlight, and Pineal Health

You know, we're also wired to like go out in the middle of the day for that, you know, vitamin D. And you're to have Dr. Doctor Who talks a lot about sulfate and know, you know, amazing power of like sulfate in our physiology that we can get through our skin.

And then, you know, when we go to bed, I'm sure people are talking about like blue light overexposure, of course, you know, but we're getting, you know, instead of just like blue blocking, you can actually get circadian light bulbs that are out there that you can start putting in red and red and amber tones around you at night.

And then that doesn't confuse your pineal gland, which is really the, you know, the maintainer of the circadian rhythm. So it's not only the light, but, you know, we're also inundated, which also Dr.

Sarnoff has taught us about how all of these modern day toxicants that affect our mitochondria but also affect your pineal gland. So our pineal gland is bombarded by fluoride in our water, aluminum and like everything, glyphosate and everything, you know, EMF.

So then we have this pineal gland, you know, that should be a radio receiver of circadian biology. And, you know, on a consciousness level, you know, we can connect of you or into meditation and connecting on that level.

The pineal gland has a lot to do with connecting with information, but here we are. You know, most of us have a calcified pineal gland full of fluoride, full of glyphosate, aluminum and affected by why you know, why I and whatever else I will do can be and scan some people to see their dental work and see if they have any like habitations or root canals, etc., which is a whole other topic.

But sometimes the radiologists will say that they see the calcification of the pineal gland in a normal radiology report. So this isn't just like a new age thought.

Like we we see this document that it can heal. But you have to do you have to know it's there and you have to, you know, be very proactive. So it's that, you know, mismatch of light information, plus the toxic pineal gland that we are very disconnected from the natural rhythm in life.

Mm hmm. Yeah. I mean, this is fascinating. And, you know, my husband is a landscape contractor, so he's outside in the natural light all day long. And I will tell you, it comes home, he gets tired at like nine, 10:00 at night.

He wants to go to bed because his you know, he's he's in it. The natural circadian rhythm. Yeah. Yeah, I love that. And he's not trying to like force like or override like his clock saying like, hey, you know, it's time to go to bed.

Let's now just blast the cell phone in your face and stay up all night, right? Yeah. Well, well. But, you know, he if he could, he could listen, right?

Yes, he does sometimes sabotage himself with late night too much watching TV. And yeah, well, we're more human, but it's like knowledge is power, right?

So it's like, you know, some of us might not even realize that we have, you know, all these sensors and, like, clues that our body is trying to tell us all day long to do the right thing.

I mean, there's this whole I'm sure you've seen it like I'm not an expert in it, but there's like this whole chronobiology that like we can even time our, you know, foods and our treatment choices, you know, at optimal timing of the rhythms in our body.

It's kind of like the idea of the Chinese medicine organ clock that every organ, the, you know, has an optimal time of function and detoxification each day.

You know, there is like a medical science even trying to look at timing pharmaceuticals at the optimal time for, you know, function. And that's the whole I mean, we want to use it for other reasons.

But, you know, this the timing and timing of life is part of our rhythm. Oh, that's so fascinating. I'm thinking of my my people who I work with who come to me taking 50 supplements and there and to time.

That would be a full time job I think. Yeah. Somebody to create an app for that because I don't have the patience or the time to do that. But I've always kind of thought of like, okay, how can we like really optimize our protocols with circadian biology?

Many cycles and menstrual cycle for women? And then men have cycles too. We just don't acknowledge them, you know? But like, what did that like be a beautiful protocol that I'm pretty.

Sure my man, my man, I'm pretty sure my husband cycles. Yeah, yeah. 25 years. I think I see some patterns. Yeah. And in the astrological cycles. Right you kind of redo all those layers in an app and then we just put our protocol in and then do it. Christine, do it.

I know anyone. Listening. Please do it. I'll recommend it. Yeah. Okay. So a final subject that I would love to talk about today is deuterium and how it affects our energy and how we get it out of our body.

I mean, this is a topic that for most people, this is probably never heard this word. What is that? Yeah. You know, I have a dear friend, Dr. Petra Davila. Her previous name was Dorfman, and then her partner and expert in this topic is Dr.

Laszlo Barouch. And they taught me everything I know about deuterium. And, you know, in the beginning I was like, this sounds like so kind of esoteric.

Are they, you know, focusing too on the minutia, but they're actually focusing on such an important common denominator. And she gets incredible results with patients just focusing really on this.

And it really ties into everything we're talking about. You know, everything I've just shared is going to optimize your natural ability to deplete deuterium.

But anyway, what is deuterium? Right. Deuterium is an isotope of hydrogen. It's called heavy hydrogen. So, you know, instead of H2O, it's called like D to deuterium, to oxygen. So it's naturally occurring and we naturally know how to eliminate it.

But because of modern life, right, where we know all the things in modern life, probably like affecting, you know, Mother Earth and then all the things within us because we're a microcosm of the macrocosm, not, you know, allowing our bodies to deplete deuterium as well.

So then we get a build up of deuterium. And what does deuterium do? It actually literally plugs up the mitochondria, specifically the mitochondria and nano motors and jams it up because we want hydrogen.

Right. And those nanometers and it's put in deuterium and deuterium doesn't have the same physiological effect.

So then that's kind of putting, you know, a wrench in your gear.

And over time, you know, nothing is like black or white. It's like over time we get a dulling down of the mitochondria to make ATP. And then they taught me that mitochondria actually a big part of it as they move and makes metabolic water.

So deuterium is really about our sorry mitochondria is not only you know it's really about not only the energy production but almost making this really therapeutic water in the body that's free of a lot of toxicity, high in energy, you know, and so forth.

And so here we are, we're overexposed, we can't depleted, so we build it up and that they believe and there's a tons of papers from neurological diseases to cancer, that one of the foundational reasons is because we have high amounts of deuterium.

Deuterium, Water, and Mitochondrial Energy

Quicksilver partnered up with a light water and they have a test and you can look at your deuterium levels. And I actually did mine. Mine were pretty high.

And the thing that is hard, there's a therapeutic piece to deuterium where you can actually drink deuterium depleted water because a lot of our water, even if it's filtered and so forth, is high in deuterium.

It can be measured, you know, but the idea is if like you give your body a break like anything, right, if you like fasting or so forth. So if you like not, you don't ingest high amounts of deuterium on a regular basis, then those natural processes, you know, you have a break and the body can catch up.

And at the same time, your your paying attention to your circadian biology, many of the things that deplete our deuterium naturally are being an infrared being in the UV light, you know, getting your, you know, vitamin D levels optimize living in circadian rhythm, not being around, you know, junk lighting and being cognizant to electromagnetic information can be, you know, wi fi cellphones mitigating that, you know, the whole cold plunging thing that can harm medical stress can also, you know, you know, be helpful.

And then, you know, more of the like fat based kind of ketogenic type of diet is a like a loaded shrimp diet. So there are I've seen I mean, I've Patra has walked some of my patients for this and I've seen the changes not everybody is, you know, needing that at the right time or they're not ready to do that.

And then this whole other leg layers, you can drink a deuterium depleted water, which comes from Hungary or Russia or, you know, they don't have an American source yet, but they're I just met this company at Queen Springs that has the high silica which can deplete aluminum, and they say it's a low deuterium water.

I haven't talked to them. I'm look at my notes. I feel like I. I feel like I have a resource here. Keep talking. I'm going to. But there is. Yeah. Light water, the Queen Springs and then there is what is the there's the most famous company that I'm so sad that I'm portraying that right now, but I'm not remembering it.

But yeah, there are these in deuterium depleted water is kind of hard to make, so it's not like you just. Yeah, I'll try. And your water. The resource I have is at Queen Springs.

Yeah. Oh look at. That. Yeah. Yeah. And that's a high silica water. So that's just the high silica water has been released while studied to get the aluminum out.

That's the best way to get them out. And we know that aluminum in our pineal gland and in our mitochondria and in our brains will lead to disease. Can you talk a little bit more?

So you said that deuterium is naturally occurring and you mentioned that it's in our water source. And you also mentioned that a keto diet is low in it.

So does that mean a high plant based diet would be higher in it? Is this one of the sources? Yeah. Animal fats are going to be like the best to, you know, basically the lowest amounts of deuterium.

And there are, you know, many like, you know, like vegetables that have like a high water content that are actually high in deuterium. So not to say like all vegetables are bad, it's just like, you know, processed carbs and industrial oils and, you know, your vegetables have the more of a chance to have elevated deuterium.

Coconut. Coconut oil is low in deuterium as well. So people study it. And I mean, that's how I know this. You know, I'm just kind of learning this over time.

Right. And it's fascinating to me that you tested yourself. I mean, you're probably one of the healthier people I know doing everything right. You of your own clinic, you can treat yourself with red light.

You you have ozone treatment at your clinic. We have all these amazing things that you can do on yourself, on the regular. And I and I know you personally and I know you walk the walk and talk the talk.

You live what you teach. And so somebody like you with a high deuterium level is, you know, that's a little concerning. Yeah. Yeah. You know, it's kind of like like glyphosate where like, I have all these patients who are, you know, doing the super organic diet and then we test for glyphosate and still high. Right.

You know what I mean? It's like there is kind of like this idea just accepting we're on the planet at this time. You know, you can you can fight this or you can kind of just like, you know, lean into it.

I mean, I think I want to, you know, be part of the change, of course, in our lifetime, you know? But none of us are immune. That's what I'm trying to say, you know, and, you know, just as much as doing like a liver cleanse or a cleanse, you know, we should be mindful and to our deuterium levels.

And this this is like cutting edge science and then meaning that it's not as accessible as we want it to be. Right now. You know, but I know just keep your eye on this and do a lot of the things that we talked about and we know, you know, you're going to be naturally depleting your deuterium more, but like the tests are becoming more available, the water resources are becoming more available, you know, the diet, application and knowledge.

So, you know, to stay on it, you know, especially if you have like a neurological disease or cancer right now, this could be like a really good foundational piece.

Like when I work with Petra, she's kind of like lower the deuterium and then see what's left, you know what I mean? Rather than like, oh, you know, this is an afterthought.

She kind of starts there. I'm not there in my practice yet. I don't start there. But a lot of the things I do, I think inadvertently are depleting planning terrain.

But I just yeah, I think there is like a lot especially with this some all about mitochondria, right. And how to optimize it. This could be like the elephant in the room and our mitochondria.

Yeah, it could be. I, I'm really glad that we're talking about this and so, so for those of you who want more information on this, make sure you listen to Dr.

Stephanie Sarnoff's lecture on this summit because we're going to dove deeper into this very same topic. I'm Dr. Stephanie said. If you know exactly with Laszlo Dr.

Walsh and Dr. novel they are and they they are they're colleagues and they're always you know talking about papers and you know, that she learned a lot from and her brilliant mind has just created such fascinating knowledge, you know, with, you know, what you're going to hear. Yes.

So this has been amazing, Christine. I love when we get the chance to talk. And I want I want to do like five

interviews with you on this on this is Mark of.

So tell us. Another, you know, segment on this topic. It's so important. It is. It is. So tell our audience where they can connect with you, because I know people want to know how do we learn from you?

How do they work with you? Thank you. Thank you. So my website is Doctor Christine Shop Intercom and you can find out about my podcast and all the things I'm up to.

And then my clinic is Eminence Health.com. We're in Seattle. We did tell her that Medicine Eminence means the divine within. So it's with an eye not e and you can that online as well.

So we'd love to see you there. Thank you. And I just have to give a plug, too, because I got this beautiful box of goodies from you in the mail like few months ago because launched a new line of supplements that are really all about supporting lymphatic flow.

I mean, we didn't get into lymph here because I mean, like I said, we could do five talks, but you have these incredible and you have you have an apothecary which you love you.

Thank you. Thank you. I love the you know, I studied herbal medicine, right? We're all about apothecary. So this is with an eye with my business. And so, yes, my product line is all about the lymphatic system.

We talk about the lymphatic overall, and that actually is the power of plant and stem cells and then also the power of fermented hemp seed proteins to support the immune system as well.

So we have a really fun line of products and I just try to there's so many and so many great friends in the supplement industry and I was just kind of, you know, seeing how I could create synergy and what kind of was missing in some product lines.

And it it was often around the lymph node. So they can find that at your website as well. The websites that you just mentioned, right? Yeah. Okay. No. Okay, good.

Thank you so much, Christine. I just love you so much. Well, love you, too. Thank you, Lord. I think they. Take good care. Bye.