Introduction and Speaker Background

Well good morning. Good morning. Thank you so much, Doctor Caulfield, for, doing this interview. I'm so excited. I'm excited to be here. And I'm so excited about the topics we're going to talk about today.

That is that is amazing. I am too. This is actually my first interview where I'm actually talking. Talking about this stuff with someone. And this is, this is quite.

It's piqued my interest very much. Well, before we get started, why did you introduce yourself? Tell us a little bit about who you are. Well, I'm. I'm doctor Michael Carl Phelps.

I'm a I'm a naturopathic doctor. I've been in clinical practice since 87. I run a very busy, integrative, clinic here in Boise, Idaho. And, you know, we one of my specialties, it is, integrative cancer, you know, so people fly to me from all over the United States.

And we have a very unique, specialized program to support patients that are dealing with cancer. But we also focus on and neurological disorders, chronic infections.

And also, regenerative medicine. So, so, yeah, this what we're, we're going to be talking about today is, is, is one of my passions. And one of my loves.

And I'm really excited to be here with you as some of the other things that the resources that people may be interested in. I do a podcast, Integrative Cancer Solution with Doctor Carl felt, on iTunes and also Integrative Lyme Solutions with Doctor Carl on iTunes.

Also have a radio show, Help Made Radio, where I interview a lot of leading experts and, and the integrative field, you know, so, so that that's a great resource and that that can be found on my website, the Carl Bold center.com.

So, yeah, a lot of, a lot of good information out there that I try to put forth and, and that's why this summit is so important to can bring out good information.

Absolutely. Thank you so much for for that background and for giving us the information for where people can actually get further information. So tell me, why is it that you do you specialize in integrative cancer?

Well, I mean that there are a number of things. I mean, one is that I mean, we haven't solved the riddle of cancer. Yeah, we we, you know, we declared war on cancer, but it looks like we're we're failing.

I mean, we are failing that war. It doesn't really, you know, we're not it doesn't look like we are failing after all the billions and billions of dollars we've poured into it.

We're not even close to finding a solution. And it looks like it is a it is an industry that kind of feeds itself, meaning that, there's so many interested parties making sure that they still have a job.

So if we find a solution and and we end this, this search, then all of a sudden this, you know, multi-billion dollar, industry, all of a sudden just disappears.

And that's going to impact the economy for a lot of people. So, you know, the interest is not really there to find a solution. So then we need to have people like myself, that kind of work on the outside and try to figure out what can we do, but also have a personalized, reason for it is, is my my father, he he he did he did actually died from cancer or died from colon cancer.

And, this was very early in my career, and I didn't have a very good relationship with it, so I didn't find out about it until a number of months after he had passed away, which, obviously is very difficult when, when you're not, part of, of that process when your father, father passing away and, and when you may have solutions.

It was early in my career, so I didn't I wasn't equipped with all the tools that I have now, but at least to be able to be part of the process. And then maybe, kind of be of assistance.

Why Integrative Cancer Care Matters

So it's, you know, with that background, it it's something that I'm very passionate about. And I really want to be there for people, that are going through this, this process, as are battling cancer because it is a very difficult and confusing time.

And people feel so, so scared and hopeless, and helpless. And so to have somebody that can guide them through that process, I, I it's, it feels really good.

It feels good to be there and to be able to bless them with, with that with that gift. Well, so, having something personal, like having your father, died from colon cancer, kind of, gives you that little bit of fire to, kind of, to, to do this and also, to have the passion because you had you known what you know, now, you you your father's cancer might have been a little bit, triggered a little bit differently.

So tell me, how does integrative cancer care differ from traditional cancer care, like the one that your your father received back then? Well, I mean, we if you look at more of the traditional cancer therapies, they haven't really evolved that much.

Even though, you know, we have, billions of dollars poured into it. It still looks at, you know, the surgery. Yeah, obviously. Yes. They have they are better at doing surgeries, but it's still surgery.

It's still cutting. And then we get the, to poison, you know, which would be the chemo, you know, which which chemo can we use to more effectively kill the cancer?

Still not really recognizing the the impact that it has on the rest of the body. And then we have the, you know, the burning, you know, what the radiation.

We we tried to just kind of burn that area to, see if if, you know, we can make sure we kill that whole area so that it, cannot replicate. I mean, all the cancer cells are dead, so we're still kind of focused.

We've become tumor focused and, try to go after the, just the tumor, not recognizing that that cancer is a systemic disease. They have brought in a couple more tools.

You know, one is obviously working on the hormones, hormone blockers and then immunotherapy. But they they're very immunotherapy that we had for, sorry.

Hormone therapy we had for a while immunotherapy. It's still evolving and trying to figure out, you know, when it's, applicable and when it's useful. So with, with integrative cancer care, I mean, what you're doing is that you are then actually looking at the body as a whole, and you recognize that the the cancer exists within an environment, and it's that environment that allow that cancer to come forth.

And by shifting the environment, you're then shifting how the cancer is expressing itself. And so you're then looking at, you know, how you know, what is the individual eating.

You know what what kind of emotional environment is is a person. And yeah, the nutrition, all the toxic and all these factors you, you want to look at in order to be able to then shift the environment so that, we can then more effectively address, you know, support the body's ability to address that cancer.

So it's kind of like, if you get trying to get rid of a rat infestation, I mean, you can if you keep just going after the rats and you're going to have a losing battle.

But if you then start to clean up the neighborhood and clean up the environment, then all of a sudden the rats have nothing to feed on, and then they shift into some, some other location.

And it's the same type of strategy that integrative cancer care utilizes, you know, with patients that are dealing with cancer, is to make sure that we, we address the environment, so that that way, you know, healthy cells become healthier and they are less prone to be, be converted into cancerous.

And also the cancer cells has nothing to feed on, so they starve and die. And, then we can combine that with other type of therapies that we're going to talk a little bit more about.

That can then really go after, you know, support the body's ability to go after the cancer cells. P a PMF actually works. Quite similar and might be a good add on to some of the integrative things that you do, because PMF, brings oxygen to the cells, it increases the circulation, it decreases the inflammation.

And it really does help to build new cells.

Traditional vs Integrative Cancer Treatment

So, so that that actually probably would be a good, marry in with some of the other things that you're doing. In that token, tell me what new strategies new, integrative, cancer treatment.

Therapies that you have actually, that's a new an upcoming. Yeah. So there and and that's the thing it's so exciting to be, I would say today in integrative, you know, cancer therapies because you're looking back 20 some years ago, I mean, yes, there were some strategies, but they were very it was mostly just, you know, here's vitamin C and here's a diet, you're looking mostly at kind of like a Garson type of diet, which is still really, really effective.

And, you know, many, many cases, and, and the vitamin C, obviously, it is a, it is a standard, you know, high dose vitamin C is really, really powerful.

But, now we have, you know, we are realizing more tools that we can then bring to the table. I mean, like, for instance, you know, repurposed drugs as a kind of a new thing that where we're bringing in, different pharmaceuticals that are, you know, fairly benign, that can then be used to shut down a bunch of the cancer drivers, you know, like you have, doxy cycling.

Yeah. Different statins, like atorvastatin. You have, you know, aspirin, the simple, you know, aspirin. You have doxy cycling, you know, which, works on the mitochondria.

You have, see you and then dissolve, you know, which is a and a parasitical. But it also then works very well. And, shutting down a bunch of the cancer drivers.

So that is that is an exciting area that we are, exploring how to use these different pharmaceuticals, you know, like Claritin. Who knew that that was going to be a powerful tool?

And then, like you're mentioning the the p m f yeah. When you're looking at the, cancer, you, you look at, you know, what are some of the changes that are going on in cancer?

You know what? How can we address that? You know, the the traditional care they've been going after just a fast, you know, set replicating cells. But in cancer there are so many other factors involved.

So the, the chemo, the radiation, it can go after these cells. And it looks like the tumor is shrinking and the cancer patients get very excited and think, yeah, we're we're winning the war.

But there's so many other factors like the cancer stem cells. And then we have the slow dividing cells, you know, that account for a huge portion of what we're dealing with with cancer so frequently.

Then when you do traditional care, you know, the cancer pops up again. So to bring in these other strategies along with, becomes even more powerful. You have you know, one thing that I'm really passionate about is photodynamic therapy, and that is utilizing then a, a photosensitive CER that attaches itself to, cancer cells and it gets into the cancer cells and using then, a, you know, a like intravenous line externally in order to be able to create oxidation of the cancer cells to kill off the cancer cells.

We're also looking at different kind of nano, platelet nanoparticles that, we can use also to increase the delivery of photosensitive cells or agents that can then go after the cancer cells.

And then combining that with with oxygen therapies like hyperbaric or different ozone type of therapies or, you know, I have another machine at our center called the Hawk yet.

So so these are just some kind of up and coming fun strategies that exist. And, that, that we're, implementing a lot in our, our practice with, with great success.

Wow. That is so interesting that something as simple as Doctor Cycling, in which you've worked for many years. Then Claritin. Yeah. And and and one of the strategies also, you know, involves going after the metabolic process of the cancer, you know, because we we are recognizing the difference within a cancer cell and a, and a normal cell.

So kind of that, that mitochondrial activity, you know, to go to address that becomes really a really important strategy as well. And we're we're doing more and more of that.

So when I had really bad actually, as, as a teenager, well, really the acne went into my 30s and I still had acne. And I remember using doxycycline, and that was one of the things and, I was actually on that for a very long time, to be able to get that under control.

So something like, like that, to be able to, to, to work in combination with some other stuff is quite interesting. You mentioned mitochondria. What exactly is a mitochondria.

So the mitochondria is, is like the, is the energy factory of the cell. I mean, that that's where we produce, everything that we need in order for the cell to function.

It was interesting with the mitochondria, is that about 40% of the cell of the cell mass is actually mitochondria. So that's how important it is. And the mitochondria, controls, you know, any kind of genetic repair.

So if the the genes start to become dysfunctional, then the mitochondria, you know, support, the, the repair of the, of the genetic of the genome and then also it controls C, the cell that switch of the mitochondria, or of the cell.

So obviously if the cell, becomes, you know, too far gone, then we want to make sure that we kill that cell off so we can then have the, a birth of another cell that gives space another cell and, and that cell material then becomes building blocks for that, that new cell.

So the mitochondria plays a huge role in us staying healthy. Obviously, you know, if we as we are aging our mitochondria gets you know, it doesn't function as well.

So it is crucial then to utilize strategies, you know, to make sure that the mitochondria is functioning well. So we can repair our muscles, we can repair our joints, we can, you know, feel healthy and vital.

New Therapies and Mitochondrial Medicine

We can feel happy, energetic, focused, you know, so mitochondrial medicine is, is really, one of those up and

coming medicines as well, in regenerative medicine.

But it plays such a huge role also in, in cancer when, when you're dealing with cancer just because of its role in that. It controls that a, a pop ptosis, that cell death switch.

And that is one of the hallmarks of cancer is that it is immortal. And the reason for that is that it bypasses that cell death switch, you know, it bypasses the mitochondrial function.

And and the mitochondria is very dysfunctional. And that's why, you know, the genetic material becomes so altered and deranged. And it gets and it moves and to that point where it becomes cancer.

So obviously to to support the mitochondria becomes, really, really important. You know, when you're dealing with cancer and, PMF actually works, can actually help with that because PMF works on the cells.

So so that actually, again, brings in how PMF can actually be integrated into all of this. We you know, a lot of times people, they don't work on prevention, they wait until there is a full blown problem, and then they decide they're going to start working on it.

Then in terms of cancer, how important is it to prevent cancer? Yeah. And the best strategy is obviously never to get it right. All right. All right. Prevention is is the key.

And and it's just fascinating I mean here we're looking at a disease that is probably going to touch, you know, soon this the statistics of one out of two, you know, is is probably very soon going to be looking at getting cancer.

So it's really at the percentage of people at some point in their life getting cancer. I mean that that is just increasing. And it's actually almost primed to, pass cardiovascular disease as the number one cause of death.

And, and we're looking at, you know, one out of four, people dying from cancer. So with those type of, statistics, you would think that people would really kind of look at what can I do to, you know, minimize my risk.

You know, since this is such a high risk, you know, at some point in my life. So then to, you know, go after such a core piece, that plays such a huge role, like, the mitochondria is something that that people, I think really should focus on.

So and PMF like you mentioned, I love PMF and that's, that's something when we dealing with cancer, it's such a complex disease. You can't just take this one pill and say that, you know, now I'm I'm fighting.

You know, I'm not I'm battling cancer. I'm winning cancer. Now it's you gotta work on it from so many different angles and and PMF, this is one of those fantastic angles that really helps, you know, with inflammation and then turning on the mitochondria and also, you know, and one of the things that they've seen is that it's kind of like punches holes and, and the cancer cell wall and a cancer cell wall making them leaky.

So it actually, you know, it kills cancers, you know, supported to kill off cancer cells that way. So, the things that you can do for the mitochondria there you know, obviously you want to eat a clean diet.

You know, you want to make sure that you eat food that is, is very, organic, and provide the nutrients that the mitochondria needs. You know, you have the different B vitamins, you know, on one of the supplements that I love.

Yeah, it's a poly MVA, you know, which is incredible. And and activating the mitochondria, you have, you know, supplements like co Q10, is incredible.

You know, L-Carnitine, you have the B vitamins, you have, yeah, l glutamine you have. I mean, there's so many and they'd, glutathione on in fact, like glutathione on they've seen that people that, that, I mean, the length of your life, they say I'm just showing you how important glutathione is.

The length of your life is directly proportional to the amount of glutathione, that you have, you know, so that's how important it is as one of our major antioxidants and one of our key detoxify, our sun is also one of the key components within being able to produce energy, you know, so that there are a lot of ways of looking at all these different strategies to turn on mitochondria becomes important.

And then at at our center we use, you know, another type of therapy called, you know, I talked a little bit about photodynamic therapy. You know, where you use an intravenous laser light to, to, support going after cancer cells.

But, you know, you also what it also does, it turns on the mitochondria. So that actually activates that, that mitochondria, you know, within the mitochondria you have different stations, you know, that, you know, you turn on this one and then, you know, it turns on the next, you know, it's called the a lock tron elect electron chain transport, you know, or electron transport chain.

And or within that you have different complexes, you know, these different stations. And they've seen that the different colors, you know, that we use in our intravenous laser therapy or external, and it's also the different colors, obviously, that exist in the sun.

So to be out in the sunlight, you know, becomes really important to activate your mitochondria. They turn on these different stations to really activate the flow of electrons, you know, through the mitochondria.

And that is what really kind of makes sure that you bring. Yeah, you kind of turn on energy within the body. Yeah. Also have oxygen. Yeah. That is that is like the key component.

You know, there's no energy that can produce without oxygen. So to be able to exercise and be out on fresh air, utilizing therapies, you know, like hyperbaric oxygen therapy or intravenous ozone, you know, these are other strategies that you can do to really kind of make sure that you mitochondria is as active and healthy and vigorous and, you know.

Yeah, a happy as possible. Right, right. Oh, wow. So that is, that is, some really good information, I guess even just for general health, to, to be able to, to prevent, a lot of other things as well.

But, and the mitochondria is, is so important. What are some of the, what are some of the things that can damage your mitochondria? Yeah. So, so we we live in a toxic world.

So it's I mean, it's impossible to exist without being exposed to any kind of toxins. So. So you want to kind of look around and, and all of these have have a damaging and limiting effect on the might of Condra.

So, you know, things like heavy metals, you know, the different chemicals that exist. And, and then also as our, as our immune system is challenged, you have also certain infectious agents that's important to look at, you know, so, you have, like, parasites, you know, mold, you know, how old are you?

Have you lived in a moldy house? Where is your work environment? You know, is has it been any kind of water damage there? And you're exposed to these, these mold spores that are complete, continually suppressing your immune system, but also suppressing your your mitochondria?

Trauma. Emotional trauma, I say, is a big thing. Yeah. Because actually, you know, if we hold on to resentment or hold on to trauma, that can also down regulate that our mitochondria.

So it is important then to, to kind of do a, kind of survey, you know, your, your house and, and kind of look through and see what, what are some of the chemicals that I'm exposed to within my house, you know, what am I, cleaning agents.

You know, what do I, wash my hair with my soap. My toothpaste. Also, you have, you know, we talked about PMF. You know how important that is as well, because we are exposed to a lot of artificial frequencies.

You know, a lot of the EMF that are unnatural to our body.

Preventing Cancer and Supporting Mitochondria

So then utilizing obviously PMF then to help to, kind of normalize, you know, our, our frequencies within our body and to kind of help that that vibration within the body because, you know, so these all these different things, you know, can then interfere with our mitochondrial activity.

And then obviously, if we don't have the nutrition needed to be able to feed our mitochondria and support the activity of the mitochondria, and so that becomes a factor as well.

So all these things are really important to look at. And, you know, regards to trauma. I did an interview on my radio show, with doctor Mark. Will Len that I really, really like, you know, talking about the, you know, his, his book, that he just came out with.

I can't remember the name, top of my head, but you can find the interview on my, website, the capital center.com. Where you kind of do an investigation as to where possible traumas are coming from.

And even though we may not consciously think of them, they are subconsciously stored and then interfere with our mitochondrial activity and can then put our body more at risk, for diseases like like cancer.

Wow. Absolutely. Sometimes the simplest things, you know, you don't even realize that, the stuff that you are cleaning your house with or or if you're taking a shower every day and the soaps and all the stuff that you're putting you, you know, you kind of just think that, maybe cancer is just one of those things that you it was one big event that actually happened.

And, and I'm sure the cells or different, damaged cell cells are different than healthy cells. How is, cancer cells? And, the activity in the cancer cell different than the activity in a healthy cell.

So and that is the interesting part. And that that has kind of as really and brought forth different strategies. Yeah. And integrative cancer care and how to address, you know, people that are battling cancer is recognizing that, I mean, we've talked about the fast dividing cells.

Yeah. That, that, traditionally we use chemo and radiation for, but we're missing then the, you know, slow dividing cells, and we're missing the cancer stem cells, you know, so, so to address and the mitochondria are the metabolic activity of the cancer becomes really, really important because they do differ, you know, healthy cells versus a cancer cells.

Their metabolic activity is different, you know. So one of the things is that, obviously for help yourself to exist, you know, it needs a lot of oxygen, you know, so if we bring oxygen in, then, you know, the mitochondria help, healthy.

And and they said genetic material is repaired. You know, a lot of energy is, is is available to be able to repair the cell as a whole and to detect, detoxify, get rid of toxins out of it because it has the energy to do it.

But if, the cells start to become a little bit hypoxic, which means that it doesn't have enough oxygen in it, then all of a sudden, you know, the, the mitochondria is not functioning as well.

And, it has a tendency then to shift towards more a fermentation cycle where it actually just from and sugar for energy. And, the issue with that is that it's a very, it, it's a very inefficient way to produce energy.

So we, you know, we talked about ATP as being the currency, your kind of energy currency. Yeah. You produce a very low amount of ATP through that fermentation cycle.

But it still benefits the, the cancer because that process in itself produces a lot of, cancer signaling, substances like, like lactate, for instance.

You know, lactate helps to, promote metastasis and helps to promote kind of conversion of the environment around the tumor to become, cancerous, you know, so, so it does benefit the, the cancer tremendously.

And, to, kind of have that inefficient way of producing energy. The only difference, the, the only challenge for the cancer, though, is that it needs a lot of energy.

It needs a lot of material to bring it forth. So if we can then utilize strategies to kind of shut off that fermentation cycle, and then drive the energy more towards the mitochondria, then we can then stop the, the creation of these kind of signaling molecules that then promote cancer to, to invade and, and to grow, and then looking at the mitochondria in itself and the mitochondria in a cancer cell is very dysfunctional.

And they've seen I talk about these different complexes, you know, these different chain or stations of within that, you know, electron transport chain.

And where kind of the electrons just flow through and that that is what produce the energy. So they seen that especially with complex one or station number one, and station number three is very leaky, you know, so when you produce energy through that chain, yeah, it starts to it's not very efficient.

It's kind of like leaking oil in a way and then start to kind of, destroy the engine. So so it starts to then, it leak, then these kind of oxidative or, what's called reactive oxygen species, into the cell and then can then cause actually, if there's too much of this reactive oxygen species within the cell, that in itself will then kill the cell, you know, because like, chemo and radiation, they're they're what's called oxidative therapy, where you oxidize the cell and, and you create reactive oxygen species.

So if we can do that, very targeted, meaning that the the cells that have these dysfunctional mitochondria and then support and really drive a lot of energy through that mitochondria, we can then, create a lot of leakage of these reactive oxygen species within the cell, to create that stress and to kill it off.

So that's why, these mitochondrial strategies become so important, to go after the cancer cells, you know, because one, it's shifted away from the fermentation cycle.

You know, where we then inhibiting all these different, you know, cancer signaling molecules from being produced. And secondly, we, we we, kind of put more stress on the mitochondria.

Yeah. To produce these oxidative, you know, chemicals that then kill off the cell. And then thirdly, you know, like I mentioned earlier, the mitochondria have the cell death switch.

That's the one that actually push the button to say this cell is going to die. So we are then activating the kind of the, the lethal button of the cancer cells to kill it off that way.

So, so that that's really, so you can see kind of the difference.

Cancer Cells, Metabolism, and Stem Cells

And by utilizing that difference, you can then go after very targeted go after the cancer cell by using something that is healthy and and beneficial for all the healthy cells, not the not beneficial for the cancer cells.

So so I guess that's what happens when you sort of turn on the mitochondria in within a cancer cell. Is that is that pretty much what you're explaining exactly.

So you're actually then, you know, turning on the cell death switch and you are causing more reactive oxygen species or these oxidative substances to be created within the, within the cancer cell.

And so if you use something like, you know, the, the, intravenous laser therapy that I use with the different colors, you know, then you are then driving energy through that might condra and then also you can use different, you

know, supplements, you know, to, help to turn off then the fermentation cycle.

And you can use your diet, you know, like one that's been used a lot, you know, you know, like the ketogenic, they're talking about it, but you can do a kind of a clean ketogenic snack where you, are not, you know, doing a bunch of, you know, overloading with, with meat and, and, you know, bad fats and things.

So, so that is a strategy or, also when you are using a lot of kind of plant based types of, of safflower of food, you're then, increasing it. It's almost becoming like an oxidative stress, you know, within the cancer cell.

And, but then you're promoting then, kind of applying inflammatory substances for the healthy cells that, that can handle that. Well. So that's very interesting.

Now there's talk about stem cell, you hear it all all over. Yeah. I've even had patients who, have had cancer, several patients on personal friends as well.

There's talk about stem cell. What are your thoughts on on Stem cell. So I mean, obviously stem cells are, you know, what we use in order to be able to repair tissue and to, yeah.

When, when there's any kind of injury, stem cells go to that, that location to heal that area when, when you're looking at, at cancer, one of the biggest issue and that is not being addressed by traditional cancer care are the cancer stem cells.

And in fact, actually, you know, by receiving chemo or radiation or surgery, you're actually activating cancer stem cells. So even though you're shrinking the original tumor, you're then, activating what is actually driving the, the growth of the tumor, you know, so you're activating the cancer stem cells so it becomes a really important strategy to if you're choosing to do traditional care, to also make sure you bring in strategies that address and the cancer stem cells, or if you choose to go holistically all together where you know that that's some people choose to do, then it is important to have strategies to make sure you you calm the cancer stem cells down.

And, you know, you have a lot of the, different polyphenols are really beneficial in that area. You know, like you have the, you know, the Black Sea. Yeah.

The curcumin, you have the, both Leo or Frankincense, working then with the mitochondria in itself, you know, helps with that as well. One term has been used, and, I, I think was Doctor Ron hunting hockey that, that, you know, use this phrase saying that, cancer is a wound that never heals.

And I kind of like that term, which means that you have a, a, a wound. And now the more you injure that area, the more stem cells are being activated.

You know, cancer stem cells are being activated to try to heal that wound. So, instead of just kind of going assaulting that area more. Yeah. How about like, we're talking about changing the environment, building up the nutritional picture and then calming down the cancer stem cells.

You know, I, I interviewed one, one of the professors in Portugal. He also works a lot with cancer doctors. Sorry. Good. You're at as soon as. Yeah. He mentioned that whenever you have a surgery, your immune system is suppressed by 40%.

Or your immune system is is suppressed. And actually, the risk for metastases at that time is increased by 40%, you know, so which means that you think it is very, very innocuous to, to just do the surgery and now you're removing the tumor.

But in reality, what you're doing is that because you are increasing that wound, you know, that wound that never heals, you know, you, heightened the activity of the cancer stem cells and you're creasing the risk of metastases.

So while doing, like surgery, how important it is, to make sure that you bring in therapies, you know, to support the

immune system and also keep the cancer stem cells calm and relaxed, you know, so that they don't go into overdrive as, as a response.

Yeah. So yeah, cancer stem cells is huge. And and there are ways to measure that there, there are different tools out there. I think they are not probably it's not been perfected yet.

So it's not like they are be all, end all. But there are tools where you can kind of measure what's called circulating tumor cells. And obviously the more you have that, the more risk for metastasis you have, the less risk you have, or the less you have, the less risk you have.

But just one measurement is not a be all end all because you may not be able to capture, you know, cancer, you know, circulating tumor cells each time.

So that's why it's good to repeat the test to make sure that, yeah, it still stays consistent and within safe range, such, such great information. I feel so knowledgeable.

I'm going to be able to have a public conversation about mitochondria and cancer, and treatments and, and, strategies. So in your, in your practice, what are some of the strategies that you use and how effective are they in treating their cancer patients.

Yeah. And and obviously there we if we found a solution to cancer, you know, if every patient would be cancer free, you know, by using that solution. So yeah.

And in our field we we are still learning and still trying to figure out. And and it's important also that as an integrative doctor, we're not treating the cancer.

We're treating the patient that the cancer exists within. And like I said, I mean cancer is a systemic disease. So by working on the patient, you're then changing the environment so that the like we talked about, that way we can get rid of the rat infestation.

Or the body will then have a chance to get rid of of the cancer. So some of the strategies that are very exciting I've talked a little bit about that.

You know, prior to is, you know, the photodynamic aspect, you know, where we use, specific thio desensitize or and they're different ones, you know, depending on, how strong they are and what you're dealing with.

Clinic Strategies and Patient Resources

You know, one that I like is, is called ICG, which, you introduce that intravenous lee and, and some exciting therapies that, we are still developing is using, like I said, the, the nanoparticle approach, where we can then figure out a way to really, kind of saturate the cancer cell with these desensitize or and then bringing in oxygen, you know, so that, you know, we combine that with, with oxygen or, you know, like a, a hyperbaric oxygen therapy, intravenous ozone.

And by bringing in the, the oxygen and then we have the flow desensitized or in place in the cancer cell. So then you expose that to laser light, you know, both intravenous and external.

And what happens then is that that flow desensitize will pull, you know, the light into the cancer cell. And then with the presence of oxygen that will trigger the creation of a lot of these reactive oxygen species that we're talking about that will then oxidize the cancer cell.

So this becomes a very safe way of, of using targeted, cancer therapy. And then if you layer that, then with, you know, some of these, maybe a repurposed drugs or, turning on the mitochondria, you know, through diet, through supplementation, you are then shifting that mitochondria are shifting that cell from that fermentation cycle and putting more stress on the mitochondria to increase even the level of the reactive oxygen species within the cell to

really kind of trigger, you know, have that heightened level of oxidation, to, to kill that cell.

And then you combine that also with like high dose vitamin C, you know, artists innate, you know, IB, you know, things that are also cause and, and more oxidative stress within the and with the cancer to produce different types of peroxides or, or oxidizing agents within the cell.

So, it, it becomes a layered approach that you, you want to go after it and then using different metabolic strategies and see like I talked about what is it that's interfering with that mitochondria.

So we want to and why is the cancer exist. You know I didn't come about you know in a healthy body cancer shouldn't exist. So you want to look at the root cause, you know, hey, are there chemicals?

Are there, you know, bad EMF? Is it mold? Is it trauma? Yeah. Other infectious agents. Yeah. Different viruses. Lyme. You know, all these different things.

You know, you want to look at to address in the metabolic picture to make sure that the healthy cells, healthy cells stay healthy and then you also, you know, and put more mitochondrial stress on the unhealthy cells so that, either they, you know, if they're just semi unhealthy, then they can repair or if they're too unhealthy that the the death button is pushed and it explodes.

Right. And actually adding PMF to that whole, cocktail, of strategies would, would, would make, make all of the other things work so much better. So that actually is a good add on.

So thank you so much. Doctor call. So this was, such, such a wonderful, wonderful interview. And I really, really appreciate you taking the time to do this out of your, your daily life, your practice.

And I know you said this morning, because you're in Colorado, right? I mean, I'm in Boise, Idaho and Boise, Idaho. It's still cold. It's too cold. So, so, so, if someone wanted to reach you, to give us some information to where somebody is able to, your website, if somebody wanted to, wanted to set up a consult.

So they're they're different. I have the, my main website is, the Carl Phelps center.com. And Carl Felt is one of those tricky last name is spelled Castle f and Frank l d is and David T is and Tom.

So the Carl center.com. And, you can we have a cancer page here. You can put in your information and, then our patient advocate will reach out to you, to, to start a conversation.

And we do offer a free 15 minute consult if you just wanted to, to chat and, see what it is that we offer. And I can gain an understanding of what it is that you're you're dealing with, cancer wise, and and then we can see if we're a good fit or not, if this is appropriate.

So that is one way, you also, if you go to health made dot SEO and made it spelled Maddie, there you can gain access to my, the radio show that I do and, and I actually interviewed the doctor, my iPad.

So you can find the interview that I did with her about, community service and how important that is. So there's really good information there. And doctor Mark will then that I mentioned in regards to, you know, healing trauma so you can gain a huge amount of information there.

You can, just go to our, I, our, podcast, you know, in regards to cancer, just type in my last name and iTunes, or in Google Play. You you should be able to, find them.

My, the podcast and I interview patients that have gone through their cancer journey successfully and and what, tools they use in order to be able to, come out at the other end.

And I feel that that's a really good resource for, for patients, battling, battling cancer. And, and or just you can call us directly if you just excited and don't want to go on the website.

I just want to call and and schedule something. You know, our phone number is (208) 338-8902. Also have an e-book, another website called Integrative Cancer solutions.com.

So you can punch in your, you know, put in your email and name there. And then you get a free ebook with strategies in regards to cancer. And yeah, I'd be happy to help you.

I'm here for you. So thank you so much. And this is it. This really was so much fun. So thank you and have a good rest of the day. You as well. This was wonderful. Thank you.