Photo Biomodulation Corrects Metabolic Dysfunction Transcript

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Summit Introduction and Guest Background

Hi everyone. Welcome to the Reversing Type 2 Diabetes Summit. I'm your host, Dr. Beverly Yates, ND. for this session, it's my distinct honor and privilege to interview Dr.

Michael Karlfeldt, a colleague and naturopathic colleague who works in Idaho and has a wonderful clinic there and has a very fascinating background, including his work on cancer.

And one of the reasons we have him on the session is because we need to make sure that people understand that one of the things that people who have diabetes are at great risk for, in addition to things that they probably know about, like heart disease, etc., is cancer.

And so we're trying to bring some light and clarity to this topic and make sure that people have a robust sense of what are the things that they could be doing to help themselves lead healthier lives.

Dr. Michael Karlfeldt, welcome to the summit. Will you please introduce yourself to our attendees? Oh, I'm so excited to be part of this summit. And you're absolutely right.

I mean, cancer and diabetes that go hand in hand. And I've been in clinical practice since 1987, so it's been a few years and that I've been go I've run hundreds of thousands of patient interactions.

And so and at the end of the day, what I always see is that you can use pharmacy articles to control things, but you always want to fall back on the innate intelligence and to support the best doctor that we have, and that is ourselves.

So that is what's fascinated me and it's always been a marvel to see how the body can rebound when when you give it the appropriate tools and so something that I'm very passionate about is education.

And that's why I love these kind of summits. I've hosted a summit myself, regenerative medicine summit, and I have one coming up. A cancer breakthrough summit also have been hosting a couple of podcasts.

One is called Integrative Lyme Solutions with Dr. Karlfeldt, also Integrative Cancer Solutions with Dr. Karlfeldt. So you can find that on all the different outlets, Spotify and and iTunes and so forth, and also hosts a couple of TV shows on called The Dr.

What Photobiomodulation Is

Michael Show ran a 100 episode and also had one on Amazon Prime called True Health, Body, Mind, Spirit. And so I just love to be able to communicate, to add to the public and really educate them about these these empowering tools that we're going to be talking about.

So so thank you so much for having me. You're welcome. We're delighted to have you here. So one of the areas of expertize, one of the therapies that you offer people is bio modulation and particular kind photo bio modulation.

Would you explain please explain to our audience as we have both health professionals and the general public who attend the summit, what is photo bio modulation?

Well, one of the greatest deficiencies is that I think that we have now. I mean, when we think of deficiencies, we think of like, well, vitamin D or magnesium iodine, all these different nutrients and that is absolutely correct.

A lot of us are deficient in that. But one of the things that we don't think of as much is light. We are beings of light

and we have cellular communication is taking place through light.

You have the transport of ions through the cell wall membrane as light mediated, you have the mitochondrial activity is done through light. And so you have all these aspects that are driven by light.

And so as we are getting more and more deficient in light, we are then seeing more deficiency or diseases that relate to that and how we then can use then light in order to be able to to modulate, you know, you have photo being light and bio life and modulation, how we can then change our cellular function, our tissue function, our energy production, our immune system, all these different things by using light.

And then it's, it's such a fascinating and powerful tool to, to have and, and that's why I'm so excited to figure out different ways to, to kind of maximize how we introduce that into people.

I This is really ideal, right? We are beings of light. We are affected by light. Our sleep is regulated by it. You know, I would argue our moods, many things are very sensitive to light and I don't think that's really something that's obvious to most of us unless we happen to have this as a place of awareness.

So when it comes to photo bio modulation, can you explain to us how I could benefit? Well, how would it help someone who has diabetes or other metabolic kinds of dysfunction?

Well, so so we're going to get into cancer a little bit in regards to what I do there. But I really wanted to point out also is that, you know, looking at diabetes, it is a metabolic disorder.

It is. And it has to do with how energy is being produced in the cells.

How Light Therapy Supports Diabetes and Mitochondria

So now you're looking at the energy factor of the cell called the mitochondria, and that is, you know, the health of the mitochondria determines then the health of the cell and the health of the cells determines health of tissue.

Health of tissue determines health of the person. So if we function, if we supported, then the core component of the cells, which is the mitochondria, then we are then impacting the whole being and we're also supporting the body so we can have a metabolic health.

And so with mitochondria it is actually light driven so that what they've seen you have different stations, you have something called the electron chain or that transport chain, yeah.

ETC And that is kind of electrons, that's just kind of moving along within the mitochondria. And as it's moving along, it's the station of that is producing energy and they've seen that the different parts of the spectrum actually moves those electrons along to produce more and more energy.

So like the ultraviolet than blue, you know, it's kind of that first station called Complex I. And then you have the the green yellow iskind of the middle of the complex II.

And then you have the red infrared complex IV. So it just kind of activates that flow to support the mitochondrial activity, to really support cellular health, which is, you know, the core of our for our health of who we are.

It totally makes sense, right? Because those all represent different aspects of the energy spectrum. And, you know, we are beings of energy who have taken flesh form.

I think people say that in lots of ways, whether it's from a spiritual discipline or it's from illness or it's from vibrant health, wherever it is, you need to hear it from folks.

Please, you know, listen and take notes because this is really cutting edge and valuable information around how we can be well in today's really busy, overly stressed world.

Right. And yeah, and what's key is that. So tying that into our genetics, we always think of DNA. Yeah, that's who we are. We're talking about epigenetics.

How are our genes are are impacted by our lifestyle. Our toxins are around what we think, what we do, what we say, our spiritual connection, all these things impacts our epigenetics.

But you have then the mitochondria is it's like the it gives the energy that is formed that supports then the repair of your DNA. So if your mitochondria is functioning appropriately, again, light drives the mitochondria.

If that is supported appropriately, you can then correct a lot of dysfunction that is then taking place. And genetically by having a healthy mitochondria and obviously the end station with the metabolic dysfunction is that the the cell just says I can't do it anymore.

You know, the you know, I'm not getting enough energy. You have to shift the way I'm producing energy. And then it goes into a way to produce energy that is away from mitochondrial activity.

It goes into a fermentation cycle, which then leads to cancer. So so that's why it's so important to really support mitochondrial activity and using light, I mean, obviously all these nutrients, but there's so much intelligence and so much of your life force, I should say, in light.

And I feel that with everyone being inside their work inside, they play inside and they're not outside in nature enjoying sunshine and people are starting to get afraid.

Well, I have too much sunshine. I get cancer. And so now it's almost like the opposite, when in the past you used to actually support the body you use to heal cancer using light.

You know, they they built temples, you know, high up where people exposed their bodies to light. And then, yeah, to heal different diseases. And in fact, with diabetes, there was a protocol where you would then shine light.

You make sure you had 20 minutes of sunlight bright over the pancreas and they actually saw studies how that improved your blood sugar regulation. So it is really cool how that is.

Yeah, that is really cool. Right. You know, you look at some of these ancient literatures and texts, people's practices and disciplines from wherever around the world, things that we now know.

And you just see all these roads coming back to, you know, some of these old disciplines, these old school therapies. I just think it's so very beautiful.

Sometimes it's the basic, simple things that can help us. And sometimes we need to do things that are kind of more fancy but for a specific application. Right.

So you you touched on this a moment ago. If we could go back to it about different color and spectrum and the idea of do different colors have different benefits when we're talking about photo bio modulation.

Yeah. And that's yeah. Because each color obviously has a different frequency. So you we get and that's what's so amazing is that the little machine as that's what's so cool with technology I mean we we are living in kind of a modern society where we are putting more stress on our bodies.

And so now we're having to increase the technology around us in order to be able to balance out the more stress we put on us. It's true. It's true.

Color-Specific Effects of Light Therapy

So it's it's like the devil and the savior at the same time, you know, you have to use both both sides of it. So so one of the things that I do here is that I use intravenous laser therapy, you know, where you actually treat the blood

intravenously and using them different colors and will have different effects.

And but it's the same if you just expose yourself, expose your eyes or expose your body to these different colors. So you look at, yeah, we many of us know the called the chakra system.

Yeah, we have, you know, how energy kind of flows through the body. And they've seen that there's a concentration of light and these different Baucus's, you know, so to say, we have, you know, you get the the purple, the indigo, the blue, the green, the yellow, the red and orange and red.

So it's like our bodies are a prism already. Like we kind of separate that white light and then we use these different colors for different functions in different areas in our body.

And so with are looking then kind of practicing with the science lies what they've seen with the different colors is that like, you know, the, the ultraviolet and the blue light that tends to be more kind of calming.

It's anti-inflammatory. But also what they've seen with the blue is that it really supports the the activation or the release of like nitric oxide, and it helps to increase the length of your telomeres.

And it also helps to kind of make your your blood vessels a little bit more. Or I would say the the red blood cells a little bit more flexible. So that can get into locations to for the microcirculation.

So for people dealing with diabetes, for instance, one of the circulatory issues is a big deal. And also inflammation along the blood vessels is a big deal.

Then to be exposed to blue light for that calming effect on the blood vessels and reducing that inflammation and then also supporting the production of or the release of nitric oxide or for that vasodilation to open up those blood vessels.

So so blood can get into all the little small capillaries to support the nerves and support kidney function smarter brain. Yeah. So, so that's, that's what's really cool.

But with the blue light, so and so I'm really excited. It's kind of a new thing to be able to do that intravenous link and then you have the green light.

And what's fascinating, if you look at color, you know that, you know, green absorbs red and red absorbs green. And so you have the red blood cells. They will then kind of absorb all the green light.

So when you do that intravenously, you you see, you actually don't even see the color because the red blood cells is kind of sucks up all the green frequencies and holds onto them and it really and because red blood cells really don't have it in mitochondria, see.

So they were starting to wonder, well, how can it be helping the red blood cells because they don't have it in mitochondria and they saw that it really then opened up the transport of that that sodium, potassium pump, you know, and these the cell wall membrane, which is which is key for any function of of the it's a battery effect of the cell and kind of going to cancer.

You see that cancer cells, cancer tissue, you lose that that battery, that charge. So you see the kind of the millwall's. It's just it's going it's it's decreasing tremendously to what it's normally is it normally is around 80 something.

And your you know, when it's cancerous, it goes down to like 30. So by the end, using the green light will then increase that that charge, you know, which will then help them with the obviously cancer, but also then the help of the red blood cells again so they can get to where they need to go.

So and I'll yeah it's it's just cool and yellow light. I don't want to ram too long because it's a lot to go through, but it's

really, it's really amazing, you know, yellow light.

This is that antidepressant. Yeah. It's also extremely antiviral. Yeah. And so if you deal with any kind of viral infection, then you can use yellow light.

Red light. If as for that kind of activation of the immune system, tissue regeneration. And so each color have their specific effect. And when I have people that just want to do it for overall wellness, then you just run the rainbow.

Yeah, you do all the different frequency, all the different colors, and you get the benefit of all of it. That's amazing. I think that's just so wonderful.

You know, I've always thought that often both the problem and the solution are probably available to us. We just need to know where to focus. And a lot of times we're just not aware of these things.

I don't think this stuff is obvious when I was first introduced to this whole idea of light being a healing aspect and in different parts of the light spectrum were helpful for different things.

You know, I was like, duh. But I didn't know that until someone actually caught it right? Like it just wasn't in my consciousness or awareness. I hadn't really considered the possibility.

But as soon as it was put in front of me, I was like, Okay, I get that right. Again, we are energetic beings and light is energy that totally makes sense.

Okay, so as we look at the spectrum of opportunity here, who else can benefit from photo by imagination? So I mean, obviously everything that's living and breathing can can benefit, but you're looking at yeah.

So people like diabetes. I mean, this, this is our focus. Yeah, but it's not diabetes is kind of a, a symptom of a syndrome that's taking place that can then exhibit itself in so many different ways.

Who Can Benefit from Photobiomodulation

So it can be diabetes, it can be cardiovascular issues, can be neurological issues, it can be, you know, a person can have stroke, it can be cancer, it can be all these different components that are then have this same core issue.

And at the core of it is looking then at mitochondrial dysfunction, the lack of energy in the body, and also interfere and patterns that exist. You know, we talked about how the mitochondria and how it's repairing genetic material.

So obviously if the genes are not expressing self appropriately, then disease is going to manifest. So then we go still back to the mitochondria, but then we in addition to fuel in the mitochondria, we want to look at what are some of the things that are interfering with the mitochondria.

So we need to look at that as well. Yeah. So it's pretty much anyone that's living, breathing. Yeah. Can benefit from it because it is fueling the core component of an individual's power.

That's absolutely an important point to understand because as you mentioned earlier, the mitochondria just do amazing things for us. They really are the cell's powerhouses.

But when the mitochondria compromised, if they're corrupted, they're fermenting things like that. They just aren't good quality. You know, the telomeres which help determine aging, if all of these things are not in our favor, we have to do something to change that.

Otherwise we can get really sick, really sick. And that's the thing with diabetes. I mean, they look upon diabetes as a the model for rapid aging. I mean, if you if you want to look at what rapid aging looks like, they usually look at an individual that's dealing with diabetes and the processes that are taking place there.

And so that's why if we look at anti-aging medicine, then you are then able to address things like diabetes by utilizing these kind of tools. Absolutely.

Because so much of the damage that's done really, as you just said, is an accelerated form of aging. The formation of those advanced glycation end products, fancy way of saying the extra blood sugar sticks to the proteins in the blood, both the hemoglobin, A1, C and all the other proteins to write and create these big, much larger molecules that cause all of the vasculature and blood flow problems. Right?

What a mess perfusion becomes in that situation and people literally age. The good news is with the photo, with the photo, bio modulation, you can reverse these processes and help them undo some of that damage and start to heal from it and get the correct cleanup process is going.

Is that is that part of what people could reasonably expect? Because, you know, I think a diagnosis of cancer or diabetes can be so worrisome, understandably, because people understand there's a mortal threat there.

Absolutely. And you touched on that like implications. That is a big factor. And we one of the things that we do here is, is a live blood cell analysis.

We can look in a microscope and you look at the red blood cells and how they are behaving. And frequently when a person is dealing with when they're not as healthy as they would like to, you see these red blood cells just kind of clump together.

And, you know, you have that.

Supporting Therapies and Photoacceptors

And obviously when they're clumped together like that, they're not able to transport oxygen efficiently and they're not able to move through the tiny capillaries very well where they, in essence, need to be.

They actually have to fold and squeeze through the capillaries and one by one fashion. So if they're all clumped together like that, they're not able to get into the end station that ends through the capillaries.

So using what's what's fascinating then is that these light, you know, using O2 by modulation they it activates the fibrosis so the kind of breaking up of of these red blood cells so that they can flow freely and you can reduce that by called glycation that that takes place as well which is kind of like a brown and you have the sugar and a little bit of heat and then you have that browning effect, then they're just going to stick together.

And so yeah, with using light, it just helps to kind of open that up and allow them to flow freely and they become more flexible so they can fold and get through those capillaries to deliver the oxygen to to the tissue where it needs to be.

What a great explanation and make it really clear most people have cooked something at least once in their life. And when you've done anything that involves that Browning reaction, the Mallya reaction, that's exactly what he's talking about, to just break that apart and the fact that you can do that for the human body, I think is just an amazing gift.

You know what? What a wonderful thing that you're sharing with our audience. Thank you so much for your work. I'm curious, are there any additional supportive therapies when we're thinking about photo bio modulation?

Yeah. So obviously, any time you're dealing with any kind of health issue, then you want to kind of layer everything onto each other. Yeah. And I'm sure there are plenty of people on the summit's going to be talking about lifestyle, how we think, how we eat different supplements that are available, chromium, vanadium, berberine, cinnamon, all these different things that are really important for your blood sugar regulation.

But when you look at with a photo by modulation, you can also bring in something called the photo activator. So I

talked about how the red blood cells are, how it absorbs the green light.

So you have different aspects within the at the body that are photo acceptors, meaning they're the structure of them. They when you shine lights on them, they get very excited and start to shake and then they, you know, they're very excited and then they deliver that energy elsewhere or trigger reactions to deliver that elsewhere.

So we have, you know, talked about the end stage station of the mitochondria. It's called Cytochrome C and I want to say photo acceptor. But then you also have like NADH Yeah.

And that is also photo acceptor. So and then you have another, it's a lab and like riboflavin. Yeah, and Biedermann B too. So what you can do by enhancing if you can use blue light, for instance, you have an ad and you have vitamin and vitamin B two, you know, you can take those internally and then you increase the amount of photo acceptors.

So you increase the amount of the things that can then absorb the life within you and then disperse that throughout the body. And you also can bring in other like perfume.

And this is a fantastic one. You have poly plus poly. MVA is a great one as well. Wonderful. Those are all synergistic, supportive elements. We have so many opportunities for healing in from different rounds, whether it's the herbal medicine, botanical side of things, plants, you know, mother Nature or something that is energetic and it's coming to us from our atmosphere, from just being able to be outside, or if we do a therapy in a clinic because we need to correct perhaps the lack of access to light.

You're right, we spend so much more time indoors these days, often in unusual lighting conditions. I always feel badly for people who are stuck with fluorescent lights, for instance, all day long, because we know that's not good for a lot of reasons.

There's just a lot of ways that you can influence these things. So anyone listening to this, I hope you've been taking notes and really understand that there's all these ways that we can influence what goes on with blood sugar and regaining healthy glycemic control, that there are just so many opportunities for healing.

There really, really are. Dr. Carl Felt, before we wrap up our session, are there any other things you'd like to share with our audience while we're here?

Well, I want to expand on what you just said in regards to people being in artificial light. So our bodies just like nutrition. Yeah, we need all these different components.

So like when we eat a grain, for instance, we we use all the components, the minerals that the vitamins and the dips, all the components is there and makes it easier for the body to break it down.

Photodynamic Therapy and Closing Remarks

And also the components within the grain is is balanced. And so it's the same way. And with vitamin B, for instance, if we just do one vitamin A, vitamin B, let's say bite B six, then they come, they all work together.

And if you just focus on one, you get deficient in the other because then the body is having to use its own resource in order to be able to utilize the one hour.

So it's the same way when we're in artificial light, if we are then exposed to just one frequency all the time, then we get deficient in all of the other frequencies.

So that's why it's so important to have that that full spectrum experience to be outside in the light or have full spectrum lights when you're inside.

So and so. So yeah, that is a huge factor. And another thing that I wanted to just discuss, there is something called

photodynamic therapy, and that is so we talked about how we can use life as a benefit shell component, but you can also use that as a destructive component.

And going after virus has gone after cancer cells using that photosensitive visors that attach itself to cancer cells, viruses, bacteria. And then when you shine light on it, it triggers oxidation to kill the moth and and that's that's a fascinating thing that I, I have cancer patients flying in from all over the United States and other parts of the world for that specific therapy.

So it's it's another fascinating component over and above, using it as a as a healing method. You can use it as a destructive method that's very targeted against pathogens or cancer cells.

That is a wonderful option. And, you know, again, harnessing that power in such a targeted way, that's always the goal, particularly when it comes to cancer, because of the fact that it's so much does not play fair with the body in that whole process.

Yeah, yeah. No, it's and it's so great. I mean, I'm not going is chemo, radiation, all these things that is very much needed when it's needed. But to be able to utilize something that is safe and that is targeted, to have that as an additional tool, it becomes really beneficial for people.

So and it's just had a gentleman with osteosarcoma and you know, normally what they do, there is no other solution than to cut off his leg. And he didn't want to cut off his leg, obviously.

And so he he came to me and we did that kind of therapy and and and now he's doing great and he has two legs and no cancer. So it's really amazing what you can do with that.

That's phenomenal. You know, that's the bottom line, right? We're after results, that's for sure. All right, Dr. Karlfeldt, if people would like to connect with you, would you please share with us your website address?

Absolutely. Yeah. Please, please. We have so much information on my on my website. It's thekarlfeldtcenter.com. So The and then my last name, karlfeldtcenter.com.

And if you go to resources in see a lot of the different radio shows that I've done in the past where you so you can if you're interested in cancer type in cancer you know pop up a huge amount of information there if you're interested in diabetes.

Same mold, same lime, you know, says a lot a lot of information there and yeah. So happy to connect with anyone that that that needs guidance. Absolutely.

Your website should appear on your speaker page. And just in case someone is listening and not watching, I'm going to spell out your website name. So it's thekarlfeldt center.com All right. Thank you, Dr. Karlfeldt I really appreciate your goodwill and collegiality and being a part of our summit. Thank you for being speaker.

Thank you so much for having me.