Introduction and Cancer Terrain

Well, it's always such a pleasure to to hang with the Dr. Christine Schaffner. And today is is no different. You're you're such a light and and bring amazing energy and spirit to to everyone around you.

So thank you for saying that. Dr. Karlfeldt the feeling is mutual. And I love always having these conversations and these interviews together. So one of the challenges when when you deal with cancer is it's not just always the tumor in itself, you know, it's it's all the signaling that takes place around it.

it is, you know, kind of the terrain that exists around the tumor that either makes it more aggressive, less aggressive, and then obviously, you know, we have the terrain of the rest of the body.

And there's there's so much going on there that we need to unpack instead of just kind of dealing with a tumor in itself. and I know you focus a lot on the terrain, so how how should a person kind of systematically kind of address it and go through it?

Yeah, absolutely. And this is one of my passions.

Regulation and Interference Fields

And this is really I think, you know, how you and I both get such great results with people because we're not so myopic with like, okay, this one infection, this one tumor while there, they're big issues, you know, how can we create, you know, a more resilient and empowering story for our patients.

And really, we need to turn to terrain medicine. And, I'm trained like you are in bio regulatory medicine and just to catch everybody at the edge, you know, and medicine on top of our naturopathic principles that really looks at the body as an intelligent, wise healing, you know, organism.

And when the body is able to communicate and self-regulate, that's when, you know, health happens, healing happens. And we often find ourselves in these modern disease states because there is a breakdown in that, self regulation.

And I, will walk us through in our conversation. We can kind of stop along the way, but how I really have, as summarized, I'm always evolving and trying to share my narrative of how I approach patients because I treat people very individually.

But there are principles, and, you know, where I've come up in, you know, the time that we're talking kind of where I stand right now is looking at, this idea of regulation that will go into this idea of drainage that we'll talk about, this principle of resonance and also coherence and how that relates to the health journey and then the regenerative aspect of the body.

And so, if you'd like, Michael to start with, regulation, this is something that I always, any time I get to talk, I love to share this because it's still not commonplace, but regulation is the, you know, principle out of by regulatory medicine and looking at and identifying what are the obstacles in the autonomic nervous system that are affecting its ability to self-regulate.

And I invite us also to think of the fascia as a self-regulating tissue. And in my study, I think it's, you know, they both are so critically important, you know, to this, you know, regulatory, capacity in the body.

And so we look at these things called interference fields that can, you know, by name, by definition, interfere with a self-regulatory capacity. So that can be, scar tissue in the fascia, which is quite important, it seems maybe minimal

when you're dealing with something so big as cancer or a chronic illness.

But when we look at the body and its ability to communicate in these communication networks, in the body, again, the autonomic nervous system in the fascia, the fascia is this kind of highway within the body that touches every cell.

And it creates, you know, the scaffolding and structure in the body, but it's also a communication network. So in, you know, the way I look at the body and the way that I've been trained, it delivers, this plasma form of water, into our tissues.

So it's going to be a irrigation system. It's also going to be a communication network. And, it connects to the outer environment, the extracellular matrix to the inner environment of the cell.

And we can talk more about it. So, the more that, there are I should say, the less obstacles in this fabric, the more the body can communicate as a whole.

And, you know, again, things are complicated, but they're simple and there's elegance to and, you know, when the body is a whole system and communicate as a whole, that's where health is.

And then when there's more isolation and compartmentalization in places and spaces in the body that kind of go rogue or not communicating, then the whole that's where we see senescent cells or cancer, right?

That's kind of a rogue environment that is on a whole other pathway that's not in communication and coordination with the body. So by treating scars, we're basically breaking down this denser, more regular fascial fabric than the original facial fabric that we were, you know, born with.

And that denser, more regular tissue, creates a traffic jam in the fascia. So it's going to collect more toxic and select more, pathogens. Also, trauma is stored in that tissue.

So, you know, whether you have a C-section scar, whether it's your mole removal, whether it's, you know, you had, a surgery and your thyroid or, your belly button.

We all have a scar. We all have. You know, how we were born. You know, we, you know, are born with this, scar from the umbilical cord. And so I use neural therapy.

There are many paths to kind of supporting people with this, but neural therapy, in my opinion, I'm biased, of course, is going to be the most powerful, because it can just break down that scar tissue.

We use propane, which is 1% preservative free, and it has these really beautiful properties to kind of lessen and make that scar tissue more soft, more, mobile in the body.

It also restores the kind of neighboring tissues to the rest of the lymphatics in the circulation. So you're almost sometimes see a scar get really red when you treat it, because there's a return to blood flow.

and it helps with what we call cell voltage. often the scars and, the cells in the scar are a lower and lower, kind of, cell membrane potential than kind of a healthy cell.

and so, prochain is a beautiful way to do this, and emotions can get liberated from that tissue. We know that there is partial memory and kind of liberating and bringing awareness to these emotional states through these memories are just as important as removing mercury or what have you, from the tissue.

So we have the, you know, fascial fabric for the regulatory tissue. We look at it from scar tissue, as a big, you know, an impedance and communication.

And then with the autonomic nervous system, also, you know, in these spaces, you know, we look at what we call

interference fields. So that's in the mouth.

That's going to be the tonsils, the sinuses. these hidden reservoirs of toxicity or infection that are kind of, creating this kind of slow drip of toxicity in the tissue and then the neighboring tissue and gets into the lymphatic, and the circulatory system, too.

and like, the immune system no longer can respond. There's kind of this energy that happens in this tissue. and when we think about the tonsils, you know, if we have kind of this chronically inflamed, infected kind of it's not going to be this, you know, you know, acute inflammation.

It's not going to be like swelling and redness and pain. It's like more like cryptic and tonsil stones and kind of maybe a halitosis or this kind of, you know, brewing, kind of, reservoir of infections that are right at the base of the brain so they can, you know, migrate, the microbes can migrate and these highways in the body to get into the brain and, you know, upregulate microglia and fact the micro brain microbiome and also affect the gut, associated lymphoid tissue and memory.

And so that's really important. The sinuses are really important for overall brain health. pituitary function. we know in the mold story, you know, that, nasal microbiotic can get dysbiotic can create biotoxins and can create a lot of inflammation that affects the brain.

and so those two things are alone are really impactful.

Drainage and the Extracellular Matrix

And then we can also look at the dental story, which I know you know a lot about. but it's really important if you want to prevent cancer, you know, tend to the infections in your job, grow your root canals, your, toxicant amalgam, amalgam fillings, you know, you know, get a strategy with a great biological dentist and a great functional or holistic naturopathic doctor that can work as a team to help you safely address these, Hot pockets.

And when you think of the mouth to there is a proximity to the vagus nerve kind of lymphatic, drainage, you know, systems of the cervical lymph nodes over time can get these toxic cancer microbes to chronically kind of live in them.

And the proximity to the vagus nerve can affect, and in fact, to the vagus nerve and, you know, create a lot of, you know, vagus nerve, what we call toxicity or infection.

And we talk a lot about the vagus nerve and regulation. You know, it's, obviously a big cranial nerve to help regulate, and communicate in the body. And, you know, we think about rehabbing, we don't always think about, you know, okay, we need to drain the lymph around it.

We need to improve the circulation around it. We need to remove the toxicants, treat the bones, tib, restore, you know, proper communication. So, that would be regulation.

I'm sure there's more to the story, but those are like the key points. I really, always loved to just get out there. So if you're stuck out there, you go through that checklist, and see where we can move the needle.

So before I move on, I'll just post. yeah. Yeah. And there's a lot there and that and and the, the cool thing with what you're talking about, these are things that people don't, don't usually consider, you know, they, they don't consider they maybe have a tiny little scar, you know, when they cut themself under a kid and on, on the hand and they think, well, it's always been there.

But like you mentioning these, these are interference fields that are then robbing the body. It's continually, making. So the body has to produce more energy to overcome that, that interference, which, you know, and when we look upon cancer from, from my point of view, it is an energy deficiency, you know, so if you have all these different, scars, interference fields that you have to continually, you know, use up more energy to compensate for those

stressors, you're going to put yourself more at a disadvantage.

So if you can free up that energy, then you are less likely to have tissue turn cancerous. Or you will then also free up energy for the immune system to be much more effective in, in addressing, something like cancer and control, inflammation and control, you know, support detoxification.

Everything just kind of opens up more easily. Yeah, yeah. No, I love that. And, you know, I love, you know, this, you know, everything you shared and how, like, cancer is and energy.

You know, drain. Right. A low energy state. And, if it's okay with you, I'll move to drainage because I can help us, you know, kind of fill out that point, too, because we look at these micro environments in the body. Right.

And when we think about drainage, you know, we think about, of course, the organs of elimination. And as naturopathic doctors, we, you know, work on the liver and the bile and we look at the kidney function and we look at the lungs and the skin and make sure all of that is moving the colon, you know, the gut microbiota, you know, all of that.

however, you know, a big place. And when I look at drainage, I look at the extracellular matrix. And of course, that's a big point of, you know, the cancer process, because that's really where, you know, the tumor is, you know, started.

And so when we kind of paint a picture of the extracellular matrix, it's just kind of space, you know, within the social fabric of, you know, the body, the space between the cells.

and so this is kind of the, the beginning of the lymphatic network. that's kind of how I look at it. So when, fluid moves and out of the capillaries, you know, the blood, system, and bathes kind of this, extracellular environment.

It's bringing oxygen and nutrition. And then, it's really also helping, remove, waste and, getting, you know, that waste to be removed. from the lymphatic network, that kind of, is inter meshed in the space.

And this is like a very busy space. We have the fascial, you know, collagen, you know, matrix. We have, elastin. We have, hyaluronic acid that holds the water in the space.

We have proteome glycans that have kind of, you know, these feathery like projections that help to move the fluid, and hold electrons. we have fiberglass that, you know, tear down and break up and create a healthy space.

We have now cells. You know, I see a lot of mass cell peoples. And, you know, I always think about the space when we're kind of, looking at treatment.

so it's a very busy, alive, space. And of course, we have the cells and, you know, again, the health of our body is really how this, fluid, you know, can move.

And, you know, we turn to Doctor Alfred pitch, and you're always flat, you know, the cells, not, you know, by itself, you know that, you know, basically how their disease, you know, begins in the sea below.

And when we think about cancer, you know, I mentioned before, like, the outer environment of the extracellular matrix is actually, interconnected, to the inside of the cell through what we call so these proteins I just laid out, they kind of hook into the cell membrane through this little transmembrane protein called an integrin, protein.

And then that hooks into the cytoskeleton in the microtubule and within the cell. And, you know, we obviously have the nucleus and the DNA, but we also have the mitochondria, right, that are in that cell.

And I was just doing a lecture earlier about mitochondria. And of course, I have to make it all about the extracellular matrix just with my perspective.

And it was cool. I found lots of papers to, you know, support this and support this idea. And, you know, the mitochondria really, as you mentioned, you know, it's kind of getting alluded to.

This is they really, are kind of the regulators of this cell. They can really kind of, change the direction of the state of the cell. Right. Is the cell healthy and organized and creating efficient energy and metabolic water and all the beautiful things.

And, mitochondria do, or is it, you know, going rogue and, and, you know, not communicating and working well and should it go undergo an apoptosis that you know and not, you know, be in its journey to senescence or cancer.

And so that regulatory kind of, capacity of the mitochondria is always sensing and feeling in the microenvironment of the cell. And they the paper I read was, that there is a a term used as extracellular matrix stiffness so that those proteins, take a configuration and a shape and that gets communicated to the integrins that then talk to the mitochondria, and they tell the mitochondria rather to make new mitochondria because, hey, it's crazy out there, make more energy.

Or to actually like, hey, you're not, you know, doing their job. Do a fusion to extreme charge, you know, mitochondrial proteins with each other so that they can become like two is greater than one kind of idea, to work better.

And so when I kind of see a paper like that, I'm always thinking, okay, like what's going on in the extracellular matrix to tell the mitochondria that is there aluminum, is there lime, are there parasites?

Is there quite the same. Is there trauma? Is there. you know, other environmental toxicants, pathogens or trauma that are, stagnating in that space, where there's a break down and that that is kind of, beginning of a cell danger kind of affect.

You know, the cell danger response often gets talked about when we have these conversations. And I always take it a chance to talk about the extracellular matrix, because mitochondria spread the ATP into the, extracellular matrix to communicate, and also, you know, what's happening in the extracellular matrix signals.

You know that as well.

Frequency, Resonance, and Coherence

So, you know, kind of two ways to look at, how important, you know, that environment, of the cell is to are either health or disease state. And so that's why all of our lymphatic therapies are critical.

I know you and I both have a slow process. So, you know, I do, a lot of different lymphatic drainage techniques in my office and have different tools for people to use at home.

And I've created a product line even to help support this. And it's, you know, a really big, you know, issue for prevention. and, you know, I know, lymphatic drainage is complex when you have a cancer process, but it is important, to, find techniques that you can do and also find those things that are going to mop up water in that microbe environment to begin with.

So that's the drainage, you know, piece. Yeah. And and it becomes so important, you know like we're talking about the tumor microenvironment, you know, because that that extracellular matrix is what then signals, you know, whether you know, like you're talking about, you know, what's going on with the mitochondria and you think, well, what's going on in the extracellular matrix that will create, you know, that will signal to the mitochondria to behave in such a way.

And we know, that the mitochondria, like you mentioned, that it controls the cell death switch. So if that cell is not functioning appropriately, then it has the ability to then flip the switch and kill off the cell and then recycle, you know, the cell material for, you know, regeneration of, of other cells.

so but all of that is based upon what's going on around the cell. You know what? What kind of environment are we dealing with? so if there are a lot of infectious agents, a lot of heavy metals, chemicals, that's going to put stress on that cell, then it may down move into, you know, looking upon the environment so that it's a hostile environment and then it shift into a different way of producing energy because it's recognize that we can't produce energy the way we normally have done.

In order to survive. We got to shift it into from insight and fermentation cycle. And and lo and behold, now we're starting cancer cells. And that's how they're functioning.

And it's all based upon what's going on. And that, that might occur in that extracellular matrix. So you're talking about drainage. You're talking about like flow press.

So you know, which is a, very advanced form of, of moving lymphatic, what what are some of the tools that people can use out there to really kind of support drainage and, and their lives, you know, they may not have a flow press, so they may not have.

Yeah. But what are some things that they can do to, to support that process, to kind of clean up that extracellular matrix. Yeah, absolutely. so you know, again, if you have access to a clinic, you know, there's all sorts of, you know, advanced techniques, especially if you're in a really struggling situation.

I encourage you to seek that out. But at home, there's so much we can do. So, proper hydration. There's, you know, the key. I would say the fascia and the lymphatics work together, you know, so we need really healthy, robust fascia to, you know, create that muscle contractility and support to help move.

And, you know, the lymph through the lymphatic network. And so they work together. so I'm a fan of filtering the water from, you know, fluoride and other, environmental toxins.

You'll find a, water filter you like, I always have minerals on it or find a way to structure the water. And then if you wash, you can add hydrogen as well, which is, essentially an electron donor, for, lessening inflammation, a lot of research on molecular hydrogen, and then, you know, walking and movement, that's where like rebounding and, dry skin brushing or using a gua sha, they're these stone body washers that we, sell.

And then there's also scalp washers and facial washers and that can actually kind of be, something that you can do at home. the people who created Flow Presto also created a flow or been a flow vibe.

They're just sonic vibration tools that you can drain the lymphatic system through, draining the cervical lymph nodes or using the flow or I have, like, I think of these on my desk here as the flow or but, you know, just kind of, you know, a vibration that you can put in your armpit or kind of roll your scar or things like that.

I also use plant stem cells. I, and the medical director for Jen Parrish company nature provides. And I also created some plant stem cells for myself.

But, they are the fresh buds of the plants that get grown. And they have different properties. They're highly vibrational strainers. They're also regenerative in the body.

And they're great to, you know, and very gentle, but potent. you know, I created, the lymph flow cream that has a peptide called macrophage activating factor that helps to move the lymph and also treat the underlying reasons why your lymphocyte, congested in the bay, to begin with.

castor oil is awesome. So Castrol packs are great. if you can seek out general therapy, that's wonderful as well. and I'm sure the list could go on, but, you know, those are kind of like the top ten, you know?

there is there's always something you can do. I want you to, of course, know that. Yeah, that that those those are great things. There's a great things.

And then, you know, you talked a little bit, you alluded to kind of the voltage difference, you know, in a, in a cell obviously that that's not healthy.

and so then we go more into and also, you know, and the scar tissue, you know, that, you know, because it's not as biologically active. So the energy goes down, the voltage difference goes down into that tissue.

So now we are talking more kind of kind of an energetic quality of, of tissue, you know, where because and at the end of the day, you know, we are frequency, all substance.

At the end of the day, you know, if you go further down, all of a sudden you've, you stop seeing, you know, physical particles and, you know, just kind of vibration as you go further, further down.

So cancer tissue, any disease tissue, you know, will then have a different type of frequency than a healthy tissue would have. Yeah. And so what can a person do, you know, can talk to a little bit about that.

And, and what you've seen and what can be done to kind of create that, that healthy frequency within a disease tissue. Yeah, absolutely. And, and kind of a passion of mine, just because I'm so curious about, this idea that physics can dictate chemistry, and that's a big statement.

but there's a lot of people who think like this, and, you know, I'm of course biased to healing. And how can we, you know, create a more elegant path and relieve suffering and get people better, you know, and really go to the root cause, you know, not just in the biochemical world, but in these, you know, patterns in the field, interactions in the body.

And, you know, all of our bodies, you know, are electromagnetic in nature. We know we have lots of charges in the body that move through conductors like the blood and the limbs and tissues that create an electromagnetic field.

We know our heart. You know, creates a huge electromagnetic field. you know, our brain waves. So we have an electromagnetic, communication, that we emanate and that we, they then, and so that is, one way or body communicates, we also know that our cells, emit this, low, UV kind of range, ultra weak, emissions of photonic energy or light energy.

And that's the work of, Fritz Albert Papin. You know, really, health is, this perfect kind of Goldilocks coherence of light emissions. We don't want too much.

We don't want, too little. And we know that the DNA and that bio photonic energy that the micro tubulin within the cell and the mitochondria. So when everything's humming along and working well, that's kind of, you know, a healthy cell.

So there's a light emission aspect. there is also, this idea of, sound in the body, and bio. So nonsense, is what we say. And, you know, cells actually sing.

And this is the work of, Doctor James Jim Psyche out of UCLA. and this is like 20 years ago, he did this, and he found that, you know, the sound that a healthy cell makes, and sings is a, very harmonic, coherent sound and a, cancer cell.

all right, so that's dying is screeching, discordant, in harmonious. and he, you know, put these frequencies he was able to measure, and he put them on a similar scope in the way that he can make that, you know, sound visible, you know, so we could see the, the patterns of that vibration creates and matter.

And remember, we are, you know, mostly water. So we conduct, sound in, you know, that's all big conversation. But, these patterns are very, like, obvious to the naked eye.

Like what is healthy? What is not like there. The patterns are very, coherent, beautiful. Like what beauty would look like to most of us. Right. The symmetrical, you know, like, repeating all of that and then the, the, you know, the

dying cells are very discordant and disorganized, and there's a lot of chaos in them.

So then you begin to think of like, okay, how is the body communicating? you know, in these ways and how can we, talk to the body in dialog with the body in these ways?

And so, you know, this is kind of in my process, I say resonance and coherence and, you know, I use a lot of bio resonance. technologies in resonance as a phenomenon where there's a, you know, to, you know, frequencies are VI in a vibration where they can communicate and exchange information.

So there's like a vibrational match, there's an exchange of information. And, the hope is, you know, in the body that it also can, you know, amplify, you know, an effect to, for healing.

but by resonance, can, you know, it's really, quite interesting in eastern Europe. this is, you know, studied a lot and, you know, I've gone to medicine with a number of times and Europe and, you know, they are very kind of savvy to like bio resonance, modalities, you know, more so than supplements.

and then, you know, in the US, we have the FDA that regulates, you know, these things a little bit more. And, you know, we don't kind of hold that, understanding of life as much and I would say in America.

But, you know, Eastern Europe and also NASA, you know, they, they study how to communicate in dialog with the body. in this kind of as you mentioned, everything in life has this signature frequency.

You know, electromagnetic fields, light and sound are all frequencies, right? And, it's kind of like a thumbprint, right? That everything has a what we call resonant frequency.

And our bodies are just like a conglomeration of these resonant frequencies. And so there's different technology that can dialog and say, are there these resonant frequencies for the liver or for the bile of her it we see a signature of a microbe, that, you know, can see if there is a resonant frequency within an optimal range or is it out of balance.

And then they can report to us patterns. Right. And it's not diagnosed tech, of course. It's just you know, our job as doctors are like pattern recognition machines.

Yeah that's really what we are right. So we take all the data from the lab work. But then there's just this other subtle energy that, you know, it's not common to dialog with.

But that's often where the answers lie because the the disrupted patterns are more tangible and dialoging with the body in this way before they show up in the blood.

You know, often many of my patients, you know, their blood looks normal or there's only one thing wrong. It does not describe what's going on. And so, you know, I, I definitely think, resonance tools are really, quite, awesome for the practitioner because we only know what we can, you know, observe and dialog with.

So it gives us a whole nother set of information that we can, you know, fact check and, you know, check out with the patient. And again, always, you know, corroborate.

but it helps us to prioritize because I think the hardest part of our job is to take all this information and kind of go like this and make it doable.

Right. And the resonance idea for me is a prioritization idea. And, and, you know, it's a dialog with the body, see where the body's ready, what it wants to do.

And then when we think about like the coherence ideas. So I kind of alluded to coherence as a principle in life, as health. Right. So coherence is when we look at, physics, it's a principle of alignment, efficiency, organized communication, you know, like the body is in sync.

It's in phase two. Waveforms are in phase. They can talk. They're, you know, communicating. and so, you know, I've led, you know, my journey has led me to really think of, like, coherence as a really big part of health.

And it's taken me, and the land of heart mouth. I did a whole seminar on coherence and looking how our emotional state can really, you know, modulate the electromagnetic field of our heart, which is a big statement, but it's true.

and that can actually in training the rest of our body and our brain and, you know, that information can get carried, to the fascia, to the extracellular matrix and talk to the mitochondria and the cells and, affect, you know, epigenetics, you know, so we all have access to being able to get still for five minutes and to, do a gratitude or appreciation practice that is, sounds very simplistic, but it's really meaningful and it's actually how we're wired to heal.

we actually create a beautiful state in our body when we're in these states. you know, also, you know, I think about, you know, a lot of my patients, you know, cancer, right?

People are so tired and they're so ill. in my world, too, I have, like, some of the most spiritual people come to me, but they're very, like, they can't connect like they used to.

There is kind of like a we were talking about this at a doctor meeting this morning is like smog in their field. Like it's like sick. They can't get there.

So while we're helping them, you know, remove that, we're adding coherent information for their body to remember. So, is that frequency information, is that coherent light, in the veins or through the, through the brain or on the blood?

or just, you know, relaxing, or sounds, listening to harmonics, you know, sounds coherent sounds doing a sound bath or, listening to, you know, tones on YouTube that are very beautiful, like, these little things really do add up because they help the body, remember.

And eventually, as there is less noise in the body, the body can receive that information and, you know, create more and more of a healing response.

Regeneration and Closing Thoughts

so, yeah, this is, you know, really and, you know, every patient that I see, you know, I do all my normal doctor stuff, but we do bio resonance, we do muscle testing, we, you know, look at the, you know, emotional state, you know, where their spirit is, you know, looking at their trauma.

You know, all of it, you know, because it it all matters, you know, and you know, we are very dynamic, complex beings. But, you know, there are some principles, as you said, you know, coherence, alleviating the stagnation regulation.

All of these are really important for, propelling us to health. Yeah. And the key is so like you're talking about the you have all all this tissue, we're talking about the fascia.

We talked about how everything is interconnected, how it all communicates, how it all, you know, resonates with each other. And then when you have cancer, it becomes like an identity crisis in one location.

It's it's an area that's kind of stepping away from the whole and now wants to operate in a, in a different type of way. And you're talking about the, the kind of the screeching.

And when you hear the sound of it, you know, and, and we know as human beings, you know, when we are around that environment, you know, we ourself, you know, we're kind of, I don't I don't like this.

And we start to get irritated. And so that becomes and the tissue that is around the cancer is, is going to be

impacted in that way. They're kind of even though they they may be healthy to start with.

But you know, after all that screeching, you know, they're going to start to, you know, resonate with that negative frequency. So our job then, in addition to obviously doing all the physical things is to then support the energetic quality and then feed in, you know, healthy vibration, healthy energy, so that the the environment around the tumor can then be fortified and, and be able to handle this kind of negative energy.

And then after a while, if we keep supporting that, then, then the, you know, the tumor tissues start to resonate with the environment that it's around.

You know, both the, you know, the physical aspect. We're talking about heavy metals, chemicals and all that. Yeah. If that is there then that's going to impact.

But if we bring in nutrients we kind of flush that tissue, you know, and get rid of the toxins and bring in nutrients would bring in coherent energy, beautiful frequency.

Then all of a sudden, you know, the the tissue that then separated itself, you know, start to then to kind of become part of that community and, and we can then shift the energy of cancer to healthy cells.

I love it. You did a great summary of, you know, all of you know, what I shared in, you know, in your perspective. I love what you, you know, I remember Doctor Dictum taught me when I was in school and I remember him saying, you can't take disease away, but you can add more light, you know, and that's exactly kind of, you know, what you're saying, right?

We can add more coherence. And I think the doctor patient relationship is really and her practitioner also relationship is a really beautiful exchange in that way.

And I think our jobs as practitioners is to do our own work and leave whatever is going on at the door and create a coherent field for the patient to, in training, and to, find hope.

And, you know, you know, kind of see kind of clearly and just remember, you know, what this is about. And not to say it's, you know, I mean, I know you and I see, you know, patients who are really, you know, at rock bottom a lot of the time.

And, you know, we obviously both see that journey of transformation and, you know, them getting better. And it's knowing that they can get better. And we both know that we can see somebody transform and get better.

And holding that intent when that person is not, you know, not ready to embody or experience that it's it's a journey. Trust me, if I could do this on one patient visit, I would, you know, but it's you know, I have, you know, lifelong patients in the sense that it's a deep relationship.

and yeah, I think there's so many aspects to that. Yeah, yeah. I mean, because all what we're doing is that we're shifting patterns. So obviously there was a pattern that brought the individual into a disease state, you know, and that can be a chronic illness, you know, like cancer or autoimmune or neurological or whatever it may be, but that that pattern has just kind of been reinforced until, you know, it became symptomatic.

And like you mentioned, you know, the blood may look perfect, you know, because blood is like a late, late stage way of testing things and the energetic aspect of it, you know, that it's shown way, way before.

And that's those, those patterns that are, that are created. And then to be able to shift that, that boat sort of say that's moving in one direction. It doesn't just take here, take this one pill or here, do this one thing.

it can't just happen in one visit. It is a continual relationship. And as as the provider you're having, you're guiding them through that journey. You're creating that space where they're able to make that turn around and create a new energetic pathway that then leads to health.

Yeah, I love that. Yeah. Absolutely. Yeah. And it's it's some of the most rewarding work that anyone could ever do. so, So just to kind of summarize, and I may have been missing something, but yeah, you know, first, first we had the.

regulation. The regulation, drainage resonance and it's. Coherence. Coherence and coherence. Yeah. And I add regeneration a lot too, because the body kind of gets beat up by a lot of these illnesses.

And, you know, now we have a lot more like regenerative medicine and, you know, access and you know, all the also the bioenergy genic medicine can help signal and create, you know, healthy new stem cells, you know, through light and sound and amplification of even our resident stem cells.

But, they're, you know, doctors now are able to do in the US exosomes and umbilical stem cells. And, you know, sometimes the, you know, the body really needs that.

And, you know, I don't do stem cells in my office, but I've been starting to do exosomes just to add more healing and more energy, more regenerative capacity for the body.

you know, because it's tough out there and the, the you know, I don't like to say this, but the body does get, you know, beat up, you know, and so how can we restore it to, you know, it's optimal state, you know, when the, you know, kind of the, you know, the journey is on the other end of a cancer or diagnosis or, you know, but there's a lot of, you know, especially, you know, women always ask me, like, can I do Botox?

And I'm like, no, you know, so it's like, you know, but, you know, as part of life, you know, we want to look and feel good. And when you're better, you know, how can we help regenerate the body and feel, you know, vibrant, wherever you are in your stage of life.

Yeah. And and obviously, the best cancer is the one you never get, you know, so to, to, to address these things prior to, you know, the potential diagnosis is the most important thing.

but post diagnosis and post having to, having done all this work, you know, then bringing in and things like, you know, talk to, but about plant stem cells and you have peptides, you know, you have the exosomes.

There's a lot of these powerful tools that you can bring in for regeneration post, you know, so if you've been beating yourself up with chemo radiation and you need that extra boost, you know, for tissue regeneration, then these becomes very powerful tools that add to, you know, what you're doing.

Yeah. Yeah I love peptides. And I had mentioned plant stem cells as well. And these are all like such wonderful tools in our toolkit. And they work. Yeah. Love it.

Well, Dr. Schaffner, you are a wealth of knowledge. You do so many amazing things and, you bring things into a very and a step by step process. This is what we need to do.

And and I hope everyone that's watching this, listening to this, that, it is so important to look at me. You may not think like a scar is important. It is important.

You may not think that addressing, you know, severe filling our root canal or something like that is important. It is important, you know, all of these things add up, you know, and that the tonsils you talked about the interference fields in the tonsils, a lot of people don't even recognize or even if you don't have any tonsils, you got the scars there.

And those become interference fields that impact the body in so many ways. So looking at all these things, you know, going through the checklist, make sure that I've addressed these.

It's going to make any kind of healing so much better and so much faster. Yeah, absolutely. And thank you so much for having me. It's always so fun to share what we know at this time.

Thank you so much.