## Introduction and Robert Scott Bellu2019s Background

– I'm so excited to have you here on this segment of the regenerative medicine summit Dr. Robert Scott Bell known for his amazing podcast that airs every day for how long now? – I started in radio in 1999.

So this is my 20 third year broadcasting and so radio and then we didn't have podcasts back then, so it just only expanded the reach, which is kind of cool.

– Yeah, yeah, that's amazing. But let me let me kind of read your bio here so people can see all the coolness that you've done for a long time in broadcast media.

Since 1999 Robert Scott Bell Dr. homeopathy served on the board of the American Association of Homeopathic pharmacist, currently served on the board for trinity School of Natural Health and United Precious Metals Association Robert Scott Bell is a homeopathic practitioner, an author and an expert in silver and copper therapeutics.

As a keynote speaker, lecturer and educator, he shares its expertise and practical experience with a broad range of audience from healthcare and wellness, professional forums to natural industry, trade and consumer shows, addressing those who are seeking the depth of his knowledge, education and key insights from his years of holistic practice, supporting effective natural health and healing choices, Robert reversed numerous chronic diseases nearly 30 years ago via home.

The herbal medicine, organic whole foods, minerals, essential fats and the transformational power of belief in divine spirit, Robert is the father of two vaccine.

Free Children, congratulations, Elijah 22 Ariana 17 with his wife Nancy Robert co authored, unlocked the power to heal with ty Bollinger. He holds the popular Robert Scott Bell radio show six days a week where he discusses everyday health issues from the perspective of alternative and holistic health care.

He travels and lectures to bring the power of held back where it belongs with each and every one of you. Uh Such a pleasure to have you on this on this segment. – Thank you Dr. Karlfeldt.

It's good to see you and good to be with you. On a topic of great fascination to me and on my journey to understand about regenerative. What I say. Dare I say medicine. I think medicine has negative connotations because they it's approved by the fear and death administration.

FDA. It becomes degenerative, not regenerative. So we have to delineate how we talk about a very important topic like this. – Yeah. There's somebody call them the ferries and demon association. I mean so yeah.

Whichever direction you want to go sometimes. But yeah, they don't seem to always have our best interests at at the heart. So so we need to kind of shift the way we look at health and the way we look get medicine and recognize what true medicine is and and then we need to go back to kind of the fundamental pieces. You know what what are some of the core pieces that are our bodies are made out of and that you are part of creating enzymes you know which are the workers of the body and there will look at simple things like minerals.

## Minerals, Deficiency, and Chronic Inflammation

I mean people don't recognize how important they are and the impact that it can have on your health by introducing them. So, so tell me a little bit about you know, the minerals their function and some of your favorite minerals that you think that these are the ones that everyone should pretty much consider on their health journey well.

– And you speak of the health journey. I mean I wasn't aware of this growing up in a medical family. I had inflammatory conditions from almost the day I was born. And so it was always met with various drugs and medications that would suppress the infl mandatory response, which is an immune response for an important purpose.

Uh but if it goes chronic, then we get into degenerative conditions. And I think one of the things when we consider aging, they talk about degeneration.

So it's almost to be expected, maybe it's considered to be a normal part of life as the body breaks down over time. But to have it accepted as a norm among Children. That's just, you know, it's it's a shocking scenario when we see the amount of inflammatory degenerative young people today.

Now I was a canary in the coal mine in my generation, it wasn't common, but I had a lot of the generative inflammatory conditions that were always met with medicines and drugs and you know, growing up on what's known as a standard American diet back in the day, fast food wasn't a daily event. It was like a delicacy was a treat to go out to the fast food restaurant, although in my generation we had already started in that more than just once in a while scenario. And so the food that I had grown up with was considered now they call it conventional. Uh and as opposed to organic and it used to be that food was just called food. Now we have to differentiate between the kind of things we put in our body that might not be actually, food contains a lot of extra things that that can create inflammation and degeneration.

So I'm just laying that out in my history because I didn't know that I was lacking in any minerals. And there was never a doctor that talked to my mom and dad and said, hey, this kid needs some minerals.

No, he needs another antibiotic. Hey, you know what? We've got these powerful steroid hormones, predniSONE and cortisone and let's just keep that going. So the skin doesn't inflame and all the things I had happened, including a skeletal inflammation tendonitis as a child.

So I look at that history and I say, wow, I was completely devoid as were my parents and and many of the doctors we went to who meant well were devoid of real issues that you bring up here in terms of an abandonment of base level vitamins minerals, trace minerals, trace minerals, especially if we will even in minute or microgram amounts being the difference between healthy, if you want to call it aging, I would just call it the healthy functioning and metabolic function of every selling the body versus a lack of anyone. Or many of those minerals creating metabolic dysfunctions leading to well uncontrolled systemic inflammation and degeneration. Even at young ages as a child, much less someone in their youth. – And then we're kind of seeing this, you know, more and more as we're getting more and more nutritional deficient in our food.

You know, each generation is having to battle this, you know more and more. And we're seeing that it's becoming the norm. You know, Children with asthma, Children with diabetes, Children that are overweight, Children with attention deficit disorders, you know, these are, you know, autism, autism is becoming more the norm.

And I didn't see that growing up. And I mean, I I can't my class of 30 that I had, I don't remember anyone actually dealing with any of these kind of health conditions.

Nobody had diabetes. Nobody had asked me, I didn't have allergies and I definitely had no idea what an autistic person was until I came to United States.

– Yeah. And that's, you know, the experience I had when I started waking up to these realities. I asked my my father who was born in Brooklyn New York and you know, just one generation removed from me.

I said, hey dad, you know, you see me with all of my ailments and illnesses. I had allergies and respiratory disorders and everything. We're all your friends sick, were you sick like this, dad?

And he never thought about it till I asked him, he's like, wow, no, I don't remember anybody like that. Well, there was one kid who was a sickly kid, right. Other than that, we'd get a cold or flu and then we'd be on our way. Like

nothing happened.

So I thought, okay, this is this is not normal what I was going through. And to your point as well, I didn't know a lot of kids that were like me having all of these ailments that I suffered with. Now, if you have a child that has no chronic ailments, it's it's big news. And and I'll just say this the healthiest kids that I see are the least vaccinated or not vaccinated at all from around the world.

And another thing that's been said about Americans were the most overfed, undernourished people on the planet. We talk about obesity and you think, well, there's plenty of food. Well, the question is, what's not in the food that's creating this scenario or what is in the food that you don't want there. So I'm sure we'll get maybe to some homeopathic discussions of drainage and detoxification, but in terms of mineral identification.

When I started my journey to healing, I began to look again at the minerals on the periodic table of elements like I never had done before and began to scour the medical research and literature on these minerals and their impact on health and much less disease.

And the first one I came to was selenium, selenium of all things. This trace element that you hear about. Oh, it's it's abundant in brazil nuts and everybody should just eat brazil nuts. You'll get more than enough selenium.

But that belies something that I also had to look into over the years and and many decades now of research into mineral content in the soils. And we find that pretty much every mineral has been depleted significantly.

So that even if you look to get the selenium and I'll explain why it's important to brazil nuts unless you are in control of your own brazil nut farm.

And you know, the minerals are present in the soils there, even those wonderful nuts are not containing but a fraction of what it once was. And what do we need to facilitate proper, let's say, defense against rampant inflammation and even genetic aberrations that they might determine to be cancer.

You know, selenium is the key mineral in terms of protection against cancer and reversing most cancers yet. You can't say that if you sell a selenium product in a health food store or even in a doctor's office, they won't let you tell the truth about the science of selenium.

So let's just say this selenium is the most single most pretty detective mineral in terms of cellular metabolic integrity and counter so many of the things that do contribute to the generation like cancer. And that is to counteract well heavy metals, many heavy metals. Selenium is given up in response to protect against mercury and a lot of others. And yet we give short shrift to saleem and if we mention it in the physician community, you'll always be, you know, the response will always be well. Yeah, I know Salim is important but oh it can be toxic. Oh it can be dangerous.

And and I've said this, you know, we're so afraid of the wrong things. You know you've got mercury in you and you're like here's some selenium to counteract the Mario but be careful with the selenium, all the food coloring are perfectly fine, you know? – None of that can be toxic. And then yeah – Exactly. And you just put perspective on you.

All right. So how much do we need Now when we go back to some of those original studies that said selenium is dangerous, it can be toxic. You've got to look at the form or sometimes they call it speed appreciation of the minerals, what form does it come in?

Is it sodium sell a night? This is more like a rock that were not designed to break down so easily for utilization. Could it accumulate. Yes. Could it be problematic perhaps.

But even in those cases you find that if you simply stop the inflow of that mineral in the wrong form, it remedies itself. In other words the body is able to undo the damage very quickly within a few days to a couple of weeks maybe.

And then that's not be advocating for taking too much of the wrong form of something.

## Selenium: Protection, Dosage, and Cancer Support

But then we come back to what's the right form. And if I look at the human and animal body, are we designed to absorb minerals from rocks directly? No, we typically find it in food that the you know the plants through the minerals through the soil's all of that break down the microbiome of the soils, all of these wonderful life forms that take these minerals and break them into a form that the plants can assimilate. And then we would either eat the plants or the animals that eat the plants, we eat the animals. And then we got to find out of course where those minerals and those animals and we don't eat the organ meats like we once did where we have a high content of other key minerals which we'll get into.

But I just wanted to bring selenium up if you want to add anything to that is the reason – You're talking about. Obviously not everyone's going to run out and and eat organ meat especially like like like heart. You know obviously it is very rich in selenium and all these different nutrients that are fantastic for your own mitochondria.

And then obviously buffalo heart would be if you're gonna pick one then that would be the one. So if you would go to health food store and you recognize I'm low in selenium, what kind of form and what kind of dosage would use it? I mean would be kind of a good general direction for a person to think of. – Sure, and I don't have any stake in any of these brands. So I'm not brand loyal and product specific clinically what what works the best And if I find something better, I'll use it. But in the context of what we call whole food, 100% whole food forms of these supplements or minerals.

It is different distinct than taking isolates and then throwing a little spirulina under them, you know and saying it's a food uh it's kind of tricky in that way.

So growing into a food matrix just like nature does. And I know man is trying to do its best to mimic it. It's when it's synthetic, it doesn't always translate the same way.

So in the way and I use an eight response selenium that form is a professional brand, but I think you can get it online and I've utilized it, it's 50 microgram tablets. It's not a high concentration but in context for my daily immune and daily cellular protection context.

I try to target 450 micrograms a day and I really get typically 23? Because I don't eat three times a day. So I don't think about it even though these forms of supplements you can take with or without food because they are food as opposed to trying to pretend they are. But some people say 200 is enough, but maybe at a bare maintenance scenario, but we are relinquishing selenium all of the time in metabolic processes, liver function processes.

The production of course of glutathione, the peroxide is form is critically dependent upon whether you have adequate selenium. So if the selenium stores are always going to be used in production of glutathione peroxide, it's which we know is a master antioxidant, detoxifying so many things that we use it for and we don't think of that ongoing need to replenish that which is lost. And then over time we diminish even one mineral and that creates metabolic abnormalities. And then we we look at adaptation for survival, cellular metabolic adaptation, which is another way of saying chronically ill, but you're adapting to survive in the absence of something you need or in the press something you don't and I'm glad it happens. But I was adapting into chronic city as a as a child and I'd learn these concepts and kind of how do I unwind them now from a broad spectrum, multi mineral context. There are, you know, ancient like mineral beds that are existing in full of like acid humint acid kind of supplements. So there's a lot of availability on those things. So I utilize that in a general broad perspective. But then again I target key minerals like selenium because I know of the abject efficiency and what happens when we don't have adequate times amount. So let's say if someone was coming to me with cancer, I would put them on 1000 even 1200 micrograms, which shocks and scares many physicians. Like how could you do that?

But the form I've utilized and I've done this for over 20 years now. Never once reached what we call toxicity or shown any evidence of toxicity of selenium.

So I know this is disconcerting for some that have been brought into this belief system that selenium is dangerous. Again, the form matters and utilizing it appropriately. Not everybody needs that much.

But dude, if you're dealing with cancer. Yeah. And also neurological issues, you know, brain nervous system, psyllium plays a role there as well. Yeah, we're just talking one mineral at the moment we'll transition to some others.

But I love the discussion because it's just the basics that are overlooked, you know, – And it's so important to recognize that in the body you have these processes and they require certain components in order to be able to be completed.

So when we are deficient in something, these become like rate limitations, you know, so it limits how fast they process will take place. And so by inserting these little components and it may look like it's just a mineral, you know, it's not a lot, but what you're doing is that you're opening up that whole conveyor belt and now that it can start to run full speed because it was just that one component right there. That stopped the whole conveyor belt.

And so that's that's what minerals are just like that. – Yeah, you're so right and and and like I said, I don't mean to over emphasize one over any other, but we recognize that even without one that's key.

You pointed out the whole conveyor belt is mocked up at that point. And and so to not miss some of the basics is an important part of our discussion. Uh and you know I talk about degeneration is well regeneration, how do we do that? I think of the comic book character now it's a movie character, the X men, the wolverine, what is his secret power or power?

It's to regenerate faster than he degenerates in the, in the, in the front confronting of acute and or chronic assaults and that is something that keeps us alive and well and has us aging gracefully to do the things that I can do in my mid fifties that I couldn't do in my twenties because of the difference in lifestyle, the choices I made when I became aware of the deficiencies I was suffering from and the toxicological burdens I carried from not knowing about how important food quality is.

And of course the other things doctors did by injecting me with things that contain mercury and or the mercury fillings I had that they called silver.

Uh so that you know that's another aspect. You mentioned the heart interestingly enough, eating the heart is a rich source of selenium. It's also a rich source of copper as is the liver. Copper. And this is one this has become even more so – That product. Yeah. – You tried this already.

Amazing. – Yeah. I love that product for all connective tissue and and joint and I mean hair and I mean it's fantastic. – And it was something that I had overlooked now as a homeopath.

I had uh prescribed cooper a metallic um for many different things, particularly varicose veins, varicose cities, it had benefit for kidney issues, renal issues as a homeopathic, but never did. I feel super comfortable about copper as a supplement, partly because I was falling prey to the propaganda of like, oh copper, it's toxic. Don't take two again, we are afraid of the wrong thing granted we could take the wrong forms and become problematic.

But oh it takes a lot more to run into problems than other toxic metals and life? S ain't from round up things. I mean perspective is in order here. And so we learn that – And also you can be copper toxic and copper deficient at the same time, meaning that you yeah, you don't have the nutrients that you need in order to be able to utilize the copper appropriately. So yes, you have copper that's sitting there to be utilize. But it's just kind of crowding space because we're not and at the same time we're deficient. So you know, our connective tissue or blood vessels, all of these are are still suffering.

– Yeah. And I realized that some physicians were on my broadcast predicting devastating response from the covid experimental jabs injections. Uh some talked about antibody dependent enhancement, pathogenic priming original antigenics sin.

It's facilitating an immune response that could be deadly. I talk about category 1 to 5 hurricane levels. Everybody knows, especially if you've been from Florida. Like I was you know what?

Category one and five and you don't want any of them. But imagine a category six that doesn't exist in nature happening inside your body. This is the systemic inflammation that could be deadly that has met modern medicine with something like methyl predniSONE predniSONE shuts down the immune response and could save your life in arguably in a situation like that, but devastating to the immune system going forward and destructive of the liver. So if you can avoid doing that, that would be preferable. And that got me interested in copper because I've been working with silver for many years. The bio active silver hydro saul and I knew that it had site specific inflammatory modulation properties like cytokine storm reduction sites specifically. Why is silver used in burn care centers around the world? Because you have massive inflammation locally the area of the insult, the injury, the wound. And so if you use silver, cool that inflammation immediately, not by a suppression, but accelerated a regenerative process. So you would heal tissue, accelerate regrowth of epithelial tissue. Like you would not see with anything else.

It was like God's medicine to accelerate regeneration site specifically. But what about systemic, that's where copper comes in. It's like rather than the lightning strike where the burn is coppers like the whole storm.

So when we talk about aberrations of systemic ongoing inflammation, it's often evidence of a copper insufficiency or deficiency. And we talk about the varicose veins and the heart, copper and selenium again working together brilliantly and beautifully.

## Copper, Silver, and Regenerative Uses

And so many of these pathways iron toxicity, iron excess, they'll often diagnose anemia is not enough iron, but the reality is 99% of the cases, it's not enough copper. So the body can't use the iron appropriately can't metabolize it. And so again, we see the relationship go, well, we've misinterpreted that and said it was too much iron, but it was the absence of copper and iron can be used.

So it's like these things are known, it's not like they're not known, they're not in the peer reviewed literature. They are but we skipped over them. We got the latest toy, the latest flashing light got us distracted and we got to come back to these basics. – I love it.

Yeah and and and copper I mean you have people just feeling old feeling inflamed you know arthritis. I mean coppers is just amazing at that and I and I don't know who is not suffering from that nowadays.

So uh and then talk to me a little bit about silver because you you use silver a lot. And and one of the things that one of the protocols that I know in your book you talk about is is using silver and aloe vera for digestive issues.

So so tell me a little bit about what people can use silver for and because obviously that's not one of those that we would consider being part of building blocks in the body but it has a tremendous use in so many different areas.

– Yeah and this is one of those ones that came to reluctantly because I had been prescribing in my patient base including Children detoxification, support, homeopathic and otherwise. And and here I was exploring the possible use of another metal that I was like oh I don't know if I want to do that, I'm trying to get these bad metals out of the body.

And then I read the book by Dr. Robert. Becker the body electric. And that opened me up, it's like oh my gosh you mean this is a regenerative mineral metal, Not a degenerative one. Okay well let's check this out.

So if anybody hasn't read the Body Electric by Dr. Becker it'll open you up to regenerative aspects of the metal known as silver. And so I began to explore.

Now this doesn't mean I wanted to throw as much silver as I could in a person. We know the risk for Algeria, particularly those that make homemade colloidal silver and use it forever. But I wasn't gonna risk that for anybody,

much less my Children.

But as I began to explore the properties of silver and found out that if you could deliver it to the point of focus I which is why in bird care centers they use silver topically.

But having a more bio active form if we could deliver to the area need we could succeed in accelerating the integrity of tissue regeneration and limit scar tissue formation potential. Now it's easy to do that with, you know, a silver gel or something topically. Here it is, you put it right there. But I was dealing with gut issues my whole life prior to opening my eyes to see what was really problematic.

And I didn't know about silver when I took my two intense years of changing my diet to organic and hitting them minerals that I was deficient in and detoxifying with homeopathy and also working with other remedies. What it took me two years to do, I figured out with the use of the silver in in its active state could accelerate the recovery from two years to as little as two months, sometimes shorter.

But I had to find a way how can I deliver with gut inflammation damage to the endothelial and epithelial tissue? How could I deliver the silver into the gut when normally it was absorbing so rapidly in the mucosa for the lymph blood and systemic immune benefit much less local application. And that's where I was working with physicians like Dr. Eric Renson strategizing this and we're like what botanical ingredient is really great for the G. I. Tract already and it's not easily absorbed at the stomach level and is designed to go further and that we came to aloe vera.

That plan is God's medicine for epithelial tissue, external and internal. So we began to combine the silver hydro sol with the aloe and we saw we were able to drive it past the stomach so it wouldn't be utilized prior in the upper G.

I. When we wanted it focused on the small intestine, large intestine and colon. And in that way we facilitated the reduction of inflammation inflammatory cascades that were chronic and began to accelerate up, regulate the healing of tissue, just like we do on the skin, the epithelial lining of the gut as well similarly.

And of course we would address despite aosis if it was yeast overgrowth, clustering um anything like that. And then come to find out years later With peer reviewed studies on this redone, duplicated that even flooding the gut with lots of silver.

I mean even 2000 times the reference dose that there was no negative impact on microbiome biodiversity. Which is quite radically different than anti microbial drugs like antibiotics which we know can kill things but in such an indiscriminate way that you end up with opportunistic sex and you end up in worse shape than when you started.

Whereas silver facilitated the healing of the terrain so that the imbalance is not going to result in opportunistic. So we have a lot of tremendous benefit.

We're just touching on a few of them now. But it's an exciting part of talking regeneration as well. – And you have long intestinal lining. I mean you have you have the ability then to feel your lining and it's not just like it's it's just a tube.

You have all these little nooks and crannies, you know little folds and things and to be able to have something that stick to those folds and and contained in an active ingredient that keeps keeps working on killing off the different pathogens that produce.

And these toxic substances that that triggers that leaky gut scenario, you know where that triggers and food to enter into the bloodstream, you know in in an undigested form and then causing immune system reaction, you know, triggering putting stress on the immune system, driving autoimmune and also suppressing immune system driving cast and all these kind of things. So so to have, you know the aloe vera, I thought it was brilliant to have the aloe vera to just kind of be the delivery system and kind of let them the silver act along this lining to kind of clean that junk out is amazing. – And it's a low tech solution to a high high tech problem in a sense. And yes, the silver, there's technology involved in producing the bio active form that we use.

But uh the aloe is just, it's just amazing what it does now. It's been known to help people even without the silver, but the silver was like the great accelerant and the two together are tremendous. I mean you can use it externally with a sunburn and you'll find that a sunburn that would normally peel blister and peel won't blister and won't peel, you're like, wait a second, that makes no sense.

But there is a regenerative aspect to silver that is like God's medicines for burns. And it's like if anybody's got a problem with that, take it up with God created silver, right? So we just utilize and harness those properties appropriately and we can do so in a non toxic way.

And you know, it's part of the reason why my kids have never even had antibiotics, much less vaccines and it's not like they've never had infections, it's part of life. but I haven't had to resort to toxic chemical interventions for even infections with these Children that are now.

Well my son is an adult. My my daughter's head in there pretty fast, but the capacity to go through life without antibiotics, I don't think anybody would argue that's a bad thing we would love that. I'm like, yeah, and I've been able to do it with my kids, unlike me who was raised on those things – And tell me just kind of a little quick about antibiotics, what does it do to the body, long term impact because we think we'll just take it and then I'm not on antibiotics and I'm all fine, but it has a long repercussion.

So to be able to have something like silver instead obviously becomes crucial. – Yeah. You know, one round of antibiotic can set you up for a lifelong disability. Honestly, it's that bad and I call it a form of chemo chemotherapy because I want people to hear when they're being prescribed an antibiotic that doc is writing a prescription for chemo.

And you go, oh, doc chemo isn't a little harsh because you think about it for cancer. Like it's just an infection chemo, it is a form of chemotherapy and it is not therapeutic in terms of your long term health and viability, but we've relied on them for so many generations now that we don't even think about them, they're written even even as there's controversy even as doctors say, I wish I didn't have to write as many well if they knew the stuff you know and I know they wouldn't have to but even one round can go in.

Not only create obviously dis bios is just by attacking indiscriminately different microbial life forms but the damage and inflammation done to the epithelial lining of the gut.

The villi themselves sets the stage of an altered terrain or environment or milieu that when you change the environment you change what grows there. And as we think, oh well all I have to do after an antibiotic round is uh put some probiotics in me and they're like well that'd be great if that were actually working in practice but when they get down there if it's not the appropriate environment for them, they'll either pass on through and not survive or they may alter and express new genetic material DNA and reserve to survive a hostile environment and then they become a form of quoting probiotic that not might not be promoting your life as much as adapting to the form or or the the terrain that you've given it because you didn't know you were disrupting that terrain. You thought you were just killing bad guys and it's way more complicated than that.

– And your health is directly related to the biodiversity. All the bacteria that exists within your gut. So just and we're not, I mean we take a probiotic would take a few strains, but there are like thousands of different sub species within within your gut. So by killing off 1000 of them and then you replenish maybe three. You know, it doesn't make any sense.

And like you said, you know, the terrain in itself will then, you know, it will shift or shape how those bacteria will will work. So to to use something that's more regenerative, like silver.

You know, it's it's fantastic. So before we move into homeopathic because that that's a that's a huge area that I want to make sure we discuss what is another kind of favorite mineral that you feel that this is something that really should be discussed and and people should should have it in front of them.

– Yeah. You know, it's hard for me to limit where I want to go. But I'm going to honor the time we haven't hit a few

and then maybe it'll inspire people to start looking at these minerals differently. Or you know, the book you mentioned the book I wrote with my buddy Ty Bollinger.

We go into a lot of the basics. It's not very fancy, but it's like we need the basics. Sometimes we got to always go back to the basics. So I think about the connected tissue, we mentioned copper copper being a really critical role.

And I think it's interesting with copper that almost every manifestation of covid, whatever you perceive covid to be is almost identical to copper deficiency.

It can be arguably if it's not the cause it certainly made things worse worse not having adequate copper including the production of energy and mitochondrial production of A.

T. P. You need copper and magnesium. So I could go, magnesium would be an amazing mineral to discuss. But then again, when we talk more salt on connective tissue, that is a big part of the breakdown of our, that's our very life, this body, this temple that we live in. And so copper plays a role as you mentioned with connective tissue. I think another overlooked mineral is silicon or silica. And even though it's sold as the beauty mineral as copper, often it's skin hair, nails, it's like the connect active tissue is the heart itself, the entire vasculature, the nervous system, the brain much less bones and tendons and cartilage.

## Silver and Aloe for Gut Healing

And all of these things that we say, oh we go to macro minerals like calcium which are in abundance and we often take too much of it and end up with problems like within the uh well the cardiovascular system calcification of the artist. Too much calcium and due to unbridled unmitigated inflammation, which again, selenium and copper protect the integrity of the micro capillary beds as well as the vein system and the heart.

So we how do we counteract these things? So I think silica is one of those minerals that is often just kind of dismissed because oh it's skin, hair and nails like well everything else too. And so getting that in the right form as well as another consideration. And I've seen restoring things like osteoporosis within a couple of months or less by replenishing silica and I'm not ignoring other minerals. Magnesium as we talk about and other minerals are important but we missed that one.

And oh my gosh it's like it's not really getting to where we need to go or we focus on one that yes is I argue that calcium is necessary. I don't say it's not but the overemphasis on a macro mineral like that to the absence of micro minerals that are so critical without which that big one doesn't work so well either we come back to the co factors and the the concert that needs to be you know held together – We need that matrix in order for calcium to be put put into something and sell a guy is so key in building up that that bone matrix and then we can place calcium into it.

But then you know to highlight what you so beautifully said I mean the calcium the way we are taking it we are overcrowding the body and we're actually overcrowding ourselves with calcium and interfering them with mitochondrial function because you know that the body is trying to store calcium somewhere and it just got jammed jammed into these cells and interfering with normal metabolic functions. So so silica.

And and we know with any kind of health issue. You know be cancer be pathogens for them to be able to move from one area to another. If the connective tissue is strong and healthy it becomes very limited in its activity becomes very local.

And if if your tissue is weak it can then move into areas in whichever way that I'd like. So that's why things again copper silica you know to to support that connective tissue integrity. – I love that we get to talk about this.

It's so overlooked like how it's just magic. It metastasizes know there's weakness in your connective tissue making you more vulnerable for the spread of something that your body would normally sequester deal with and get rid of.

Uh And now of course if there are other immune deficiencies, we're not ignoring that part of the strategy of overcoming cancer you know is the silica issue is the connective tissue issue.

Copper again. Playing a role there. Uh There's so many co factors to to play here. I just like I said, I love the subject because we'll never run out of things to say.

And we mentioned calcium as well. Trying to take take too much and it's like going places like where are we putting it, how many of you have ever had bone spurs or seen patients with bone spurs and we come back to another mineral that we might need but not in access and not in the absence of another. We go to zinc, zinc is an important part of regeneration and then of tissue, but in the absence of copper zinc is like a carpenter with no general contractor saying this is what we want. You to build and zinc will just go, nobody's here to tell me I'm just gonna keep building.

And so in the absence of copper, you end up with abnormal growths if you will bone spurs for instance, just one example of that. So you see how the symphony plays.

It's not about one mineral. Even as we talk about each individual mineral being important. It's understanding how they work together. When you see something manifests that would be indicative of yeah, maybe too much of one thing. But it might not be, it might be too little of another. – Yeah. Yeah, that's and and it's interesting talk going to the metastases and connected tissue. I don't know how many kind of blood slides I looked and when you do the the the dry blood cell analysis, when you kind of look at dry blood under slide and you can then see that connected tissue.

And if you see that it's strong and healthy, even though an individual may be dealing with cancer, you know that that is going to be contained versus if it's just all look like, you know, just a sea view. No, just holds all over the place.

You know, there there's no that that cancer can just kind of move through easily. Um let's let's go into homeopathy a little bit because we uh yeah, I mean we we can we can this subject is is like a week long discussion and we're doing it in one hour actually, I'm proud of ourselves.

So, homeopathy, what role does it play and what are some kind of, what's a general concept between, you know, within homeopathy and what are some of the most important things that people should consider in their healing journey again?

You know, when it comes to homeopathy, you mentioned like drainage remedies and things. – Yeah. And you know, the thing is I came to homeopathy, learning from a master teacher in the concept of drainage therapies out of the French approach, if you will, in the latter years of Dr. Hannah, I mean, it wasn't uh constitutional prescribing one single remedy would match up to everything and, you know, you have a miracle occur. It was a recognition acknowledgement in the advancement of the since the Industrial Revolution and more in the 20th century, the millions of synthetic chemical compounds that were created by man, not God, and thrown into the environment, our food, water and air, creating massive degenerative conditions, inflammatory conditions, chronic illnesses and ailments, like unlike any time in recorded history.

Uh and and so my focal point in homeopathy was this concept of how do we remove the offending elements from the body and how do we facilitate that? Now we we've talked a little bit about minerals and their role in metabolic functions of the cell. But before I even knew all of that to the intent intensity that I know I was working with the homeopathic principles of drainage, which where I would work with remedies that would work with the liver, the kidneys, the colon, the lymph to help facilitate normalization or optimizing uh, the functions of that, the garbage men and women of the body.

Right? How do we get the stuff out that doesn't belong there as a starting point That would already remove a lot of metabolic interferences, et cetera. And here it comes from a kid who was hospitalized with constipation. I was hospitalized when I was a kid, that's how bad does it have to be. And so my function was not function.

It was dysfunctional all the way around. So I was the perfect, I guess, I don't know, the guinea pig is the right word. But if I signed up like I believe I did that, you know, God, here I'm going to go back to earth and I'm gonna have all these ailments and illnesses, I'm not gonna like it, but I will learn so much by having to overcome it that I'll be able to teach others to do the same or better. So I think on some level we have a mission like that, that the suffering doesn't go to waste. So the drainage principle and by the way I did a clinical homeopathy one oh one plus uh lecture on demand for my friends at trinity school of Natural Health.

## Homeopathy, Drainage, and Detox Support

And so anybody wants to get a jump start on what to do. It's not like you become a homeopath overnight, but still if you can apply basic principles like this, you're only gonna enhance everything else. And what I learned was by working energetically or metabolically directly. Right?

And homeopathy. We're not digesting and breaking down complex things. It's more of an interaction immediately a communication system. And and I know that if you're a molecular reductionist western mindset, it's hard to conceive that you could put something that is almost not there or not there at all, if it's beyond the number of avocado and have an impact on matter.

But alright, we can't go into that argument right now except that I see clinically time and time again, much less my own body, the efficiency with which it brought my systems back online not only the detox pathways, but the digestive and assimilation pathways.

I began to work with stomach intestine pancreas, you know, different things like that. And then on the third approach of this is like a three pronged concept of focus is the inflammatory cascades, how do we mitigate that without suppression? To help the body get to that point where it can begin to regenerate instead of always being in a state of flight or flight or defense.

Right. And so this is the concept of the clinical approach where key remedies would be put into a complex my favorites I list in that uh in that lecture on demand for liver uh it's more complex than that.

But for liver basically brogna nooks veronica estelle Adoni. Um if you know home you may have heard of those things and then you might hear. Well I thought it was for this or that. Well the answer is yes.

If you have a materia medica and you open up any one of the remedies I mentioned you're not gonna find one use you're gonna find dozens sometimes hundreds of uses.

And clinically over time we found the remedies that facilitate normalization or optimizing a function that has been well made dysfunctional long before you got there.

That doesn't discount the mineral discussion. We have the importance of eating clean. That's what I did. But in a in applying homeopathy for degenerative conditions to stimulate regeneration.

In my opinion in my experience it's not about finding one magic remedy, it's about acknowledging the various metabolic imbalances and the reasons that they're there and addressing them maybe even simultaneously. And I don't do that with what we call high potency is you know there are people that use one M.

50 M. L. M. S. Uh You know for me it's a low potency. I use 10 X. 12 X. 12 C. Even 30 sometimes. And so we're not hyper stimulating even from a homeopathic perspective. Hammer blowing with energy.

It's more of a gentle let's get people out of this mess that it took them a whole lifetime to get into. And so when I focus on those things by the by addressing the terrain the milieu or environment.

We're talking about drainage detoxification, we're talking about digestion, assimilation and we're talking about inflammatory inflammatory modulation, immune response modulation. Whether it be overt pains of skeletal inflammation, arthritis or whether it be the systemic silent inflammation within the cardiovascular system. We have

remedies that can address both.

One of those remedies is uh Russ, toxic. Oh Dendreon Russ talks is a homeopathic form of poison ivy. And it's not just for if you have poison ivy, if there's stiffness of the joints and other things and rust talk seems to attract things like uric acid, things that are inflammatory to help you know get them, gather them up, bring them to the liver. But if the liver is not working properly, what have we done? We've stirred up the pudding stirred up the pot and then the body goes oh my liver is already not working, what are you doing? And so that's why the drainage principle is important under underlying everything so that you're prepping the body.

You know things have been sequestered stored in fat and other places suddenly coming out and it goes oh I know we know what to do and we can do it and that's there, we come back to the minerals like selenium and and I didn't mention chromium is another critical mineral that's critical as well for liver function and other things.

So it's a never ending. Well what's the next mineral we get to learn about two. But the homeopathy was key for me because it bypassed weakened systems that weren't even assimilating nutrients had I just put nutrients in alone by body, I can't access it. Your microbiome is shot, you've got leaky gut nothing and then we go right on through and so for me that energetic interaction metabolic type medicine of homeopathy facilitated bringing those systems back online gradually so that then the good cleaner foods, the good minerals I began to bring in I could actually access and assimilate them so that the cells could then come further back online. So I see it as a not a mutually exclusive medicine is one that facilitates another when you understand it from the energetic on out.

– Yeah it's kind of like adding an energetic pattern to help to drive a process with homeopathy. So you know and and like you're mentioning in a very weak system you know we we can't do all these different processes on our own so then we need to infuse it with that energetic pattern that will support that specific function.

And that's where homeopathy is is so beautiful in that area. – Yeah it's like putting the cart before the horse sometimes when you try to force something in the body is going I can't even use this yet.

And so I I just look at it as a companion thing. I know there are a lot of home pastor isolationist, I'm not, I try to integrate all of these things that I've learned to to you know my bottom line is I want people to get well and I realize it's not me even doing it even though I know things to help people to do. But you know just working with patients, they have to walk that walk. You're trying to teach them as a doctor, a good physician does. I'm teaching you how to heal yourself.

I'm not doing it for you – Talk to me so you mentioned a few kind of like drainage remedies. I mean what are some of your and then you know working on the liver then you have things you know obviously you want to open up the limit Torrey organs you know in order to be able to move toxins out of the system. You know once we facilitate it and drive it to the liver, drive it to the kidney. But these eliminate Torrey organs need to be open in order to be able to deal with that and skin, you know another limit Torrey lungs eliminate story so what what are some of your favorite things you know for these different to support that elimination process. – Well I mentioned the three poly crest for the liver because they can be utilized by anybody that are safe to do.

They're not gonna hyper stimulate unless you, you know, you tend to go to high potency because we're in the west we think of more is better powerful. But I'm looking at a chronic lifetime of debility disability with people.

And so I try to gradually bring those things back online and then of course we bring the good minerals back in as well. So beyond that, I mean there are remedies that can facilitate the kidneys like and Tara Mexichem.

Mexichem is dandelion. So you realize it's not just the liver, although the kidneys suffer when the liver suffers. But in medicine they often don't diagnose liver congestion at all if at all.

If by the time they say there's a problem with your liver, they've elevated the measured elevated enzymes of some kind. And it's like that's years, late, years late, we don't need to wait for that.

So the point is, if you see anything going on in the body, you have headaches, you have fatigue, we go Chinese

medicine, diabetic medicine, They know the livers at play. But we don't look at that.

We say, oh, headache that's aspirin deficiency or island. I mean it's like it was ridiculous. But I grew up that way. So I had to really unlearn it. That's why it's indelibly marked in me how absurd that is. But I recognized, I didn't know what I didn't know because I was programmed just like everybody else.

And so if we're looking, you know, there are more focal points on the digestive system. Um The intestines, baptista B. A. P. T. I. S. I. A. You can read about baptism and see if that is indicated in your patients.

But again, a lot of times I'll work with complexes of remedies, right? Not just one people say, oh, that's a shotgun approach because you don't know what to do. Like No, there are a variety of things happening simultaneously in the corruption of organs and organ systems that do require, I believe more at lower attenuation or potency ease, gentle, gradual stimulating them back into function.

Now it's interesting because we talk about minerals. We talk about connective tissue. We're talking then the form restoration that leads to the function right? Without the proper form, like without the copper, there are cooper enzymes.

The proteins don't hold together. So you have no function. But here we're looking interestingly energetically at restoring function. And in many cases we haven't really focused on the form yet and yet we're facilitating some kind of energetic metabolic interface that is facilitating recovery even in patients that haven't been fully re replenished yet.

Again, this was my journey and I'm not saying ignore the minerals. I'm just saying I want to be able to use them fully. So the form matters. And then of course regenerating the tissue so it can be used matters. But the homeopathy seems to bypass some of those limitations. And then when we talk about the pancreas, uh two great remedies for the pancreas often with hypoglycemia, diabetes iris. And like a podium, like a podium.

Club Moss is amazing. And of course these things are not just single focus but you see clinically they keep coming up again and again across the board with these chronic spectrum inflammatory degenerative conditions.

– Yeah. And so we're talking about the minerals and how they I mean in themselves they need intelligence and I mean we ingest them and they need to have intelligence and in order to be able to move where it needs to go. And so homeopathy is is giving the body that intelligence in order to be able to maximize the usage of these different physical components sort of say so that's that's why it's like the blueprint or kind of if you give that that smartness to the body. – Yeah.

We talk about the vital force and it revitalizes the metabolic pathways just like either they forgot or they've been so used to being fed a bunch of garbage that the body cells are going, dude, I got what am I going to do here?

You give me garbage, I need something better. And so it's sort of a reminder. Like I said, here's the blueprint. Remember that's what you're supposed to be doing and it facilitates that recovery very rapidly.

Again, the bigger picture as we move forward is if we want to live in this physical shell, this body, this temple, it needs things to and and so it's not only energetic, but it's often the missing component recovery, if not in a recovery in total, at least an accelerated recovery, at the very least you're only going to accelerate.

But I think it's facilitated recoveries that even with all the materials people put back in that are right, that may be sluggish to come back on in terms of the tracking.

So I love what you brought in terms of working with the intelligence of the cell in the system – And in your mind, I mean, since, you know, we're talking about regeneration, we're talking about the importance of minerals. We're talking about the importance of, you know, using homeopathy in that process in your mind, kind of from a broad perspective, what would you how would you describe regenerative medicine? – Alright, well, this would be in in in in medicine we have to define as well because like you said, it's got a bad name, if you're looking for FDA approval.

Um but you know, good medicine, we think about that even in in native American discussions, Indian and what they call it good medicine, the medicine, man, what is good medicine?

And it and it's tapping into the intelligence, chiropractors call it innate intelligence. Homeopath call it vital force a vital ISt IQ view of the body.

So what is regenerative medicine? It is that which awakens the body's ability and, and knowledge if you will to do that, which is designed by God to do, which is to facilitate a lifelong capacity of movement in terms of the physicality of which we exist in when we inhabit this body.

And so like the X men's wolverine, it is also the facilitation of regeneration or regenerative events within the body faster than degenerative events occur due to things we have no control over in terms of food, water and air. Now that which we do have control over.

We must make better choices about what we put in food, water and air per se.

## Regenerative Medicine, Vitamins, and Closing Thoughts

So those are strategies that again, physicians, doctors, whatever teachers would also say, hey, this, this is part of the recovery. It's not what I'm gonna say here, You can take this, but it's also what you do from this moment for beyond what you're taking.

Because we got to shore up a deficiency for instance, or the homeopathic remedy or whatever. So that that would be the longer definition that you're probably asking for.

But hopefully it's descriptive. – Well, and I like that because a lot of people and think of regenerative medicine, we think of like stem cells, peptides hormones and all of them. I mean they play a huge role.

But if we don't consider the vital ist IQ forces we don't consider, you know, the basic foundational building blocks. I mean we can throw hormones at that all day long and and it's not gonna move the needle in any shape or form. And so it is really important to understand you know that we are beings of energy. You know we are a it's a it's a four set flows through us. Anything that interferes with that force will then be degenerative in nature. So our job is to remove any kind of obstacle that that interferes with that force to regenerate us – Beautifully said. And then again facilitate that which the body is designed by God to need and have and might be lacking and help facilitate that coming in.

It's just so simple. I could talk to sixth graders and they go, oh that makes sense as opposed to as opposed to what you'll say, Hey kids remember when you were sick, how about you want some next time you get sick you want some poison will make you feel good poison. What do you mean?

But yet our entire al empathic western mindset is poison the body back to health. It's the exact opposite of what we're talking about here with regenerative medicine Where we're removing the poisons and obstacles to health and cure etc.

So you got it so well doctor car fell, I'm so grateful for you and connecting with you on this. I mean this discussion we we could probably going 36 hours and we'd like, I forgot to go to sleep.

This is too much fun. – Tell me when you told minerals homeopathy, tell me a couple of your favorite vitamins. And and do you feel vitamins are important?

Do you feel they're overrated? – Well remember vitamins comes from the term vital force or vitality. That's interesting isn't it? But when we talk about vitamins they're usually macro molecules relative to the trace elements. You know whether it be vitamin A.

You know, reading all these things that we talked about the way our ancestors ate where they ate organs, you

know from animals, they didn't eat muscle or you know it's part of it but it wasn't the only thing they ate. And so those things were really adequately gotten from food more so than we need to critically supplement minerals and trace minerals that are really devoid in the in the soils.

Now to the point where I don't think, I think there's an over emphasis for a lot of people to take vitamins if you will in terms of the A. C. And E. And most of the sea is technically synthetic, it only mimics partly what C.

Is in nature and uh a lot of the E. Is synthetic but a lot of these things if we were eating more like our ancestors we would be getting adequate quantities of these things as well. I think another thing in terms of vitamins or macro content, essential fatty acids and fats themselves, we've become so fat phobic in the West that we are deficient and that harms connective tissue.

It harms every cell in the brain and the nervous system included. It also harms our ability to produce adequate hormones that keep us young and vital and reproducing for those of you in the reproductive age, which were greatly diminished the uh you know, capacity to reproduce much less regenerate.

What's happening now in addition to the covid jobs making it worse. So uh as much as yes, we need the vitamin or what we call vitamins, they're easier to attain from good quality food that we used to eat versus the minerals.

Even if you're eating those good quality organic versions of those foods, we are still dealing with mass deficiencies to short up in the right way becomes more critical in my mind for recovery than supplementing vitamins.

I don't know if that makes sense, but I'm trying to communicate. – And with, you know, kind of bringing to light the vitamin C. You're talking about. I mean the ascorbic acid that we know is just the antioxidant layer of the vitamin C complex. So it's not really the full vitamin C complex that that our bodies are used to seeing and utilize and it actually in its core has copper. So, so what happens then, you know, because the body is used to seeing that as a whole.

It would take just a bunch of ascorbic acid, then we are actually depleting our bodies of copper because the body vitamin C is looking for that copper to be able to be utilized.

– Yeah. And that's a great point. I've been lecturing on this recently, that maybe a lot of the worst of the covid manifestations because even doctors were saying take zinc and vitamin C, zinc and vitamin C, zinc, vitamin C. And never said, hey, take a bit of copper because we're going to deplete your copper stores by doing that alone. And I can't tell you how many audiences I've spoken to and I asked how many, how many your doctors have said to take vitamin C?

All these hands go up. How many doctors also said you gotta take copper because you're gonna and no hands go up. Like again we're missing the basics. That's why I'm so grateful that we got to spend time on that.

So that we go back to the basics all the time. You can you think, oh I know more than that, I need to go back oh man. Especially if you've been out there were in the work of a doctor and world, always go back to the basics, You'll never go wrong, you'll only be better for it.

So this is again a fun time to be able to do that with you. – And it's always fascinating. I mean when when you know both you and I we've been around for quite some time. I've been, you know, in clinical practice since 87. And then you go back, you found an old box with, you know, some research papers or you know, some some some magazine like 20 some years that you were using at that time.

I mean that the protocols that you're using and you look at it say, Hey, this was great. I should go back and try this again. – Yeah. The old stuff doesn't always go out of style.

Again, we get distracted by flashy new things, right? We're not talking about the sexiest latest thing and it's like, it's not that there aren't cool things that will innovate.

And do, I mean even the copper hydro sol, the technology to produce. That is amazing. But it's still going back to a basic concept and how critically necessary it is to bypass weekend assimilation and forms of these minerals that are not adequate or easy for the body to utilize appropriately.

And so again, this is not us saying there's no such thing as advancement or technology is all bad. No, it's not that. But the basics, we're applying those principles maybe in unique new ways.

But there's still the basics that we can't abandon because this is this is the way we've been made, This is the way the body operates and we can't just ignore it and say, oh, now that doesn't work. You know, that does.

It's all different now. Well, no, it's not really different. That's the illusion. – Well Robert is such a pleasure and like you said, I mean we can sit and pick apart nutrition and have a whole week long and just and still haven't even covered a kind of a surface of it.

Thank you so much for for joining me and and you know discussing this very important topic. Thank you. – Oh I appreciate and I hope that we can end up in the same city one day at one of these events that we can just hang out and talk some more because it's a lot of fun. – I love it, I love it.

I have a beautiful rest of days. – Thanks Dr. Karlfeldt appreciate you.