Randomized to No Care: Why Traditional Care is Failing Chronic Patients Transcript

(Transcripts are generated by AI and may contain errors)

Podcast intro and guest introduction

There's millions of people that feel awful and we are not helping them. And so I cannot unsee what I've seen. I couldn't even slightly care when they don't understand.

And they're like, this is ridiculous. I can't believe you're doing sham stuff. My God, stem cells, those are embryonic. Like those shit, like you're going to grow tumors.

You're listening to the Lifestyle Medicine Podcast with Dr. Ivan Rusilko, brought to you by Access Lab, where we explore new perspectives at the forefront of personalized health care.

Welcome to the Lifestyle Medicine Podcast. I'm Dr. Ivan Rosilko. We are powered by Access Medical Labs. If your doctor's not checking your labs, he's not a doctor.

And do I have a treat for you today? Not only is a good friend of mine, but this man is board certified. I mean, he's everything. Board certified. He's a guru.

He's a genius. And the best part is he's come from the traditional world of medicine and has realized how awesome the wellness and lifestyle aspect can be in this regenerative world we call the new way of medicine.

Dr. Stefano, you are a rock star. I'm so happy you're here. You have, what, 20 years of experience, over 10,000 surgeries. So I'm very excited to have you on our show.

Thank you for coming, man.

Why the guest left traditional medicine

Man, it's a pleasure. It's a pleasure to be on with somebody that is so like-minded and is doing amazing things with his patients and just doing great stuff.

Love talking with you, and this should be fun. Well, I got to share the story of how we met. So I was invited to go to Mar-a-Lago, you know, you get all dressed up, you know, I'm sitting at my table, you know, kind of, you know, shooting the breeze with a bunch of these big wigs.

All of a sudden they introduce you. I'm like, oh, here we go. Traditional medicine. This is going to be good. And I'll be honest, some of the stories you shared about why you got into this industry and just your past and your history has just been phenomenal.

So first and foremost, I got to say. Can you tell everybody the main reason you have come over to the dark side? That is regenerative medicine, wellness medicine, anti-aging, whatever you want to call it.

Can you share that story of going from world renowned orthopedic surgeon to now guru and everything wellness based? So, I mean, it's, it's pretty simple and I'll just try to make it short cause I can go on for a long time.

Um, for, you know, I've been treating a lot of patients. I've seen tens of thousands of patients in, in, in my career and My frustration with the way that people were being shuttled around in traditional medicine just grew every year.

It grew. So I started adding stuff. I started doing, you know, like dietary, you know, changes. I was, I was like counseling people on how to exercise.

And then I started getting into like supplementation, all these different things. But the more I was realizing that

people actually were doctoring with, with our colleagues and getting worse over time, they literally were getting worse.

I would start asking that this is my favorite question. I'm like, okay, so you, you have a doctor, right? And they say, oh yeah, yeah, I have a doctor.

How long you been there? I haven't gone there for 20 years. I was like, does it bother you that you're sicker now? Like by a lot. Since I've known you, I'm like, I've known you for 10 years, ma'am.

You're like, this is a disaster. Well, what are they doing for you? Well, this, this and that. And obviously it was always polypharmacy, you know, refer them to another specialist to do this and to do that.

Patients were so disgruntled. They were like, I can't, I can't, I don't know what to do. Right. So, so anyway, this, this is now multiplied that times thousands.

Because I love talking to my patients. I love talking to people like knowing their life story because I feel like we can treat them better if we know who they are.

Anyway, eventually, this guy Tram, I was already going down this path a little bit, but somebody came to me and was trying to get me into biohacking. And he had helped my son recover from an injury.

And at the beginning, Even me that's very open and progressive as a physician, I said, I don't know, that's not really my world. I don't know if that stuff works.

I think it's a little gimmicky. I don't know. Finally, I got my head out of the sand. I'm just going to be nice because I know this is a different type of program.

We'll save that for our upcoming show. Anyway, I got my head out of the sand. There's other ways to say it. And I looked at the stuff and I started looking at research.

I started going down the rabbit hole, light therapy, photobiomodulation. You know, oxygen therapies, stem cell therapies. What a world. You know, that's an amazing world.

It's just looking at like ozone, all this stuff. And I said, Oh my God. And, but, but with data behind it, it's like, I had no, like, honestly, I had no idea.

And then I started looking, I said, wait a minute. This stuff has more articles. Some of it then do for the spine surgeries that I do more. I didn't know it.

And it's insane. And then it just ballooned out. So then I decided, you know what? Eventually, one night, and I start my book like this. And you have to do it like this.

You know, like the just do it thing. So one night, it's a Thursday night. Literally, this is how my book starts. It's the first line in my book. It's like a random Thursday night, I'm in my gym, and I'm thinking about this stuff.

And I'm obsessive. I'm an obsessive person. It's just who I am. And I literally just stopped in the middle of my workout, sat down and I wrote. all this stuff that I wanna talk about, and I did a big post on LinkedIn, just saying, I'm starting a new podcast, and I'm gonna be talking about all these other stuff, because there's all this deficit, and it's gonna combine traditional medicine with Eastern medicine, with technology, all this stuff, and I ratted off all these things, no clue how I was gonna do this.

I had no idea how to do, I didn't even know how to do a podcast, no idea, it just, I was like, I have to do it, and so I- Yeah, you were born a podcast, yeah, come on now.

I literally just wrote it and sent it out to the world. And I knew all my colleagues were going to see it. So I had a

professor from Columbia University.

He's like, this is amazing. I'm going to tell everyone.

Discovering biohacking and regenerative therapies

So he spreads it. He sends it to everybody at Columbia University. It starts spreading around. People are like, oh, we can't wait for your show. I just put myself under pressure.

I said, you know what? If I tell the whole world, I'm going to do this. It's done. So it started with that. And at the same time, I started having ideas about building these wellness clinics with mostly with biohacking at the beginning.

Then we brought in the integrative health stuff and we were just, and then it was just off to the races. And as soon as I started doing the podcast and completely fell in love with it and I used it, it's a cheat tool for me.

You know how it's a cheat tool? Just like I'm going to have you on the podcast. You know what I've done? I get people from all over the country and some from, you know, outside the country, you know, all over the world that are experts in what they do.

And I literally picked their brain for two hours. Does that make me dumber or smarter? Right. I'm not going to anybody like, you know, I have had people like the like one of the leading experts in the world, like on sleep apnea.

Right. So I learned everything I learned about upper airway resistance syndrome, all this stuff. I got an entire semester's worth of med school on one subject in two hours.

So all of a sudden I'm taking the leading gurus in the world and I know their stuff. Now I'm like, okay, you took 20 years to learn this? I know it after two hours.

Great. Next guy. Then I had the photomodulation guy, Dr. Hamlin. Then I had this guy. Then I had this guy. And then as I was doing that, it's just brilliant.

And I know you kind of have similar things because you're such an explorer and you're like, hey, what's out there? As we do that, people were just saying, oh my God, have you looked at this therapy?

I said, no, I don't know much about it. Teach me everything you know. So they teach me next thing you know, you know, we got, we got like suits in our clinic, this neuro 20 suit that stimulates the body and does all that.

And all by just keeping our minds open and not reinventing the wheel. And just having an open mind and saying, Hey, this stuff is out there, you know, let's do it.

And then it just morphed into, and I just cut, cut the chase because, you know, obviously you got other, you know, things you want to ask, but it's crazy because at the beginning I was really focusing on well, a lot of wellness athletes, um, you know, post-surgical recovery, that kind of stuff.

But as people started finding out about us, they were coming in with like really serious illness. And so we just started saying, Hey, how do we, how do we fit this in for people that have Lyme disease?

How do we start looking at concussion? How do we look at mold, toxin, illness? And I made myself an experts in those, in those things, like legitimately, I got books every, I got mold books.

I got, I got books, concussion and I'm like, like deep dive. And then I'm like, what are people missing? So then, and we can talk about this, then it's like, what are the missing links in these diseases that people are not seeing?

And I had to be whatever, so I started writing some white papers on this stuff, doing some other stuff, and it's just like, oh my God. epiphany these people that have a lot of these chronic illnesses their batteries aren't empty and

and people are skipping one big step like forget about traditional medicine we don't have to go there the diseases i just mentioned let's not even have that conversation this podcast you know what i mean this is not long enough we could we could we could touch on some of that stuff when when we have you on we'll probably get banned but still it'd be fun But seriously like that stuff forget about even concussion.

I'd like just did a recent post on how poorly that's managed in traditional medicines. Awful. It's embarrassing. I'm talking about specialist. I'm not talking about this is not primary care specialist.

I'm a concussion specialist. Imagine going to a concussion specialist and being told sometimes they heal. Sometimes they don't. and then you say, and then putting them in physical therapy, the hell is that gonna do?

Honestly, what is that? It's like a weatherman. Maybe it'll rain, maybe it won't. It's like, give me an answer, man. You get paid for it, you know? My God.

You're right. Listen, they missed the snowstorm here yesterday. I was just gonna say, man. It's just crazy, but yeah, so all of these diseases and what's common, the common thread are these are all the GAP patients, right?

GAP, that we just called, they're the invisible patient. They're that patient that sits in the office, and when they go to primary care, and I know your office is filled with this stuff, obviously, they just tell you how much they've been blown off.

They've never been listened to, they've had their eyes rolled at, whether actually or metaphorically, right? Or… All the doctor does is type some stuff in and says, Hey, we'll give you an antidepressant.

And they're like, wait a minute. I'm, I'm, I'm asking you about like something to like, that's not what I need. I feel terrible. You just want to give me like in and out.

So, you know, like just look. So the more I started studying these patients, the more I was just looking at it. And it's the missing, it's this missing link.

Where if you look at functional medicine, which I love, I mean, I really love the, you know, our functional medicine colleagues and we'll work with them as well.

Cause some of them, they do so much supplementation and stuff above and beyond kind of like what I do. I'm like 24 more integrative health. I don't put people on 47. So that's not what we're doing.

It's just not what we do. So anyway, the problem with that is if you look at Lyme. If you look at lime and you look at mold, and the reason I'm so fascinated with those is because your mitochondria are half dead.

Very true. You're not well. We'll just start with this. If I were to put you in a prison camp, and give you basically you had like some corn meal right once every three days and that's your food you know what a like you know what a not a good idea would be when you come out oh you're not feeling well i think we need to detox you let's just do a huge detox now and let's see what so let's just put you on all this stuff that's going to do and then you're just going to be extremely ill and I think that you're not used to it you know I mean like people get that over supplementation over peptides over hormones is worse than under it and in certain instances you know and it's a funny thing is now and I'm curious to see your thoughts on this yeah is that the industry that did this is so I got into this industry when it wasn't even industry back in 2010 and you would I saw it grow up around me and it started out beautifully Doctors were coming in on because they're like, wow, just like you did.

There was a there was a different form of medicine, which is actually genuine. And then once COVID hit, it was like a gold rush. Every Tom, Dick and Harry just in rushing in.

And it's like, oh, $50,000 to see me $80,000. It's like they give you a pharmacy in a box. It's like, how am I supposed to you need a degree just to understand how to take all this stuff they put you on.

And it's terrifying. So as you and like you have all of your colleagues, I mean, again, like I said, you are like one of the best orthopedic surgeons in this country.

What would do you see your colleagues looking at you? Number one being like, what the hell are you doing? And number two, is it like, I want to do that?

Or is it kind of like a mixed, a mixed emotion about you being such a, you know, the top of your game coming over to the dark side of wellness medicine?

It's the light side. Come on. Yeah.

Building wellness clinics and treating complex patients

It's the light, it's the light. You know in Tron the good guys are in white and the bad guys are in red. We're in white now. I took my red off and I have my white on.

I still wear my red. I got to do that other stuff. I still do a lot of spine surgery. But I love doing this. That's a great question. So I'll say it like this.

It's very variable. I would say that 80% of people don't even understand what I'm doing. They think it's kind of quirky and it's weird and they can't understand.

They're like, why is a successful spine surgeon going down this path? Like, why? Why is he doing it? It's weird. And they're not understanding that the way that our American system is set up and not just America, it's all over.

I just, I happen to be in America, so we'll talk America. The way our system is set up puts so many people in this, um, uh, you know, in this fog, they're like in a swamp in a fog.

They don't know what to do and they're miserable and there's millions of them. Millions, not. Like a hundred thousand or two hundred thousand. There's millions of people that feel awful and we are not helping them.

And so I cannot unsee what I've seen and, and, and I had to go down that path. So they just don't understand. Now then there's the 10% that are the, the mean people.

Right. And you listen, you know, they're just mean. I don't even know what to say. Very well. The good news is I can tolerate it because as you know, when you get to a certain age, I couldn't even slightly care when they don't understand and they're like, this is ridiculous.

I can't believe you're doing sham stuff. Oh my God, stem cells. Those are embryonic. You're going to grow tumors. What are you talking about? You know this like first of all, no one uses embryonic stem cells because they form teratoma.

So that's a complete misnomer. The Catholic Church is pro stem cells and has put out like statements on it and mesenchymal stem cells, even if you're doing like the day zero cells, which you guys can do in Florida and we can't.

Florida, there we go. All right. Yeah. Good. Good for you. Go to Santhus. But anyway, um, like for, uh, you know, for, it doesn't, it doesn't, at the bottom line is that, that tens and tens of thousands of these things have been put in patients.

You know, I had Neil Riordan, uh, the, the Panama stem cell clinic, uh, you know, uh, founder. He's done 30,000 patients. They've had zero tumors, zero.

Zero. And I've never heard any regenerative medicine guy say, oh yeah, we did this and it formed a tumor. So these people do not understand. They think that people that are recommending peptides should be like in prison.

Well, let me just say something to you. Go to CVS. Go to Walgreens. Go to Amazon.com. Go to doctor's offices. How many things are people doing that are not FDA approved?

How many? It's countless. All these supplements. And guess what? A lot of the peptides have a better profile than half of the supplements they're taking from the CVS aisle, which you don't even know what that stuff is.

Like honestly, I do not know what that stuff is. So that's the 10% that wants to throw stuff. Or they're just like, oh, oh, big shot. Now he's done all these surgeries and now he's going to go and he wants to take people's money because they're going to come to him because of his reputation.

And I'm like, if I wanted to take people's money, I would do unnecessary surgery, which I would never do. But on the other hand, but on the other hand, some other people, that's a different, that's a different thing.

But, and then the last 10% are those that I've gently nurtured over. And I gave me a partner. So one of my neurosurgical partners, this dude, I mean, he did it himself.

Some of the biohacking stuff. He loved it. You know, he loved it. He's like, I feel great. You gotta, you gotta experience it. He felt it, but that was two years ago.

So all this time when he would never refer patients, never whatever, then he had a couple patients. That he's like, you know what? I don't have anything for you.

Let me send you over there. They did really well. He came over. He visited our clinic. Finally. He's like, Oh my God, you're building this thing. Cause we keeps getting bigger and bigger.

Like our main location, the integrative health clinic. He came and visited. That guy is sending so many referrals right now. I love it. And he just considers himself part of the team.

He's like, I'm part of the team. I'm on a team record chart. So he's, and again, he sees the light and now. He's questioning so much. He's like, oh my God, what have we been doing for concussion all these years?

What are we doing with pain management? What are we doing with this? And once you see it, the time it hits, If you're reasonably ethical, all of a sudden, you're like, oh my God, I'm sending my people over there.

It's funny, just this week, every time we go to the fax machine, they're just referrals coming. The guy's like, you got to go there. They're going to fix everything.

Go there. It's true. Again, the stuff that we do in our clinics, obviously, there's some very limited risk with injecting stem cells, obviously in the spine and in high risk areas.

We do a ton of spine, you know, stem cell stuff and obviously joints are much safer. But the spine, I mean, my guy is 30 years practicing, triple board certified.

I think people should be fine. I think that they should be fine. But the bottom line is the majority of what we do in this wellness world is the safety profile.

This is what drives me crazy. The safety profile is so dramatically better than my other world. And then when it like people are arguing with me about stuff like I mean even patients.

Oh, that seems too simple. I was like, do you want stuff that has a lot more risk is like you want to be like it's almost like the the American psyche has been so we've trained them so well.

to think that everything requires very complicated solutions. It just doesn't. It just does not. Common sense is not common anymore. And I find that very big in medicine.

And I always like to sit there and talk to anybody who comes in, because I have patients, just like I'm sure you do, who have an army of, I mean, they're wealthy beyond belief.

They got doctors from Cornell and John Hopkins and all this kind of stuff. And of course, just like you said, oh, I'm from Cornell. I know everything.

The more specialized sometimes doctors are, the more credentialed are, the worse they are. You know what I mean? Because number one, they don't want to sit there and be like, Maybe i'm wrong because nobody's perfect you know i mean number one and number two is well your your industry is not research based and my favorite argument i'm very curious to see your your view on this one harvard came out of the study the third leading cause of death in the united states medical error from research based traditional medicine, it kills more people than diabetes.

So the aspect is, medical medicine is killing more people than diabetes. So the aspect is, yes, I'm glad we aren't research based off of your research, which is mostly funded by AVNC, you know, Pfizer, etc.

But the whole aspect is when you see this, and you start getting arguments with other with other physicians or patients and whatnot, and you see the wheel or the cog start to turn, they're like, I don't have an argument to kind of go about we will back against that and I see that all the time, you know, they did this gigantic article me the most hated doctor among doctors and I tended to really really enjoy that that that that that a whole title but now it's funny meeting people such as yourself and meeting like in the last year.

I've seen so many positions funny to be like I enjoy talking to them because now this stigmata of Wellness medicine is heresy. It's all of a sudden making that that paradigm shift and we're kind of at a reflection point So where do you see this wellness industry this juggernaut, which is now too big to fail?

Where do you see it going within the next three years? I mean, I think it's going to be huge. I think that there is some potential legislation coming.

I think we need to, we need to settle some of the scores. Now, as you know, I think the, the people, right? The, the, the population is so tied in right now to wellness.

They're starting to understand that because their friends are talking about it. They're like, Oh my God, Lucy, she started taking peptides and she got her knee done with.

with some stem cells, she's a different human being. And this is starting to spread. It's like the pass the, you know, pass the paper around in class.

Unfortunately, it gets jumbled up. So people don't really like know exactly what's what, but the bottom line is it's spreading. So there's a groundswell.

So I think in the next three years, it's going to be really important to look at some national legislation as far as stem cells. And again, I'm not being political for those people because I can't say anything any more political, but I will tell you, it's just for my job, your job, right?

We talked about this last time we saw each other is promoting ideas that are going to help the population. I'm not here to like support like somebody's campaign or anything.

It's about what are you doing now? I will support them if they're going to support physicians and they're going to support wellness. I mean, of course I'm going to support them.

So that's one thing. So legislation is a big thing. But I think that the industry is going to absolutely explode.

Pushback from colleagues and the rise of regenerative medicine

And I'm seeing it because even in the last three years that I've been doing this and kind of growing my practice now in integrative health, I have seen a shift.

It's getting a little bit easier to talk to patients because they've heard it. They've heard stem cells on Joe Rogan. They've heard this and that. They've heard BRCA talk.

Yeah, they just hear stuff. And so then they're like, when you have a slight idea, it's okay. Trying to explain to people that have literally no idea and try and explain to them biohacking and peptides and stuff.

It's a lot harder because their brain is already in tune with these other things. So I think that there's going to be a big avalanche of people looking for this.

And so my suggestion to our colleagues. Okay. Is you better think about hopping on the train because otherwise you're not going to have anything to do because let me give you, like, you're going to love this.

I had a guy on his name, his name is Petra Polly. Okay. His last name, Dr. Petra Polly is in Syracuse. That podcast comes, I did his thing last week, but it comes out in like a month, his podcast.

Um, it's amazing. So he's an orthopedic surgeon. who fell in love with stem cells. So he does like the really open, he does intraosseous injections, all the top of the top stuff.

His mantra, so he has a book, okay, Repair Don't Replace. Okay. And his mantra, and I was like, man, your colleagues, you talk about like, like you talk about being hated in your community.

No more total, no more knee replacements by 2043. this guy is very serious he's like between the repairing of like acls and then putting in stem cells and then utilizing stem cell technologies earlier on in the disease process for like knees and stuff like that he's like no one really should have knee replacement it's just an education thing and getting people to get in and get their stem cells and stuff like that so i think there really is a groundswell of people he's another guy very busy orthopedic surgeon for whatever reason he starts dabbling in stem cells all of a sudden he's like oh my god like these people bone on bone knee stuff getting stem cells with no pain no pain after a month or two and we see it constantly in our clinics now and so I think there's going to be a huge groundswell and I think podcasts like you're doing you know, here and spreading the message eventually gets out to the public.

They start spreading it around. And again, our colleagues, they can ignore it all they want, but they're going to get left behind. Like, like just, just one word on like the, just where it's going.

Concussion. I got to talk concussion for a second. So our concussion program. So first of all, the way that concussion is treated in the modern era is, is, is no less than it's a joke.

I'm sorry. I can say this. I've been, it's, it's a joke. And so they, you know, they go like, they do some rehab, they, they put it like a, like a try to put a square in the square hole and that does nothing.

Okay. Over time. Meanwhile, there's light therapies to the head. There's oxygen therapies, which has studied for a long time. You know, there's, there's, there's so many things to do for it.

There's peptides, right? All the neuropeptides. We do a combination of all these things. Um, I'm curious favorites for Neuro. For neuro, you know, for neuropeptides, I do like, I don't know if you like it, I like P21 for neuropeptides.

I like, I love, love Semax and Cell Inc. And I know there's some of the, I know there's some of the more, You know, there's some of the more basic ones.

So for the people, for my patients that are like really high strong, I might do more like cell length for them to, you know, like kind of give them a little bit calm.

And then for the ones that want a little bit more energy, I think, you know, I think, you know, Semax is fantastic.

And then there's things that like are a little different, like dihexa.

I use dihexa is an absolute must. If you have brain dysfunction, Why are you not doing these things? I love that one. It doesn't even make any sense not to mention, there's obviously others out there and we didn't even have time to get into the whole mitochondrial peptides.

Before my workout this morning, I mod C and NAD before every single workout. every time and so anyway like these these but not only that but also in spinal cord injury and nerve peripheral nerve injury and people that have peripheral neuropathy why are we not putting them on these peptides that heal right and it doesn't even make any sense but back you know like the concussion thing though also we do the neuro 20 suit we rehab them by by basically stimulating all these different muscle groups and they're ataxia gets better we also drain their lymphatic you know like they're lymphatic so after we we do the lymphatic drainage of their brain with the transcranial laser then we get it out of their system completely by doing this other suit the results i'm telling you we have patients that we treated for concussion that can hardly speak they can hardly i'm not kidding not can hardly put two sentences together river meat scores of like 60 which is like off the chart that means like you're not even functional you should almost be hospitalized And you see these people two to three months later, so dramatically improved.

And again, it's not like we're the first person that's touched them. This is after seven months of some stuff. So it's funny, us as wellness, they'll say, oh, the quack doctors.

You just treated somebody for seven months with zero improvement. And we're the quack doctors. And that is the whole gist of everything. It's ridiculous.

I could agree with you more on that one. I'm curious. Stem cells are thankfully Florida passed the law in June or July of last year that we can use day zero.

So we were using Hemipoietic. We're using mesenchymal. We're using all kinds of fun stuff, heterogeneously everywhere. But where do you see a couple other modalities?

And I want to give you two of mine. I think CRISPR, probably five years from now is going to be the epitome of all medicine. But I think the biggest industry and again, this is what I'm focusing on.

We're going to be focused on this in the Middle East. I'm going to probably pivot my practice and maybe go with something separately in Miami is not the longevity of living longer.

It's the longevity of chronic disease. So trigger things like diabetes, heart disease, everything with these kind of modalities that I mean, thankfully here and again, obviously, this is an access medical podcast, and they have worked with me so well, the amount of diagnostics that I put into this, whether it's heavy metals, or in depth cardio panel, all this kind of stuff, you find so many different things that explain it.

I tell everybody cancer is not a disease, it's a symptom. you know i mean it's a byproduct of some type of stress that we don't know what it is there's not one healthy person on earth i don't care you have the worst genetics that gets cancer accidentally you know i mean like either it's a heavy metal some type of mold lime chronic ebb cmv i mean there's a million hormone abnormalities the amount of lipid tests for every single all of it it's insane so i'm curious like those are my three things the stem cells internationally uh crisper and then eventually the longevity of chronic disease so did you agree with that do you see something that i don't see i'm very curious all those things are are are top of the list i love crisper jennifer donda amazing her book the biography on her please purchase it this moment Like seriously, it's one of the best read books when you look at like Watson and Crick and then she eventually, you know, like train with like the best of the best and just figuring that CRISPR is especially like single genetic mutation diseases.

Those are gone, especially with AI. And then we just have to get over it because as you know, there's a lot of CRISPR trials and you know, there's been some people that have complications and things like that.

They're working through that. But if you look at like hemophiliacs gone, you know, like all these gone, the single

now that the complex ones are going to be a little bit different.

But if you take diabetes type one diabetes, I mean, how long is it going to be before we grow islet cells in the lab and put it in people and they're fine?

That's not too far away. Regulation is the problem. Exactly. Exactly. So we got, I always have to be, I got to be real with my colleagues. Like I said, I owe it that 10%. They love to be like, Oh, here we go again with the, with an honor.

I'm like, well, who says what you're doing is approved. Just cause some guy said in 1980 doesn't mean we should be doing it today. But anyway, I, I agree 100% with the, with those things, the one area.

that I'm excited about and, again, loves stem cells, you know, love all that stuff, is the unbelievable applications of combining light therapy with frequency medicine.

Frequency medicine by far. Amazing. So we have these ArcBeds. I'm actually on their scientific advisory stuff. I just review stuff for them, but there's an ArcBed.

And it's all, it's this frequency medicine. And I don't, I only would talk about it like with you on podcasts like this. I don't even talk about it in my college is then they think that like, I'm really out there.

Concussion care, peptides, and neuro recovery

But, but energy, if you go back to Nicholas Tesla, right? And Nikola, whatever, I call him Nick, you know, Uncle Nick. One of the smartest people ever to walk the face of the earth.

He might know something. He basically said all medicine is going to be, you know, energy frequency, right? That's it. That's what it's going to be. The electron transport chain is the source of all life.

It passes in the battery. You have battery. NAD, right? NAD Plus, it grabs the electron, it gives it to complex one, it jumps along, and then you have that beautiful rotor.

That's all life. I tell my patients that they get excited. They're like, really? I was like, you have trillions of these rotors. They're just going. If they stop, you stop.

You're dead. It's over. And so anyway, energy, just going back to the energy. So we're all electrons. We're batteries. And so then taking, frequencies, and then you're doing them at different steps, you combining vibration and frequency and light.

This combination is what the ARC bed does. It's so incredible. I'm just saying the results that I've had personally for me, it's like literally changed my life.

Some of the patients we're treating such hardcore chronic disease. So imagine treating them with frequency, vibration and light, and then layering on top of that the right peptides, a little bit of supplementation, right?

neuro 20 suits so that we rehab their bodies weight loss if they need to have like metabolic profile changes if they're obese all these things we're thinking a different way and you know the thing about is what did we learn when we went to med school right it's systems biology it's not molecule biology it's not like oh my god everything is you know like vitamin like this even though vitamin d is You know, we could talk about that for hours, but it's not like this one thing.

And so in the functional medicine world, when you get a printout of 700 million different things, that can tell you there's dysfunction. So I think there's value to it.

But I then don't say, oh my God, we got to replace this, this and that. Next thing you know, they're on 47

supplements and they're throwing up every hour.

Yeah. So, so you want to just, so, so all of these things treating with frequency, but anyway, I'll tell you this, it's very interesting. And, and Mike, Mike McIntyre is the CEO of that company.

I know him really well. He's, he's a good friend. He's, and he's also brilliant. They are treating with the frequency medicine. He is actually treating from a distance.

He's taking people's stuff, putting it in the bed and treating them in another state. And sometimes he says they text them, they're like, am I in the bed right now?

Cause my, I feel my face flushing and he's like, yes, I'm treating you right now. That's crazy. It's hard to like that one needs an entire other podcast to discuss, but everything is frequency.

And if people say, well, that's not possible. Well, I'll tell you this. Think about the experiments that were done to prove like, remember Einstein was so miffed by a lot of quantum mechanics.

He's like, how is that possible? So if you have two things that are quantumly entangled. And they did this, right? They did all the they did all the the telescopes that went out into outer space.

I mean, like galaxies away. If you if it's like you have like a core, it's like the cork turns up. Like if you have this quantum stuff happen here, it happens simultaneously on Jupiter and also, you know, 20 billion light years away, whatever you want to call it.

And so if we can do that and you see that if you change it here, it changes there. Why can't people believe that I do something that, I mean, people believe in the power of prayer.

I believe in the power of prayer or intention. Not everybody wants to pray, but the power intention. It's the same stuff. And so frequency and energy, it travels across, I mean, it travels across time.

It's like love, right? We always say like, love has like, that's the only thing that can travel, you know, across boundaries, but so can frequency and energy.

And people right now that are watching the, they're like, this guy's off, I mean, like too much gas in the OR. They must have had a malfunction in the OR.

I know, but I couldn't agree with you more. Quantum entanglement and neural resonance are two of the most fascinating things that nobody even talks about.

Neural resonance, and again, just to put that very straightforward, you can walk into a room and you know somebody's good news or bad news. Because the way your brain, the frequencies of your brain, the electromagnetic of your heart, everything, you know, you're literally a battery.

There's sodium potassium pump, and just think how many sodium potassium pumps are in your actual system. It's insane. And nobody talks about a frequency.

You have alpha, beta, delta, gamma. I mean, theta. All these different waves are life. You know what I mean? They're literally life. And the fact that we just rush by them.

You know, I mean, so it's a situation where is it's unfortunate because things like vibration and light therapy kind of get pitched by the wrong people.

You know, I mean, like, it's just like, you go, it takes, it takes our yeah. And because, and that doesn't, and that's the right that you're saying. Right.

And that's a good point. Yeah. You're exactly right. It's not that the people might not be very astute to it. It's not whatever, but they're not. And then here's the, sometimes it's the credential thing.

And I'm not a big credent. Like I think that you can have zero credentials and be the person that literally my personal guru. I'm like, I just listened to this person because I know that they're smarter than me in this category.

I'm good. I'm going to listen to them. But what I find, and I know that you find this, what's good about our position as physicians and what we're doing is we can take a very broad brush stroke.

I don't, people come into me and I just say, Hey, listen, here is my menu of things that I do. And I'm willing to go outside that if I have to send you to this clinic, listen, if you want to fly to Poland, because this guy does this, this, I'll, I'll, I'll get you set up.

I'll call him myself. But the problem with the guys that are pitching it and you tell me your, your take on this is that. Sometimes you're just selling your book, right?

And so if you're very much into frequency and you've developed some device, now you're treating every disease with just that. And you're skipping the other 17 things that we would do in our clinic.

You're just doing that. And that definitely waters it down. And then it's just… You're just pitching your game. It doesn't, it doesn't matter. Just like I tell people if they go to a spine surgeon and that surgeon only does one surgery, guess what surgery you're going to get.

Like that one, that's it. There's no other option. You get that. And so you got to go to people that have a lot of tools in the toolbox. And that's what I love so much about like wellness, integrative health.

It's like the expansion of the toolbox, but it's like the universe, right? We keep expanding and anybody that comes into that world. Yes, there's some quacks that, you know, will pitch us.

And I'm sure you get pitched at nauseam by some of them. You're like, I'm not gonna pick on people, but I've had some stuff. I'm like, that does nothing.

I'm like, I'm the most open doctor you'll ever meet. I was like, that legitimately does nothing. But anyway, we just keeping this broad mind, not being siloed, being able to practice the way I want, let people make decisions, just say, hey, we could do from A to Z, let's choose these things.

If that's not affordable to you, or if you don't wanna do that, or you wanna start slow, we can do stuff. As opposed to traditional medicine, you're so darn pigeonholed.

you know, to do stuff and everything is up, you know, the prescription pad or the knife or the, or the, you know, or an injection or things that are not good for people.

True. And again, there's not a lot of customization was my biggest problem with what traditional medicine was. And even this industry now is like every year you see, Oh, BPC is going to heal you.

It's not going to heal you if your hormones are off, if your nutrition's off, if you're toxic, all these different things. So you have all these people who have a million followers.

They're obviously credentialed. No, they're not. They just have a very good social media team. You know, so it's a situation if you go through and take a look at it, and the customization comes down to a very good intake form, which is almost as important as the second part, diagnostic testing.

If you don't have those two things, if you walk into an office and they don't give any of those two things, walk out. You know what I mean? Because they aren't customizing it to you.

It's a factory approach. It's traditional medicine masquerading as wellness medicine just to get you through the door.

Stem cells, CRISPR, and future medicine

And I think that's kind of what it is. So vibration therapy, light therapy, hormone therapy, IV nutrition, hyperbaric stem cell, every single thing that you can see in wellness or whatever it could be, it needs to be customized to have somebody's unique lifestyle and their unique biochemistry.

And that's a situation where I think that's where a lot of physicians who are transitioning over here see a lot of money, easy lifestyle. You sit there, you go on, you start talking, all of a sudden you're famous, but you're losing the aspect of efficacy.

You see profitability, but you don't see efficacy. You can't give your patient efficacy you might as well just stop. You know what I mean? It's all about like, you know, like it's just I'm so passionate about these people.

They need help. I mean, they really, really need help. And if there's people like, you know, not like you out here helping people, no one's going to help them.

And they don't they don't get it. You cannot go back to the same well over and over that well, which is called traditional medicine. And I love it. Yes, there are many conditions.

People walk into my integrative health thing. I send them I send them straight out. I say, you are sick. Oh my God, I see this thing in your bone marrow, straight to Mayo Clinic or to the university.

There's not even, I'm not like, no, you know what? Before that, let's treat you for three months. Let's charge you this amount and then we'll figure it out.

But yeah, it's just great. And the thing that you said before that really resonated with me is, and this is all about, obviously this show is kind of sponsored with the lab thing.

It's so important. if somebody goes in to the doctor's office and say they don't feel well if you get a cbc and a chemistry on them and tell them they're fine that is that's not even a joke and people do oh my oh i went to the doctor i got a clean bill of health you got nothing you got medical gas lighting at its absolute finest medical gas lighting that's probably my favorite thing i've heard on this podcast medical gas lighting It's amazing.

People get gaslit left and right and it's ridiculous. And so we have all these patients, they come in, they don't feel good. They've been doctoring for a long time.

Finally, they've had it. They're like, oh, we saw you on Facebook. We saw your let me come in and see it. Man, some of the heavy metals in their body, some of these people, the mold, some of the mold.

People have so many species of mold. I'm like, we probably should test you for some others. I was like, we probably need to get a different maybe there's a new mold species growing in your house, like a whole new an alien species.

And it is so important to know the how can you treat somebody's total system? If they're, you know, so toxic? Full of mold, full of heavy metals. And that's why we were so excited.

We just started doing ozone therapy. I did my first round. I felt good. So we do something called eBoo Safe, single access technology. But anyway, I felt amazing.

And the next day, I am always clear. I always do biohacking stuff, but I don't sleep much because I have a million things on my plate. But I could not believe how clear I was.

I was seeing stuff. I feel like my vision got better. Is that real? I didn't even notice the bird. Is that a new species of bird I should be paying attention to?

It's weird. It's weird when you have, but anyway, think about it. If you combine, so just like in any disease, so if you have somebody with mold, toxin, illness, think about it.

In traditional medicine, they get blown off. No, mold doesn't cause that. Like they get told, oh no, you don't have respiratory stuff, so you can't have mold toxin illness.

That's the least thing you're going to see. I see almost no patients that have respiratory difficulties. Most of it is a lot of neurotoxicity and just obviously systemic stuff, rashes.

They're told by dermatologists mold doesn't cause rashes. I was like, well, do you want to tell it to the cluster of three kids that I just took care of it from the dorm that live in the same floor?

because they're covered with waltz and rashes and all kinds of stuff. And so anyway, imagine, just think about it, in that world, they get pretty much, I hope you like this term, this is my favorite fricking term, they get randomized to no care.

That's literally an experiment. If you choose to put it right there and you're mold or lime, you're literally randomized to no care. You're better off just staying home and doing like, just have chamomile tea.

I don't know. It's better than whatever they're going to do. People are like, oh, they have lime and their treatment is Neurontin. What? So anyway, that's that treatment and then contrast it to what we do, you know, in our clinic.

So we have like, they're going to get light, you know, light medicine, energy medicine, oxygen therapy, peptide treatments. We're going to detox them gently with various, you know, subtle supplements, but we're doing that while donating them electrons by just giving them all this light therapy, stuff like that.

We put them in the suit, we detox them, we do lymphatic drainage on these people and then We put them in, you know, and then we do the ozone therapy. So now we're taking all those, you know, those toxins off.

And a lot of them also have heavy metals, you know, on top of that, we make sure that we're not missing, you know, a case of Lyme. I'm sure you use like Vibrant, you know, labs or whoever, whoever you use or iGenX or any of these, you know, any of the good labs.

But anyway, you got to make sure you don't have that. And my question to the general medical community is, Why on God's earth, if somebody has a severe fatigue issue and they were fine three years ago, why won't you work them up?

Like what is the problem? Like seriously, what is your, you know, like in movies are like, what is your major malfunction? Seriously, like what is wrong with you?

Like honestly, if you just think about it, if you know what we should, if we had somebody on that disagreed with us, We just said, we just said a patient and they said that their work up, I said, well, what does that do?

They can't even answer. I said, well, what does it do? Like, what does that do? What do you prove? I get reimbursed. That is exactly what it is. You know what I mean?

And that's the scary part of it. So I'm curious here. I always like to ask all of my guests two questions and I'm super excited to get your, your, your take on this one.

So number one, if I am a doctor coming over from traditional medicine. and being like, you know what, I've seen the light, I wanna come out and actually give my patients a different form of medicine.

What is something that you would suggest that they focus on, some advice you would give them, or just generalized aspects that kind of be their guru and say, focus on this to be the best wellness practitioner you can be?

So I think that the first thing they need to focus on is going through the types of things that they want to do, like the types of diseases they want to handle and learning how to be an expert.

Like what are the true diagnostics and then lapse themselves to the people that are doing like somebody like yourself that really knows how to diagnose these things.

and learn from the best. You don't have to spend 600 hours doing some online course that you're going to pay some, you know, but it's not even the money because they can afford it.

Frequency medicine, light therapy, and customization

It's just, it's so much time. There are people that have such a wealth of not like just talking to you. Like when we last time we had a conversation, I just hear things you say and I jot it down.

I'm like, I'm going to add that to the thing. Couple drinks in, we're both like taking notes for each other. You know what I mean? It's okay to take other people's ideas to do this.

So I would say that's one thing. And then that then the other thing is really understand what modalities are effective at these things and which ones you want to focus on.

So you really become a group. So I didn't do everything at one time. First, I became a real expert at like the biohacking stuff and like know it front, you know, like front and back started giving lectures, started doing other stuff, like really knowing it.

and then started at and then started becoming an expert in hormonal management and then became an and then eventually like it all came all the way down to you know full body suit stimulation like what's the science behind that there's this whole gait theory and then ozone therapies so you don't have to do it all at once but the biggest advice i would give to them is find somebody that you really respect that's in your area that is doing good work Those of us that are in this field, it's so funny.

People think that we're just trying to hide what we do. I welcome, and lately I've had so many doctors coming and they tour the clinic, they hang out.

And I said, listen, if you want to be associated with, you want to refer us stuff. Otherwise I'm like, for the love of God, would you please help people and do this stuff?

I don't care if you do it. I don't care if you shut up shop next door. There's millions of people that need this. Like I said, not a couple hundred thousand, millions.

There's probably a million people in the state of Minnesota that need these types of treatments. So latch yourself on to somebody like yourself that can really teach them, because I know you.

If somebody cold called you and said, hey, I want to spend the day with you in the clinic, you would be over the moon as I would. I can't wait. I had to call today for that exact same thing.

It's all about, and again, I know after hearing your talk, I think you'll agree, it's all about the impact you leave, you know, your legacy. And if you can sit there and share knowledge, and then that person does good to somebody else, that's your credit karma.

You know what I mean? Like, that's yours. So I mean, like, of course, I want everybody to understand this industry, because I think it's the first form of medicine.

So this comes to my second point, our question for you. If you're a patient who's been kind of, you know, going through the factory type setup of traditional medicine and you're like, okay, I need something new.

I need, I'm sick. I've been this, that, or the other. I'm going to go try this whole new wellness craze out. What's the best advice you can give to a patient who's now looking to get into this kind of new form of medicine they're hearing about on social media and everything?

I think that the most important thing and you alluded to this before is I think that before going to a clinic and again you have to keep an open mind because remember we're a bunch of like and literally it's a hodgepodge of different specialists that are in this and all this stuff so you can't say oh this one's better because they're an endocrinologist or they're better because they're primary care or they're better because they're you know a liver surgeon.

We're all different, but we're all like, it's all a unified theory, but you have to really do research on the people say, Hey, if they're coming from another specialty, have they been successful there?

What is their motivation for jumping into this specialty? Is it because the board kicked them out of their other thing? and they had nothing else to do and they wanted to do stuff that's like, well, I might as well start this cash practice because I have nothing else to do.

You don't want those because frankly, there's different motivations, but you want to latch on to people that really are completely dedicating their lives to restoring their function and just their life and just giving them a life back.

That's what it's all about. And it is, it's so important to find somebody you vibe with. And one of the things I like talk about in my book, and I was talking about being the CEO of your own health.

You're just hiring another consultant for that part of your business. So if I'm a CEO, right, I have like, let's say at the marketing department, I hire, you know, a foreman or manager or whatever you want to call it.

I'm going to hire and fire them based on if they're the right person, the right fit. So I want people to understand if they start in one clinic, it's not quite the right fit.

They're not vibing with the doctor because what we talked about before, that vibrational energy is part of the healing, right? You want to feel hopeful.

You want that person to make you, but obviously they have to have the credentials that have to know what they're doing. And so, you know, I think finding people that have the right credentials coming from the right thing.

And again, I don't want to belittle anybody as I know you don't either. but sometimes I have seen it go the other way where people go to these functional medicine people, but they're not doctors.

They don't really have degrees in anything that is. And so again, I don't have a problem with them. They might be smarter than me in so many different categories, but I think that they are lacking understanding like total body physiology, systems biology.

They just don't know. So for example, if they were around a patient that was in the ICU and that patient started to crash. They could look at that patient's labs and have no idea what's going on inside the patient.

Whereas you could be like, okay, this is happening. Oh my God, the so even though that's not what you do right away. We're like, oh, the sodium's that let's do this.

Oh, they're bicarb and blah, blah, blah. Let's get an ABG. They have no, they don't even, they don't know. So they don't know how one thing interacts with the other.

And again, I'm not saying that none of them do, but I think it is important to see where, you know, people are coming from, because I think it's a big difference between, you know, physicians, nurse practitioners, you know,

and people that have, you know, like some other degree, like they're a trainer.

Right. And I love these guys. I love them. I follow some of them. Some of them are hysterical, man. They're going crazy with the peptide stuff. They just crack me up.

But again, what's their recourse? They could tell you anything. They're like, take all this stuff, zero stuff. You know what? You know what our recourse is?

We have medical boards and we have all kinds of other people that if we're giving very poor advice, it doesn't work out too well for us as physicians.

Advice for doctors and patients entering wellness medicine

For sure. Yeah. Meanwhile, those guys, you're going to go see them and make them take over. They have, there's no records and good luck suing them. They're going to be like, I'm not a doctor.

Exactly. They're like, I'm a trainer. Like you listen, I, you know, I'm a trainer. I got you. So, you know, like, you know, I mean, like, Yeah, yeah, whatever.

So anyway, again, I'm not trying to throw stuff. I love working with people. But I think that if you really, especially if you have chronic illness, you really need to find people that really understand medicine.

And that is more complicated than the gurus on social media make it look like. Because they make it like, oh, this and that, you know, they, oh, NAD turns to NADPH and what I'm like, just because I can read chat GPT too.

But you don't know, well then what? Then what? Then what is going to happen? Then what? And then what? And then what? So I'm like, you can't chat GPT everybody and figure out like, you just can't.

All the layers, all the way down. Layers, exactly. Sorry, that was my long-winded… That was a perfect way to end it, man. It's part two coming up, then what, is it two weeks that I'm going to be on yours?

Yeah, we're going to go… Yeah, I think that's going to be a little bit less censored. But hey, just as informative. So man, I'll tell you what, this has been super fun.

Again, I can't thank you enough for stopping by Dr. Stefano. This is one of the best things I think I've done in a minute. And I think everybody needs to sit there and see your background and say like, you see somebody so credential top of his game, orthopedic surgery, massive amounts of surgeries and be like, you know what, there's something better that I can offer my patients.

So I think that's fantastic. I can thank you enough for stopping by. Lights Dominance and Podcast powered by Access Medical. We're on YouTube, Spotify, Apple, send a pigeon, you'll find us somewhere.

And man, I'll tell you what, I am looking forward to two weeks from now, we're gonna have a blast. That's gonna be amazing. We will see you in Florida.

All right, my man, take it easy. Thanks for joining us today thousand routine and advanced biomarkers with 24-hour results. When signing up, select Lifestyle Medicine Podcast as how you heard about us and score 10% off your first invoice.

Oh, and don't forget, drop us a review. It helps more practitioners like you find us. We'll see you next time.