Revolutionizing Inflammation with Quantum Biology Transcript

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Introduction to Quantum Biology and Gut Health

Welcome to the Reversing Chronic Crohn's and Colitis Summit. I'm your co-host, Dr. Christine Schaffner, and I have the pleasure of speaking to a dear friend and colleague, Carrie Bennett.

And we're going to be talking about these inflammatory conditions from the lens of quantum biology. So welcome, Carrie. It's always so great to connect with you.

Oh, thanks for having me, Christine. I'm always excited for these conversations. Yeah. You know, we have so many conversations even before we got on this call and we really why I wanted to have you in this conversation and this summit is really to, you know, really give that higher order.

Look at quantum biology and how that really weaves into the biochemistry and the inflammation. And that's a really awesome way to, you know, have this foundational knowledge to heal from really any condition.

so why don't you just give a little bit of an introduction to your work for people who are new to you and just how you got, really passionate about quantum health?

Yeah, sure. So I think the word quantum is a little bit scary for people, right. And so initially to just break that down, we're until we're talking about viewing the body at a different scale, the scale below the biochemistry.

Right. Because all of the biochemistry of the body is ultimately made up of electrons protons, neutrons, photonic energy, light energy. And so really, what we now know through some of the pioneering research of people like doctor Jerry Pollack and Alexander Wunsch, is that we can we know how to influence and support the body and that cellular health and the total health of the human organism at that level.

And so what drew me to this was my own health challenges, and then getting more and more complex, cases in my own clinical practice as well, and realizing that diet and supplements just don't cut it anymore.

Right? I just feel like things are getting more complex. And so I started to apply foundational practices involving light and understanding how the water in our body operates.

And it's been a game changer for like you, like you alluded to, for every disease state, we can see right. So this to me says these are foundational. This is about, implementing key strategies that the body just needs to return to homeostasis, regardless of what the disease label is.

Yeah, I love that. And you know, we have a personal story. We only can only help more people. And you're going to learn a lot in the conversation today with Carrie.

But I want to point you to her Instagram. That's one I really found her. And I loved how she was breaking down these complex, you know, conversations into really, digestible information.

So I just want to shout out your Instagram. I think you do a great job. so, Carrie, let's dive into gut health. So I know you've done a lot of training education courses on gut health.

So where should we, start with looking at the gut from a quantum biology lens.

Light as the Foundation for Circadian and Gut Health

You know, the first thing that I always like to do with the gut is not actually address the gut itself, but look at the inputs that the body is receiving to know how to optimize things, like when we're moving food to the digestive tract

or when we're supposed to be making stomach acid, or.

And a lot of that is based on the autonomic nervous system, the inputs to the autonomic nervous system. And what I do, what I lay is a foundation in quantum biology is light.

Light is the best place to start because light is an input that we're literally receiving 24 over seven, either in the form of varying light or in darkness.

And so if we can optimize that one input, I would call it our circadian rhythm. Then so many downstream effects take place. And we and we can talk about what those are specific to the gut.

But light is absolutely the foundation because of how broadly it impacts human health. Nice. So, how do we start kind of understanding if we have, a light issue, like in our environment or within our body?

Well, you know, some questions that I ask clients to kind of glean this information is just about their current daily lifestyle, right? So, you know what?

Talk to me about what happens when you wake up in the morning or you know, what is your office environment like? Or tell me about the time you spend outside and I'll ask specific questions about cell phone usage, about overhead lighting, screen time, about time spent outside, and whether or not things like sunglasses and sunscreen are involved about what one's winding down activity is at night, and if that also involves being in our in an artificially lit environment.

And just through kind of questioning them, I really understand if someone is experiencing excessive artificial light from screens and bulbs, and unfortunately those are very dysregulated for our circadian rhythm.

And so it's simply just asking questions to understand where a client is at. Let's start with the home environment. I really am glad that you mention that, because that's just getting, you know, ever so far from nature.

You know, how we can light our homes with, you know, really mismatched circadian rhythm. what's happening in our, you know, outside environment. So, give us a few tips on how we can really create a healthier indoor environment in our home.

Sure. So, I mean, the healthiest indoor environment would be one during the day at least, where the lights are off and windows are open whenever possible.

Because with that, you at the brain at least starts to pick up on the fact that there's a changing amount of brightness in the light from outside. So we get that dimmer light, you know, sunrise brighter in the afternoon, going dim back to sunset.

And so that's a good signal to key in on. If the windows are open, we actually get all of the light frequencies through that really optimize our circadian rhythm.

but modern window glass unfortunately blocks a lot of those frequencies, as you know. and so lights off whenever possible and then before sunrise or after sunset, if there's the need for light bulbs to be on again.

I like people to keep their their house as dim as they feel safe, and to use bulbs that do not actually contain the blue wavelength range of light, which is that stimulating wavelength that wakes us up and kind of helps us keep time during the day.

And so if we stimulate daytime and a lot of bulbs are coming from screens and from light bulbs, a lot of bulbs have that amount and intensity of blue coming from them.

That puts our brain into thinking it's the middle of the afternoon. So you can imagine all of a sudden I'm waking, I wake up at 5 a.m. and I flip the lights on in the bathroom and it's like, oh, that light is signaling to my brain it's the

middle of the afternoon.

And unfortunately, that bypasses all that beautiful change in the amount of blue light we have would have coming from the sun. If you're outside, which we'll segment, which would signal things like the hypothalamic pituitary pancreatic axis and gut motor.

I have so many beautiful things that we can talk about for the gut. And so there's a lot of different brands of lights these days that are friendly and a great hack is literally to go to websites that are designed for baby nurseries because they've recognized this right as a thing where if you're you're turning on the light at night for a baby to change a diaper or something like that, and it contains the blue wavelength of light that's stimulating to baby.

So baby's going to have a harder time going to sleep. So they, they provide dimmer bulbs that are also zero blue light. That would be a great one just to kind of start to implement into your home setting.

Now, I love incandescent bulbs, but Edison style ones are not as easy to find these days. But those are also a great option as well. Awesome. and then how about, you know, as far as, you know, okay, we get the environment and, you know, go deeper, you know, with your work about how to really optimize the environment.

but how about like the idea of photo bio modulation with, you know, specific tissue, like the gut? Is that something that you think would be a good idea?

And it's huge. Yeah, I think so. Absolutely.

Red Light Therapy and Gut Inflammation

There's a lot of research specific to, conditions like Crohn's and colitis, but but really any inflammatory bowel disease that shows improvement in things like inflammatory markers, oxidative stress and gut dysbiosis or microbiome, just like dysbiosis.

Right. When we apply that red light therapy. And so what you see happening across the board. So this is what's cool right. Because it's regardless of the disease that we're labeled, we see these benefits of improved gut microbiome diversity.

When we use red light therapy we see improvement in like I said, markers of inflammation with red light therapy. And also what I found really fascinating.

Just as a side note with this is that they were measuring markers of gut health essentially in, in a, in an IBD based population. And they also were tracking other markers.

I don't know why they chose to track magnesium and vitamin D, but what they found was independent of sunlight. Use that. Those individuals who use red light therapy regularly had better serum, vitamin D and magnesium status.

And so there's something about the red light therapy also that allows the body to hold on to the key nutrients that it needs in order to support optimum health.

I love that I remember, I think, Eileen McKusick on her blog, she wrote about how the gut microbiome is electrode, you know, and how they create electricity and how that is a big part of whether there is dysbiosis or like balance within the microbiome.

So exactly how charged they are, right? Exactly. So, you know, we talked about light, which is a really important, you know, window into quantum biology, kind of what what do you want to talk about electricity or voltage next and how that pertains to health.

Sure. Let's go there. That's great. I think that that is again, another foundational thing that's synonymous. I see changes in my clients and we optimize that.

So let's go there. Yeah. All right. So where to start. So let's talk about on a cellular level like this idea of cellular voltage. Like what does that mean.

So again any any clinicians. Right. We've at some point in time come across this idea that we've got this water inside of the cell and it's been labeled as having some form of either pH or voltage, right, or membrane potential.

There's a difference kind of in what's happening at the inside, the outside of the cell. And we know that the interior of the cell is that is designed to have this negative charge, negative voltage.

It could also be measured in the alkaline pH. They're all synonymous. They're all saying basically this is in a negatively charged environment. And as that cell that drains gets drained of this charge, this voltage, that is when cellular dysfunction starts to get expressed.

so you'll see a cell, I liken it to a cell phone battery that drops to a critical threshold. And then certain functions can no longer operate. Can't download that video, can't take a picture with the flash anymore.

I can't live stream anything. Right. There's a lot of functionality that goes down. And so it's very similar. And surprisingly, cells can drain of a lot of this voltage and we can have a lot of part of this is a lot of mitochondrial dysfunction.

But there's a critical threshold that's reached. And after that critical threshold the the cell is basically generating massive amounts of reactive oxygen species.

It's in a cell danger response. And if you get enough of these cells in a tissue, that have this dysfunction, which it's likely not isolated to one, typically because of the exposures that can lower that voltage.

Cellular Voltage, Mitochondria, and Wireless Radiation

then all of a sudden you have a tissue that's expressing dis ease and symptoms. And so when I start to reestablish voltage in my clients, we'll see many, many symptoms improve, because the cells now have all of the energy they need to do the work that they're designed to do.

Yeah. Yeah. It's a vicious cycle. Right? The chicken or the egg that these illnesses, it dumbed down our energy. But we need the energy, you know, to heal.

And then also treating the root causes of why there's lack of energy to begin with, you know, so there's kind of a, you know, a lot to unpack there. so you mentioned like that there are different exposures, that dim down our voltage.

So can, you know some. Well, you know what? I'm one of the ones that I see really synonymous with gut health is use of the laptop. That's right. Yeah.

Because with a laptop we don't realize. But what we're putting directly on our body close to our abdomen is a high amount of non wireless radiation. And one of the things that we know really impacts both the mitochondrial health and that cellular voltage is wireless radiation.

And so it's a vicious cycle that like every day we're putting this on and the body can't recover adequate, adequate charge because we're also not doing the things that build that voltage back up, but that's one that people don't think of that can contribute to their gut.

And it absolutely does. Yeah. I love that you said that. I think that that is wildly overlooked and also like a heating pad, you know, this electrical thing plugged in.

That's a great debate. okay. And then anything else that you want to mention around, that lowering voltage from, like a microbial standpoint or toxicant exposure that you, you know, feel like is important to this guy?

Well. Sure. Sure. I would say, one of the ways that we maintain that wattage before I go into that is that the mitochondria in our cells make water. Right.

And that water is for Jerry Pollock's beautiful work is really, reservoir of this charge, this voltage. And if the mitochondria are become dysfunctional, if they cannot make the water any more efficiently and, and and so you have a, cell that's really charged, depleted.

And so anything that impairs the mitochondria has the ability to have this effect. So we're looking at, things like glyphosate, which is, I think rampant.

we also know that that impairs the gut microbiome as well. toxin, toxins, like heavy metals is another one that I see a lot that can be that can be a big issue.

And even fluoride, fluoride lowers the ability of the water inside of our bodies to hold this charge. So that's again, another pervasive toxin that we're exposed to.

and I don't know I don't know if we think about it in terms of gut health and, maybe, maybe we think of it with thyroid, but, so. Yeah, I had, I think I was at cell four and, at that there conference and I think, one of the comments, from one of the, experts on the stage was, you know, a hidden cause of H.

Pylori is drinking, you know, toxic water. And so that's a good point that you just mentioned. if you have chronic dysbiosis or chronic, you know, upper GI issues, you know, you really have to do a deep dive into your water.

Do you want to go there like I'm curious about water. You drink. You know. Well, you know, I yeah, you know me. I'm like you probably you're probably I do like I'm the biggest water nerd when it comes to trying things out on the planet. Right?

I love that. and so I'm still drinking this sprinkler system. Yeah, but have you heard of the MTA? Yep, yep. Have you heard of the MTA? Devised by Robert Gourlay, MTA water.

Now, please share. Share I love learning. Yeah. Yeah. So Robert is an amazing person who I met at Tracy Deuce Summit, just a couple months ago. And she's a big hydration expert.

And, and he introduced me to the concept of he's got this vortex or this magnet and a vortex or so it attaches between two glass bottles. So I just basically fill a glass bottle up with the spring aqua attach.

It's a magnet. And that that has the capability of vortex. And you put an empty bottle on the top right. Oh I saw it. Yes, yes. So fun number one because the water as it vortexes takes out the shape of the double helix, which I just think is so cool.

but at the same time, it imparts a permanent negative charge into the water. And so he's literally had water in, in his, like that. He'd basically had blueberries soaking in this negatively charged water since 2016.

And they haven't fermented. They haven't gone rancid because it gives the water just healthy vitality, healthy vitality. And now the berry has a healthy vitality.

So essentially it's a Nagin tropic environment, right. non chaos inducing environment, self-organizing environments. And so I've been digging that ever since I met him.

I had to buy one. And so I, I've been digging just like putting a negative charge into my water, cutting my like, produce up and soaking it because we know as produce is, you know, picked it loses that vitality.

after 60 hours. It's pretty pretty unfortunately deficient of that lifeforce energy. And so I've been cutting out carrots and things like that and soaking it in the water.

And so that's such a fun way to kind of experiment with water. Again, I love it, I love it. Thanks for that tip. and yeah, I think that's a really important, you know, piece of here.

Haven't tackled your water. you know, Carrie just mentioned that a really awesome water filter called the spring aqua. And then this any a, device. Where can people buy that? Do you?

I believe the website is NEA water.com, but just search for NEA water. vortex. I think it'll pop up. Yeah. Okay, great.

Water, Hydration, and Supporting Cellular Charge

let's go back to thinking about water. You know, the cell. Cell voltage. I, I'm curious, in your perspective, do we have any insights personally for people if they have a low voltage?

or is it just a clinical expression of, you know, lack of vitality, illness? I'm just curious if I know has been talked about a marker. Okay. I don't do any measurements like that these days because it's I pretty much go based on symptoms, and I want clients to get in touch with their bodies and how their bodies are shifting and changing.

So I do go based on mostly questioning. there are some indications of chronic dehydration, which can happen either due to mitochondrial dysfunction or due to poor drinking water, and that, one of the main ones there that I see is people who always just have tissue stiffness, like they just are chronically like, I always need a mustache.

I'm so stiff and nagging. Right. so that's an interesting one right there. And then also histamine issues, there's a connection between dehydration histamine.

And we know that's a huge one with the gut and potential to aggravate the gut. And so I don't think people realize that simply being dehydrated can exacerbate histamine intolerance both from what we eat but also environmental allergens and things like that.

And so, so I if I see this clustering of some symptoms, I'd say headaches, tissue stiffness, histamine. It's like, let's talk about your hydration. Yeah. Yeah. Love it.

you know, there is you know, before we go on to like the next topic, there is some discussion of, like how much water to drink. I know, like the deuterium folks like, want us to only drink, thirst.

you know, there's other people who are like, half your body weight and water, where do you land? with how much water we should drink a day. Yeah. So the more dysfunctional someone's mitochondria are, which if you do have a disease diagnosis, it's likely that you do have some dysfunctional mitochondria that more water you actually have to drink.

And I'm not saying more is better, but there is a nice window of, let's say, one and a half to 2.5l, depending on size, muscle mass, activity levels. good quality water, right? The good stuff.

Not the toxic tap water. Yeah. Because their mitochondria are not just they're not functional enough to take fat and make a healthy cellular hydration for them.

So people such as, such as Doctor Borros, who I know, you know, when he's thirsty, he drinks a little olive oil. Right. yeah. his mitochondria can make that water for him.

That metabolic water, which is a beautiful process. Ultimately, we all want to be able to do that. but I don't think people who are in that state of illness can actually do that.

And there's more to it, right? I mean, I love, for hydration to, I think hydrating the blood volume is really a key signal to shut off some dehydration cycles.

So Quintana isotonic for me, can be a game changer for people to take that throughout the day. you know,

between spread out, you know, in ten milliliter increments, but like 30 to 40ml spread throughout the day can really make a difference.

And then their body will absorb the water better. They'll they'll be just better. better exchange of waste in the interstitial space. Right. So there's a lot that can get benefited there.

Yeah. I love Quinton, I think that's a great tool. And I feel like that, with, you know, patients who have low blood pressure or low, kind of symptoms.

You know, I'm always, like, ways to kind of get the blood volume back ups through minerals and hydration. So I love that you mentioned that, so when I think about quantum biology, we think about light, we think about water, we think about cellular voltage.

Obviously these are all interrelated concepts. But another thing that we think about is sound. And I know you do a lot of education on sound, but any kind of conversations you want to add to like, this, inflammatory gut conversation with sound healing?

Yeah. You know, it sounds a fascinating one. because sound it sound can create mitochondrial dysfunction. Right. And if a noise is very jarring, right, that can actually drive the mitochondria to become dysfunctional.

Sound through the through. You know, people want to look into cymatics, right? Sound is information. So sound vibrating water can form a geometry in the water.

That's that's information for the body to use. And so looking to the one sound environment is really not, not thought of in terms of a healing paradigm unless you're doing sound therapy, which I absolutely love.

but at the same time, it it can be very profoundly healing in its ability to structure through the water inside of our bodies with, with coherent energy and information.

and also sound has been shown to, and this is, this is research. I don't know if they've published it yet, but this was research between John Stuart Reed and Jerry Pollack.

They were shocked. They were showing that it could sound sound could actually expand exclusions on water, because as sound propagates, it generates infrared through the collision of molecules, you know, and so like and that infrared is what creates that water.

We're talking about that that structured water inside of the cells that holds voltage. So I think appropriately I think it's not unheard of like or not a weird thing when people all of a sudden in a hospital, you have people who recognize that they have a harp playing or more, esoteric practice of practices of like, the didgeridoo or the gong or cistern.

Right. I think they all have key, key ways to support healing. It's more through the lens of coherence, which I know is a word that you talk about a lot and not necessarily like, I'm going to apply this to your stomach and shake this.

You know, this isn't. And all of a sudden your gut is going to be healed. But it's just about what signals can I give the body that it recognizes and knows how to tune into, to come back to homeostasis?

Yeah. No, I love how you mentioned that. And maybe to catch everybody up to speed you you inferred this, but you know, what is coherence mean to you in this application of health?

Yeah. So coherence is just this idea that our I, we've been misled. And I know you believe this as well, that our body is trying to get into us always getting into a state of decay.

Right. Or we're like it's we're aging. We can't do anything about it. We're just the body's just going to decay or get into disarray. And I don't find that to be the case at all.

I believe the body is a self-organizing system. If we give it the correct inputs. And that's there's a lot of ether physics in there that we don't have to go into it.

But that's our next segment. There you go. Yeah. It's like I am.

Sound, Coherence, and the Healing Environment

And so and so I do feel like if we're, if a body is in disease or expressing disease or inflammation, I do believe that it's a body that's not getting the correct signals.

But the signals are, are chaotic, if you will. So the body doesn't know how to go back into homeostasis and heal right by knows how to heal. Right. And so I would say, just from my perspective, 75% of what I do is I optimize with the environments or the inputs from light to sound to breath to thought to feeling.

Right. If we can optimize for things that are always with us, it goes such a long way towards and retraining the body or retuning the body to come back into that state of health.

Yeah, I love that and I love that you mentioned thought, and how do you apply that? you know, anybody who kind of shows up at your course or, that you're seeing as a practitioner?

it's like, how do you guide people around the impact of thought in our, biology from many, many physics layers? Yeah, yeah. You know, so it depends on if the person is ready, but I, I typically like yeah, it's all time. Right.

But I typically, if I hear language like I have Crohn's disease, I have colitis, I have, I have, I have I recognize that that's a client that's identifying with their illness and their state of disease.

And so essentially with their words, they're reinforcing, which oftentimes their thoughts follow, they're reinforcing their body to stay in that state of disease.

And so I take exercises, I have a couple of exercises that I've modified from Joe Dispenza, from Bruce Lipton, from Lynn McTaggart even write that, that we really either do an exercise where someone describes and then feels it's a classic one, right?

Describe in detail and feel what it feels like to be your thriving self. Yes. Because if we can get people and that that's very hard for some people. And so the thriving version of themselves sometimes says, get out of bed and, not have vertigo and have have a regular bowel movement.

Like, it's like it seemed like their version of thriving is just like to me. I don't judge it, but it's like it's like, wow, okay, so that's where we're at right now in terms of you picturing thriving.

That's good. So we're going to take you from where you are now and claiming an identity with your disease to that. And we're going to attach some specifics and some feelings.

And we project that out. Because the only way that this field of infinite potential knows how to pull our needs and our desires towards us is through our feelings, really our thoughts, our feelings, what we put out.

And so that helps me actually pivot and shift people into that more a will, you know, it's not, but that more woo woo realm of understanding what's going on there.

And then it's interesting because as they reach out, they're like, we'll we'll reassess as it's like, is that so the thriving version of yourself. Well no that's what I'm that's right.

Here's my self is now I'm taking daily walks with my dog and I you know I get right I'm playing with the grandkids and like and so it's it's cool to see that morph and change, but it makes a difference.

the people who I have the hardest time, helping with results is, are the people who still want to claim that identity. So. Yeah. Yeah. No, totally. And I, I love that you brought this piece in to healing because I think it's so important.

You mentioned, you know, you know, for some people it's difficult. And I, I think that there's an opportunity to for like all of that unpacking of unconscious, you know, beliefs and where they came from and ancestral information that passed down.

And, you know, just the trauma being sick. And, you know, what I find is when people and, you know, like, personally, I think we've all been on this journey or can relate like, you know, we know how to get through things.

But when it's our time that we are worthy of really experience a life full of health and joy and love and connection and the life we all dream of, right?

Some of us have a harder time to feel that that's possible for ourselves and coming back and back to like, okay, how do we pull back the layers so that you can really feel that and know that that's possible for you, you know?

Yeah, yeah, yeah, it's a process.

Sunlight on the Abdomen and Final Resources

It's most definitely a process. But it's a it's a fun one to hear people when they start to shift their language. Right. Yeah, yeah. Thank you. as we wrap Carrie, is there anything else that you have on your heart that you want to share for people who are really in the thick of their, you know, pathology and really in the thick of healing and transforming that, any other clinical pearls or insights?

Yeah. You know, one that I've actually seen be very transformative. And I wasn't necessarily expecting it because I didn't really see any research. Right.

So I wasn't sure what. But it is sunlight on the abdomen. Right. Specifically sunlight during the the more peak winters of sunlight. So like anytime you can make vitamin D essentially would be when you start to slowly but surely build up more tolerance to that light on the abdomen, the number of clients who have, durable bowel syndrome or irritable bowel diseases.

And I asked them, when was the last time you have sunlight on your belly? They'll say, maybe before I was pregnant, right? Like, yeah, it was that when I downloaded bikinis?

Yeah. Yeah. Exactly. Okay, so you're 57 and your children are now 30. Okay. So, so. Yeah. And so, that's a fun one because people really notice a difference.

And so after I started seeing people actually be able to actually tolerate more foods in a fairly short amount of time and have improved bowel movements, and just improved digestion in general, I thought I took a look back and there's actually independent of vitamin D levels.

There's actually really good research that shows that ultraviolet light from the sun does very similar things to photodiode modulation in terms of gut health.

And so it's that one is for sure a game changer for me, when it comes to that. And then if they can do that outside while being earthed and ground and touching bare skin to the earth, right.

It's like you're pulling the voltage from the earth. You're receiving the healing wavelengths from the sun, you know, saying a happy tune, have some nice strong breathing.

And it's like a really healing session to do on a regular basis. Yeah, I love that. I know sometimes we just think it has to be hard and complicated, expensive when it's just right outside in, you know?

And so, really tuning into that and knowing that that's always available for you and that becomes a ritual as you trust it more and more. So for all of it.

Well, Carrie, where can people find you and your incredible work and connect with you and work with you? Please share that. Okay. Yeah. Thanks for the opportunity.

so as you said before, Instagram is the hub, right? If you just want to dive into this, that's @carriebwellness on Instagram. so I post about this stuff all the time.

thankfully there's other people on the planet such as yourself who find this stuff so fun and interesting as well. So it's a fun place to be. if then you want to take a course, go to carriebwellness.com I have trainings for practitioners and individuals.

we've recently changed our price structure as well to make it pay what you want so that this can really move to as many people as this information gets, can get to as many people as possible.

And, yeah, I just, I just I'm so really passionate about light and exclusions on water and these topics that I think this has to reach the masses before people, before this becomes a part of the collective consciousness of humanity as, oh, okay, this, this is here all along.

You know, thank you so much. That's she gets, because I know you're using your precious time and team, and, I love that you're, you know, shifting your model because.

Yes, I mean, we can't change unless people really have access to this information. So thank you for doing the the work and showing up today and sharing your clinical pearls and insights.

And hopefully, people who are new to this topic are really inspired to dive deeper. So thank you, Carrie. Thank you so much for having me. Christine Of course. Thank you.