Nervous System Reset and Stem Cell Response

Why do stem cells work sometimes and not other times? Great question. So that's where we talk sometimes with the nervous system too, because if people are stuck in their limbic dysfunction or their high stress, the stem cells are going to that environment of stress too.

So they're going to be overly utilized or underperforming because the body's perceiving everything as a stressor too. And so it may help to an extent, but you're putting cells in the current environment of the patient of whatever they're dealing with.

So if we were to do stem cells, the first thing to do is optimize the nervous system if you can. And in some cases, we'll actually put some exosomes in the nerve injections that we do.

So that's a faster way of calming the nervous system down. This is Doctor Talks, real talk from real doctors on the issues that matter to you most. All right, so today I have Clement Lee, ND, who is doing some revolutionary things in the field of nervous system reset.

I work with a ton of people who have extreme sensitivities. Their body is stuck in fight or flight. And I've really been finding that there's certain medications that can really help people to decrease different types of reactions.

And one of the common ones would be So I ran into still a ganglion blocks, which is an injection into the neck. And that has really been a game changer for getting people out of these just stuck states.

And I'm talking to Clement here at a conference and he's like, well, that's just the beginning.

Stellate Ganglion Block and Autonomic Balance

I said, I have to get you in here to talk to me. So first of all, what is the stellate ganglia block? Okay. So the stellate ganglia is right next to your neck here.

This controls more of the sympathetic side of your autonomic nervous system. So it's, I would say like, it's the master point for PTSD and trauma, which is why people get amazing results with just that alone.

but you're only talking about one side of the autonomic nervous system, which is your fight or flight mode, sympathetic side. So what about the vagus nerve or the parasympathetic side of the nervous system?

You have to have a yin and yang balance to that too. So if you're only calming one side, but you're not balancing out the vagus nerve or the parasympathetic side, you might have still some imbalances in your autonomic nervous system, which can still get you in a state of stress or stuck or hypersensitivity in that case.

Okay, so you said in the neck, and what are you doing to reset this? I mean, I know you're injecting, we're talking about different options that you even inject in there.

What's happening? So really, all you're doing is in these injections, you're putting some type of anesthetic So what I use personally is Procain. Some anesthesiologists will use Bupivacaine or Laticaine or other anesthetics.

They have longer half-lives so they can last longer in the system, but Procain's half-life is only 20 minutes, but it's long enough to give the nervous system a reset.

So the best analogy I can give you is if you've left your computer on for months on end or years on end, it's gonna slow down quite a bit. So when you put the anesthetic in there, it's kind of pushing the reset button, giving it a

chance to recalibrate and reorganize itself and the nervous system will then start over again.

So that's how it can be very helpful for someone who's been in a high alert state for many years on end to give it a chance to kind of force the reboot here.

You know, if you're listening right now and you're trying to understand who would need this, Well, if you hear a loud noise and you're super jumpy, if you're sensitive to multiple chemicals, supplements, meds, you just don't feel like yourself and you've tried a lot of nervous system work.

You've done limbic work, somatic work, EMDR, talk therapy. Sometimes there just needs to be something else. When I was researching Stelaganglian, because one of my clients did it and said it significantly helped her, I'm like, oh, this is for chronic pain.

This is for PTSD. So this is like significant problems where they've kind of thrown the book at the person and there's nothing left. But now you're telling me Stella Ganglion is just the beginning.

So can you list off like all the different things you'd say would go alongside of stellate ganglia when somebody's in these types of conditions?

Neural Therapy for Scars and Fascia

So you would address other sympathetic nerves, which is there's a superior cervical ganglia. You can do the… SGB, which is the, I'm drawing the blank for the name of the nerve, but it's another one that controls like your eyes, ears, nose, throat, and then you can then address the lower part of the body.

So basically the autonomic nervous system controls your organ functions, pretty much everything autonomically without you thinking about it. When you're addressing these nerves, it gives the nerves a signal to reset themselves.

And then with the vagus nerve or the parasympathetic nerves, there's a few other ones that can be also addressed. Sorry, I'm drawing a blank here. But with this, you're really addressing every one of the individual organs in the system from your heart, your lungs, your stomach, your intestines, your bladder, all by just getting the regulation back into the system here with these nerve treatments here.

And with all of these different nerve treatments, they're all injections, and you're using Procane as your choice injectable. As you do this, can you do multiple injections at once?

Does this take a long period of time? Do you need… When I say a long period of time and multiple injections, is it multiple injections into just one ganglion or is it…

Basically, yeah, we can treat, it depends on the time for the patient, but we can treat pretty much all the ganglia in a visit. So we would just move around different parts of the body to address the different nerves that are innervating different organ structures.

But the most popular ones and most common ones would be the stellate ganglia and then the vagus nerve. These are very easily accessible from right behind your ear and then right by your throat here.

So it doesn't take very long to do these procedures. So you can probably hit all of the nerves within 30 minutes or so. Wow. So you can inject all these nerves, give a good reset.

And here's my experience. I've got people coming in that a drop of homeopathic causes them to feel horrible. A single drop of a tincture, smelling chemicals, walking by a fragrance store in a mall.

And in most cases, I don't necessarily refer out for injections because they aren't in a place where that's where they have to start. But for people who've tried a lot of things, I have seen a 30 to 50% reduction in those types of

symptoms between their first and second treatment.

Yeah, it's pretty profound. So as you go through and do this, what do we look out for? Because I haven't seen a lot of negative side effects from doing a stellaganglion block, but now I'm thinking like, you just named off five, 10 different places potentially that you can go.

Are you worried for sensitive people that they're gonna have a reaction? Yeah, for sensitive people, I would just start off with maybe like the Vegas and Stelate to begin with.

As they are telling me their symptom history, if they have other issues like their adrenals or the pelvis that have attention, then we'll also focus on those too.

But sometimes even before that, there's a more superficial level of treatment, which are just on the fascia and the scars. So having energy flow in those areas can also be an entry point into calming the nervous system down.

So it depends on the sensitivity of the patients. But I would say the one that hits home the most would be those first two, the vagus and the stellate.

So anybody who's at least comfortable with the idea of needles, then we can start on that. If they're not, there's an option of doing like a prokane IV.

So this is intravenous prokane. This is a general like reset on the system. It doesn't directly get into the nerves, but it does calm the body down a little bit just from the prokane itself.

And you mentioned in there fascia and scars. So just taking us down another path of what I know you're doing and It's not talked about much, neural therapy, where when a person has a scar on their body, through my Eastern medicine training, I always learned that it blocked up acupuncture pathways.

So it's blocking up the electricity that moves through your body when you have a scar. My aunt actually had this situation. She had had a C-section 30 years ago.

Laser Therapy, Ozone, and Infection Support

And ever since the C-section, her digestion just wasn't right. She'd get bloated. She'd have some pain. She was always a little frustrated because she was never getting answers.

Well, I didn't really know a whole lot about neural therapy then. But my acupuncture teacher said, well, you've got to needle through the scar, and then you can laser the scar.

And just by doing those things, I did see some pretty good results. But now knowing more, I've had people that have gone and gotten neuro therapy. So what is neuro therapy?

So neuro therapy is a treatment that addresses the fascial component of tissues. Taking it beyond, it's also resetting the nervous system pathways in the area that's treated.

When there's scars, yeah, it does block the inflammation flow. You would think it's electrical, but it's also actually light. So taking it a little bit deeper, like our body communicates basically via microtubules that transfer light energy through our system.

So when you have a scar, it's a physical roadblock for that energy to just to get in and out through that tissue. So when you do these neuro therapies, you're actually changing the tissue membrane structure, the energetic potential, and you're also remodeling the tissue too.

So the tissue actually looks and feels more normal. So for me also, besides the prokane for scars, We also added an ozone as well, too. So it's just a greater simulation and remodeling process of that tissue.

Once that opens up, then you get energy flow to wherever it is that's necessary. And the other thing that we don't talk about too much with scars is they can hide anything.

They can hide trapped energy, emotions, bacteria, viruses. They can hide pathogens in that space. So they're basically like no man's land for the body.

So when you release that, it allows the body to get in there, the immune system to actually clean up that space. So oftentimes people will actually hurt, you know, sometimes from these, or they have an emotional release, you know, they'll be crying from, you know, whatever caused that scar back when they were like a baby or a kid or something, they can actually remember these things.

They just get a flood of emotions at that time. So everybody's got scars on their body. Everybody's, yeah. First start with the zambilical cord. You know, so that's for birth, you know, that's something that we can always start with for somebody there.

What makes one scar a problem and another scar not a problem? Are all scars a problem? Technically, I'll say all scars are a problem. But sometimes you only need one treatment to deal with these things.

Because again, it's a roadblock in the energy flow of the system. So if you have a highway that has all lanes open, great, you'll run smoothly. You have one car blocking up the road, things will slow down and congestion will build up over time.

So basically, you just want to open up all access as you can. Is there a way for us to test ourselves, be tested, a way for you to even test? Once you've done one treatment, how do you know one is enough or you need more?

That's a good question. There might be devices that do it. Honestly, I just go by my intuition and also by how the patients feel. Also, you can feel the texture of the scar too.

It's just sometimes, more from an aesthetic standpoint, the function of the scar doesn't interfere with their movement. For example, it's right on the wrist.

If they had a cyst removal, they can't bend or move their arm all the way. And once you clear that scar, that's back to full range of motion. So that's one way for you to tell.

Some of it is just how they feel. Like if it's over a lung meridian or something, they just feel like they can breathe better, then that's a good sign that things are working in the right direction.

All right, so we're just going down this rabbit hole of how to… All the missing links for nervous system, especially for those people that have tried a lot or people that just want to optimize their body.

So we've got injections of nerve ganglion. We've got both parasympathetic and sympathetic. Now we talk about neural therapy and scars. You mentioned lasers being another piece of the puzzle that you bring in for the nervous system.

Yeah, so lasers are an easy way of getting through. So you can actually put a laser over your vagus nerve, which will get energy into that nerve. It penetrates the skin about, depends on what frequency of light, for example, red light can get through about four centimeters of tissue, infrared can get maybe about six centimeters of tissue.

So when you're getting energy, it helps the mitochondria and tissues to generate more energy, which feeds the currency of life. So it's one way of accessing treatments via that.

Also with scars, you can put laser light over that area, which then will improve the energy and allow some healing capacity to take place. So you don't always have to inject into the nerves if you're averse to needles.

So you can start off with that first. But nothing I see as dramatic as doing the injections. All right, what other tools

are you using that are not mainstream talked about?

Okay, so I'm going back to laser. So I'm wearing a laser watch, for example. This allows laser penetration to get into my bloodstream. So when it's on, as the blood is flowing through, it's being shown with, in this case, red, green, yellow, blue, infrared light.

In our clinic, we have an intravenous laser. So we have a fiber optic cable that can get inserted into the vein and it's connected to the machine that generates light.

And so literally the light and the laser is activating all the blood that passes through. So in a matter of minutes, you get the entire circulation activated by the different frequencies of light.

So this has many benefits in terms of anti-inflammatory, immune modulating, antimicrobial, anti-cancer, ATP production, depending on the frequency of light.

So there's a lot of literature and research on which frequencies do what in the cells. So that's one thing that we do with the laser. The thing that makes it even more effective is stacking in what's called photodynamic therapy.

So this is where we're using a photosensitizing agent. This could be as simple as methylene blue, which we're taking, or riboflavin, that's for example B2, or botanicals like curcumin.

They all have different absorption frequencies with light. So when it's in the system, it's actually taking more light into whatever's absorbing those nutrients.

So where we use it the most, and this is where it's profound for Lyme or viral infections or fungal, riboflavin, for example. Riboflavin is vitamin B2.

It's essential for our nutrients. It's also essential for viral and bacterial and even fungal DNA. So it makes up some of the protein structures in the DNA.

So they'll uptake it as well. But when you're using laser after they absorb the riboflavin, we use UV and blue frequencies. So it's actually forcing all that energy into the DNA structure.

And in the presence of oxygen, it'll oxidize with that much energy. So the microbes, viral, they don't have any antioxidant capacity. So they'll get neutralized within an instant.

versus your own cells have antioxidant capacity, so you can handle that energy that's created. So you can decrease microbial load significantly in a very short amount of time.

So we're using these protocols along with ozone. Ozone is also photosensitive. And now we're using CBD in IV form, which is also a game changer. I'll talk about that later, too, if you want.

But yeah, adding these protocols will just shorten the length of time that people are suffering with any infection load. So that, you know, you can take antibiotics, you can take herbs, you know, they're great, but the absorption is, you know, minimal, depending on how well your gut is.

But these can just shorten the length of time that you need to do these treatments for. All right. So yeah, you talk about ozone. You've talked about it a couple of times, injecting it.

You talked about probably, I'm guessing you're going to IV also here. What is ozone? So ozone is reactive oxygen. It's naturally created in our atmosphere usually after like a lightning storm, but it's O3.

So the third molecule of oxygen versus the O2 that we breathe is unstable. So when that unstable molecule enters our system, that third molecule of oxygen will break off and create oxidative stress.

The thing is, our body has many mechanisms of regulating oxidative stress, but it's basically like waking up the immune system response to start dealing with whatever is necessary.

And it also, you know, the third oxygen molecule then bounds to other oxygen molecules, so then you actually get free oxygen coming in.

Stem Cells, Exosomes, and Healing Conditions

And the other thing is with the water that you have in your system, that oxygen molecule binds to it and creates hydrogen peroxide, which is H2O2. So our body's own immune system creates hydrogen peroxides naturally to help fight infections or cancer or anything.

So we're kind of upregulating the immune system to generate more of these free oxygen molecules. And then the other benefit is just energy creation that you have because you have all this extra oxygen available.

So you're putting in oxygen. I mean, it's like hyperbaric puts in oxygen. So this is well known that it's effective. You see hyperbaric being used for Lyme, for mold, for detox, for recovery.

I know ozone is being used in that same way. Are you doing ozone injections into joints for recovery? Yes, definitely. So another side of the practice on regenerative orthopedics.

So ozone is amazing stimulator. So when you put ozone in there, The first step is it irritates the tissue. So you're creating an injury response that the body can overcome, but it lets the body know that it's injured.

So when the first sign of the stimulus is then it recruits your platelets or other growth factors, even stem cells locally to the area. So you're aggregating your healing processes in that area.

So with old injuries, for example, like your knee or sprained ankle, they may heal for a while and then they reach a plateau. So the body is smart enough to know that it needs to heal, but it just doesn't get the stimulus anymore, and it also may lack the blood flow in that area.

So when we're injecting ozone in there, we're actually creating a need for blood flow to come in as well as a new injury response that basically sends signals for things to come back in there.

So you're waking up an old injury to start healing again. And then when we use it in Lyme cases, it's really interesting too for any infections. So people have old injuries that may have scar tissue around there too.

They may have pathogens hiding in that scar tissue space and there might be some pathogens that actively eat away at your collagen. A lot of the patients that we deal with, right?

So when we do ozone in there, you actually help to neutralize those infections in the space as well as stimulate the regenerative capacity in that area.

So you kind of get two birds with one stone. There's something I've been running into quite a bit with people that are dealing with Babesia, Lyme disease, certain parasites that are more white tissue or joint oriented.

And there's a lot of talk around you have to do something to get into the joint because there's no oral way to get antibiotics or herbs or homeopathics for that matter that you're going to do orally because they just don't go into the joint well.

It's well known that synovial joints or white tissue ligaments don't have a lot of blood flow. So you're not getting things there. which is probably why you're injecting into the joints to try and get the nutrition, the ozone, whatever you need in the joint there.

I know a friend of mine, Dr. Alan Lindsley, is working on developing a transdermal cream to help carry a lot of the

things he wants in. that will hopefully help joint recovery because he's seeing so many people in the Lyme world where they're just ending up with thumb joint replacement, knee joint replacement, ankle replacements at 40. And he's like, they're feeling good.

They've gone through Lyme protocols. They no longer claim the title Lyme or they no longer claim the title chronically ill, but their joints are degrading.

So ozone will help to rebuild some of the tissue there? So it will stimulate tissue remodeling and level repair. So it depends on how severe the damage is.

Ozone may not be enough alone. This is where you can use laser or light, which you can do more on a regular basis from home care. But the more advanced techniques are using stem cells and exosomes.

So the stem cells and exosomes are typically derived from healthy umbilical cord tissue, and they dictate how the body heals at a more rapid rate than your body could do on its own.

So essentially, you're telling your cells how to act and behave like you're a newborn. So if you inject some of the exosomes, I would say it would be the signal molecules from stem cells.

But if you inject stem cells or exosomes into the joint, you're going to stimulate a massive repair process in there that will then repair the damage that you've had for many, many, many years in a very short amount of time.

So I know talking about stem cells as we have had them now for, I don't know, 10 years being popular. Exosomes is now just coming on in the last five years.

Why do stem cells work sometimes and not other times? Great question. So that's where we talk sometimes with the nervous system too, because if people are stuck in their limbic dysfunction or their high stress, the stem cells are going to that environment of stress too.

So they're going to be overly utilized or underperforming because the body's perceiving everything as a stressor too. And so it may help to an extent, but you're putting cells in the current environment of the patient of whatever they're dealing with.

So if we were to do some cells, the first thing to do is optimize the nervous system if you can. And in some cases, we'll actually put some exosomes in the nerve injections that we do.

So that's a faster way of calming the nervous system down. So it depends on where they're at. We try to meet them where they're at. But other reasons might be if they still have a rather high toxic burden, again, stem cells have to work in that environment too.

So there's cases where they may need more stem cells. So it's really variable. I've had some patients that went down to Mexico. They got a month worth of IV stem cells.

And they had Lyme, mold. They came back more fatigued. So there's something going on there.

CBD IVs and Immune Activation

Knowing from this experience is the patient still we're living in a moldy situation So that doesn't really help so environment makes a difference So you had to do your pre work before you want to go in and do some of these?

Well, just to say rather expensive. Yeah treatments. Yeah They're fancy treatments, they can be incredibly effective, but you still have to check all the boxes of the basics.

You gotta live in a safe place. You gotta eat decently, at least. I'd like to see people look better, but at least decent. Understand what hygiene products you're putting into your body.

So the toxic burden from lifestyle. You gotta make sure that your body feels safe, so that's a nervous system piece. Those are just basics, no matter what fancy treatment we're gonna go out and do.

What have you seen recover? Have you seen tears in a rotator cuff recover? Have you seen regeneration of arthritis in the knees? What have you seen? I've seen rotator cuff tears commonly repaired, disc herniations not be herniated anymore, knee arthritis just resolved, no pain, meniscus tears will repair, cervical spine injuries.

We see a lot of people can't even hold their head upright for more than a few minutes. they're functional again, you know, it's amazing stuff what we do or see in this case.

So, and with a lot of people you're working with in this realm, and we just talked about, are you requiring them or maybe strongly advising them to take a whole approach to stem cells?

Definitely. Yeah. I mean, if people want to spend the money on stem cells, great. But I mean, I would be doing a disservice if just I only gave you stem cells and didn't address the other pictures in your life.

If they have somebody like you handling that ahead of time, then definitely like you can just start that. But if you don't have anybody working with you, Find somebody or myself we can work on things to prime you for doing stem cells, you know Because sometimes you have to get you know the body ready and prepared for that I'm also done Well, I think we jump from the the nerves to the ozone to stem cells and exosomes There's something else that you mentioned in there that you were doing of the CBD CBD IVs there we go CBD IVs So this has been, I would say, a game changer in my practice.

And I started using it around March this year. The company is barely a year plus old, so it's pretty new. But they have a specialized form of CBD that is in a pico size.

So if you understand the size of things, you start off with the nano size. Well, you have micron size, which is either the size of bacteria. Nano size, we hear a lot about, which is 1,000 times smaller, and then pico size is another 1,000 times smaller than that.

So you're getting into very, very tiny particle sizes of CBD in this case. So CBD is reasonably well known, if you look in literature, that it actually has some natural antimicrobial effects.

So it has effects on bacterial, fungal, potentially viral and parasitic. It also has all the benefits of calming the nervous system down. And a whole other topic is the endocannabinoid system, so it replenishes your internal cannabinoids.

But what we've been using it for is the amazing antimicrobial effects. So since the particle size is so tiny, once you put it in an IV, it will get into pretty much all the nooks and crannies of your cells and tissues.

And then bacterial size, like I mentioned, is a micron size. So it's small enough to easily penetrate into the microbe. And so once it's in there, it creates the damage that it does to the cell membrane, and it pretty much kills the microbe.

And so then what we see in our practice is about 90% of the patients that get the IVs, they'll actually start having an endotoxin reaction from the bacterial debris that gets released.

And then you get chills, fevers, body aches, and it creates a whole other issue. Well, not issue, but a positive thing is it wakes up your immune system.

So you actually are generating a proper cytokine response and a white blood cell shift that helps your body clear up all the microbial waste and toxic load and also clean up the residual stuff that you didn't know you had.

So then it can work on, like I've used it for Lyme cases, mold cases, respiratory infection, dental infections, joint infections, autoimmune joint issues.

It creates a huge shift on the immune system afterwards. So it's an amazing way at lowering the total body burden of infections. Yeah, I just ran into hearing about this at the conference where we're sitting.

And I was just like, CBID. People are going, I'm herxing from it. And I wanted to do it, but I needed to make sure to talk to you first here and be fully focused because I don't want to herx.

But from what most people are saying is it's pretty low negative response, right? Depends on the variation that you're using. So the company that we're using has different variations of the cannabinoids.

So the one that they're offering at the conference is like their broad spectrum CBD. So it has CBD, CBG, CBN, CBDA, and different variants of the cannabinoids.

So they have a kind of a buffering effect on the irritation that you might experience versus they have the CBD Plus product, which is pure CBD only, and CBG Plus, which is pure CBG.

They have, I would say, a lot stronger effect on killing than the other ones, but usually I combine it together because you want to make everybody feel bad, but it's kind of an anticipated response.

Even myself personally, each time I do it, I develop like about 100, 102 fever for maybe half of the day or the rest of the day afterwards. But then you wake up feeling like you've fought something and then you feel even better afterwards.

So it's really a wake up call for your system. Wow. Yeah. Well, I feel like this conversation has just been the..

Clinic Info and Closing Remarks

. the future tech or the cutting edge of what you can be doing in a brick and mortar business to really push the body forward into healing. So I really appreciate this.

Where can people find you so they can come out and get some of this? Okay, so my clinic is called Optimal Health and Wellness. The website is opthealthwellness.com.

I'm not too heavy on Instagram, but I plan on doing but my Instagram is dr. Clement Lee And yeah, that's primarily how he can reach out to me. All right.

Well, thanks for joining us. Yeah. Thanks for having me Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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