Opening on Love and Healing

Embrace love in your body. Let love drive you because that's gonna help you through whatever transitions you might have to go through, but it'll also set the stage for anti-inflammatory conditions that will allow all systems to function better.

That can be done in a lot of different ways. It means a lotta different things to a lot different people. Could be prayer, could be an organized religion that gets you there, it could sitting under a redwood tree, making that part of your therapy, you know?

It could be seeing your loved ones and just being with them. But I think that if we don't embrace this notion of love, which is the universal energy, I'd think, out there, the path can be a lot more difficult.

Yeah, sure. And then all these wonderful things that we have to draw from just start working a little better. Welcome to the Belgiansky Cancer Talk Show where integrative science and holistic healing come together.

I am Sylvie Belgiensky and in each episode we explore nutrition, lifestyle, mental health and research-backed approaches to support the whole person through cancer and chronic diseases.

Hello and welcome to the Belzhansky Cancer Talk Show. My guest today is Dr. Jim Schieltas. Dr Jim Shieltos started his practice because he saw too many patients falling through the cracks of standard medical system.

They had normal laps but debilitating symptoms.

Show Introduction and Guest Background

Or they had chronic pains that medication was only masking, not fixing. He realized that to truly help people heal, he needed more than just one viewpoint.

That is why he practices a unique blend of functional medicine to identify the biochemical root causes and traditional Chinese medicine, to restore the body's energetic balance.

His goal isn't just to manage your disease. It is to help you rediscover what it feels like to be truly healthy. So that's a beautiful, beautiful mission.

Thank you. How did you become a functional medicine and what is functional medicines about? Absolutely. Thanks for having me. Yes, it's been a winding path, of course, like many paths are.

From a very young age, I wanted to be a doctor. You know, that's all I knew growing up in San Diego, in the suburbs. I didn't know what there was out there.

So I did all of my studies to go to medical school, become medical doctor, But after four years of college, I didn't know if that was really the path.

And so I ended up in, you know, like biotech and pharmaceuticals for a little while, just using my degree in molecular biology. Then acupuncture kind of landed in my lap.

I decided to take a left turn and go into acupunture school. which is about a four-year program after college, so it's not a small deal. By the end of that program, I was kind of tired of studying acupuncture and Chinese medicine, and so the very first course I took for my continuing education was functional endocrinology.

Endocrinology being my least favorite topic in college, but that's what I took. And I met my teacher, Dr. Datis Karazian, and I just knew at that moment I had to learn this approach.

That was in 2003 that I started studying functional medicine. I'd just started devoting all my time to that study and here we are. After about five years, I've started teaching it a little bit and have continued to do that.

Now you see a lot of cancer patients. So when it comes to cancer care, what does it mean functional medicine? How does this complement the regular oncology treatments?

Sure. Good question. And I will have to preface it that I don't approach the cancer conditions any differently than I would any other condition from a functional medicines standpoint.

Okay, so we have a, we'll call it a disease, some MD diagnosed something, could be a cancer, it could autoimmune disease. Could be something else. Functional medicine doesn't focus so much on the diagnosis.

It looks mostly on mechanisms driving the diagnoses. What brought somebody there? So in that sense, we take it as it comes. And then the diagnose helps with things like prognosis.

what are we really looking at here? What can we expect? But if you don't mind, I can kind of back up and just for the people that don' know what functional medicine means, i can just describe it a little bit in general terms.

It really is a school of thought. My medical license is in acupuncture. That allows me to put in little pins in people. But in California, it allows you to do a lot more.

And so I came from an acupunture lineage, but I studied blood chemistry and Western medicine, and that became my focus.

What Functional Medicine Means

You might find chiropractors doing the same work. They're not cracking necks necessarily, I'm not putting needles in necessarily for that patient, we're addressing a complex system.

and we're looking at lab ranges and diet and lifestyle and all kinds of different things. So the primary difference is in the reference range. You don't need to be so far out of range where the medical doctors are saying, oh dear, you have a horrible anemia.

That would be much too far. Let's letting our bodies slip into pathology before acknowledging the problem. And that is the definition of our mainstream medical model for the most part.

It's an illness-based model. To their credit, we need that. If we get injured, if we have a tumor that needs removing or things like this, we are blessed to have them.

But they're forgetting that transition from perfect, awesome wellness person to pathology. And that's where most of us are. So a functional range when we're looking at a blood test is just tighter.

It's not as big most the time. We see things pop out of range a lot sooner. I say, you know what, An emerging anemia pattern perhaps or you have an emerging blood sugar issue or a thyroid issue.

Or maybe you all three and they're all just under the surface and nobody noticed. But meanwhile pathology is brewing. And then cancer, or whatever you have, right?

But then it allows patients to nip the problem in the bud? That's it. Ideally, we work with patients who are well, who have no concerns, and then we help keep them that way.

That kind of dips into wellness medicine, longevity medicine perhaps. Functional medicine generally takes a very

natural approach. Herbs, nutrients, you know, a diet lifestyle.

That's changing a little bit with peptides, but yeah. So it is very much naturally minded with the goal of turning on function. This is the other difference between pharmaceutical approaches and natural approaches.

If you look at the categories of pharmaceutical drugs, You know, they're anti, anti-inflammatory, there are reductase inhibitors, their reuptake inhibitor, all the function is negative.

It's easier to turn off a function in a cell than to to it on. And so herbs, nutrients, diet, lifestyle exercise, They tend to turned on function, which is where we like to work.

Yet many patients they wait to have some kind of symptoms to see the doctor. So for example, Let's take the example of a lady, let's call her Susie. She had a routine mammogram and they find something suspicious.

When she has heard about you through a friend, she decides to come and to consult with you. Yeah. She doesn't have, uh, she doesn' have a diagnosis for sure.

They said it's suspicious. You have to come back for another mammogram. Maybe we'll do a biopsy or something like that. Let's take the very, very beginning example.

How do you, could you help somebody, somebody like. Yeah, well, it, really would all start with. Initial consultation, of course. I want to hear a lot about the history, past diagnoses, even potentially head injuries because head injury can impact how the immune system functions.

You know, I wanna really get a good understanding of this case. And, you know, we spend at least an hour up front doing that. That's on top of the very lengthy intake papers that we have to work with.

And then, of course, there'd be some labs we could look at. But typically, I would start with a good comprehensive lab panel that would be more indicative of a functional blood chemistry approach.

By that, not just reference range differences, but the number of labs ordered. because a typical annual physical might come with a couple things, you know, blood sugar, cholesterol, a chem panel, and maybe a TSH for thyroid if you're lucky.

And then that's kind of it. But we want to expand on all those things. Because if we're starting to pick up on really subtle blood-sugar, let's say, we are seeing insulin surges, maybe mild insulin resistance, not diabetes, just mild.

And we know that cancers love sugar and inflammatory, you know, things. So my job with this patient is to start finding and optimizing it, turning down all these little triggers as much as possible.

Really give the body what it needs to thrive and the immune system what needs it to be very, very active and proactive against any potential cancer cells that are growing.

And so you would help this person after all those tests. You would, for example, help that person with some metabolic recommendations, lifestyles, maybe some help, some supplements.

Yes, absolutely. Starting with the diet and lifestyle, you know, always the supplements are powerful. They really are. they get kind of brushed aside by the conventional system a lot, which is sad.

Maybe you already know having a cool formula yourself, but no, they're powerful and they can work wonders if you allow them to.

Early Intervention and Lab-Based Assessment

But if you're just swallowing the best pill on the market, but you are sitting around all day on your couch and you

aren't moving your body, or you eat McDonald's hamburgers all-day and french fries, yeah, the supplements aren' t going to work.

So we need to start with the basics. Get the body moving. What does that do? It improves immune function. It improve circulation. Lymph flow. All of these systems are very important for every condition but definitely cancers.

We want to be able to deliver nutrients and immune cells properly. So yes, we need to start with that. And then we fix what we see on the labs. Because if anything, I mentioned blood sugar and anemia and thyroid a second ago.

If any one of those are out, even a little bit, the body is stressed. It's experiencing stress, physiology. These more ominous diseases like cancers love that, Right.

They thrive in that environment. So that could be actually for this patient. I mean, coming to visit, you could busy opportunity to transform, let's say a feels positive into the opportunity, to turn things around and being in better health than ever.

Absolutely. In fact, I had another person on my own personal podcast and we kind of got into some of the philosophy of healing and that kind thing. She's like a health coach.

And we both agreed that sometimes people get these scary diagnoses, whether they're actual or not. But here we go, we're faced with something very, very dire, perhaps very scary.

And then we seek the right help and it's an immediate course correction in their life. So sometimes those really scary diagnoses can be a blessing. Exactly.

Because it plants the seeds and makes you do something different. if you do something about it and not wait, you know, just for the second shoe to drop.

So let's now suppose the patient has really a diagnosis of cancer. What is your approach and how can you help that patient? Yeah, I would still stick with the same things because we have to optimize, right?

We have make sure that the body is functioning well. I have a really frank conversation with patient and sometimes if appropriate, the oncologist or the MDs that are managing the case because some are very open to if we want to be labeled as alternative support, you know, and some aren't and there's a lot of I don't know.

I would just call it dogma that's not necessarily true. That if you take something like antioxidants, you are nullifying the effect of the chemotherapy, let's say, for example.

But I haven't really seen that demonstrated in the labs, but it is what people hear. So I have to have that conversation as to how much we get involved at what point.

If they're in the middle of their chemo and radiation, let's say, and they've got a few more months until that's over, perhaps it's the best clinical move for everybody just to hold off for a moment.

When to apply the support is a very important concept. Yeah, there are things like nutritional status, micronutrient deficiencies, gut health, that, I mean, this can be addressed at any time.

There is a need for that. I was thinking more about specific nutraceutical interventions. I have had a good look at your formula that your company has, and it's wonderful.

It's wonderfully created. Your father did good work there. And I see no problems with that at any point in the course. Having said that, some MDs might.

This might be their opinion, right? But no, you're right. Optimizing nutrition and diet and getting their bodies moving. Also, yeah, we didn't even talk about specialty labs.

That could always be a part of things. If we wanted to run a micronutrient profile and look at what vitamins and minerals and glutathione they have, those types of things, that can be done and then it's just vitamins.

Just vitamins, right, in quotes. So there's always room for that. Other examples could be like toxic Profiles you know is this person loaded with glyphosate or loaded, with plastics and and as a secondary to that are there immune systems responding to, that you, know if you're a person cancer or not, and you love your Starbucks coffee or something like it and drink out of that plastic lid every day, you are melting plastic into your tissues.

That's one concept, but if your immune system is now reacting to that in an immune inflammatory way, then you're in big, big trouble. Active tumor or no, if that's going on, we change the lifestyle.

You bring a stainless steel cup from home or you do whatever, right? You say no thank you to the plastic lids and you say, no, thank to you the paper cup that's lined in plastic.

When you are facing cancer, the choices can feel overwhelming, conflicting advices, endless options, and very little clarity. At Maison Belchanski, everything begins with science.

For decades, molecular biologist Dr. Mirko Belzhansky studied how specific plant extracts interact with cancer cells, work that continues today through independent research and real-world use.

Maison Beljanski offers carefully formulated supplements inspired by that research, along with targeted support for immune health, cellular resilience, digestion, detoxification and overall wellness.

You will also find educational books, organic teas, personalized health coaching and wellness programs designed to support the whole person, not just the diagnosis.

This is not about quick fixes. It's about informed choices, thoughtful formulations and supporting the body alongside conventional care.

Lifestyle, Supplements, and Cancer Support

Explore the products, the research and the resources at maisonbelchanski.com because when science leads, wellness follows. Yeah, absolutely. Little tweaks.

This is, I mean, information valuable for everybody. And if you are getting to Starbucks every morning, it means you're not bedridden. You are still functioning.

But also a nutritional approach can help. I patients who are actively undergoing a heavy treatment and they have nausea and very often, I mean, the oncologist is saying, doing whatever you want, sugar is not going to make any difference.

And it is really, really actually they can feel much better and it's with some dietary changes and their chances to improve are really increasing by taking the nutritional approach.

And I think that's really really important and an important part of functional medicine at any stage where you see the patient. I agree. And part of the job of, the relationship between the doctor and patient is to figure out what dietary interventions are most appropriate.

You know, first step is just lose all the garbage, you know? Lose all of highly processed foods and ultra processed food. That has to go. Bringing it back to a more whole food diet at the very least is essential.

It's going to help your chemo work better, it's gonna help everything work right to do that. But I know that there's a lot of people out there that do like a ketosis type diet for cancers, active cancers because it is generally thought that tumor cells like glucose, sugar.

And so if we starve them of that fuel and then we poison them with chemoradiation or something like that, then you have a better chance. I've seen that.

I'll also say it's not for everybody. My sister, who passed away seven years ago of ovarian cancer, she tried it. But at that point, the chemo had destroyed so much of her taste buds that she couldn't tolerate the food that was required.

There was only a few foods that really was able to eat. And in those cases, I think having calories is important to be able fight. So that didn't work for her, but I've seen it work, for others.

So what's the right diet? I don't know. But we work with that. We see what works. Yeah. And I think that's really a plus that you can offer is this personalized relationship with a doctor and some things that they don' have very often at the hospital where it is one protocol fits all kinds.

And we are not all the same. We're not. But I will say this again. Things like tumor cells, they thrive on what are called inflammatory cytokines. You might know what that means, listeners might not.

So, a cytokine is just a messenger. It's a little fragment of protein that usually an immune cell releases into the bloodstream and it goes to its buddies and tells them to do stuff.

You know, so it's message being sent. We have anti-inflammatory cytocines, but mostly when we say that word we're talking about the inflammatory type.

So all of these little metabolic imbalances, blood sugar, anemia, you name it, it's going to activate inflammatory cytokines. Same thing for food sensitivity reactions, inflamed guts, that kind of thing.

Poor gut barrier, so like a leaky gut. These are all things that can be looked at and tested for and healed from, which could dictate what diet as well.

Gluten. from wheat, barley, rye, you know, those types of grains is one of the more common food sensitivity reactions. And the literature is pretty clear.

If somebody's positive for a gluten sensitivity, even if they don't have a whole lot of symptoms going on, all cause mortality goes up. All cause. That includes getting in car crashes, accidents, but it definitely includes cancers.

specifically of the gut, but everywhere else, because by routinely exposing yourself to a food that you're reacting to, you are flooding your body with inflammatory cytokines.

And then it's just like food for them. And beyond the ditching of what is fast food, plastic food and foods that, you know, is going to create an inflammatory reaction, what do you routinely suggest or recommend for detoxification?

Oh, detoxication in the dietary sense? Yeah, yeah. That's a great question. I feel like, and this is good for so many things. Higher levels of diversified plant fibers, plant foods.

is what I see a lot because fiber can physically bind things and drag them out of our bodies. But more than that, it feeds the gut microbiome. And if you're a person that doesn't like vegetables very much and you eat like some salad every once in a while, so some lettuce, and then maybe you also like green beans, say you have green bean like once a week, okay, you are not getting a diversity of fiber or even quantity.

So your gut microbial, those those bacteria and beneficial yeasts and things that live in our intestines, they become shrunken down in number and in diversity.

Diet, Inflammation, and Detoxification

It's like a mama culture. I like to think of it like this too. If you've ever been to Iowa or Wisconsin, you drive out

there, what do you see? You see corn and you soybeans.

That's it. For as far as the eye can see, that's all you get. And what does it take to make that work? It takes petrochemicals, pesticides, fertilizer.

You have to add all this junk just to make it work. That's not diverse. So the same thing for our gut. When was the last time you ate kohlrabi, for example?

It's a weird little plant, looks like an alien. No one knows what it is, but it's delicious. Or radishes, or radish tops. And who eats the green top on the strawberry, right?

These are all things that we can do to help diversify our gut. And by doing that, we improve our immune function across the board. We get what we call post-biotics.

healthy gut bacteria thrives, and it makes beneficial things. We call them post-biotics, like short-chain fatty acids, but we don't get from our diet, we get them from little bugs down there.

And that tells our immune system at large how to function better. Because what's cancer? We all have cancer right now. I have a cancer cells in my body, but my immune system is handling it.

So far. Until I give it a scenario, I gave it terrain where it can no longer handle it When cancer enters your life, the questions don't stop at treatment.

You start asking, why? What else? And what more can I do to support my body? At the Belzhansky Foundation, we believe cancer care deserves deeper answers.

Answers rooted in science, not in shortcuts. For decades, groundbreaking molecular research by Dr. Mirko Belzhansky explored how specific natural compounds selectively target cancer cells while spearing healthy ones.

That work continues today through independent research, education, and global collaboration. At belgianski.org, you will find evidence-based resources, expert-led conferences, books and conversations that explore integrative approaches to cancer and chronic disease alongside conventional care.

Whether you are a patient, a caregiver or practitioner, this is the place to learn, to question and to think more expansively about healing. Visit belgianski.org to explore the research, attend upcoming events and connect with the Belgiansky community.

Because informed choices begin with credible science. Speaking of terrain, we spoke at length of… what you eat, but there is also all the other exposures that are coming from the environment and environmental chemicals, heavy metals, other kind disruptors.

So I assume that as a functional doctor, you are screening your patients for all those things and you also are offering some steps to reduce body burden.

Yes, yes. And, you know, lab testing is really great. I like it because it's nice to see the data and I think that sometimes that really helps the patient, especially if they're about to make a big change in their lives and they can pull out the report and go, oh my, and then, they get motivated.

but sometimes cost is an issue. I mean, these specialty labs are, you know, they're nothing terrible, but I would say in the three to $400 range on average, on top of everything else they might be doing.

So sometimes it makes the most sense just to apply the therapy because we can assume that we all could use a little detox. We live in a toxic world. You know, plastics are everywhere and even organic vegetables have overspray and pesticides are on them.

You don't get that kind of thing. So sometimes you just do that and there's gentle ways of doing that. And there is really aggressive ways. But ideally you're giving the body compounds that the liver requires.

to attach to chemicals and make them water soluble. So you can pee them out, poop them, out sweat them. Right. We have to give them a way out. And to do that, we have change them chemically.

Step two is to support healthy bile flow. How do you, how do. Well, these would be very specially formulated supplements or nutraceuticals. And a nutriceutical is kind of just a nerdy way of saying supplement, but really more suggesting that the dosages and the contents are at high, high levels.

That's just below a therapeutic level that a doctor would have to give you. So it's usually in the hands of people like myself that are kind trained in that.

Okay. You would just be supporting all the different liver pathways. Adding things like sulfur-based compounds, because sulfation is a detox pathway that it requires, glutathione conjugation, acetylation, methylation.

Let's just say vitamin B12. You need a methylated version to support the methyl pathway. And now I'm getting biochemistry on you, but that's the idea.

Raw materials that give the liver what it needs to do the work. And then herbs that help the liver cells do their thing and herbs, that helped the livers create thin and copious amounts of bile.

Because without that, you can't get it out of the lever into the stool to poop out, right? So you'd be surprised how much bile sludge and gallstones there are.

And if that's the case, or somebody that has no gallbladder, they're not detoxifying well. So we need to actually work on that and get them going. And then the final step would be to catch it.

Taking something temporarily like a charcoal-based binder or various clays that can take what just got put into the stool and keeps it there so it no longer gets reabsorbed.

Yeah. Leading to the concept of is the person constipated? Which a lot of chronically ill patients are. Maybe they're on opiates for their cancer pain and they are not going to restroom correctly.

And they become an increased toxic burden because they reabsorbing toxins back in. So that becomes part of the conversation. How do we get them moving their bowels better?

That's sort of a detox concept. That could be done for, I don't know, $75 or it can be for $700, depending on how extensive you really want to get. And how do you make sure that there is no risk of interaction with conventional cancer therapies?

How do make you sure? That is a good question. Sometimes you can't. The things that I work with don't tend to react. Anyways, it would be more nutrient-based.

Getting into the peptide world, which is kind of an emerging medical intervention, there are peptides that can promote tumor growth because they're pro…

Tissue, you know, they want you to rebuild tissues. So even that's kind of being studied and disputed right now, but that is a place where I would steer clear.

If there's a known cancer, I will steer of most peptides, just to rule that out, because you could be promoting something that the medical system's trying to not, to have happen.

I wouldn't say that. But other than that, we understand that there is generally very little reactivity with respect to cancer. It doesn't always translate on the other direction and they might not be comfortable with it.

And for patients who are interested in learning more in functional approach to cancer, what should they expect?

Environmental Exposures and Treatment Compatibility

I mean, What are the realistic expectations of the potential pitfalls? Cancer's a big deal. I mean, we can't overlook the seriousness of the condition once it's fully set in.

You know, I've got multiple tumors somewhere. That's, that's big. And I think that like any condition, any chronic condition we have to set realistic expectations.

That could just mean I want to improve my quality of life while I have my life. It could mean, I wanna get rid of this sucker all completely. We need to take that as it comes case by case.

So as far as expectations goes, it varies. What else was part of your question that I missed? I'm missing something. Well, I mean, what are the realistic expectations?

I think it's a big deal for the patients. And what would you recommend for those patients who maybe feel that they are not getting everything they can do for themselves to support themselves at the hospital, but are in the conventional setting, that are a little bit intimidated, they don't know where to start, what question to ask.

It's a big step to decide to add something to your treatment, especially when you have an oncologist who said, don t take anything, do anything because he doesn't want that anything that would interfere with the data of this clinical trial.

Yeah, I understand. It's a tough position to be in as a patient, especially a scared patient. I would just have to encourage people to remember that their medical path is their own and that us doctors, no matter who we are, are here to support that and to serve.

Not to dominate or rule, that's my opinion. I'm no lord, I am just a person who knows some stuff and loves to share that and to walk the path with you.

So I feel like keeping that in mind goes a long way to the positive psychology of navigating their particular case. Because there is a spiritual component to this as well.

And I think that that's another piece that we need to really embrace and set expectations around. I expect of myself that I'm going to remain hopeful and open and let the negative come when it comes, process and move on.

Finding practitioners that roll with you in that respect is vital. Yeah, I feel like that's a major concept that kind of gets brushed aside in the conventional model a lot.

It's like you're scheduled for chemo on this date and this day and then off you go, right? And that is not enough to heal. I mean, it's enough too to destroy cancer cells, but we are much more than cells.

We are persons and we need doctors that look at us as persons. Absolutely. And, you know, the acupuncturist in me, we spoke in mostly functional medicine today, but the Acupunctureist and me understands that there's no difference between the physical and the mental, emotional or spiritual.

It's all one system. it's. All one energetic system, like it or not. We are energetic beings. If you want to rule that down to like electricity and nerves, fine.

But I feel like there is more than that. Yeah. we have to get right with our spirit and our emotions. I've heard it said that tumors are a manifestation of stagnated emotion.

I understand what they're saying. All right. Stress hormones are up. Inflammatory cytokine loads are out. If you haven't, if you hadn't dealt with the death of your father or, you know, or that terrible marriage that you might be in

or horrible job that really need to quit.

Right. Now's the time. This is the universe giving that to you. Get right with yourself because you may or may not make it.

Realistic Expectations and Emotional Support

And I hate to speak dark here, but that is the realistic concept. And if you don't, if your path's sooner than you'd like to, then let's make it part of our path to be good with that, to right with it.

This is not a topic about psychedelics, there's wonderful research on psychedelic medicines and psychedelically interventions for people at end stages, especially cancer.

who may or may not pass away or not, but really helping somebody dig in and become right with themselves. She's so beautiful, you know? It's outside the box, but it's not not for long.

The FDA is coming up around with it. So I can't offer that. It is not my license to do that, But I but I Can talk to people about it and see what they think.

They're open to it, Interestingly, my sister, bless her, was not. She said, no, thank you. You know, it wasn't for her and she just wanted to Do it her own way.

But But there are options like that out there and it's not so fringe anymore. And I think that's important to kind of embrace as well. Yeah. But it is really important too be surrounded by the right people and make the proper choices because it can become something else very quickly.

That's right. You know what? When you really firmly set that own intention for yourself and you're open to that, those doctors show up. They come to you, it will come you.

You know somebody that here's what you're saying and they're like, you know what? I know a guy or a gal. And then there you go. So the work starts internal, of course.

Put the fear aside as best we can and have situational awareness, just like any condition, and be open. Okay. Yeah. So if you had one advice to give to somebody who was just diagnosed with cancer, just recently diagnosed, what would that be?

One advice. I have to get woo woo. I'm going to go with what I just said a second ago. Embrace love in your body. Let love drive you because that's going help you through whatever transitions you might have go through, but it'll also set the stage for anti-inflammatory conditions.

That will allow all systems to function better. that can be done in a lot of different ways. You know, it means a lots of things to a different people.

could be prayer, could organize religion that gets you there, it could sitting under a redwood tree, making that part of your therapy. It could being seeing your loved ones and just being with them.

But I think that if we don't embrace this notion of love, which is the universal energy, I'd think, out there. The path can be a lot more difficult. Yeah, sure.

And then all these wonderful things that we have to draw from just start working a What a wonderful, wonderful advice. Yes, absolutely. So people who are kind of enchanted by your approach, how can they find you and get in touch with you?

Absolutely. My business name is a functional approach because that's what I try to offer, a Functional Approach. So, afunctionalapproach.net is my website.

Love, Spirituality, and Closing Remarks

And then I have my own podcast as well. That's a good place to hear more of what I had to say. I talk a lot about functional medicine, some acupuncture, and some philosophy in life.

Sometimes I just do creative writing. It's also a functional approach to express artistically. So I've had fun with it. Have a little interviews like when I was with you, which was lots of fun.

So that would be a functional approach with Dr. Jim Chaltus, and it's on Spotify, Apple, you know, a few others. Those would probably be the best ways.

I have a bit of an allergy to social media, so I'm harder to find on those. But I would say those two things would For people who want to see you in person and consult you, you are in the San Diego area, right?

Yeah, I'm practicing in San Diego, California. I do telemedicine as well, so I am always available for consultations elsewhere. Very good. Thank you so much doctor and I hope you will continue for a long time to do this work because I think that indeed we are much more than cells and we need more doctors that look at us as human complicated machines that need to be approached in many layers.

Yes. be taken care of with lots of love. And I feel that's what you are giving to your patients. I try. Thank you. Yeah, I plan on I really enjoy this work and I love people.

So that works well together. Thank you, doctor. All right. Thank