Intelligence & PEMF Therapy for Healing Transcript

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Introduction and Chiropractic Journey

Hey. Good morning. Good morning, Doctor David Serio. It has been so many years. What a privilege. This is. How are you? Buenos dias right now. Is. Alright.

So, so, so tell us a little bit about your journey, after chiropractic school and, you know, you've done some amazing and incredible things. Yeah. So I went to Sherman when you were there, and I graduated in 1999 and then came on this adventure to South America, and really with this vision to bring chiropractic to a part of the world where it wasn't really known.

I mean, nine out of ten people you would say the word, they would say, what is that? Now everyone has heard the word here. So I went on this adventure and it was very challenging moving to a new country, new language, not knowing really anyone.

And it took me quite a few years to really understand how to live in another country. And get the mindset and the culture. And once people really started to understand the chiropractic message and and they experienced it, my practice just started to explode.

And so to fast forward my journey a little bit, I had one of the biggest practices in South America. And around 2013, at the time, I was a raw footer and I was taking a lot of supplements, and I did this cleanse, and some of the supplements had a better reaction on my body and basically crawls this serious, like adrenaline rush.

There was tons of ginseng and stuff in there. And basically for my body, it was toxic and it caused a very serious reaction. And I didn't go to the hospital.

Illness, Diagnosis, and Recovery

I didn't realize it was that serious, but long story short, it left me with, type of brain damage. And I was diagnosed with, a disease called myalgic encephalomyelitis.

And so which is a permanent, very disabling disease. So I went from being this super power, healthy person. You practice family, loving life, you know, had the world like it was like a dream life to all of a sudden being bedridden and on the on the edge of really suicide because that's how bad the symptomology was.

And my diagnosis once I got it was like, this is it. You know, this is it for basically and basically I was better in for about two years and, and every day I would have about 60 different symptoms every day.

And, you know, then I started reading and researching this and, and they would say, this is like your the rest of your life. It's like living at the last two weeks of cancer or Aids.

And that's, that's how Sierra was monthly. And, to fast forward to now, basically when I, when I started to do research and figure out that there was really nothing specifically for this.

This was one of the last known diseases with really no treatment. There's no not much understanding really. What it what it what I said was I have two choices, either I and my life, which really didn't, wasn't appealing to me even though I was suffering so bad.

You know, I have a daughter. And I was like, that doesn't really seem like a good option, you know? And, and I could laugh about it now, but it was like, I, it really gave me appreciation and empathy for how people can go into a place that you can't imagine.

You know, I couldn't if you were to were to tell me before. I could never imagine that someone could get to that place until I was there. And now it opened my heart for empathy for all human beings, because we never know what someone goes through, you know? And and so basically, my second choice was, okay, let me do whatever I can.

And, and I didn't even have the energy to go try different therapies and things at that point. So I just had to rely on the power of my healing and, you know, eating well, getting chiropractic.

I couldn't exercise. So that was out of the question. And really what it did was give me an appreciation for the power of the body to really heal and the spiritual power we have inside of us the immaterial power right within us.

Because my physical body was pretty much like, this isn't working. You know, I can't even lift a glass of water at this point. So over time, my body started to heal within limitations of the matter.

Right? But the the quality of my life is pretty fabulous right now. And I think one of the big things, the big difference from, I guess, my journey and a lot of other people with the same journey, is that I really gave all the power to male wisdom and just said, okay, the best thing I could do is to remove interference to my innate healing and let my body do its thing.

And that's all I really did in this journey. And it it allowed me to function and live a great quality of life. You know, I still have limitations, but the quality of my life compared to the people with this diagnosis is astronomical.

Right? Right. And as we were talking offline, I mentioned that PMF pulse electromagnetic field would be a great addition to to help with your your long term healing.

It's amazing that you were able to tap in to this power inside of you. And I would love to talk to you about the EMF and, that's something you can actually bring to, predators and, and use for yourself.

So, that is incredible. The, the tour that you gave me, Sherman College was so life changing. And this is such an opportunity to hear your story and realize how you continue to change lives because you changed your own life and used the philosophy that you, you talked about at Sherman that was so powerful, David.

That was so powerful. So I, I actually want to I want you to tell the audience something, a key piece of the philosophy of chiropractic. Sure, sure. And I truly believe Marlene.

It's like our, our our philosophy. If I didn't have this understanding of the science of the human body and the philosophy behind it, I probably would have never been able to get to this place in my healing journey.

And so, a key piece to that is this thing in chiropractic we call the train of Life. So it describes how the body is three amazing pieces. One is intelligence.

That's something we can't see. It's the inner wisdom of our body that right now we're speaking and there's 8 billion reactions being coordinated within us.

And that's so far beyond our educated mind. So the first piece of that train is the inner intelligence, the inner wisdom.

Chiropractic Philosophy and the Triad of Life

You cut your hand. The body's wisdom is going to heal that. You know, anyone that had the had the honor of having a child, you know, they're in nine months.

We have from a sperm of an egg. I mean, it's beyond our comprehension. The second piece is the material body, which can have limitations. Right. And and what what the idea is, is to expand those limitations.

But the the matter, the physical matter is the part that can be limited. And then we have that third piece, which is the energy within our body, the energy flow that keeps us alive.

That's also immaterial. And the idea, the great idea behind chiropractic is to allow this system to function without interference. There's a great phrase by the second chiropractor as the son of the first, BJ Palmer.

He says nature needs no help, just no interference. And in chiropractic, we focus on one major interference in the spine. Any subluxation would cause interference to that function.

And then there could be a million other interferences, you know, that other professionals can work on. But I think, Marlene, a lot of times we're thinking from the outside in of how we can do something to the body when really the power comes from removing interference in my in my scientific and philosophical understanding and my experience.

Well, and with PMF, PMF also kind of works by healing the cells. So whatever interference with abnormal cells. So kind of kind of a little added and like optic heals from the inside, you know, a down inside out because we put this external PMF, pulse and it heals from the inside out.

So, so, so great kind of, communication with the body and, kind of in alignment with chiropractic. So. Yeah. Go ahead. Yeah. No, I think, I think when, when we have this understanding that the most powerful force is the in the, in the universe is the intelligence and the energy flowing through the universe, and that, that lies within us as well.

So when we look at the body as this self-healing, self-organizing mechanism and we focus on what can I do to remove the interferences, the body has this amazing ability to heal, to organize, to adapt.

And and so my, my, my great respect is for any professional that focuses on that. You know, my focus as a chiropractor is in the spinal system, but any other professional that focuses on removing interferences is going to have amazing results in healing.

And that updation, what what do you think? Or some of the the major problems, health problems in the world today that's affecting people? Well, I think I think that's a that's a deep question.

That's a deep question. Let's go back. I think we can go back to the essence of what we just discussed about interference, you know, in people's lives, if you look at the life of, of a, of a typical person in their day, how much interference is, is occurring in their lives, right from mental, emotional, chemical, physical, all kinds of interferences.

So, you know, that's going to lead to, a system that's losing its function, a system that's starting to the generate instead of move towards life. And so, you know, whatever name diagnosis you put on it, I mean, there's more and more symptom sickness and disease.

As a matter of fact, Marlene, I saw a statistic that this generation of children right now, my daughter's generation, she's 12 and below is the first generation in the history of humanity that's going to live less years than their parents.

Oh, wow. And with more sickness and disease. So obviously, obviously whatever we're doing has a big on a big level. It's not really working. You know, and and I think because the major issue to that is we're looking at health from the outside in it rather than the inside out.

And instead of focusing on removing interference, we're focusing on trying to fix the human body. Right. Makes sense. Makes makes complete sense. So what what are some of the the biggest misconceptions that people have of chiropractic care?

Misconceptions and Holistic Health

A lot of people have heard about chiropractic, but I think people especially in, in my practice, a lot of people come in and they're like, oh, I'm here because I'm in pain.

And I have very few from the old school, who come in and they say, okay, you know what? My baby is two weeks old and I'm bringing this baby in. And then people say, other patients here would be like, well, a baby getting chiropractic care.

How is it? What is the baby? What's going on? Is something wrong? Is something wrong? So what are some of the big misconceptions that people have? Yeah, I think you just hit on one.

I think the first one. And since we both have the same training in, I, I practic, I think the first one is what you just said. You know, people people have this misconception.

And it's not just in the States, it's around the world that that, you know, chiropractic is basically for back pain. And the thing is, I think that goes to a bigger misconception of our human body is this mechanistic view.

You know, we're part. So if my spine if I have a pain there, it's because it's happening with my spine. I'm a I'm a piece. Right. And so it's, it's this whole way that we're brought up in this mechanistic view that we're machines, that we're pieces, and they need to be fixed.

And so I think that is not it's a misconception in humanity that filters into chiropractic. And when in reality, chiropractic is for everyone from birth on to keep us free of interference in our spinal system so the body can function at its highest level.

Right? Right. What what are some of the key concepts for anybody in natural health care, in holistic health care, to embrace. Yeah. Amazing. So I think great questions.

Yeah three questions. So let me ask you that question back. Tell me you tell me what. And then what what would you say is one that you think that is a key concept?

A key concept is to, to really look at the body as, as a whole. We say holistic, but I don't think we're actually putting all the pieces together, meaning inside and outside.

So I would say that that that's what I totally agree. I think, Marlene, it's like we can work as a specialist, for example, as a chiropractor, my particular specialty is to work at the spinal level, but it's to affect the whole.

So we can work on a specific part. But it's the the way we look at the body as for example, what you said, I think is spot on when you start to look at the body as a whole, you realize this person's spiritual, mental, emotional, physical, you know, energetic and and so, for example, someone comes in and give you a simple example, a chiropractic example, someone comes in, I have a herniated disc.

Can you fix my herniated disc? 99% of the time the pain isn't even coming from the disc. It has nothing to do with that physical disc, you know? So. So when you look at the body, is that part.

I have so many people that have been operated on and they're worse after because what happens? They're looking at the disc. They're saying the pain came from the disc.

They operated on the disc. The person's worse after. And that's a simple, practical example. You look at the body as a whole. You don't you don't come to that conclusion anymore.

Right? Right. I, I, I totally agree, I totally agree, you are so spirited.

Purpose, People, and Final Reflections

And you when when I met you in 1997, you you just exude such, just wonders not not not just in the way you look at life, but the way you look at other people.

What are some of the things that you love about your work now? Wow. Well, first, thank you. Thank you. Okay. You

still have you still have you always had like one of the best smiles at church?

We walk into the hall and see your smile. I miss those days a little bit. You know, one of the one of the things I love about our, my work is, is people.

I mean, one of the things that going through this process that I, that I've been through with my whole life, it really opened me up to have empathy and and I love just seeing everyone as this beautiful perfection, that's all.

You know, they're going through life and the best they can, and to be able to make a positive difference in their life during that day, you know, through a smile, through an adjustment, through that.

There's nothing better than that. There's nothing better than being able to touch people make a difference. Yeah. One of the things that I really love about chiropractic, Marlene, is that literally, you know, a proper chiropractic check and an adjustment is not a long process, but instantly it can make such a powerful difference in people's life.

I mean, you know, once you once you realign the spine and the energy starts flowing again, I mean, instantly, you see on their face, their body, their posture and, and to make a positive difference in people's lives, I think there's nothing better.

I, I, I totally I totally agree. So if you had to leave one thought with the audience, if you had to leave just, just just one thing, what would it be to recognize the the innate power of the body to heal, adapt, to thrive?

Really, really think about how powerful this concept is of nature needs no help, there's no interference. And and the ability of life to strive to to its maximum potential, you know, and and whatever your vision is, you know, if your vision is this, what's the name of the group?

I'm sorry that. What's it called? EMF. Yeah, EMF. Sorry. I'm just learning about this today, and and, I was really interesting to me, and I want to keep talking about it.

Super interesting. So, you know, whatever your vision is, let's say you have a vision to help 50 people a week in your work expand that vision to 100.

You know, whatever, whatever your mission is, your vision is, if you're making a positive impact in the world, expand it and and help people. I mean, you're the best example.

I, I look at you and I'm like, I feel like I do nothing for the world, you know? And so if you can make a difference also in the world in, in something, just dedicating your time and energy without being removed or enumerated in financially.

Also, I think that's fabulous. If you can get to that place and you're the best example I know. Oh, thank you. Thank you so much.