## Introduction and Background

– Welcome, welcome. It's a very exciting day today. I'm really very pleased to have a chance to speak to and learn from Dr. Michael Karlfeldt he has a clinic in Boise Idaho. And he had does just really interesting work on many fronts cancer and chronic illnesses, but today we're going to share some stories and some in interesting treatment modalities and also going to make sure that we cover some of the things that people can do before they go to a clinic, but just what you can do while you're on your own healing journey and working through this.

And so now Michael, just please tell us a little bit about yourself and how you, how you wound up on on this path. – I actually, I grew up in Sweden and Stockholm Sweden and I actually started to my career of choice was engineering.

So I started a couple of years and engineering and they gentleman it was like a father figure to me. I've known him since I was 10 years old. He invited me and said well he's one of the leading naturopathic doctors in Sweden and he had organized curriculum and one one of the schools in naturopathic schools in in Sweden, I mean they're they're not the same level as we would, you know that we consider like a steer or you know, some of those naturopathic schools but but it's it's what we had in Sweden at the time. And so he said, well why don't you come and join my clinic a little bit and see if this is something that that is of interest of you and spend some time with him and saw the impact that he had on people's lives. And I really fell in love with that.

So I kind of weighed between my dream was to become to become like a particle physicist and go to Stanford and and and solve the problems of the universe, you know. And so during spring break, you know, I would sit and solve differential equations and mate and and just to kind of just just for fun just to practice. But then I was thinking, well, so I can I can sit by myself in a in a lab and look at a screen.

And that's my my only interaction and yes, these things are complex. But then I was thinking, well I can interact with people and and have a much more fun experience and the human being from my point of view, it is a much more complex system than what we can even figure out, you know, just looking at a an electron and a particle accelerator.

So that's what made me choose to go in the direction of Nature apathy. And then I studied underneath his direction and for seven years and to really have that that clinical training and work with patients. And so and and it's been really rewarding to me.

I've been been in this field since in 1987. So I've been blessed to interact with lots of lots of patients during all those years. And it's been fun to see how this profession has evolved from where I started. In addition to obviously disease have evolved as well.

## Long COVID Symptoms and Systemic Effects

– Yes, that both things, you know we you know, those of us who are in the medical field had so much to learn, you know, from the natural past because I said, we we start off with like it's a disease killer model. And unfortunately when people have chronic disease, that is a model that just does not work, I always tell people the best we do is band aid medicine, but we don't deal with how you're going to get back to health. And it's exciting to talk with so many natural past who are really helping us see the, see the way to bring healing to people – And it's always hats off to, you know, for me with medical doctors that that start off in that path where they have, they see this disease, that drug, you know, where it's kind of an immediate interaction to take them that extra step and recognize that it is a band aid therapy and in order to be able to really resolve the issue, you need to look further and look at more causative effect.

And it requires more than an eight minute visit. It actually requires a lot of investigation and looking at things that

you normally don't learn in medical school.

And so it's really hats off to you, you and and fellow medical doctors have taken that step. – Well, thank you. And you know, and Covid is such a good example of this was one of the great frustrations is I think, you know, there really is some fire under researchers to look in long Covid and finally realized that chronic fatigue is something that should be taken seriously.

But unfortunately, the treatments that the, that the medical community is looking at is still negligible and mired in that, like, okay, we're going to find the magic bullet.

And so I'm really glad to hear to to just talk to you today and maybe just start off by sharing some of your experiences. But you've seen with long Covid patients because that's something that's just, you know, really been overwhelming in the last 18 months.

– Yeah, it's such a new animal that we're dealing with. This Covid and the long hauler effect. You know, obviously we dealt with chronic fatigue, you know, we dealt with fibromyalgia along with chronic fatigue and and the the different symptoms, symptom allergies that that we see, we've dealt with. But looking at Covid, it's been a little bit different than it's been a learning experience, I believe for all of us bringing tools that we we've used in the past and then also kind of finding different angles and and how to use these tools. So it's it's been really interesting to me and have see patients and coming in after they have been exposed to Covid and take it obviously it's not everyone that has had Covid is dealing with long haul effect.

But it's been a good percentage. It's been a good amount of people enough to really look into it hard and try to figure out solutions. So you know, people coming in, you know dealing with digestive issues.

I mean all of a sudden you know they are dealing with I. B. S. Or colitis or Crohn's and things that that you know it's not an issue before. But then post having done a covid infection.

This this is what they're dealing with now or you have you know, some things called like the covid rashes as a is a big deal. You know, people have Covid and then they deal with this this rash that they don't know how to how to get rid of. You also have neurological symptoms, you know, people, I mean the the brain fog the brain fatigue, anxiety, depression. You know, it's a big deal.

I mean I had had a patient coming it was perfectly normal, you know, she she was healthy and then she had Covid and after that she she couldn't sleep, severe panic attacks depression and it was taken over her life.

I mean it was it was horrendous or you have people that just couldn't get out of couldn't get out of the couch. I mean, they they're just exhausted and they're dealing with fibromyalgia like pain, you know, all over the body.

So it's and also you have that hormonal dis regulation where, you know, all of a sudden they're very, you know, the thyroid crashes or they start to have irregular, you know, man sees and and and and trying to kind of figure out where is the where did things go wrong? I mean, why did this take place?

And it's just interesting to see that something can, you know, one cost can have so many different effects. And that's why, you know, we have to kind of look at see what what are some of the commonalities of what's taking place. – Yes, yeah.

And the commonalities. And then, you know, from your work, I can see always the that individual that we call the biochemical and genetic individuality and that's where the inflammation shines forth until which organ is going to hit.

You know, and so have some of your patients, you know, stood out for you as good examples for people just to get an idea of of of like what to expect when their, when their body has uh, you know, as you say, is now surprising them. You know, we we we often count on we count on health and when we first get sick, it's almost like a shock like what happened to me.

– Yeah. Yeah. And another example I would say because I see since I deal a lot with with Integrative oncology, so a lot of cancer patients fly into to my center to get the type of care that I offer.

So it's you know, and this is kind of relates more, I would say to the spike protein, whether it's through the natural infection or maybe somebody get a vaccine and and get the introduced, you know, spike protein that way.

But I've seen then a an uptick in the presentation of cancer where somebody has been impacted by the spike protein, you know, from covid and all of a sudden now they, you know, they have cancer all over the place. Yeah.

And so, you know, for instance, gentlemen flying in as the CEO of you know, big big company and all of a sudden he was perfectly healthy and then all of a sudden boom, he had cancer that spread all over the place.

## Supporting Recovery with Nutrients and Herbs

And so so it is important and as we see this taking place, it is important then to be extra vigilant in in how we support our health. And then also make sure that we we develop the lifestyle habits that we need to have in order to be able to to have an extra layer of protection because it seemed to me that, you know, where the weak areas are and these individuals, you know, whether it is the gut or the heart or the lungs or the nervous system, you know, the kidneys or you know, these different areas where spike proteins can really land and create havoc. You know, they are the ones that tend to be be attacked first. So it is crucial than to take a lot of a lot of steps to make sure that you're as strong as healthy as possible.

Obviously you can't guarantee anything, but you you still want to maximize your ability to withstand these kind of things. – Yeah, I think that's so important because, you know, as they say, stuff happens, you can do everything perfectly and still wind up with a very unpleasant and severe and even life threatening illness. But what we do by taking care of ourselves is just increase the odds that our bodies are going to be able to get through life a lot better. And with such a inflammatory protein as the spike protein has turned out to be.

I think that's what none of us really expected. I mean, and we thought, you know, this is a bad, a bad a bad respiratory infection with some significant lung issues. But you know, now that we've been into it almost two years, You know, were seeing this that it just turns on inflammation everywhere.

– Yeah, like a gentleman that I had, I mean with the respiratory, obviously the respiratory was what really did people in during the height of of the infection.

And so this gentleman, you know, ended up on ventilator and we worked him out of out of that state and his lungs, you know, he still had to be dependent on oxygen, you know, continually in order to be able to function and utilizing different techniques. I mean, what what we did with him in addition to some some herbal herbal regiment, we actually did have him inhale some of the uh different peptides like BPC 1 57 and and a little bit of K.

P. B and T. B 500 you know, in or to create regeneration in the lungs and reduce that inflammation in addition to, you know, things like N. A C. And Kirsten and time and those those different things that they can work on the, on the respiratory to help the calm down that inflammation, vitamin A, vitamin C. And a little bit of zinc and to hit that heavy and so now he's able to ride his bike okay.

And then he's able to but it was a journey. I mean it was really it was it was life threatening and it was a tough journey and but yeah, hitting it quickly appropriately, you can then turn things around but just recognize that sometimes it's a little bit of a journey. – And what I want to emphasize for listeners is, you know, how different this is from the conventional model.

Okay. Because what people have to understand, if you describe those therapies to a doctor, they would go, oh, you know, where's the data, where's this, where's that?

And what we're using things that we know are generally innocuous to the body. These go along with the body, they support us. And that's the mindset that you have to have when you're trying to recover from any of these chronic

illnesses.

You know, because the one thing that the medical profession can do is cover up the symptoms, only these approaches will help them heal. – Yeah, and they have, I mean they play a role as well, you know, those where you do calm down the inflammation can use pharmaceuticals to, to calm down the inflammation, but you can do that then in combination of supporting the body's on healing mechanism at the same time. So yeah, it is really important and to, I cannot bring in therapies and yes, they, you know, they say, well haven't been proven or but if an apple falls, you know, whether we know how it falls or what happens when it falls, it still falls, you know, so if you use a therapy and it works and the person gets better, whether it's proven scientifically or not, it still worked.

So it is and especially when you're hit with something that we all of a sudden, I mean, the learning curve was was quite huge for for all different types of doctors and and then by sharing anecdotal experiences and sharing, you know, this work for me and then, you know, I will try that as well when I hear from another doctor and it works for me as well, then then it works. And so what is the harm then of providing a therapy that is safe and supportive that worked?

– And what? Well, unfortunately, the conventional medical community still finds issues with that. But, you know, all I can say is that you know, when you treat people who have, who have been unwell for a long time, you just have to put that aside and and know that you have to keep moving forward. And just one of the issues that I want people to understand why doctors conventional doctors will poo poo a lot of our therapies is because they might not work for, you know, 70 or 80% of people, but it's identifying the subsets that these will work in and that that's something that is not done. They just want to find, you know, 100 people or 1000 people who kind of have the same symptoms, not realizing how different we are – And why should we if we have something that we've tried on one patient that work?

Why should we not try that on another patient that's suffering with similar situation. Why should we have to then wait for a study that will come out 10 years from now to you know whether that was the appropriate therapy or not.

I mean we we should while within waiting for the scientific data for the studies that might may or may not come out and we should then treat the patient from the best of our abilities. And I mean and it's fascinating just just simple type of therapies. You know like vitamin C.

I. V. S. You know like ozone I. V. S. And then also I use a lot of the photodynamic type of therapies. You know using intravenous laser therapy with with different photo sensitize ear's to kind of have an impact on the body. So why not use those things and then see the impact of the people and if people get better then we'll continue.

– I am with you. We are we are you're speaking to the converted unfortunately. This is a discussion that the I said I have been trying to have with the medical community for almost for 30 years now and it doesn't go very far. It's it's just disappointing that we've you know that yeah it's not moving but what we're doing today is trying to get this information out to patients. You know?

So what you just before we go into some of the deeper when I think very very exciting therapies you know you kind of outline some what are some of the herbal things that you have found that that begin to help people when they're when they're in this situation of of inflammation. – So I actually initially when a person is dealing with Covid I have what I call my acute viral kit, you know that I don't know how many hundreds and hundreds of patients that have used it and not have to go to the hospital because of it because it just turned them around within a day or two. And within that I rely heavily on a cane Asia.

I love a can Asia and to to do a strong dose of that three times a day. And I usually or if you really need it if you get a Canadian a dropper form you can do like a dropper every other hour as an extract. And that is a great way to really promote your immune system to go after you know viruses and then also combining that.

I mean we all know what vitamin D. But what I did I'm hit a little bit heavier quite a bit heavier than the majority of people. I actually have my patients do 200,000 IU of vitamin D a day for three days. You know really hit it heavy and then I bring it down to 25,000 Iu and then keep it there until they're they're they're done with you know with

what they're dealing with. And that has been a powerful immune boost and you know, vitamin D. Is a very anti inflammatory as well and it also functions as a hormone that really kind of boost the endocrine system at the same time.

And then also I'd like to bring in then the vitamin A. Vitamin A. Is just fantastic for any kind of mucosal membrane or endothelial membrane. You know like we have in the lungs, like we have in the gut, you know the different areas that the spike protein tend to to to impact. And also we know that it's extremely anti viral.

So I do the same. I hit it very heavy with vitamin A as well and I'm in in the 100,000 to 200,000 of vitamin A. As well for for that period of time and then bringing in vitamin C. Which we all know is just fantastic when you're dealing with any kind of immune system challenge.

And what's interesting with vitamin C is that when you are dealing with a viral issue is that your need for vitamin C rapidly increases. So you know, the 500 mg or 1000 mg that you think is is a big dose, you know like a medical doctor think is, wow that that's a lot of vitamin C.

You can actually certain viral infections, you can actually be using up up to like 200 g of vitamin C in a day. So the body will expand a huge amount of vitamin C. So that's why you know the benefit of vitamin C IV's becomes really powerful but if you don't have access to that then to load with high dose of vitamin C you can do do you know something is called to load with the vitamin C until about intolerance and and you know there are different ways to do that.

One way.

## Photodynamic and Blood-Based Therapies

You know what I do is that I do 1000 mg every half hour until you know the the stools are loose and then you tap out that you kind of and then the next day you do the same thing and so those are some of the main and then also you can bring in you know things for the respiratory, you know like I mentioned time you also have things like licorice is really fantastic for Nicole's a membrane, it's both the lungs and the intestinal track and the stomach and also very antiviral in itself. You have things like milk Thistle talked about, there's a photo sensitize er and that we use methylene blue that's also very anti viral you know obviously we get zinc and we get silver so they all these different tools that are that are available for each individual that they can use in order to be able to just go after you know and activate the immune system strongly while dealing with this.

Another one that I love is the herb LeMay shin and that that's just a beautiful herb and you can hit that heavy as well. The only issue with automation is that some people develop what's called elimination rash.

And but that doesn't happen until about a week. So you after about a week. So if you hit it heavy for a few days with automation and you can do like a couple of droppers if you have a good extract of it you know a few times a day. And that also helps to kind of add to that that immune boosting effect. So yeah and it depends kind of where where it's hitting depending on what kind of strategy but that that would be kind of when you you are developing the symptoms then hit it with that and really boost your immune system and that way you're more likely to thoroughly be able to deal with the virus rather than than have to kind of deal with the effects later on.

– Yeah and that is beautiful. I mean thank you so much. There's such a nice outline and and I just want to let people know again is that there actually is I mean medical data on a lot of these things you know the high dose vitamin A the high dose vitamin D. But again it's there's so much old.

It's lore okay. What people don't understand is that medicine is not as scientific as it's made to look okay. And there's a lot of medical lore about toxicity from vitamin A.

But that was you know people taking three million units in eating liver from a polar bear. Okay. But but we know that it will lower you know like issues with measles in in third world countries.

They've been using high dose vitamin A. And you know the vitamin D. Acts for many people as well as some of the low dose steroids you know like in that second week of inflammation. I mean again these are things that are in the medical literature but they're just not you know medicine works if I'm the doctor and I never heard of this it doesn't exist.

– Yeah and there's they're so afraid thinking that the liver is obviously I mean you're gonna go liver toxic immediately and I mean the doesn't happen.

I mean you got to overload it you know with with a lot and especially then if you're dealing with an inflammatory condition the body will then utilize these nutrients for those situations and that's you know for pain syndromes.

I mean I've been using high dose of vitamin D. For a long time. I mean people that are are in pain all over to to have the 25,000 Iu of vitamin D. For an extended period of time and do that every day.

It's amazing how much better they feel. – And you know, and people can check levels to just remember that, you know, you can get rather high before we have to be concerned, you know?

It is these are safe, you know? And just yeah, so just thank you for lining them up for people because I think there's a lot of powerlessness out there and in the beginning of code when people trying to get these messages out, it was shut down with the idea that somehow we were depriving people of therapy, but there is no therapy. I've never quite understood that, you know, it's like, okay, you don't have a therapy but you shouldn't try anything else.

But so and moving on to what I'd really like to hear a little bit about is I said some of the exciting therapy, some of the things that you do that not many other doctors are doing.

– Yeah, so 11 of the fascinating therapies that we do offer is what's called photodynamic therapy and what that is, is utilizing that a photo sensitize.

Er And I mentioned one like metal in blue is a photo sensitize er you have other photo sensitize er natural agents like curcumin or you also have vitamin B.

Two riboflavin is another photo sensitize er and what what these photo sensitize ear's do is that when introduced into you can introduce it intravenously.

You can also eat it orally and by saturating the body with a photo sensitize er they tend to attach them to pathogens and when they are then attached they will then pull light to themselves so you can then expose that individual at our center.

We do it intravenously where we insert an an optic cable intravenously. So every time the blood passes by gets treated and the pathogens that are then passing by the light and they have these photo sensitize ear's attached to them.

They will then oxidize because the photo sensitize er will then will kind of increase in in energy and then as it then drops in that energy it releases oxidative stress within the pathogen killing it off.

And so then you can then pair these different photo photo sensitized it with the appropriate light. You know like for instance the vitamin B two riboflavin you know it absorbs a lot of the blue and then the ultraviolet light.

So you can then combine the two. Or if you use ST john's work which is another amazing photo sensitize er It then attracts a yellow light and yellow is extremely anti viral. Or if you would use methylene blue you know it attracts a lot of the red light. So you can then layer these different photo sensitize er taken both orally. Or you can then if you are dealing with nasal infection you can then use a little kind of spray and get it up and into the nose and then use just irradiate the area with a little clip with the laser to kind of kill off infection that way. Or you can hit the tonsils if you want to kind of do it that way or if you're dealing systemically you do it intravenously like we do it center and and it's really really fascinating to see the impact that it has to clear off infectious agents doing that. So yeah, it's

one of those exciting therapies that we are.

I would say it's kind of the frontier of medicine where we're using light more and more in order to be able to achieve better health. And also so support our immune system and clear out pathogens that are unwanted. – It's just so powerful.

And it's again the conventional medicine, you know, at this point they're using it for a few dermatological diseases and some beginning to play with it with some cancers but they just don't realize it's widespread usability and use – And the beauty of it.

I mean we a lot of practitioners, they use something called the U. B. I. Old violet blood radiation which is a powerful, powerful tool and we do it at our office as well and there you you pull like 60 cc or 60 mL of of a person's blood and you put it in a sailing bag and then you have that and you put some ozone into that and then you have that run through a machine that it radiates it with ultraviolet light.

And what that does is that you know both the ozone and ultraviolet light that kills off a lot of the pathogens breaking the particles up and then when it's then introduced into the bloodstream you have these different broken up particles of the pathogens that the immune system can then check out and see up this is what we're dealing with and then they can mount an appropriate antibody response. So so here you have them just kind of 60 cc of your blood volume. But then if you do it then intravenously directly you have then a a contained closed system and your blood will pass by that point where the optic needle or whether laser needle is at about once every minute. So it's 60 minutes and hours to Time.

You will then be treating your whole blood volume about 60 times. And you will then be kinda nuking these pathogens and breaking them apart, giving the immune system and even greater chance than to be more educated as to what they need to do in order to be able to fully defend themselves against whatever that pathogen is and it's it's not the last year's flu virus or it's not the it is what exists or you know this this version of it or that version of the delta variant or you know, which whichever variant it is the specific variant that is in that specific individual at that specific time, you know, which makes it very unique, Very personalized and very safe and effective.

– Yeah. Giving the immune system to actually see because many of these viruses hide quite well. And so this is a great way of doing that. In fact, while we're on the subject of viruses, tell me a little about your experience of seeing what some people feel is reactivation or just perhaps we're just shutting down our immune system a little bit and these bugs are becoming more active.

– Yeah. So that's become one of the big deals with with this covid is that you you have patients that have dealt with lime or Epstein Barr or whatever pathogen in the past or they may have been hidden and they didn't know about it, but it's just kind of been in their system or also, you know, I've dealt with a lot of cancer patients like I mentioned this, this gentleman flying in and a number of other patients where things seems to be okay for the individual then they have covid and all of a sudden these underlying infections that have been under control, they become very active.

So now you're not dealing really with the covid per se. You know, you're now dealing you have to pinpoint and see which which pathogen is it that has been reactivated and address that. So a lot of the, I know you deal with a lot of lime a lot of Epstein Barr a lot of you know different mold or fungus or whatever it may be. And so you just need to then be able to identify what are some of these pathogens that are reactivated and then be able to use and the the appropriate therapy to to address them.

And then also calm down the immune system. And then also at this same time then work on some of the the mitochondrial suppression that's taking place.

So you have to kind of look at it from all angles at the same time where you address the attacker you calm down the hyper immune response and inflammatory and then also then turn on the mitochondria and then balance the the endocrine system that gets down regulated.

Also as a protection mechanism. – Yeah the you know I think what people have to remember is that we co evolved with most of the the herpes virus is the the E. V. V. The Epstein Barr virus.

The hh 60 cytomegalovirus and with all likelihood he's probably play actually some helpful roles in our body when they are kept under control. Okay. But with covid and as we spoke earlier you see this loss of the C. D. Eight these natural killer cells that they're not working like they should and the system then begins to lose control.

And these bugs then are no longer helping us. But now they are causing more inflammation. So it's just as you said it's a whole systems problem. You know we have to look and that's what I love about the way you're describing your work.

You're not just trying to like okay the Epstein barr is activated. Let's try to kill it. No let's try to get the body back in control. – Yeah and that's and people don't recognize exactly the point that you're seeing.

We become so focused as fighting things. You know we fight cancer. We fight pathogens we kill we destroy. And in reality it is a we live in a world where we all coexist and so and and an individual when you look at their their genetic material they have about a third more of genetic material when they die than when when they were born. And what is all that.

So these are all different viruses and pathogens.

## Nanotechnology, Exosomes, and Personalized Healing

Or I would just say microbes that have added genetic material. And we then learn from these microbes because these microbes exist in the same environment that we exist within. And they have a just they have to adjust to changes in climate and chemicals and E. M. F. S.

And all these different things that were exposed to. They have to adjust as well and since they are smaller organism they are able to just faster than we as a larger organism are. So they will then supply us with that information and we will then be able to kind of bring that into our genetic material and then produce protein and produce substances so that we're better able to handle changes in the environment. So and looking at just the mitochondria for instance, we know that that is a bacteria that is not us.

I mean that is an added microbe to our system. Our ourselves get infected by mitochondria. And so so we have to look upon it as a symbiotic relationship and figure out how we can then continue to live together in a harmonious way. – Yeah. You know, it's funny you earlier you alluded to you know, the the world of physics and understanding that the the macrocosm and you know just the magic when you think about of how we've co evolved with the Mitochondria. You know.

Now most of its genes are now in us. You know, they don't have about 15 mitochondrial genes left in the Mitochondria. But this is I mean it's beyond the minds of bill I think sometimes to really understand the complexity of life and and we really need to to just have have humility. Don't think we understand everything but as you say, but we can observe and that's the beauty of what I have here.

Your work has been for your life is that deep observation of like what's happening in the being in front of you – And the beauty when we use natural agents like herbs or these are things that have at the same time evolved with us and evolved with microbes and and they contain a huge amount of information that we benefit you know how how these different molecules are structured and as we then ingest them and we are then given information to more harmoniously exist with the microbes.

So it's not about you know talking about akin Asia yes in Asia increases natural killer cell activity but it's also how it then helps us to balance you know with these microbes and take in Asia or these different herbs contain that information that as we ingest we then reinforce that pattern and that is why so fascinating.

We use natural agents we bring the body more towards balance rather than if we use pharmaceuticals than we

would take you away from natural existence and balancing and co evolution and so that I'm obviously not saying that pharmaceutics are not needed you know many times you know sometimes life saving but if you don't have to use a nuke you know don't use a nuke. – Yeah. Yeah I know I always say you know I because my train I still love pharmaceuticals but I now use them with hopefully with precision and in small amounts for short periods of time as best we can because you know the law of unintended consequences when you we're fooling around with the system that's much more complex than we have any idea. But while we're talking about fooling around complex systems, I'm really intrigued by your work with the nanotechnology and using exorcisms. I mean, tell us a little bit about that because that to me it sounds like a very exciting new approach.

– Yeah. And that is that's really fascinating. So what we do is that we use we talk about photo sensitize ear's, you know, to be able to and since I do a lot of Integrative oncology, you want to be able to deliver those photo sensitize urz at at as high of a concentration to where you know that the tumor micro environment is at.

But it's not only in in Integrative Oncology, it's in any kind of ailments or inflammatory condition or repetition needs to be regenerated. So you can then use the platelets as a as a package delivery system. And if you there's a certain way that we prepare these platelets in a way so that they become non ionized.

They are in a very small particle which allows them them to penetrate and enter into pretty much any location, any tissue. And then you can then deliver any kind of agents that you're wanting them to deliver into the specific tissue.

These These platelets, they are they are drawn towards areas of inflammation and obviously where we need healing and regeneration tends to be where the tissue is inflamed. So you can then use this to to load with things like peptides. You know if you want to regenerate a tissue you can then load it with like BBC 157 or if you want to have immune modulation you can load it with thymosin alpha one or let's say if you want to kind of bring mistletoe you know more effectively into the area of of a tumor. You can use you can load that with that or you can use and what we do photo sensitized like the methylene blue or I.

C. G. And then sign and green. You know so we can look so that and kind of get as high of a saturation within the tumor micro environment as possible or within the area of inflammation as possible to trigger the desired effect. So it's a really exciting new therapy that has a lot of promise and we're seeing fantastic results but there's still so much more to learn and it's really exciting. – Yeah. So if I understand it correctly, you're saying that you're using you're actually like kind of using parts of the platelet cell membrane to be broken up into almost what we call exorcisms.

You know small little lipid protein particles they become like excess. – Exactly. So you use use the platelets as you collect the platelets from an individual's blood you know through the spinning process and then you then load the platelets or you load the agent that you're wanting them to that you wanted to use into the platelets and you use a a sonic device and to kind of bring, bring them together. And then you use the micro filtration technique in order to be able to nod in eyes and these vesicles, you know, which become just like loaded exorcisms and that are then going to the area of the desired area. So yeah, it's really fun.

– It's very exciting. You know, it's so interesting that you know, if we wait for conventional medicine to deliver this because they are playing obviously they've been playing with this, but it will be, you know, 5 to 10 years and it costs, you know, like probably $100,000 for the treatment.

– Yeah. And that's the thing is that and and this, I mean, it's tremendous amount of studies done and this, these therapies. But yeah, it just takes so, so long before it becomes available to the public. And so some were excited to be able to provide that – This, this is just amazing, amazing information.

I always love. I mean, that's one of the reasons I love doing the summits is that there's always something, you know, people are, there's so many different ways of helping the body, you know, and I always want people to remember that don't be frustrated because oh I can't have that one.

## Clotting, Inflammation, and Practical Takeaways

You know, you just work, listen find people who are creative and thoughtful and listen to your body and you know,

and I think there is, you know, there really is healing out there.

You know, it's not you don't have to spend, you know, resting in bed. And graded exercise is not the it's not the way forward for long covid unfortunately.

– And the thing is that and I've learned to really appreciate the the resilience of the human body and even if you don't have the perfect formula as to how to address something, if you just start to unravel it step by step, you just give the body a little bit of this or a little bit of that.

And it's amazing how the body is appreciative and have a chance and to respond to you know, this little you just kind of pull one string at one time and then pull another and then all of a sudden it starts to unravel and here you are, you're perfectly fine again.

– Yeah, you know that I think that is the message for hope um that there are multiple ways to get well from this and you know, you know, time time does send does tend to help some people, I mean a lot of, to be fair, A lot of people do recover over you know, 6 to 12 months, but it seems like a long time to wait when your life is on hold.

So I just need to encourage people to keep out their research, read and keep looking. So any anything else that you'd like to share that you feel would be really helpful?

– Well I mean there's some fascinating things, I mean one of the therapies that we do and I'm sure you do at your office as well is where you do you know where you ozone eight oxygenate, you know the kind of a large volume of an individual's blood.

It's just been fascinating seeing some of the things that come out of people as you as you do that therapy that have dealt with with spike proteins and so it's really really fascinating to see how how this has kind of changed sometimes. You know you have you know people are afraid of clots and you know obviously we've seen some of that then you know bringing in things you know that are to help to break down clots, you know like or not can be really really helpful and you can then check, you know, simple blood tests like your deed. I'm er if it's elevated then yeah then try to then bring in some of these types of different therapies or you know things that are a little blood thinning such as garlic or vitamin E.

Or you know fish oil ginkgo below, But you know these these are different tools that have been very beneficial for people where the viscosity is a little bit thicker of of the blood and and a simple diy timer task and can show where you're at with that.

And then you know, simple blood test like a c reactive protein to see you know you're dealing with a lot of inflammation in the body and if you are then bring in anti inflammatory things like boswellia or curcumin or you know or just different things that reduces inflammation or rosemary. It's been a fantastic one as well.

And there's a lot of research, you know showing how they block the spike proteins ability to adhere to the ace two receptor which which we know is one of the impact that the spike protein has. That triggers a lot of the inflammatory.

So there are a lot of I mean these natural agents are powerful tools and don't underestimate their ability to to help you and provide support. – Yeah. And just let the listeners know we're going to be having some episodes on the clotting issues because there's the the clotting that we see with the elevated D. Dimmer and then there's the clotting that some people get into that has clots that Dr. Pretorius from South Africa has identified where the fiber in the thing that makes up the clot is not being broken down.

And so we're not even in some folks we're not even seeing elevated D. Dimmer but that could be an issue. And right now the big problem is how to measure that. And I said we have, you know, we're gonna be talking a lot about clotting and also about plasmapheresis for people.

But then I said that's I would hold that as the, you know, kind of like when nothing else is working, you know. I think

there's many other things that you can do first but that's that that could be one of the big guns for people who are staying stuck moving forward.

So it's, we have some interesting talks coming up. I'm really excited by just everything you've shared because I think one of the things that I really appreciate is that you offered lots of things that people can begin to try on their own. And is you know to remember if you working with herbs you know a good herbalist would be a good idea or a good natural path.

But if you start low and go slow and listen to your body, it's a lot safer than going and taking drugs. So I want to thank you so much. This was a really enlightening interview and I think you gave people some great things to move forward with. – It's truly been a pleasure.

Thank you so much. – Okay. And just want to remind people that they can find you, I'm sure on the Internet without working too hard. – Yeah, it's my last name. That's a little tricky sometimes, but it's the Karlfeldtcenter.com and Karlfeldt dispelled K A R L F as in Frank E L D as in Dave T as in Tom so the Karlfeldtcenter.com a huge amount of information under the resource link, a lot of interviews in regards to covid and so you can find a huge amount of information there.

– Yes. Thank you again. And I really appreciate your time. – My pleasure. Thank you.