Microplastics and hidden exposures

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The average humans has twenty-one. I'm testing dogs that are in the forty-nine, thirty-eight range. We're taking double, if not triple, what a lot of people are.

They're like this big, some of them. But they're exposed to so much more. They're drinking tap water. The majority of parents don't know better. And what's in our plumbing?

It's PVC pipes. So people will go, oh, I don' have any plastic in my home. Ah, you do. It' underneath your floor. Hi, I'm Dr. Jess Petros and on my podcast, Dr Jess Unfiltered, we uncover the real root cause of most misunderstood symptoms with help from top experts and real patients who healed themselves.

Welcome to the Dr, Jess unfilterd podcast. And today I am really excited. I have another friend of mine. You guys notice I've lots of connections in the industry and this one is no exception.

And many of you guys may be thinking, why a veterinarian? And as you'll see very closely, Dr. Marlene Siegel is going to educate all of us on the importance of what they see in animals and how that even relates to us as humans.

And she has many lessons and actually stories of miracles that she's done with the animals, including my own pet. And so Dr. Marlene Siegel is a wonderful bioregulatory vet.

She has online courses, including lymph, fascia, and more for our animals. And you guys are going to learn a ton during this episode. So without further ado, Dr Marline, thanks for being here.

Oh, thank you, Doctor Jess. It's an honor to be here Absolutely. Tell us a little bit about what bi oregulation medicine is. I mentioned that in your bio and I think a lot of people are like, what the heck is that?

And then your story, why did you decide to become a veterinarian in the first place? Both are great questions. So to define bioregulatory medicine, In the very beginning, people started talking about holistic medicine, and nobody really knew what that was.

Podcast intro and guest background

And holistic simply means, it's the whole body. But it was getting this wrap of some kind of a woo-woo type of therapy, And it didn't have science behind it.

So I didn' really want to go in that world, although I really do believe in holistic as truly what it is, It's The Whole Body Medicine. Then we started hearing integrative medicine.

And I thought that was good. But what I was seeing was my colleagues were using allopathic mindset, name it, blame it. And then instead of using a pharmaceutical, they were an herb or they are using an acupuncture needle.

So they we're doing the same thing, though. They were just treating the symptoms. In bioregulatory medicine, we are actually understanding the biology of the body And we're targeting where the problem is.

So what is wrong in the biology? What is the root cause of the problems so that we can address it? And it could be multiple things. And typically, it's some combination of a deficiency of essential nutrients.

An essential nutrient for those nutrients the body can't make on its own. This body, our pet bodies, are so amazing. They can do almost everything. Operative word, almost.

And so we're limited by these few essential vitamins, minerals, amino acids, and fatty acids that have to come in through the diet. And we live in a world where we know our food is nutrient depleted.

It's like not even an argument anymore. So with that being said, we aren't getting those essential nutrients. Our pets aren' getting essential those nutrients and so that becomes a limiting factor.

Combined with are the toxicities. Just since World War II, were talking 1942, There have been over 100,000 synthetic toxins introduced into our food, our water, So that's an egregious number and our bodies just weren't designed to withstand that.

But the other things that were exposed to heavy metals, glyphosate, and we test for glyphasate which is kind of a humorous to me that the lab, when they give you the results, they have normal range, zero to whatever.

And I go, there is no normal. There is not normal glyophosates. It doesn't belong in the body at all at any point. This was a manmade product. And then we also test for microplastics.

We're the only hospital in the world that is testing animals for microplastics. Wow. Yeah. There's not a lot of labs testing, and the human testing is pretty limited as well, but nobody was doing animals.

And so I approached the lab and I said, we need to know what these animals have going on. So the average human has 21 particles of plastic. And Dr. Jess, we're talking an actual plastic particle, like literally little microplastic particles.

The average humans has twenty-one. I'm testing dogs that are in the forty-nine, thirty-eight range. We're taking double, if not triple, what a lot of people are.

They're like this big, some of them. But they're exposed to so much more. A, they are drinking tap water. The majority of parents don't know better. And what's in our plumbing?

It's PVC pipes. So people will go, oh, I don t have any plastic in my home. Ah, you do. It s underneath your floor. The carpeting, which is breaking down the microfibers.

Our clothing, if it's not cotton. Their bowls, their toys. In their processed food, there's a ton of plastic in their process foods. So plastic is a real big concern of mine.

Mycotoxins is another huge one. And I don't know if one is more important than the other. They're all important. But mycotocins are the toxic products that come from fungus.

And they can be in food primarily from the grains that are stored, so they're growing tons of mycotoxins there, also in water in our homes when we have leakage.

So there's a tremendous amount of exposure. Well, for most of the American families, their pets are living indoors all the time. We may go outside, we may leave the house for hours at a time, but our pets are home all the time.

What bioregulatory medicine means

So as I'm teaching people, I am helping them to understand how important it is to make sure the air quality in their house is good. Ever since we started building homes really airtight, we have diminished the quality inside our homes of air.

So outside, there's breezes, rain, things to clean the air, in our houses we don't have that. It's super important to have special filtration that goes down to one micron.

And the same with water. I'm a real fan of structured filtered water, and we also have machines that go down one microns. We're trying to mitigate the amount of exposure that our pets have.

Deficiency, toxicity, and mitochondrial dysfunction. So the little organelles that give us energy and communicate to our microbiome, when they become dysfunctional, that's when everything starts to fall apart.

is identifying the root cause by identifying deficiencies, the toxicities, mitochondrial dysfunction, and then helping to fix whatever that root causes.

And even inflammation, even though it's the underlying root of all things that go wrong in the body, it still not the underpinning. The inflammation is still a consequence of the other things going on in body.

So that's what bioregulatory medicine is. Beautifully said. And the reason why I got into this was, you know, I was trained allopathically like every veterinarian out there.

And I think for everybody in the world, something has to happen in your life that's life altering, that makes you stop and assess. Are my belief systems still serving me is the path that I'm on, still-serving me, is what I taught, Still-Serving Me.

And so my daughter, my youngest daughter was involved with a riding accident with her show horse in the arena, and the horse ended up rearing in air. No one taught my If your horse rears in the air, just bail off, jump and find a place to go because you don't want your horses to fall over and crush you.

That's the number one cause of a rider's death is a horse falling on the rider and crushing them. I had a 50 pound child and a 2000 pound horse. So when Lily went in, the horse went into the She was literally trying to get her feet back on the ground, but my daughter was dangling from the reins, holding on, trying not to fall off.

And so she was, literally, pulling the horse over backwards. So as I'm at the rail, and it's happening in the slow-motion nightmare, And as i'm standing at, the rear, I could see the, horse squat on her left hind leg.

and push herself to the other side to right as hard as she could as being pulled over backwards. My daughter was slipping off the saddle to left, so the horse was trying to get as far away from her as he could, and she did that consciously.

When Lily hit the ground, you couldn't see space between rider and horse. At that point, I'd already jumped over the railing and I was running to my daughter.

In that couple of seconds, Lily caught her breath, the horse, and she got up and my But to this day, it's still a nightmare for me. I did not know what I was going to find.

And so I called her name and she opened her eyes. By the grace of God, she was fine. She just heard her pride. But back home, we had several more incidences where something was happening to Lily.

and I had equine vets come out and look at her and they said, Dr. Siegel, We don't know to tell you. We do not what's wrong with her. but she's not safe to ride, she'll never be shown again.

So your two choices are you can put her out to a pasture for the rest of her life, or you could put here down. And Dr. Jess, it was in that moment that I think the divine had prepared me.

And I could, in a flash, I can appreciate all of the pet parents that we may have said those words. I'm sorry, there's nothing more that can be done. All the humans that were suffering with diseases and they go to their doctor and their doctors says, not maliciously, just because they really don't have anything else to do.

So I made a commitment in that moment and I said, I will never utter those words ever for the rest of my career practice. Now, if you're going to make a commitment like that, you have to have a bigger toolkit than antibiotic

steroids surgery, right?

Amen. Yeah. So I started looking for solutions for Lily. And as I starting finding solutions, for her, started with chiropractic and then acupuncture and just kept going.

I would bring all those modalities back into my small animal practice. And I'm starting to watch Miracles. Well, Miracle enough was watching Lily the horse, which everybody always asked me, well, what was the end of the story?

So, I'll tell you the… I will see you here. I won't make you wait till the the podcast. But so I was told that she would never be safe to ride and she never would be shown again.

Five months later, with what I consider now minimal intervention because of all the things I do now, they went on to win the United States Youth Reserve National Championship, which is the most prestigious horse show in the entire United states for youth riders.

And I love telling the story. I'm getting chills as I say it. Yeah, we're broken out. Because there are people in your listening audience that need to hear.

If somebody tells you there's nothing more that can be done, They're not a bad person. They just don't know anything else. Seek other answers. Go find other choices.

Find other practitioners. Put yourself out there and find the people who have the tools that you need to get the job done. Yeah. Really? It's that simple.

It really is. This is not hard concepts. If you need answers, there's nobody else out there that's going to save you. You need to find the answers. And you to need find that practitioner or that person that is going help you find where you have to go.

A horse accident changes everything

Yeah, so you went all the way through, you're like me, You went through conventional veterinarian school, and just so everyone out there listening, vet school is much harder to get into than medical school.

You have to be way smarter than a medical doctor to go to vet school. Can I just lay that out there? That's a lot more species that we had to learn. And not just that, there aren't as many vet schools as medical schools.

So it's like really competitive. Yeah. This lady is very smart if you guys can't already tell. But like me, you went through conventional veterinary school and it was really something happening in your personal life that made you change how you practice medicine for animals.

Yes, it changed my personal, life it change my practice life. It changed my entire perspective on life itself. Because we're a belief system. I love to define what a believe system, because we all have them, right?

And a beliefs system is simply a thought you keep repeating. And where it comes from, we have five energy bodies. So we our spiritual body, our mental body our emotional body.

and so when you have a though from your mental bod And it combines with an emotion from your emotional body that literally becomes your belief system.

And we grow up learning the belief systems of those around us. So our parents' beliefs, our siblings, So it's not that we were taught badly. It's just that that was their perspective at a time where that worked for them.

But I think we are in such a unique point in the history of our little holographic world here. And I think we are at a precipice where we need to have a paradigm of how we're doing things.

Like, we could not have had a discussion on holistic medicine or integrative medicine, or acupuncture. None of those words would have been even thought 10 or 15 years ago.

And now here we are, we're talking about meditation and telepathy and mind over matter and like, you know, consciousness. These are terms that would not have been appropriate simply 20 years.

For any higher level professional, especially to be talking. And now, my sixth principle when I'm healing pets is emotional clearing. And these animals don't do well until we address that emotional component.

Can you talk a little bit about what you do with fascia and how that ties into the emotional connection you just mentioned? Sure. So the fascia is everything that we thought was just empty space.

It's the highway of communication. information coming. It's how the mitochondria, the little powerhouses that make energy and also direct the ship, it's, how they communicate to the microbiome, all those organisms in and on us.

So, and it is what holds us together. so, It is really, really important and what happens over time, we start getting the effect of gravity and there's this vibranacci code that things turn and twist and start to hold.

And so as we get older, just the gravity and just, the way we don't sit up properly and we have good posture and were not helping to restore our fascia.

So we start kind of crunch over more and more. So that's one of the issues that we deal with. And then if you have injury, if have had surgery or you've had trauma to any part of your body, that fascia becomes damaged.

Now it's almost like there's a clog in the pipe. and the body's gonna try to go around it, but you may not have as good of a communication or flow when that fascia isn't working.

So we just x-rayed a dog yesterday who came in because he yelped when mommy went to pick him up. And we take the x ray and we put them in a trough so that the troth is holding them straight.

There's a person at the feet and a head and there's light beam from the X-Ray machine. It looks like we are straight on the animal and it's right in the middle.

But when I looked at the x-ray, the spine was going out like this. And what was happening is the fascia was trying to hold, so it was pulling in one side and bulging out the other.

So we did a chiropractic adjustment. We did some ozone and then we have the owner doing the fascia work at home and I'll see him next week. And I guarantee you it's gonna be a new dog.

Have you guys ever heard of a vet doing these things? I'm serious. So I wanna relay this to how this can be, the pets are a mirror for us, right? They're a Mirror.

I've heard you say many, many times that so many of the chronic illnesses we see in our animals and our pets, are manmade. Right. What are some things that we're…

Well, I can tell you what I was doing. I already know you're going to call me out, and I'll call myself out. But unbeknownst to us, what are we doing on the regular on a daily basis that really is maybe damaging to our pets?

First and foremost is food. We're feeding our animals processed food. And then when I first met you, and there's so many of my friends that are professionals like yourself and they know how to feed themselves and then know to how feed their humans.

But we just didn't stop. We, the reason is because we've lost critical thinking. You're right. So for everybody listening, the very first thing I want you to go back to doing is using your critical thinking skills.

If somebody tells you that something should be this way, then you should look at that and go, well, why is that true? So what I do is I model nature. I figure the divine God, way better in interpreting and fixing and building and creating than man has ever done.

We've just messed things up. So I look at nature and I say, dogs are scavenger carnivores, cats are obligate carnivers. An obligated carniva has no dietary requirement for carbohydrates.

I eat, they aren't required to eat them. Now they got carbohydrates by eating their prey. because the cat would have consumed the intestinal tract of that animal, they ate the whole thing, right?

So they would've gotten the prebiotics, the probiotics, They would of gotten all that fermented intestional information that was going on in that rabbit or the mouse.

For the dogs, the same thing. We call them scavenger carnivores because they got used to hanging around man's waist and being a scavenge for picking up what we were throwing away.

And we had a lot more, as time went on, a little more processed foods. So, but they're still carnivers. Biologically speaking, they were designed to kill an animal and eat it in the state that they killed it.

The first thing they would have done after they'd killed, abdomen, so they would have gotten some fiber from the fur, and then they wouldn't have start to disembowel, because their primary goal was to hit the organ meat.

That's right.

Belief systems, fascia, and communication

And instinctually, they know that. So they will have had organ meet, then would've gotten the intestinal juice in their mouth, that's replenishing their microbiome and restoring the gut integrity.

Then they'd have eaten some sinew and some cartilage and muscle and fat. Somehow, intuitively, the figured out how to have a balanced diet. But in today's modern world, we've created frankenfood.

And there's no nice way to say this. It's fast, it's cheap, and it is convenient. We're paying the ultimate price with our pets, with their lack of longevity.

They're living seven years shorter than they did 25 years ago. The cancer rates right now in dogs are one out of 1.65. and cats are one out of three. So a little interesting side bit, I am just presenting a lecture in two weeks at the International Society for Laser Application, and they asked me to talk on turbo cancers, which leads right into what you were going to.

Yes. I first, I went to AI and I said, what is a turbo cancer? And the AI's answer is, there is no such thing. It's a made up term that people who don't believe in vaccines and don' believe the coronavirus, they made that up.

I was like, wow. Don't trust AI guys. No duh. Okay, so. Then I went back into the statistics, into 1980s, and I found that the statistic for cancer in dogs, one out of thousands of dogs that were presented to the veterinarian, less than 1% of dog that went to a veterinarians were present for a cancer and they were over 10 years of age.

Cats were 0.5% percent of the cats presented for veterinaria had cancer. And they where old. So, now we move into 2025. And what was interesting when I did my presentation, I started with cases in 2015. Because when i first started practicing, i saw one or two cancer cases a year.

1985. I've been practicing 41 years. So we hardly ever saw cancer. One or 2 a YEAR. But right around 2015, I started to see a few more cases. As I'm going through putting my presentation together, I saw dogs that, yes, they had a cancer.

They live with their cancer two years, four years six years. And we didn't have a lot of artillery at that point. So it was really a predominant amount of diet change and nutritional supplementation.

Then ozone came in around 2017. But these animals had one type of cancer and they lived a long time with it. And we were able to cure a ton of them in anywhere from five to 10 weeks.

Wow. Yes. And then they're documented. Well, then we move into 2018. 2019 gets a little harder. In 2020… I know where you're going….was when we saw the biggest change.

Yeah. Even though AI doesn't think there's a correlation, there was a study that came out of the UK It was a meta-analysis of the people that had gotten a respiratory virus like coronavirus, and what they discovered was that that virus was awakening dormant cancer cells.

It an actual thing that they named, these dormit cancer cell. And the people that had had the virus had a significantly statistically higher rate of getting breast cancer and lung cancer than people who never had virus.

So there definitely is something that is changing. Now, how that correlates to the pets, I'm not sure. I mean, they get their own coronavirus, but was it shedding?

I don't know. And I really don' have an answer for that. But I could see that all of a sudden, we started seeing more aggressive cancers. and cancers in younger and younger animals.

By 2024, I was seeing cancer in dogs under a year of age. So there is something changing, and whether you call it a turbo cancer or whatever, have also have proof that these cancers are actually mutating.

We had a dog that had an oral fibrosarcoma. Actually, we got the dog healed in, it was like 10 weeks, But then the treatment suddenly stopped because the owner got sick.

And so when we started treating again three months later, the cancer had returned. Well, I had done genetic testing on that first tumor. So I knew what the gene mutation was, and we were using targeted therapy.

When it came back the second time, it was a different gene mutation. It was no longer sensitive to the first mutation that was there. So these cancers are smart, they're changing, They're trying to figure out, how can I survive no matter what you throw at me?

And so that's what we're seeing differently now than we saw back in 2015. These cancers, are getting more aggressive and smarter and they are in younger animals.

You know, in my line of field or line work, I don't see a lot of cancer because I see younger population. But what I have seen is a little more herpes virus reactivations from COVID, either the natural infection or the vaccine, as well as Lyme reactivity.

Do you ever see anything like… Parvo, increases in parvo or anything like any viral increases because of around that timeframe too. Yeah, that's a great question.

We have not seen a big increase in viral diseases, but we sure have seen them in autoimmune diseases. Really. And I think part of the problem is we're starting to recognize other factors that are contributing to these animals' demise, and that includes spaying and neutering.

Boy, we are going to have some controversial subject over that, but… Do you say more? I'm not saying that we shouldn't do spay and neutral because there's something about population control and I agree, however, For the past 50 years, our industry has promoted total hysterectomy and total removal of all gonads, male and female, 100%, leaving no sexual hormones whatsoever to be produced.

Well, there's consequences to that. And what we're now seeing is increase in cancer rates, increasing in

musculoskeletal disorders like anterior cruciate ruptures, skyrocketing in our industry.

We're seeing behavioral changes, animals that can't relax. They have anxiety, they have a lot more aggression, because they don't have that balancing hormone.

Food, toxins, and the rise in cancer

So, and cancers. Yeah, we are seeing a ramification of a lotta things, they don't have that feedback mechanism. So if we could figure out a way, and they're easily done, where we can leave some hormone there, then at least they can function and that would be a good thing.

But I think the easiest way for me to describe how I approach my cases is a six-step system. Would that be okay? Yeah, let's help Dallas, please. Because we're throwing things out there, but there's mud on the wall there and over there.

So I want to put it together in a way that everybody can take this information and put together. Sure. Step number one, you got to stop doing the things that are causing the disease.

Yes. You have to feed a species-appropriate diet. You have to feed highly filtered, structured water. What is a species-appropriate diet? Can I ask? The species appropriate diet is what they would eat in the wild.

Okay. So it is raw diet. Now, when I, and I do have a raw food company, When I started my company there were only two other companies out there and they weren't organic and the use synthetic vitamins and minerals.

So I approached them and I said, I'm starting to see cancers. I need to have a diet that's grass-fed, grass finished, free-range chicken. No additives, no preservatives, and it needs to be organic and no synthetics.

And everybody's just said no. They're not going to do it. So I say, well, darn it, then I'm going do my own. And then, I pause and ask, what did I just say?

But you know what? The universe delivered. I said, if you want me to make this product, than you need to help me. Now, there are a gazillion raw food companies out there, but they're are not all equal.

So these companies are preying upon what humans do. So we, as omnivores, we eat vegetables and we eats carbohydrates, but we also have amylase in our saliva.

And we're supposed to chew our food thoroughly into pancake batter, breaking down those carbohydrates in your mouth, and then we swallow and the protein digestion starts in the stomach.

When people are feeding their animals diets that are high in vegetables, they're not chewing the food. So they are not breaking it down. It now becomes more foreign material than it is nutritious because they aren't digesting it.

And then they have to use their pancreas to help digest those carbohydrates that has no other way of getting broken down and Is it a surprise we see a ton of pancreatic cancer and we a lot of pankreatic inflammation and pancreasitis, pancratic insufficiency, diabetes?

Because we're whacking on that poor pancrius with something that's inappropriate. So species-appropriate means what would they eat in the wild? That means if you're looking at a raw diet, because they ate food in the state that they killed it in, and that's because living food has enzymes in it.

And those enzymes help to contribute to the breaking down of the food. So when we eat food as humans, it does not go from our lips to our hips. It feels that way.

But it actually doesn't. We have to break it down into its units, into it's molecular units and then that's supposed to come through our gut barrier into our bloodstream, transported to the liver where it is warehoused until we need it

to use it for energy or to build muscle and tissue or whatever.

But, it has to get broken down to its molecular unit for us to be able to us it. Well, if you're a carnivore and you are not chewing your food, your gulp, tear gulp and swallow is what they do.

And we have parents that go, I spent so much money on that food and they didn't even taste it. Well that's because biologically they're designed to tear, gulk and swallow.

Cause if if killed something in the wild, you've made a big commotion. You ran it down, You wrestled with it and all the other predators that are in wild heard you and their gonna have a looking to find out is there a free meal out there.

So, yeah, so they literally tear, gulp, swallow, stuff themselves when food's available, and then they go to their den to digest. Okay, that's how they biologically function.

We are supposed to chew our food thoroughly, And then when it's pancake batter, then we swallow. When we're supposed be calm when we do it. Eat our veggies.

And yes, eat the rainbow, right? Which is kind of humorous these days because we don't know what's in the Rainbow anymore. If it's grown on nutrient depleted soils, how do you know it is in there?

He does. So that's why taking the proper supplementation. Okay, so step number one, species appropriate food, structured filtered water. air quality inside the home, what's touching your skin, What you're cleaning your home with.

Your animals are exposed to that. The electromagnetic frequencies. If you are not doing something to mitigate the amount of EMF, the smartphones, your cordless computers, and all the smart…

What is that smart meter on the outside of the house? That's the one that's really bad. So if you aren't doing anything to fix that or mitigate damage on your body, so many people put the pet bed right under the router.

The dogs are sleeping right under the water. I know. And it just collapses the fourth phase of water, and then they just metabolically, they start to crash.

Wait, what's the forth phase? The fourth water phase, wow. Really quick, really quick. All right, so we were taught there was three phases of your liquid, your gas, and your solid, but there's actually a gel phase.

And that gel face is what makes up our fascia. So when you cut yourself, if you didn't hit a blood vessel, you don't go spurt and water out because it's in a jail phase and that's the water that actually in our cell membrane.

Our body will make structured water if we don t provide it. But if you're all the time drinking unstructured water, then you are taking all this energy that your body has to do to convert that water into structured so it can get into the cell.

So people think, oh, I'm drinking eight gallons of water a day, or eight cups, whatever. But it's not getting into their cell, so the cells is still dehydrated.

That's very, very important. Structured waters for the animals so they can be really hydrated. Yeah, for all of us. Yeah. And it doesn't have to be done in a machine.

We can do it by taking organic herbs and soaking it in water. I have some EMF devices that will also structure the water, and so there's lots of different ways that we can it, but we have consciously do.

In nature, it used to happen naturally because streams were coming down, the forest, you know, was filtering naturally with that helix that was happening, the natural spin of the water.

We're not seeing that in the in water coming through our pipes. So that's pretty much dead water, unstructured water damaged water and then the last of The principles and step number one are the ants that live in our brain and those were the automatic negative thoughts.

It's thinking and thinking, and we all have it. So don't go out there and say, oh, it's not me. Of course it is you. It is all of us. But here's the difference.

Those negative thoughts are coming up to help us to identify them so that we can change them. Right? So it like taking your computer and opening up your files.

And then one day you go, my hard drive is full. I got to get rid of files, Well, you can't shout at your computer from across the room and say delete, delete.

You know, You have to literally open the computer, turn it on, and then you have pull the files up. And then, look at that file and you say, do I want to keep that or not?

And if you don't want it and hit the delete button, Dr. Jess, what does your computers say to you? Be sure. Are you sure? Because that hard drive, that little, you know, computer is going, it's permanent, I'm not gonna come back, so you have to be sure.

And the same thing happens in our subconscious mind. It's just a harddrive. So when we go to identify an emotion, if we want to delete it, our hardrive is gonna say, oh, well I don't know.

There's an abyss on the other side. If I delete this program that I know may not be a good program, but I now this this, and I have an archive for it.

what's going to happen when I delete it. So there is a whole process that we help people to go through to help. Step number one is recognize that you have a negative emotion or that have thought that's negative.

And then start to write it down, journal it so that can become aware for most people It's a repetitive problem. It is a habitual problem, and that's what I help them to see is the pattern.

The six-step healing framework

So it could be a different person, a difference place, different time, but it's the same emotion. And they're just reliving it like your GPS that says, make a U-turn, U turn, you know, because it is trying to get you to a place.

But if you don't recognize that you keep doing that pattern over and over again, The universe is going to say, well, you missed the turn again, let me give it to you again.

And here we are in our 60s and 70s, and we're going, oh, I haven't got it yet. So this is now your opportunity, everybody, to start writing down those negative emotions.

realize that they are a roadmap for you. They are helping you to know what it is that you need to work on so that, you don't have to keep doing it. Absolutely.

So that's all step number one. Okay, perfect. Food, water, environment, what you're breathing, which you putting on your skin, the EMF and the ants in your brain.

Because that affects the pets. 100%, thank you. I was just about to say it, but you were with me. And the reason is because we entrain our energies. So this is a physics principle, it's not woo-woo, and that means that when you're around somebody that's really positive and motivating, you went to a super great lecture, Tony Robbins or something, You leave there so empowered, I can do that.

That's entrapment. And then when you're around your friends that are energy vampires, and after you are with

them, you have to go home and take a nap because they just sucked you dry, right?

So that's the principle of entrainment. Girls that live in a dorm together will get their cycles together. We tune pianos. Lots of examples in nature.

are pets entrained to us as well. And we entrain to them. So who is it when you're really upset, if you have a dog or cat, who comes over and tries to sit on your lap or puts their head underneath your hand while you are crying, it's our pets.

Yeah. and they're basically saying, here's my first shoulder. Here, I'll take some of that negative energy and some that sadness and I will take it off for you so that you can navigate this very heavy third dimension.

And we feel better afterwards. We hug them and we cry and then we fell like we can breathe again. It's because they're in training to that energy. So when you live in a house that's total chaos and the kids and they work and money issues and sleeping is not a priority and so everybody's sleep deprived and you're eating junk food all the time.

There's all this high sympathetic tone that you are creating. and the pet isn't training to that sympathetic tone. So even though they look like they're laying down and sleeping and like, they are really chill, They're still picking up that energy.

And so their body physiologically is going to stay in a high sympathetic tone, which means that they can't get into a parasympathetic tone which is the state that we heal.

Rest, repair, digest, reproduction, and detoxification happens when we're in parasympathy state. We're never designed to stand one all the time. You don't want to ever stay all in sympathetic.

But to have a balance, like we need our sympathetic when there's danger, when's there a real danger. Not your credit card debt, not your boss yelling at you at work or your clients that are unhappy and giving you one-star reviews.

You know, your body takes it as a serious threat and a danger and you go into high sympathetic tone and fight. You want to fight back, but that's not healthy for our body to stay there all the time.

And yet that is the world that we live in. I call it the sad day, the standard American day. But they have it in Europe too, so you guys aren't off the hook.

Then we eat the Sad Diet, which is a standard american diet, and you put those together and it's a disaster. So our pets are in training to that. If you feed them processed foods on top of that, then they drink tap water.

Wow, are we surprised that one out of 1.65 are getting cancer? Yeah, and then you mentioned pesticides too. The pesticides, you know, if you live in a community where they're spraying glyphosate, that's the worst of the…

I think there's a lot of other pesticides that are bad as well, but glyphasate has to be the most egregious because it is ubiquitous now everywhere. It's water-soluble, it's been used so much by not just commercial industries, by homeowners.

They're out there spraying their weeds. Guys, don't grow… Don't go grass. You need to grow food. And then we won't have a weed problem because you're growing food.

That's right. Yeah, but yeah, this is the food forest girl here. Listen to say, she walks the walk. She says, I literally live in a food for us. So that was step number one.

Step number two is we have to provide all the essential nutrients that the animal needs to do its job. And that's the vitamins and minerals, the fatty acids and the aminos that make up those essential and you can find them on

Google.

It's like, this is not hard. You can just literally ask chat GPT and it will tell you what those essential nutrients are. So we need to provide that in an organic bioavailable form.

And then number three is we have to heal the leaky gut. stress, glyphosate, the toxins, microplastics, heavy metals, deficiencies, all of that is causing inflammation and causing leaky gut.

So the cells that hold our intestines together that are supposed to act like cheesecloth, they become leakey. For the average person, a piece of cheese cloth that you've taken and punched holes with your pen.

And then you try to drain your chicken soup, and all you wanted was the broth, but things are coming through because there's holes that are big enough for it to come through.

So now, that's leaky gut. Now things were coming into the body that weren't supposed to. Remember those food groups that the dogs don't really digest all the way?

Well, now that partially digested food comes through that leaky gut, goes all the way to the bloodstream, to liver, and now the liver goes, oh, look at that, there's a foreign invader.

And it does what it's supposed to do, it mounts the cytokine storm. It's the inflammatory army to get rid of the invaders. That's good thing that's kept us alive for however long we've really been here.

But it wasn't designed to stay on 24-7. So when our animals are eating processed foods and highly processed food and toxins and all these other things, then you're causing damage on top of damage, on the top damage.

Never has a chance to heal. So the army never has the chance go into the barracks and take a nap. It's exhausted and now we start to see boogeymen everywhere and that's autoimmune disease.

Your immune system is so exhausted, and it's been overworked so hard that it finds boogee men on top of the adrenal gland, on the top the thyroid gland and wherever.

So we're causing it. Man, our pets can teach us a lot about what we are doing to ourselves too, actually. Oh, 100%. And my clients go, can I do all these things for me?

Yeah, you can. And so, that was number three. And then number four is detoxification. We have six organs of elimination, and they're all important. But in my personal opinion, I think that the liver and the lymphatics slash fascia, because we don't really separate them.

The lymph runs through the fascias, so I bundle them together now that we know about that. So, the livers, lymphatic, fasciitis, they are truly the workhorses of the body.

So we have kidney, colon, lungs, liver, skin, and then the lymphatics. But again, if we can focus on the, lymphatic, the fascia and the liver we've accomplished probably 75% of what we need to do for detoxification.

And then clean air, salt rooms, things that are gonna help clean the lungs. Then number five is the mitochondria. We have to support the Mitochondria and I have a wonderful line of products that really targeting how the mitochondria do their job.

So they need light. They need CoQ10. There's little things that, biologically speaking, run this cycle that at the end produces energy. And when we understand that, we can start supplementing with these nutrients.

They're not essential in the sense that you're vitamin, mineral, fatty acid, and aminos, but they're important because, as an example, light. We're light deficient.

Most people don't see outside. Maybe on the weekends, or even worse, in wintertime, right? I had to go somewhere, I was in Reno. There was no sun. I'm looking around going, now, why do you guys are depressed?

in the wintertime. There's no sun. Yeah. They sit inside under LED lights all day. Yes. So we're light deficient. And unless you get in your sauna, a full spectrum sauna you're going to be light-deficient and that affects the ability of the Krebs cycle, the system that actually produces our energy.

So they all come together. So that mitochondria is very, very important. And then number six is clearing those trapped emotions. Those are those ants, the negative thoughts that we keep having that, we are repeating those cycles.

Because when you have a negative thought, you are sending messages to yourselves. Every thought creates a neurotransmitter. It's either gonna be a good neurotransmitter, or it's gonna a bad neurotansmitters, because you're gonna give a message one way or the other.

And so, if you are constantly telling yourselves, danger, dangerous, Will Robinson, don't go outside because the plant's about to implode. Well, then you going to tell your DNA and all those organisms in and on you, hey, the mothership is about go down.

If you wanna survive, you better find the pathogenic version of you. Because otherwise, you're not gonna be able to survive when that mothership goes down to go into another mothers' ship.

It's really important that we understand this concept. We talk about parasites being the enemy and viruses being in the enemies. And they're really not the end enemy.

it's the terrain of the body when we've screwed it up and it no longer… is supporting a happy world for everybody to live in that the pathogens come in.

My garden is the best example. If you're trying to grow food and all you can grow are weeds, the weed is not the enemy. The weed telling you that your soil isn't healthy enough to grown other stuff.

But when we get a pathogen, we go, oh, that pathogens bad. And so we're gonna try to destroy all the pathogens. Well, in reality, 80% of our functionality, our gene coding, comes from them.

The viruses, the bacteria, The fungi. the germs. Parasites, yes. We code, I think the statistic is an earthworm has 38,000 functional genes. we have half of that, we're like 22,00. So from a genomic perspective, half is sophisticated as an Earthworm.

That's kind of sad to think about. I do know those people, actually. So what makes us special is that we've learned how to utilize their genomic information to be able to code our genes.

So no longer shall we say, they're the enemy. We have to go inside and go, who am I supporting? What does my terrain look like? And what does soil look and how can I make a better terrain so that everybody can start getting along and grow and thrive?

So you're saying our thoughts, whether negative or positive, make up part of the terrain that then affects and transfers to our pets. 100%. Whoa. Okay.

What a concept. Yeah, no, it makes sense, though. And we didn't even get into consciousness. That, we're talking physical here. But now when you even enter into the conscious realm, yeah, now you have a whole nother dimension of what are we really doing.

Seriously. Also, is there any more steps? I fully understood everything you said. So that was the six steps. I think if everybody can just keep a pen and paper, and whatever podcast you're listening to, whatever information you are learning, Take a piece of paper, fold it in half or on your smartphone, and make a column A and a Column B.

Columns A are all those things that you're learning about that should be doing, but you haven't started to do them yet. column B are all the things you should not be doing at all, and you still are, because you haven't learned the hack replacement for it yet, okay?

Now, you, it can be an ongoing list, but every week, pick one thing to start from column A until it's who you are. Until it becomes a habit, You don't have to think about it anymore.

Then pick something from Column B and just stop it. Like it, I don' know how to make that any easier. Stop it! And then, when that becomes comfortable, go on to the next thing and pick it up.

Leaky gut, symptoms, and lifestyle causes

And really, in a couple of months, you've transformed your life, your family's life your pet's, life. Wow, it affects, and Mother Earth, because I don't want to leave Mother earth out.

Everything that we do as a choice, we're affecting Mother Earth. We're killing the microbiome of the Mother earth. we are killing off our bees. The one thing that actually pollinates our food.

So we have to start being more responsible with our bodies and with the environment around us. That's right. I completely agree, Bravo, with everything you said.

So I wanna back you up for just a minute. You said something earlier about leaky guts. Yeah. And I think a lot of people listening were like, oh, I've heard of this.

The permeable gut membrane, the leakey gut diagnosis that humans can get, but gosh, could get this. It's exactly the same thing. And you mentioned autoimmunity, which we know, or a lot of people in the health field anyway, know that when you have leaky gut, it's just a matter of time before you might get an autoimmune condition.

Right. What other signs and symptoms in animals that can't speak would we see maybe signs of leakey gut? One of the most common are ear infections. And these young animals are coming out, and one of first things they'll present with is an ear infection and or skin infections, like itchy kind of problems.

But ear infections really seem to proceed. We'll see ear-infections in dogs that are two, three, four months old. So that's the first sign. Why is because the skin is the place that we're gonna see it, And the ear is skin wrapped up into a tube and stuck down a deep hole.

And you don't see it, right, because it's down a deep hole. So that's usually one of the first things. Picky eaters, that the other thing that is really, really prevalent.

People will go, oh, my dog's a picky eater. Well, think about this. If you were a wild canine and you woke up this morning and were kind of hungry, not really.

there's no bowl to walk over to. You have to get motivated enough with your hunger to go hunt something, chase it down, rattle it, kill it. Consume it tear, gulp and swallow really quickly and then get back into your hiding place.

And if you feel a little nauseous or you don't feel all that motivated, you're not gonna go there. Which means you will not be passing your gene pool on because you'll not survive.

So picky eaters, that's another one. Intermittent vomiting and diarrhea. Even though diarrhea can be a sign of the body getting rid of something, when you start seeing the inflammatory bowel disease and the excessiveness, that's a problem.

And then osteoarthritis. Really? Yeah, we're seeing a ton of animals. When I started practicing, you know, going back 41 years, We saw hip dysplasia. Little guys, never saw anything wrong with them.

It was the big dogs that had hip-dysplasia. Now, 95% of what we see is arthritis in the spine. So, degenerative disc disease. in small dogs and large, and that's probably the biggest one, spondylosis, but the whole degeneration of the spine.

And that what we're seeing in people as well. It's younger and younger people. I mean, they come to me, I'm like, you're way too young for these labels.

This is crazy. It's the same thing in dogs. And it's all lifestyle. Its epigenetic. We are causing it because we are still bought into fast, cheap, and convenient.

When we start taking control, I'm going to go down a rabbit hole. I've been on this journey now since my girls were like six and eight years old because so many of our friends were getting breast cancer.

Their teenagers were going breast cancers and I said, what is that? And so we started with, getting rid of all the xenoestrogens, those chemicals, hormone-mimicking compounds that were in laundry, makeup, all that stuff, our body soaps and all of that.

And then I moved into the next thing. Well, now I live in a food forest, I grow most of my own food, make my yogurt, my cheeses, and I make butter. I also make sourdough bread now.

That's my latest thing… You've never seen what she brought over? Yes, I brought, Dr. Ness, two different kinds. And I just took them out of the oven, like, literally before I came over.

So, people go, how do you find the time to do all that? Well, one, you choose how to, we all have the same number of minutes and hours in a day. You choose to spend it.

While I'm doing, listening to a podcast, or I listen to webinar, something that I am learning, at the very same time, making bread, cheese, I'm doing something that ultimately will be prepping me for the whole week.

The amount of joy and gratitude that I have when I eat something from my garden or something that's I've made and the taste, there's no chemicals in there, no fillers, preservatives, it's just like real food.

It's amazing. And as I round into my 70s, I refuse to age like my age group. because there's no reason we need to. Everything that we have been sold on this fast, cheap, and convenient lifestyle is actually accelerating our aging.

Well, you don't have to do that. You can actually reverse your age, reduce the inflammation, nourish your body, do detoxification, support the body and it'll support you.

I'm hearing you say that, we really sold our health out for convenience. 100%. Yeah. Speaking of selling our Let's talk about the one size fits all package of vaccines.

Wow, you hit that slippery slope really hard, didn't you? So there is a Dr. Ford, who is probably one of the most renowned virologists and experts on vaccines in the veterinary industry.

And through multiple university studies has proven that many of vaccines that we give every year, actually after two vaccines, have immunity over eight years.

So, yes, we are over-vaccinating. Rabies is the one that we have to really be careful about because it is a disease that if somebody gets, a human gets exposed, there's no cure, right?

So I understand the implications there. There are safer vaccines, like we use a rabies vaccine that has no mercury, so it's thimerosal-free. And where I live, we can do every three year vaccinations.

Okay. So you have to vaccinate under a year of age, and then you to have vaccinating according to our laws. Every state's different, but according Florida, We have the second one, one year later, And then after that we go

every 3 years.

Vaccines, prevention, and critical thinking

What I try to tell people is Think about what your risk factors are. And this goes for flea and tick prevention. Everything that we do should be done where we evaluate the pros and cons.

Critical thinking, I think we started our conversation with critical thinking. When we get so polarized that the world has to be all one way or all the other way, and we don't use some good judgment in there, we're not doing the best that should we be doing.

So if you live in an area where Lyme's disease is rampant, yes, protect against ticks. And that's not going to happen with some kind of a homeopathic or a dust, right?

You have to pick your poison here, and you have protect those things. We live, in Florida, literally the most endemic state for heartworm disease. So why would you risk getting that when the treatment is worse than the prevention?

Not saying that it's the ideal, but it is what it. I have mosquitoes that get in my house year round. You open the door, they come in. So it only takes one mosquito bite.

My advice to people is look at what your risk factors are. Where do you live? What are the things that your animal is going to be most subjected to? If you have a Pomeranian and you live in the 30th floor of a high-rise and that dog never goes outside and don't open your windows and doors, the risk of that animal coming down with heartworm disease is way less than the one where you take a walk every night with your dog at dusk, right?

Or you had cats in your house and open the door. So cats have no treatment for heart worm disease. If they get heart worms disease, they either live through it or they dont.

So, prevention becomes a much bigger subject and we're seeing a lot more cats. Sudden death. It could be heartworms. So going back to using critical thinking skills, look at your environment and your situation and pick the things that are safest.

Even on the flea and tick side, we use things that are much, much safer. They're not loaded with a whole bunch of ingredients. There are not chewables.

It's the chewable that is really egregious. Because, oh, they're stuffed with all kinds of things, that will make the animal want to eat it. Why? It is fast, cheap and convenient.

Sounds like Matt is getting gummies. Yeah. So those are really important topics that I don't think there is a flat answer. I think it needs to be really evaluated for each person's individual situation.

And genes, right? Maybe two sometimes even. Yeah, I think genes play a little bit of a role, but 5% is genes and 95%'s is epigenetics. So yes, you can have some genetics in there, But your lifestyle is gonna dictate whether or not you're going to really express that.

Exactly, exactly. In the same with the pets as well. 100%. Yeah, I was leaning on the pets saying that, but you tied it into the female. Oh, wait, it's like for everyone, that's exactly right.

Okay, so for these, everyone listening out here, and this has been such an eye-opening conversation for them. They're like, So where would you tell them to start?

Where can they get more education on this? Now, if you listen to Dr. Jess, yes, because she has great content. But for the most part, you don't want to be learning from some pet parent that had an experience or a company that is out there marketing their product.

So I have a course. We used to call it the Empowered Pet Parent Course. I know we rebranded it, but it still says that on the website. And it's a three-hour program, and it walks you through everything from diagnostics, because I'm a test-don't-guess girl.

So it helps you to understand what testing you should have and why, then it takes you diet, digestion, gut health, detoxification, mitochondrial health.

All the six principles, everything we talk about. I even teach them about trapped emotions and the whole, all the five energy bodies. So it's really a deep dive for pet parents to really get it.

And I just had a gentleman I did a consult with yesterday and he was funny because he goes, you know, when they said, I wanted to consult you and they had to do the pet parent course and I thought, why?

I've researched so much, and this dog has cancer. He said, but I wanted to get that consult, so I bought the course and I took it. And he goes, I have to tell you I learned so much.

Even for professionals, it's taught in a layman's way. I show a lot of case examples. So people can start to really understand what it is that we're doing and what can we do differently.

That's beautiful. And just for everyone out there listening to round it out, you may have heard me mention that Dr. Marlene Siegel was my own vet for my little puppy, Blaze.

Blaze, unfortunately, got a brain tumor and we found it really late.

Clinic therapies and where to learn more

She was staring in corners and her behavior began to change a little bit. But she was given three weeks to a month to live and I took her straight to Marline and kept her alive months and months longer than what she…

With quality of life. Yes, we did. And, you know, I just like to highlight some of the things you do in the office before we end here. So there's a ton of IVs that you, right?

You mentioned ozone. Yeah, We do IV ozone, high dose vitamin C, IV curcumin. There are several other products that we use that are anti-cancer. We Do exosomes.

we do ICG, which is endocyanin green. and then we photo activate that. That's the biggest difference. I'm the only clinic right now in The U. S. that is doing intravenous laser therapy.

Can you explain why that's important really quickly? So we have enzymes in our body, and those enzymes are activated by light. Now remember we said we're light deficient these days, so if you aren't getting the right light activation because you're not in the sun getting that whole entire spectrum of light, then your enzymes are not working as well.

So what we do is we give specific products, either intravenously or orally, and then we have the spectrum light goes from ultraviolet to blue to yellow, green, red, and infrared.

And based on the product that we give, we know what the activation peaks are, what color is going to activate them. So now those products are taken up by the abnormal tissue, very preferentially.

Then when we light it up with the right wavelength of light, It creates reactive oxygen species, which are what kill the abnormal cells. But it's very targeted because it is happening right there at that cell level.

And then the body steps in and cleans it up. So it' s a very target therapy and it s remarkable. to see, we have a dog right now that has lymphoma and within two weeks we're already seeing her lymph nodes are shrinking, her appetite's improving, and her gas and bloating has almost gone away and she was coughing really, really bad.

In addition to having some collapsing trachea, the lymph in her chest were pushing on the trachea and she's hardly coughing at all now. So that was within two weeks and the owners are just thrilled because we can actually see a difference.

Absolutely. I mean, with Blaze, we did all the forms of IVs. Tell them about the, I'd love everyone to hear about what you do for EMF. Because that is something I've never seen before I think to you.

The plates? Yeah, the plates and that big triangle Like the tent I would actually go in. Oh, so that's a pulse electromagnetic frequency machine. So we do a lot of frequency.

We have several machines that are like a rife machine, and so they do frequency, vibration plate, hyperbaric oxygen, foot baths, lymphatic therapy, salt room therapy for the lungs and respiratory tract and the skin, light therapy with gemstones.

And so we use color therapy and light We have a machine called a sonicator, so it's ultrasound and radio frequency that we use as well. And so there's protocols where we give certain substances that are taken up by the cancer cell, and then we used the radiofrequency and ultrasound to blow it up.

Yeah. Wow. Guys, do this for your pets. Who wants to go by themselves with Dr. Marlene's clinic as a human? And cold plunging. We do cold punching. Right.

I did know that too. That's right. This has been an amazing interview. Thank you so much, Dr Marleen. For everyone out there listening, if you think they can find your course, what is your website?

Where can they find more of your social media? All that stuff. Everything is in one hub. It's drmarleensiegel.com. And there's a courses section, and we have lymphatic courses for pet parents to do at home.

fascia decompression for the pet parent. You really need to start with the foundation course, guys, but once you get that done, then you can go into other modalities.

And education is absolutely the key, because nobody can pull the wool over you and take you down these little dangly paths when you really understand what you're doing.

That's what that impaired parent course is designed to do, is help you to cut through the noise and through confusion and actually have a targeted plan.

Knowledge is power. What is the name of your clinic? Pasco Veterinary Medical Center and from drmarleensiegel.com you can get to the site. I do do online consultations.

We require that they do the course first because otherwise I'm talking Greek so with the chorus they can They can catch up, they can learn, go back, review, study it, and then once they really understand, then we can have a conversation.

And now we're moving forward. We're not just kind of floundering and going, I've never heard of that before. So that foundation is really important. Well, thank you so much for being on the show, Marlene.

It was wonderful. I think, you know, the more people start to… I don't like the word awakened, but the most we start become conscious and we started to question the narrative, then we are able to move forward and really make an impact in the world for ourselves, for our pets, our family, and for Mother Earth.

Amazing. Love you. Love your back.