Uncover Micro-Level Disease Insights Within You Transcript

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Introduction and Fasting for Cancer

Hello, everyone. So today we have the pleasure of speaking to Michael Karlfeldt who I talked to many times. And he's always blowing my mind on his knowledge in terms of the inner workings of the body and some of the things that we think of a more than macro level.

He can really break it down and explain to you what's really going on. So pleasure. Thank you for being here. Well, thank you for having me. That this going to be awesome. I'm excited.

Yeah, I'm always excited to talk to you because, you know, we've done this a few times. We even did a live webinar a couple of times with your patients and our patients.

And I always learn something. And so we're going to take a lot of the discussions we've had and are going to have around female health, including things like fasting, which has been a major focus, which a lot of women want to understand better and get into some nuances of, maybe have a mean consider.

For example, I mean you'll even use fasting to just jump right into it as a tool for something like breast cancer. Right. And that's a consideration. The context shift from here is, is wellness a, you know, functional health healing product?

You know, it's something that actually can be therapeutic. So let's dove into that and tell us how you use that as a tool. Yeah, I mean, fasting is such an incredible tool and it's been used for forever. Yeah.

So it is one of these tools that you I mean, it's inexpensive, it's cheap and and the impact it has on the body is tremendous. Because if you look up on cancer, I mean, what that is is pretty much a cell that's going rogue.

And the reason why it's gone rogue is because it's the the toxicity that the build up of within the cell gets set to such a point. So it has to figure out another way to produce energy and it has to create DNA changes within the cell to promote its own survival.

And it's kind of a toxic environment that that it's in and over and above just what's going on within the cancer cell. You also have something called the tumor micron diamond.

And that tumor microenvironment sends a signal to the cancer cells and make them even more aggressive or less aggressive, depending on what that and Biomet looks like.

So to be able to then detoxify and clean up that environment and clean up the cells, not only then, yeah, minimizes the risk of cancer to take place, but it also reduces the aggressiveness of any cancer that is there.

And then and even what they found is that cancer cells can either kind of shift become between being dormant cells and cancer stem cells.

Tumor Microenvironment and Cellular Signaling

And we know cancer stem cells are the ones that really drive things like metastases. You know, people on die from just, you know, a tumor. They die from metastases when things start to go all over the place.

So if you can then kind of calm that microenvironment down, make it as healthy as possible, it will then send more, you know, signals to keep any kind of potential cancer cells, keep them dormant instead of turning into cancer stem cells.

So that is the power of of doing fasting, is that you can then promote a cleaner environment, cleaner cells. So to minimize the risk of them becoming cancerous and also to minimize, you know, dangerous signaling from the environment around the cancer as is, so that one can be as calm and anti-inflammatory and and non stimulatory as possible.

So something interesting just happened there because what you were talking about, moles, carcinogens, we have our own cancer are usually macro level. Right.

And you're thinking about this thing that's happening somewhere in your body and you're thinking about the body. And I just felt like, you know, that movie Ant-Man, where I just I was zoomed into the actual cancer environment.

And you're describing what's going on at the micro level, which we don't often get to understand. And you're seeing what's happening right there at the site of impact, right.

So what are and you mentioned a couple of times, here's these signals that can change the state of affairs, meaning take something that was maybe less impactful to something that is all sudden aggressive.

So what specifically can some of those signals be? Are you talking about the chemicals, environmental toxins? My SO talk like what are these things. Yeah so the we look at you know, you have the tumor as a whole but within that tumor and its immediate environment, it's not just all cancer cells.

Yeah, there are some cancer cells and then you have, you know, other help, you know, somewhat healthy cells and then someone healthier cells and and depending on the signaling from the cancer in itself, it will then depend on how how much those cells then get.

What just say they get converted into becoming cancer cells by the signaling from the the main cancer cells within that tumor. So you have a kind of a communication that's taking place between young the neighborhood, so to say, and also the individuals in a cell.

So I kind of liken it to bond. You know, if you have somebody that is placed in a very kind of ghetto like environment, it's hard for that individual to behave as if they were living in Beverly Hills.

You know, the environment that that the cells exist within is going to determine how they behave. So if we can then make sure that that environment in itself is as nutritive and and cleaned up and support motive for the the cells that exist within that environment, the likelihood that even somebody that is, you know, would be considered a bad element, you know, somebody that would behave poorly in a kind of a ghetto like environment.

They may then, in a clean environment function and in a completely different way, they may become very prosperous. And and all of a sudden, they move towards becoming educated like an accountant or business owner or whatever it may be.

And it works exactly the same. Or the microenvironment is that if we control that, that microenvironment, that tumor microenvironment, we are then able to promote healthy signals to those cells that that are cancers or that are cancerous, or they may be cancer like it may be that we're actually able to shift them into wards, you know, become signaling healthy signals.

And then the genetic makeup turns that cell from being cancerous into a healthy cell. And and what they've seen is that we look upon cancer as that. And we all know when a fetus develops, you know, we have, you know, this this rapid growth of of cells.

And then but then all of a sudden, you know, when the finger grown up to a certain length, you know, that stops. And then so there is an on and off switch that exists when you have that rapid growth.

And then you can then stop that rapid growth and then start behaving normally. And we are looking then at finding that switch exists within cancer cells.

So there are ways that you can then flip that switch on a cancer cell to then start to behave like a normal cell and then not have to kill. It may be I mean, obviously there are some cells that are gone beyond the salvation and they need to be eliminated and then recycled.

And then we can use the material from that recycled material and then build up healthy tissue. But it's, as I said, the neighborhood that the individual live in is so huge and fasting is is a fantastic tool, you know, to be able to do that to to kind of control that environment.

Epigenetics, Hormones, and Cancer Terrain

So I've never heard anyone speak of it in this context. And it's so you've taken something complex and made it so simple, you know? And it it's exactly what we needed to know.

What you typically hear is cancer is either the outcome of poor immunity because you're not fighting it or the outcome of high inflammation because you're causing it.

But we don't know beyond that, what does that mean? Like, what's the actual trigger? What's the mechanism? And you just described the mechanism. There's cancer cells everywhere, and some of them have influence and they're saying, hey, you join my team, right?

Or you can create an environment where they don't have influence or you might influence them to change their role and the beauty. And what you just said is so empowering, because all of a sudden when you understand exactly what's happening at that micro level, you understand how easy it is for you to be to intervene, right?

So what are some of those things you're then doing? Because this is so fascinating, you know, how are you speaking to cancer cells and saying, hey, you, you're on the wrong side of the fence, come join me over here.

Yeah. So and that's that's the cool thing is that there's so many interventions that you can bring in. I mean, talked about fasting that that's one intervention, but you talked about inflammation.

And obviously and if an individual living in a ghetto situation, that would be an inflammatory environment. So by cleaning up that environment, you will then reduce the inflammatory signals that take place.

And then maybe you you bring in then structure, you bring in a good school system, you bring in good quality food, nutrition into that area where, you know, the children at school, they're eating better.

And so all of a sudden they can think better and they start to behave differently. And it's the same thing then and they in a tumor environment, you know, we start to then bring in nutrients.

So we check and see, you know, what, what is that individual missing. Yeah, I say low on such and such nutrition maybe his says mitochondria. The energy production within the cell is not getting what it's needing.

So, you know, the cell doesn't have the energy to do what it's needing. So so then we supply those nutrients and then we check and see, well, you know, that individual has been dealing with a lot of trauma in their life.

You know, maybe they're you know, their parents were not in a healthy state. And it really put an imprint then on that individual or, you know, still talking about kind of that ghetto environment.

So what do we do to kind of assess what the individual is impacted by? And then we can look at their the chemicals, heavy metals, you know, different pathogens and different traumas, generational traumas, stressors that individuals, you know, dealing with.

Where the I mean, do they have the purpose in their life? Do they feel that their life is making sense, that it is in a direction that they they feel happy about?

And all these factors come into play in order to then can I clean up the that terrain, that that exists, that that every cell exists within? And by doing that, by cleaning that up and supporting, you know, building that structure, you're then able then to reduce the inflammation, to turn on the mitochondria, to turn on the might.

Yeah. The repair mechanism. Yeah. If their houses that have holes in them and they're, you know, when it's raining you know it leaks and you know, people and mold and all these things.

We would then bring in energy into that that area to help the repair, you know, so that that does not take place so that they live under, you know, they're not exposed to all these stress factors.

So all of these factors, yeah. That's what's so fascinating is that cancer is such a multifactorial type of disease that you can't just do this one thing and push that one button.

You got to look upon it as a totality and address it, you know, from, from, from a whole holistic point of view and kind of look at all these factors at the same time.

Yeah, I really like what you said about, you know, voltage and giving the cell the energy you need to do its job because there's so many other again, going back to the general conversation of immunity and inflammation, those are the two main and they're not wrong.

They those are great things to focus on. But there's so many other nuances that why did a poor immunity in information happened. So voltage is a very clear example of like what is your does your cell even have the tool it needs to do the job to fight the inflammation?

Right. Simple, simple example. So now what you describe, it's very clear that the cancer is caused. Let's say that. Right. But there's also some cancers that are considered to be genetic.

Do you also believe that we can intervene there? Are they innate or are they just going to happen or can we use the same tools? Yeah. So so cancer genes can be turned on and turned off.

So just because everyone in your family has had cancer doesn't mean that you, you know, you need to have cancer. You know, all those genes are still impacted by your decisions, by your lifestyle, your thinking, your you know, your attitude about things.

And that is the beauty of epigenetics. You know, where we can then create a an environment and a lifestyle which will then alter how these different genes express, and we can then make them then express in a healthy fashion.

So it used to be that we were thinking that genetics had 5% impact on whether you're going to get cancer or not and 95% lifestyle. So now they're all there.

They're kind of moving that number actually down to like 1%, you know, genetic. And I'm betting that genetic at the end of the day, you know, epigenetic is going to be king, you know, that the genes, yes, they're there.

But we decide, you know, how they're going to express and how how we we live, how we detoxify, what nutrients we bring in, how we think. Our connection, our spiritual connection, the purpose we feel, all of these things are going to be the greater determining factors.

So when we look at so the current medical experience is God forbid somebody has cancer and we're talking to women here. So breast cancer or ovarian cancer, big ones.

Right. And the first thing that's checked for is like, you know, estrogen receptor positivity and is it triple negative or not? So are these considerations you also dove into or you're saying, I don't care about this stuff.

It's all about terrain. What happens when there's hormone positivity? Does that make a difference in how you approach things? It it it does. So that's a little different than looking upon it genetically.

So genetically, you know, what is beautiful with what you're doing is that you're you're looking at where the weaknesses are, you know? So it's kind of like looking at a bridge and seeing, you know, I want to make sure that that bridge is going to survive for a long time.

And then you look at, you know, where are the weaknesses in that structure? And then you can make conscious decisions to just support those weaknesses.

And then that means that the bridge doesn't have to fall down. You know, you you've taken active measures, you know, to to address those genetic weaknesses that are there.

And that's why epigenetics becomes becomes king when you understand yourself and you make appropriate choices, depend on on your own make up. And each individual is different and unique.

So when you look down at like triple negative or HIV positive or, you know, triple positive, you know, HER2 positive, it does play a role and and it does determine how we how I address things.

You know, what what is interesting with that, though, is that we we look upon cancer. We assume that cancer is homogeneous, meaning that when you look at a tumor and we take a biopsy in one area, you know, and that one may be showing her to negative.

If you take a biopsy in another area, it may be HER2 positive.

Mitochondrial Support and Light Therapy

So you know, cancer cells or tumors are not homogenous, you know, so we still need to look upon look upon it beyond just, you know, you know, hormone positive, you know, triple negative or whatever that may be.

We still got to look at the foundational components and that is what we've been talking about in regards to the terrain, in regards to the mitochondrial activity, inflammatory signaling, you know, all these different things that are the drivers, you know, still got to look at that, but still have some respect and regard.

If it's, you know, hormone positive, then we want to make sure that the individual has the ability to clear out unwanted hormones that an individual is exposed to.

And we're exposed to so many chemical hormone like substances. So if you are then hormone positive, then you really got to up your game in regard to that area.

And also important to understand, because you always have the question, you know, should I because I am hormone positive, that means that I have to get on medication and shut down all my hormonal supply.

Well, the hormones that you produce are so now enabled and I mean such a small amount compared to the exposure you have from, you know, the make up you put on your face, that the chemicals in your detergent and your dishwashing detergent, you're, you know, when you wash your clothes or when you eat from a plastic container or when you're drinking out of a soda can or I mean, so all of these chemicals and components have much more of a hormone stimulating effect than your own hormones.

So instead of shutting down your your communication, signaling system, your your internal hormones, then you should just clean up the things that are really impacting you and supporting the supporting detox strategies.

And to clear that out. And obviously the first step is always avoidance. Yeah. And that's you're making it empirical, which is important because there's a gray area where people understand that, okay, there's my hormones, then there's hormone disruption, there's environmental influences, but nobody knows.

Put those things on a scale which one is weighing the scale and and you're telling us straightforward. It's the other stuff, right? This is why things like cancer are so prolific now, because the innate hormone and positivity and, you

know, efficient receptor wasn't causing, you know, one out of so many.

And that we now have whatever that statistic is, you know, it's everything else that was added. And so we now know the weight of those things. We have to understand that that's the thing that's driving it.

It's not you know, the innate problem isn't so bad. Let's just say that. Right. So and now you've also gone. And so everything we talked about, you're also saying you work specifically on mitochondria, for which I get, you know, there's there's this this cell that's trying to thrive, survive and fight off something nasty.

And so you're saying, well, let's focus on the part of the cell that that needs the most support, which are mitochondria. So what are you doing there?

Because everybody has different opinions on how you support the mitochondria. So just curious to hear from you what what sort of your go to tools? Well, I mean, one of the tools that I love, I mean, over and above, making sure that there has a nutrients that it need, you know, like, you know, you can bring in things like, you know, that stimulates NAD or glutathione on or different, you know, fad or, you know, l-carnitine glutamine.

All, all these different nutrients that are known to turn on the mitochondria and magnesium and so forth. One of the therapies that I really love this is, is called photo by a modulation and sort of by a modulation as a way then to bring in light because we know the mitochondria actually as driven in addition to nutrients, it's actually driven by light, you know, so it's like light receptors that it has.

And within the mitochondria you have, you know, several different stations complex one, two, three, four or five. And, and that's as the electrons are moving through the stations.

So it's kind of like a train that's moving through these different stations. And when they get to the end station, then energy is produced, you know, ATP is produced.

And what we've seen is that light actually moves that train from one station to the other so that we can then have the end product and product of of energy of ATP.

So like for instance, you have, you know, the and each part of the spectrum plays a role in different areas within, within the mitochondria. So, you know, the first stage and the complex one, you know, you have, you know, things like ultraviolet and blue.

We all start to stimulate that one more. And then you have a second station, you have more kind of slight little blue, but then you move more towards the green until, you know, a stage, you know, station number four.

Then you have more like the the red and infrared type of colors. And so I use and photo by modulation it's it's a way to use some light to modulate or shift what's going on within an individual's physical being.

And it can been done in many ways. I mean, obviously the the ancient way of doing it was just, you know, they they built temples for the sun. You're out there and sun exposure and that that's still amazing because you get all those frequencies, whether it's part of the visual spectrum or the the the, you know, non-visual spectrum, you are then exposed to that and that impacts your body, impacts your mitochondria and actually turns on your detoxification, turns on energy production, turns on your ability to repair tissue.

You know, so being out in the sunlight, exposing your skin to sunlight, obviously you have to be prudent when you're doing that. But to have that as part of your your healing strategy becomes really important.

But then nowadays, you know, a lot of us were working inside. I mean, we're sitting in front of our computers and we're just pounding away or we're in an office doing other things or, you know, or we may be working in a factory or but most of the work people do is inside.

So we're actually becoming like deficient and that that becomes a, a real issue for our our cells and our

mitochondria because it it needs that light in order to be able to function optimally.

So photo by modulation, which we do, is a very kind of amazing technique where you're able to insert an optic cable intravenously. And then by doing that and then you can then then use different colors and expose the blood as it's passing by to these different colors.

Know. So we, we have a machine where we can use ultraviolet, we can use blue, green, yellow, orange, red, infra red, you know, and, and expose that the blood to that so that that light then gets transported into the boat and body and it even bypasses the skin and gets directly into the cells and impacted cells to turn on that mitochondria and, you know, turn on the immune system or reduce inflammation, increase nitric oxide production and to and also actually increase the length of the telomeres, you know, so it does all these amazing things, you know, just bringing in light.

And, you know, we know that the blood passes by one point, you know, once every, every minute. So when we do those intravenous venous optic cables and treat the blood inside the vein with the light, you're actually passing your treating your whole blood volume like 60 times in an hour.

So yeah, it becomes really it's a very in incredible way, you know, to infuse the body with that life, with that healing and turn on and heal, you know, the mitochondria.

So the spectrum that you mentioned, it's sort of like there's four separate colors or groupings, right? And is there a source? So I understand that the therapy that you talk about and it sounds powerful, it's like a therapeutic level.

Do all four of these come from the sun? Yes, exactly. So all these all these frequencies we get from the sun as well. So it is it is kind of like, you know, it's just like we know that the nutrients in our food right now is not at the same level as it was like 100 years ago.

And also, we are less likely to eat the same nutrient dense type of food than we used to. So that is translatable also to light. Right now we're exposing ourselves to so much artificial light all the time, you know, just like we're exposed to artificial food products, you know, I wouldn't call them.

I would probably call them food like products because it's not really food. You our food is supposed to nourish you and support you. So we're dealing with the same thing with light.

Detox Pathways and Elimination

So a lot of people are then very light deficient and then to be able to then bring in, you know, the full spectrum of light into our system and then this kind of an elegant way becomes really powerful.

But it does not negate just the same way that taking nutritional supplements to, to balance the lack of nutrients and in your food, you know, it doesn't mean that you should eat poorly.

It doesn't mean that you should not try to eat good, clean, healthy, nutritious food. It's the same way these kind of therapies doesn't mean that you should not expose yourself to to healthy healing light outside and exposing your whole body as certain amount of time so that you can really rev up your your mitochondria and the immune system and so forth.

So we know that these this light spectrum of the various we talked about are supportive. We know that we don't get enough because we're not outside when we're indoors.

Is it also true that there are certain lights that are perhaps negative and that we need to avoid, for example, incandescent lights or indoor lights are is there an opposite effect?

Yeah. So it's it's just like you would it's kind of I look upon it like refined sugar. Okay. So you have just a very certain portion of that nutrient and you've taken away all the other aspects.

You're taking away the minerals, the vitamins, all these cofactors that are needed to be there for you to be able to utilize that sugar and its best possible way and all these cofactors are part of being able to drive that sugar into the cell and help to kind of balance out how quickly that takes place.

And so what the body has to do, then it has to then use its own nutrients in order to be able to use that sugar. So it will grab chromium from its storage, manganese from its stored storage, magnesium, zinc, all these different cofactors in order to be able to use that sugar.

So you're actually becoming then deficient in all these cofactors and the same happens when you're exposed to incandescent light. It's a very specific part of the spectrum and now you get deficient in all these other because light comes as a grouping, you know, they, you know, you're not supposed to just have one component of the light all the time.

You're supposed to see it and be exposed to it as a spectrum. And so that's why, you know, when you're exposed to cell just a one kind that becomes very detrimental.

You know, it's normally we have had a lot of these conversations. I think there's, you know, many hundreds we've done. It's not often that I take notes during them, but with you I always end up doing that, you know, because the details are so juicy and I want to capture them all.

And there's always you always have something new and incredible to say. So now let's get to another area that we wanted to cover, because this is really, you know, in terms of going from disease state.

And I think what you said, you know, we talked about in the context of cancer, but to me it seems like it would apply to a lot of chronic conditions and a lot of that you're thinking around how to think about the body and at the micro level, right?

So and then we talked about some possible solutions. And one of the things you do is you really get into the micro once again of the elimination pathways because it's one thing like what do you add?

Which is all what we've been talking about, but also what do you need to get rid of it, you know? And so let's dove into that. What are the elimination pathways? Firstly.

Yes. So a lot of people can think of detoxification and they buy these kind of fancy supplements to get toxins out of the cells. And and all of that is so important.

But if you don't open up the pathways to get it out of your body, then it's just going to be moving around. It's just going to be like, you know, moving furniture.

And frequently you move the furniture from a location that is more optimum to less optimum because you have to do a quick reshuffle. And the body is trying to figure out, you know, this mercury is coming out of the cell, but no way to get it out of the body.

So where should I put it now? And it has to do a quick decision. And a lot of times it lands in an area that is less optimum than where it was originally.

So the pathways of elimination are key, key, key to any time that you do any kind of detoxification, any kind of any kind of healing program, you need to make sure that this is the foundation that you start with.

And that is you got to make sure your colon is moving appropriately. You got to be able to you know, if you go once a day or some people every other day, that's not enough.

I mean, do you eat three times a day and actually optimum as you should eat and then you should poop? You know, that's what small children do. That's what animals do.

And that is a healthy colon. That that's how it should do. But I'm happy with it. We can get you up to go to the bathroom twice a day and should look like a good, healthy bowel movement.

That's fantastic that I get to make sure that that pathways open then we have than the the kidneys, you know. Are you drinking enough water? What kind of water are you drinking?

Yeah, we we got to make sure that you're able to flush toxins out through the kidneys and that they're functioning appropriately. You know, you got to look at the skin. Yeah.

Are you are you able to sweat properly or do you sweat appropriately? Do you do you know, soreness? Do you what do you do to promote sweating so you can move toxins out that pathway?

And then the the fourth, you know, detox pathway are your lungs. Yeah. Are you breathing clean air or you always then kind of stale toxic air. And how is your breath?

Are do you have these kind of shallow, low breaths or do you do deep breathing to really move oxygen into the tissue and move toxins out of the system?

Yeah. So you got to look at all these different factors. So symptoms like for instance, a skin rash, that would mean that one of the other symptom or one of the other elementary pathways are not doing their job.

So now the skin has to take over and address things that should have gone up through the kidneys. I should have gone out through the colon. And so now the kidney is trying to figure out how to get them out.

And so it's or if you're dealing with asthma or breathing issues, you know, that means that now your respiratory is having to deal with toxins that should have gone out through the other pathways.

So all of that, that is the foundation. And if you have issues in one of those areas, there are tools that you can use to support those areas. And once you've done that, then you can start to look at, you know, let's let's open up the detoxification from the liver.

Let's start to clean up your lymphatic. Let's started and dig deep into your cells and and bring toxins out of yourselves. But if your pathways of elimination start to open, then none of that is going out.

It's just going to be moving around. And you can kind of look upon it as a like on the freeway in LA, you know, if if you your eliminare pathways aren't open as trying to move the traffic, then in LA on a little dirt road.

Yeah, it's going to just get everything fogged up and obviously nobody's going to be happy. So you want to widen that that that freeway to the 6 to 7 lanes so we can move those toxins out and then we can start to clean up the neighborhoods to make sure that we get the trash out of there because we get the freeways open.

And for some people listening, they're probably, you know, making their notes and thinking, okay, what pill do I take? What supplement is this? But if you look behind Michael, you'll see that this is work right there.

It's not just go take this and good luck. It's this to do this properly. It took you 20, 30, 40, 50 years to break yourself. So don't expect one pill is going to reverse it.

You know, it's weeks, if not months of work. But when you get there, you become a new version of yourself, you know? And really the right solution is to work with somebody like you who has the experience, who can recognize the signs and signals that other people may not because they're looking at things symptomatically versus system wise, right.

And so just something that I would point out, try and find someone to work with that has the experience as opposed to like what supplement do I take? Because that's that if that's the answer you got, you got the wrong answer, right?

So and it's good for people to kind of understand we're thinking, well, how long is this going to take? And like you were saying, you've been unhealthy for for 43, you know, 30, 40, 50 years.

So kind of a common rule and doesn't mean that it is a rule to always follow, but just to kind of give people an idea, usually you consider a month per year, meaning that if you have had in a year on this earth and had exposure and kind of dealt with toxins, which we all do, then it's usually a month for that year.

So if you're 50 years and looking on 50 months, that may seem like a long time. But you have it is worth worth it at the end because we were all looking at first, you know, we talked about longevity, you know, how long we're going to live.

But then we realized, well, we don't want to live a long time if we're not healthy. So then we talk about health span, but then we're thinking, well, I don't want my body to be healthy if my if I deal with dementia or Alzheimer's.

So then we're thinking a brain scan. So we get to consider all these different things. And so to start with, a program to kind of clean up your system now will reduce the likelihood of the brain span to be shorter than it should be while your body is still here.

Yeah, and that 15 months sounds long, if not understanding the journey. It's not that it's not a binary. Here's day one, and on day 50 you're going to feel better.

There's a sense of relief that comes in almost immediately, but there's just levels of optimization you take somebody through.

Healing Journey, Practitioner Experience, and Resources

And to take someone from, you know, some level of illness to Superman or Superwoman, which is where you can get them better than where they started. That's the 50 month journey, right?

But during that time, there's constant improvement and you're doing better and better. But the amount of improvement that's possible is in one week, right?

It's it's 50 months. And we've seen this over and over again. And people that stop partway through, you know, and because you do feel better in the beginning, you start to do all the right stuff.

And right away you're hoping and weeping and sweating and you start to feel better and you're like you. But you don't realize how much further you can go.

Right. And true health span is the it's much the the potential is much greater than people think. Right. So, I mean, the body is incredible. It's it's able to compensate in so many different ways.

So you can feel great, feel energy, you know, for a long, long, long time while different portions of your body is suffering. And so and it's important to understand that you are being healthy.

It doesn't mean to see disease free. You can a corp is disease free you know so yes being symptomatic doesn't mean that or being asymptomatic, having no symptoms doesn't mean that you're healthy know.

So that's why it's important to you know you get to kind of take these this process and and take it step by step, even beyond feeling good. And you're absolutely right.

You know, I'm I'm a very impatient person, meaning that when patients come to me with concerns, I want to make sure that those concerns get cleared up quickly so that they feel good and kind of enjoy life quickly.

But it doesn't mean, like you mentioned, doesn't mean that their health journey should end there, because then we haven't really taken it to to the point where we want to take it, where they can have optimum health.

So, you know, people listening and thinking, well, you know, this is my doctor doesn't know any of this stuff. So how did Carl go? Because it was I'm sorry, Michael. Fill this out.

Mr. Carl Caulfield, where does this information come from? How did you stumble across like the all these you know, even what we talked about with cancer?

Because that's not what's taught. Well, I mean, that's I've been doing this since 1987. So for a while. And I've had the benefit. I mean, I've had a can of, you know, you want in order to be able to smart or become smart or smarter, I should say, you want to surround yourself with smart people.

And so then that I kind of lure them in. I had like a radio show for a number of years where I'd interviewed leaders throughout the world. I had TV show, you know, a couple of TV shows, podcasts do these summits like you're doing.

And this way I have an excuse to talk to the smartest of the smartest people. And then I learn. And so and then they point in directions for the research.

And then you read up on that research. And, and so it's been a 30 plus years journey of that, of kind of continually learning from leaders in the field, and then all of a sudden it becomes your own.

That's what the health practitioner evolution should be, you know, and this is where people get stuck, where it's the opposite, the indoctrination of I know everything and there's nothing left to know.

And that's where people get sucked, because that's the opposite of what science should be. Science should be eternally improving internally, questioning the status quo and wondering how we can make it better.

If technology is improving, why can information and knowledge improve along with it? And if you have a practitioner that you know isn't willing to listen and hear and be humble, as you can see, Michael is a very humble guy and constantly learning and challenges his own knowledge base.

If your practitioners are not doing that, you're probably not getting the best care, you know? So and I thank you for doing that. So where do people find news, I'm sure at this point people are very curious, like, okay, I'm flying to some city tomorrow.

Does he go see Michael? I was like, Yeah. So the best way is just go, go my website. It's the Karlfeldt Center. Karlfeldt. is tricky, but you can kind of that's my last name so the Karlfeldtcenter.com and obviously, you can kind of contact us give us a call to 83388902 or you can email us.

Yeah. So all of that you can find in our website and it's cool then to go on to resources and there's a huge amount of information there. You know, my different podcast, my, my, you know where to find my TV show, where to find different radio shows that I did in the past.

And so huge amount of information there that you can you know, you're going to take years to go through it, taking years for me to create. So yeah, so there's a lot there.

So that that's a great place to go for as a resource and then obviously to reach out to us for any kind of help that you need if you're dealing with with cancer, if you're dealing with autoimmune conditions, if you just want to experience optimum health or regenerative medicine, you know, whatever that is, as you know, we we have a large group of of doctors and technicians and practitioners that are here that we can then kind of guide you towards depending on what your need is.

Awesome. And before we go, I had one more thought based on your experience and you know, all the work you've done, if somebody were to just do one thing starting tomorrow, irrespective of where they're at, what their health journey is, you know, I've always seen like, everybody go do this tomorrow.

What is that thing? I actually think that if they do 20 minutes of sunbathing a day, that will be fantastic. And then it's hard to do kind of just one thing.

So I'm going to have to throw in two more and find clean water, make sure that you drink plenty of good clean water and then walk in an area where it's good, clean air.

You know, I'll be like, you know, do take a walk in nature. 20 minutes, you know, 10 minutes, whatever it may be. Yeah, those those three things, if you do that, then you're going to achieve so much just for that.

Beautiful. Thank you so much. Is that awesome discussion? Everyone's going to love it. So helpful in your perspective. As unique as always, I have my notes here as well.

I thought I learned something too. Thank you again for joining us. Well, thank you so much, Kashif, as Always such a pleasure. Thank you.