Introduction to the Physics of Healing

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, Doctor Greg Eckel, and I have Doctor Darren Ingles on today talking about the physics of healing.

Darren is a licensed naturopathic physician, an author, international speaker, and leading authority on Lyme disease. He's a former Lyme patient who overcame his own three year health journey with Lyme disease after having failed conventional treatment and became progressively debilitated.

Doctor Engels found the proper diet, lifestyle management and natural therapies work the best with his body to heal instead of against it. He then applied what he learned about his own healing journey to his own Lyme patients, and found they recovered faster with less side effects.

Doctor Engels is now treated more than 8000 patients using his novel approach. Many of who have gone on to live healthy, symptom free lives. Doctor Engels, welcome aboard, Doctor Echo.

Thank you for having me. Indeed, I'm excited for this talk. As I mentioned before, we jumped on, you know, having a clinician on and the unique perspective of what happens in real life is a very important, piece of the puzzle when we're talking about bioenergetics.

And the title of our talk today is The Physics of Healing. Why did you bring that up on how the body heals? This was important for for you to, to address.

Well, you know, I think if we think about medicine as a whole, you know, when you and I were in medical school, we spent hours and hours learning about, you know, the chemistry of the body, what affects the chemistry, what affects a hormone, what affects a nutrient, what affects a metabolic pathway.

And yet we virtually learn almost nothing about the physics of the body. But when you get into cell biology, you look at our most foundational, you know, fundamental human being layer.

You know, we know that cells change electrically really before they change chemically. So if you think about like a mast cell that creates allergy symptoms before the mast cell D granulated releases all its chemicals, there's something that happens at a very subtle electrical level in the cell itself that then starts that cascade of all these other things to to happen.

So, you know, we're really missing the bigger picture of the body. And I think when it comes to healing, you know, this is something that we have the capacity to influence in so many different ways.

But it virtually gets ignored in medicine. And I look at my own patient population, which are, you know, a lot of people with Lyme disease and other types of chronic illness.

They go from doctor to doctor, getting one therapy after another.

Why Medicine Overlooks Bioenergetics

That's really designed to change chemistry. And again, we virtually, you know, ignore, you know, how can we influence the physics of the body. So I think this is an area of medicine that gets gets really just dismissed because it sounds too woo woo.

It sounds too hokey because we also have a hard time quantifying these things. It's just hard for people to kind of get their mind around. But, you know, I have a harder time understanding how I can hold this magic box up to my ear and talk to someone on the other side of the world.

I can't see it. I can't, you know, feel the signal, but I know it's there. I'm like, why is that? Well, you know, it's, radio. Well, what's a radio wave? It's a type of energy.

And if we break energy down, we've got all these, you know, very high frequency patterns, and we've got these very low frequency patterns. And, you know, you and I were just sharing a little bit before we jumped on.

But I want to share with the audience, you know, Luqman Tanya, who's it was a PhD, microbiologist. He actually won the Nobel Prize for being one of the co discoverers of the HIV virus.

He passed away last year, but in his laboratory in Paris, they've actually been measuring this very low frequency that they found is emitted from the DNA of a bacteria.

And you can imagine how extremely low that's got to be. But based on that, they found it's almost like a fingerprint. It's unique to the organism. And they have this very high tech way of being able to identify what that bacteria was based on this low, low frequency that the bacteria is emitting.

So, you know, I think his lab is just a good example in their case. Now they're using it as a diagnostic tool. But we also know that there are ways of applying, you know, frequencies to our body that actually help facilitate healing and facilitate, you know, better tissue repair.

So, you know, I've always been fascinated that, you know, again, we've got this whole world out there that really hasn't been explored that could have such a huge impact on people's health.

It is, you know, it's almost from the very beginning of scientific thought process. There was a schism. There were like the native cultures that went more bio energetic, and then the other cultures that went into physical matter form, like the Cartesian way of, of the, of the matter.

And, and now it's like we're now again, maybe gathering more momentum of these things coming together, which is a really exciting time to be in practice as a clinician and to be able to bring these thoughts into clinical encounter, that component of the subtle electrical body, how do you apply that in the real world?

You know, we talk about a lot of different therapeutics. Maybe you've got some favorite therapeutics that you've seen benefit with. But really just at the meta level, do you talk to your patients about that?

Yeah. You know, again, my population is a very generally, you know, chronically ill population, many who've tried, you know, numerous therapies. Again, you know, whether it's a nutritional therapy, an herbal therapy, a medication, and, you know, they kind of keep hitting this wall.

And, you know, I often wonder, it's like, well, if the chemistry was the sole problem, we should be able to correct that with the appropriate, you know, therapy.

And in many cases, they just they failed to work. So, you know, I think it goes a little bit deeper than that about what is it that stops the body from healing.

And look, you and I both know that it is built into our DNA to heal. That is innate in being a human being. So when we, you know, cut our hand, you know, it knows how to heal, that's we don't have to tell us to do that. It knows how to do that.

That whole mechanism is is designed. So we've got this intelligent design that body knows how to heal. It's just what stops that process. And I think, you know, we could look at any number of different factors, whether it's toxicity, whether it's infection, whether it's emotional trauma.

You know, all these things affect us not just at a physical level, but I think very much at an energetic level. And is it altering our natural vibration, our natural frequency.

And I think to a certain extent it probably does. And it makes a lot of sense too, right? I mean, you could apply any number of electrical devices to your body and, you know, your body is, you know, 80% water, which is a great conductor of any kind of, you know, electrical signal.

Using Frequencies and PMF in Practice

You know, if we know that, you know, you you stand in a bathtub with a toaster and it electrocute you and shocks you, you know, take that down. You know, 20 levels scale down.

We know that we can apply frequencies that that do good things to the body and not necessarily no negative things to the body. So, you know, really it's just about, you know, I think finding these things with each person that, you know, what are those obstacles.

And again, what are different ways that we can, can utilize, you know, again, the physics of the body to encourage healing. And, you know, yes. About what? Do I have some favorites? Sure.

You know, I mean, I'm a big fan of PMF pulsed electromagnetic frequency. You know, there's actually been a ton of research. Germany has done over 1500 studies on PMF, and the concept behind it is that, you know, again, your cells have its own natural frequency at which it resonates, and that's the frequency your cells want to be out there.

And that's where they, you know, function the way they they're supposed to. The enzymes work, the repair mechanisms work. But we get bombarded with all these negative frequencies like, you know, Wi-Fi and 5G and routers and things like that that are not in sync with our own natural frequency.

So the idea behind PMF is that let's put that same frequency in that your cells are used to. And what they show on the research is that it helps you improve circulation.

It helps with tissue repair, it helps with pain. It helps with inflammation. And because it's such a low amplitude frequency, you know, in most cases when you're receiving this treatment, you don't really even feel anything.

You know, you lay on a mat or sometimes you're attached to different things to a part of your body, but it's just putting in that, that beneficial frequency instead of a negative frequency.

And again, it's safe. It's clinically effective. It's easy for people, you know, they've now got a lot of home devices for people that don't have access to a practitioner who might have one of these devices, you can buy your own.

So that's been one of my favorite things. But I think if you look at other therapies out there, like, you know, homeopathy, I mean, in my own personal experience, you know, I was a chronic Lyme patient.

And again, I went through a lot of different therapies, which did help. I mean, I did, you know, herbal therapy, dietary changes, lifestyle changes, all of that made a difference.

But really, I got to that point where I was 85, 90% better. I had that 10% I couldn't shake. And I was fortunate to have studied with the homeopath in Belgium.

And then I end up studying with her for many, many years afterwards. But she gave me a homeopathic remedy, and literally within a couple of weeks of taking it, all the rest of my symptoms completely went away.

You know, I think in the world of homeopathy, you know, it's always been criticized because, well, you can't see it, you can't feel it, you can't measure it.

And like, you're right. But, you know, we've also got studies now, particularly animal studies where there is no placebo effect with animals, you know, showing the clinical benefits.

And of course, that's been around for hundreds of years. So, you know, I know it's one of these things when we

have a hard time measuring it and quantifying it, it's a little harder for people to maybe accept that this is doing something positive for the body.

But, you know, those are just two examples of things I use routinely in my practice that I find work really well for patients. And again, I think it's really working at that subtle, energetic level to shift the cellular changes.

I love it, and with the body being an 80% water base as a great transducer for electrical activity, subtle energy bodies, massive energy bodies, do you do anything to prime the body to receive these energetic treatments, or what's your thoughts on that?

Well, just like I said, you know, basically, you know, you got to have water. I think, you know, we could argue that a lot of the population out there is not hydrated nearly to the extent they need to be.

So, you know, if you're not getting adequate hydration, all that fluid that's necessary to allow for that cell to cell communication, you know, might be halted a little bit.

So just encouraging, you know, healthy fluid intake, you know, people that aren't getting, you know, jacked up on, you know, drinking coffee all day long or even t you want to make sure that they're getting good sources of, you know, clean filtered water.

That's step one for everybody. You know, beyond that, I think there's other things we do in terms of diet and nutrition and gut health. You know, if you're not absorbing all the nutrients your body needs, you know, those are all the cofactors in tissue repair.

So whether it's a damaged brain or a damaged gut, you know, we need to ensure that you're putting the right nutrients in the body. That's going to allow, again, the body to do what we wanted to do.

So when we sit down, you know, for our first visit, it's always a discussion about diet, nutrition, hydration. Because if that's not functioning well, and along that, if the gut's not functioning well, it's very hard for everything else to work the way it's supposed to so we can get those pieces in place right off the bat.

Again, we give your body the best fighting chance to get well, I love it. You know, I see that also clinically of you know well tend to get the the those that are really into energy and they've like kind of forget about their body.

You know and if you don't have the vessel, the receptor, this miraculous thing that we walk around in and it's not primed to to receive those subtle energy signs and input.

And I mean, we are we can attune our bodies to receive more of the information that is actually passing by us at all moments in time. So I really appreciate that point.

What other therapeutics in that bio energetic, energetic front? Do you think have great promise or other ones that you're really excited about? Well, the one that's free and easy is meditation.

You know, the most powerful healing tool in your body is your brain. And if you can utilize that in a way to start signaling the rest of your body. I don't know if you follow Doctor Bernie Siegel at all.

He was a cancer surgeon out of Yale.

Hydration, Nutrition, and Preparing the Body

And, you know, he used to talk a lot about this with his patients, about, you know, mindfulness and meditation and positive imagery. And he would find that when patients would do this, they would heal faster after surgery.

In some cases, their cancer would go away. You know, he just has these amazing stories about how powerful mindset, positive attitude and visual imagery are really important to healing.

So, you know, again, this is a conversation I have a lot with my patients about having that vision of, you know, what are you like when you're, well, make it very sensory.

We know that the subconscious brain reacts to pictures. It doesn't react to words. So having a very powerful visual of what are you doing? Where are you? Who are you with?

Do you feel the warmth of the sun, the sand in your toes and or whatever that is for you? But this is something anybody can do every day at home, you know, whenever it's convenient for you.

But the consistency of it is really the key, you know, people who are consistent about doing it. And of course, there's so many other health benefits of meditation.

But, you know, we're basically using a brain as a way of signaling the other cells in your body that, you know, we want it to heal, we want it to do what it's designed to do.

And having some imagery like that can be really, really helpful. So for people who have a hard time meditating and like, I suck at meditating, I'll be the first to admit it.

I don't like doing it either. But again, I know, and again, I've seen it with so many people that when they can commit to it over time, you know, it can really make a big difference.

And there's you know, Doctor Siegel again has like you could download his guided imagery again if you have a hard time just sort of meditating on your own.

There's a lot of people out there like him that have these things where you just tune in, listen, they guide you through the imagery so you don't have to work as hard for it.

And some people are cool of just, you know, chillin by themselves, sitting quietly for, you know, 20, 30 minutes and having that visual, having that meditation.

So again, cheap, easy. Anybody can do it. You don't have to be, you know, need a lot of training on how to do it. But it does take time for your body to get used to getting in that quiet parasympathetic state.

And it's really not about turning your brain off. You're going to find things flow through the brain, and that's okay. Let it come, acknowledge it and let it go.

And that's okay. So I'm a big fan of that. I'm also a huge fan of acupuncture. Again, you know, I, I've had a lot of experience with Chinese medicine.

It's a whole completely different system of medicine. But my guess is, you know, 5000 years and however many billion Chinese people, you know, they can't be wrong.

So, you know, there's so much history and experience with that, with acupuncture. And, you know, how is it the putting needles in these very specific points, you know, really do anything in the body.

Meditation and Guided Imagery for Healing

But again, I can remember I blew my back out, you know, many years ago and got acupuncture and within a week, I mean, I was up and running, so I well, my own personal experience has been pretty positive.

And again, I've had a lot of patients of do it. So again, it's another thing that we have kind of a hard time explaining, but it's been around for so long.

There's so much experience with it that we know this is another way. And I like it too, because a lot of insurance companies now cover acupuncture, so it's another therapy that people don't necessarily have to pay out of pocket.

So again, could be very valuable for a lot of folks. Helpful that way. What I want to back up to the meditation component because what do you find the resistance for.

People have resistance to that. And maybe they're they feel like they're too sick or there's too much pain. You're dealing with some significant chronic, debilitating diseases in people.

And I'm guessing you've heard every resistance move in the book for that meditation prescription. So how do you help people overcome that? Well, I think a lot of the resistance is that when you first start again, you feel like you're not doing it right, like there's a right way to do it.

There really isn't. They feel like that they're not seeing a benefit immediately, which is true. So, so many of us, especially when you've tried so many things that haven't worked, you know, it often creates this mindset that you now expect other things aren't going to work.

And, you know, I think of the same thing with like exercise, weight loss. You know, it's a long game. It's not something you necessarily going to see the changes within a day or a week or even a couple of weeks.

But you find over the course of a longer period of time and hey, look, if it took you ten years to get to feel this sick, you know, expect that it may take some time to get you to heal again.

But in that I'm like, look, you got to give yourself a break. You don't need to be critical of yourself when you start, you're going to suck at it like everybody else.

You're going to have all these things flooding in your head. And you know what? Say, start with five minutes. Start with five minutes. Set a timer for five minutes on your phone.

Go sit for five minutes and just start, you know. And then after you get to five minutes, great. Let's go to ten minutes. Okay. You know, ten minutes isn't something okay. We're going to 15.

And people find actually fairly quickly that they're able to increase that time because it's now easier to kind of get in that relaxed state. It's easier to, you know, meditate.

It's it's all these things used to kind of come flooding through their head, kind of stops once you do it more frequently. So we have to get people past that hurdle that they're going to do it incorrectly, they're going to make a mistake or that it's just not going to be effective.

They just need to understand that this is a process. Like anything else, it takes time and it's okay. You know, you don't have to be great at it, but if you just stick with it and it's like any other therapy, right?

You know, you get the best benefits when you stick with it. If it's something you bailed because you didn't see immediate results, you know, most things aren't going to work.

So you just need to give a little bit time and give yourself a little bit of a break, that this is a new thing, and anything that's new is different, and it's going to take you maybe some time for your body to adjust to it.

But again, it can be such an incredibly powerful tool for people when we can gauge their own brain in their healing process. Love it. Yeah, that that is one of the most overlooked conventionally is incorporating in that mindset, the biology of belief, the utilizing the full capabilities of what what our brains are capable of.

So on this, I want to return to the subtle energy body in healing. Because your in your specialty is with Lyme and all of these co-infections and you know, it's a, a lot of people get fixated on the bug.

It's on the bug. Do you does your approach, is it more of this global, more of this holistic approach of let's increase your vitality to a point where that becomes an irrelevant discussion.

How do you balance that in there? Yeah. You know, killing the bug is a small piece of the puzzle. And I think if we talk about just microbes in general, you know, is it the germ or is it the terrain?

And, you know, at the end of the day, it's really about the terrain. I mean, I think we saw this pretty evident with Covid, right? You know, we had some people who got sniffle and other people that died.

If we say it's relatively I mean, I know there's variants relatively the same virus. Why are we having such a dramatic difference on how people are impacted by it?

And it's the same thing with Lyme. I mean, I'm sure if I, you know, I lived in Connecticut for almost 20 years, if I tested everybody in New England, I'm sure I would find, you know, the vast majority of people have antibodies against Lyme, but they don't all have Lyme disease.

So is it the bug or is it the terrain? And, you know, my own story is that, you know, I got bit by a tick right before I started my own practice and I was stressed out of my mind.

And it was the I think it was the perfect storm, the timing. Two weeks before I opened my own business, working long hours for, you know, eight months.

And then I started to relapse. I think had I not been under that duress, I probably would have been fine had I gotten bitten at a different time. I might have been fine.

So it really was the perfect storm. I know that my terrain was not where it should be, and that just allowed this thing to kind of take over. So as we're talking about really any kind of chronic illness, but specifically Lyme disease, you know, obviously we need to address the bug, but all these other things we know that make the terrain less hospitable for it, you know, that's diet, sleep, movement, mindfulness, dealing with trauma.

You know, all these things. You know, it's what helps make the terrain healthy, so that all these other microbes, Lyme disease, Epstein-Barr virus don't overrun you and make you feel sick.

That component of dealing with trauma that is come up quite a bit, in a bioenergetics summit. Do you how do you address that with your patient base? Well, I am not an expert.

In trauma, I acknowledge that. I know it is a major obstacle for most people with chronic illnesses.

Acupuncture and Overcoming Resistance

It's just what's the best way to get at it? And I'm fortunate to have met other people out there in the world that I, you know, this is their wheelhouse.

So I'll refer to different people out there who specialize in helping people move through trauma. You know, what I find is that if that's part of the picture, talk therapy by itself usually isn't enough.

You know, they need some extra level again, to really get to that deeper layer of the subconscious mind. That's where I think that real work happens. So again, I'm fortunate to have met several people out there that the deal with that.

But I think it's important to acknowledge that up front. And, you know, when we talk about trauma so often, we think about the big T, the big things, you know, death of a family member, a divorce, you know, child abuse, you know, these kind of things.

And in many cases, it's not that it's these very little things that might have happened. And I was just talking with someone the other day about this.

And, you know, I think, you know, especially as a child, if something happened, maybe it was a bully or maybe

someone picked on you because you wore a funny shirt, where you can look at it now as an adult and go, who cares?

They made fun of my shirt because I had a they know an alligator on it or whatever. But you know, your your, their perception as a child is so different than as an adult.

And the way your child brain interpreted that event could be very different than the way you're rationalizing it now. So, you know, these little things, again, can add up over time.

And, I've done a lot of reading about, you know, adverse childhood events. Donna Jackson Nakazawa has written several great books. One called Childhood Disrupted, that kind of walks through how these events can have such a, you know, big impact on your health as an adult and so much, you know, autoimmune disease, neurological disease, you know, they've tied into these, you know, adverse childhood events.

So I think it's important, again, if you've been dealing with chronic illness, to at least be aware that this could be part of the process and that there are ways out there to help manage it.

And again, I'm not an expert in that field, but I'm happy to refer those folks to people who I think do a better job of. Yeah, I think it's it's good to be trauma informed as a provider, because it is the underlying, schism that may have created the illness that's right in front of you today.

You know, we're turning into this physics of healing because that that's a big piece of it. What other pieces of the puzzle do you want to put on that topic?

Yeah, I think, you know, it's it's really being mindful. I guess, again, having that awareness that again, there, there is that very subtle electrical or energetic piece that is part of all of us.

Terrain, Trauma, and Lyme Recovery

And I think if as long as people are aware of that, that's something that exists and is also something that we can, you know, manipulate to a certain degree, we can use to our advantage.

I think we're, again, where people maybe get stuck is they just don't know that this is something that they can do. This is I don't know that there are ways, whether it's something like meditation or homeopathy or acupuncture or whatever you're using.

But there are ways to, again, start changing the bottle on this very subtle way. You know, I'll give another example. I have a patient that had chronic Lyme disease.

I worked with her for at least five years. I mean, she did everything and she was a very compliant patient. So it was never an issue that she wasn't doing.

What. Yeah, she did everything diet changes. She had done antibiotics. She had done herbs. She had done nutrients. I mean all of that. And you know, there was some improvement, but it was never we never got her over the finish line.

And, I saw her five years later. I didn't see her for five. So I worked with her for five years, didn't see her for five years. And she showed up in my office one day, and the last time I'd seen her, she walked with a cane.

She was still quite disabled. You could just see it in her. Her look and her face that she was struggling. And I honest to God, I didn't even recognize her when she walked in the door.

No cane. She looked amazing. And you know what happened? And she said, well, I basically stopped doing everything I was doing, and I started doing Rif therapy, and I she bought her a home Rif machine and I did Rif therapy every day for two years.

And it basically character. So I kept thinking back on that. I'm like, well was everything else that we were doing? Was it actually a not addressing really the fundamental problem or B was it even making the problem worse for whatever reason?

Maybe were adding so much to her load if her, her nervous system and her sort of bioenergetics system were so fragile, were we basically overloading her with very well-intended things, but so much that her body couldn't can handle it.

But if she really kind of approach it by just putting in these very subtle, low amplitude frequencies, that was enough to allow her tissue to actually heal.

I mean, I think in her case, that's exactly what happened. So again, as a practitioner, I'm always very mindful of that. It's like, you know, do we have to go in with big guns?

I mean, can we do these very subtle things to get a big change and really kind of depending on the person and where they're at? It's not an unreasonable approach.

And I have some people who who do it this way where that's that's their preference and they have access to it. So again, you know, we don't always necessarily have to go in with, you know, big time expensive therapies to make this change.

Sometimes it can be very subtle type of, you know, frequencies and subtle changes can make such a huge difference. I love it. So good. Thank you for sharing that story to me.

Last parting words for folks of the listeners and viewers of the bioenergetics summit. Yeah, you know, this all sounds very foreign to you. And you kind of, you know, this.

You're hearing this for the first time and you're just not sure, you know, reach out and find no practitioners who deal with these kind of things. And there's a lot of us out there, because, you know, we can certainly help give you guidance on which things we think might be most helpful for you.

You know, again, there's more than one way to deal with it. But, again, having that awareness is the first step, but then, you know, reach out and find people in your community that can really help, you know, facilitate instituting some of these treatments for you.