# Why I Became a Doctor - Dr. Donese Worden Transcript

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## Introduction and Family Background

## Early Health Habits and Creative Talents

## Choosing Medicine and Psychology

## Broadcasting Career and Turning Point

## Politics and Return to Health Work

## Mother's Stroke and Recovery Journey

## Medical Training and Holistic Medicine

## Teaching, Research, and Integrative Care

i would like to tell you a small piece i would like to tell you a small piece of my life story of my life story so i can share with you why i became a so i can share with you why i became a doctor doctor doctor i've always loved science and medicine i've always loved science and medicine my household was full of my household was full of let's say engineers and geologists so let's say engineers and geologists so science was science was part of the talk at the table albeit part of the talk at the table albeit that my that my mother and father both were raised on mother and father both were raised on farms in oklahoma farms in oklahoma hard-working farm families what does hard-working farm families what does that mean that mean it means honesty it means practical it means honesty it means practical it mean and it means straightforward and it mean and it means straightforward and i've been accused of being a i've been accused of being a a straight shooter myself my mother was a straight shooter myself my mother was a naturopath at heart a naturopath at heart and she had us eating very healthy and she had us eating very healthy before it was even popular to do so before it was even popular to do so she read a lot she educated herself she she read a lot she educated herself she wanted whatever was best for the health wanted whatever was best for the health of her family and that of her family and that mean meant food nutrition we were eating mean meant food nutrition we were eating yogurt and my friends thought i was the yogurt and my friends thought i was the strangest person they knew strangest person they knew because we were eating yogurt in our because we were eating yogurt in our household household household so natural and healthy lifestyle and so natural and healthy lifestyle and food was part of what i grew up with food was part of what i grew up with as well those who knew me in high school as well those who knew me in high school knew me as the arts knew me as the arts person i they not they person i they not they senior year voted me most talented senior year voted me most talented i was professionally playing violin i was professionally playing violin piano piano piano guitar i was ballet dancing guitar i was ballet dancing i was a gymnast and taught all of these i was a gymnast and taught all of these things at some point and so very much things at some point and so very much loved theater and loved entertaining i loved theater and loved entertaining i loved loved loved giving good information or good feelings giving good information or good feelings to people to people now i understand that's what i was now i understand that's what i was attracted to for the most part attracted to for the most part and for many years i did that and i and for many years i did that and i taught those for many years taught those for many years i went to college and i got my i went to college and i got my bachelor's degree and that was uh bachelor's degree and that was uh what do i want to do do i want to go what do i want to do do i want to go back to this passion for science back to this passion for science and healthy living do i want to and healthy living do i want to bring in this education piece and and be bring in this education piece and and be able to use my talents to be able to able to use my talents to be able to uh tell a story and enjoy doing so uh tell a story and enjoy doing so and i i did get an undergraduate degree and i i did get an undergraduate degree that was along that line and i had a that was along that line and i had a minor in psychology because minor in psychology because i knew and i still know the power of the i knew and i still know the power of the mind and how that affects mind and how that affects our body our emotional state our our body our emotional state our physical state and that it was very physical state and that it was very interesting piece of us interesting piece of us got my minor in that but then a life got my minor in that but then a life story that i will tell you at a later

story that i will tell you at a later date date date pulled me into a big media spotlight pulled me into a big media spotlight and that attracted me again in the sense and that attracted me again in the sense that i needed to right wrongs and the that i needed to right wrongs and the way to do that would be able to way to do that would be able to voice it and have people hear it so my voice it and have people hear it so my master's degree master's degree i quickly switched from psychology into i quickly switched from psychology into television broadcasting television broadcasting i had several years very successful i i had several years very successful i was restarted as a reporter and became was restarted as a reporter and became an anchor an anchor and had my own television talk shows and had my own television talk shows with nbc with nbc abc and cbs and had a ball doing it it abc and cbs and had a ball doing it it was very exciting was very exciting however there was a point i remember however there was a point i remember standing in front of someone and asking standing in front of someone and asking them them them and i knew they weren't going to be able and i knew they weren't going to be able to give me full sentences very well they to give me full sentences very well they were in a distraught state and i thought were in a distraught state and i thought i've got to get the sound bite i've got to get the sound bite so i had to ask the question tell me how so i had to ask the question tell me how you you you feel now that your home has just burned feel now that your home has just burned down down down and i remember my stomach rolled in that and i remember my stomach rolled in that moment moment moment and i got a good sound bite i got what and i got a good sound bite i got what my news director would have been happy my news director would have been happy with with with but i wasn't happy and i thought what am but i wasn't happy and i thought what am i doing i doing this is not the kind of information or this is not the kind of information or the information i want to bring the information i want to bring forward and it's not helping people feel forward and it's not helping people feel better or feel better or feel i got out of the television business i i got out of the television business i had a promising career had a promising career and there were parts that i enjoyed but and there were parts that i enjoyed but there was something missing there was something missing now don't ask me why i somehow scooted now don't ask me why i somehow scooted into into into politics but i did helped run politics but i did helped run several campaigns and was very active in several campaigns and was very active in that but again that but again in that arena a lot of smoke and mirrors in that arena a lot of smoke and mirrors and remember the oklahoma background of and remember the oklahoma background of straight talking straight talking say it like it is you can't quite do say it like it is you can't quite do that in politics and if you do that in politics and if you do um you better have a real thick shell um you better have a real thick shell and and and that wouldn't have been so hard except that wouldn't have been so hard except for the fact that for the fact that to play that game again it felt a little to play that game again it felt a little bit like the news business bit like the news business so i drew away from the so i drew away from the politics as well now politics as well now through another life story i started through another life story i started working with a nutritionist working with a nutritionist and a trainer that was training and a trainer that was training professional athletes professional athletes and he was also working with people with and he was also working with people with their health challenges their health challenges people that hadn't been helped by modern people that hadn't been helped by modern medicine medicine medicine so in watching him work i got very so in watching him work i got very excited about that because my dance and excited about that because my dance and gymnastics background i became an a gymnastics background i became an a certified trainer and started delving certified trainer and started delving into that into that saying this is exciting look people are saying this is exciting look people are getting better just by changing their getting better just by changing their food food food by their exercise protein their exercise by their exercise protein their exercise programs programs programs and giving them hope and giving them and giving them hope and giving them motivation so that was very very motivation so that was very very exciting exciting exciting but i knew there was something more but i knew there was something more remember that science side something remember that science side something drawing me to drawing me to something more when my son at something more when my son at five to seven years old was getting five to seven years old was getting college credit yes that's what i just college credit yes that's what i just said said said at five to seven years old i was driving at five to seven years old i was driving him to the college campus to get him to the college campus to get credit and to take classes i found out credit and to take classes i found out that there was a naturopathic medical that there was a naturopathic medical degree that you could become a doctor degree that you could become a doctor and be licensed in both traditional and be licensed in both traditional medicine and alternative medicine and alternative and that's when i said that's it i get and that's when i said that's it i get it i understand now it i understand now this is where i want to be and so for this is where i want to be and so for those two years of me getting i had my those two years of me getting i had my master's degree master's degree but i still needed two more years of but i still needed two more years of pre-med pre-med pre-med talk about a lot of determination at talk about a lot of determination at that point but that point but i was on the same campus most of the i was on the same campus most of the time as

my son anyway so it worked out time as my son anyway so it worked out really well we went to call back really well we went to call back i went back to college and he continued i went back to college and he continued to do his studies at that point we had a to do his studies at that point we had a had a great time had a great time now my first semester of medical school now my first semester of medical school there was a lot going on with the school there was a lot going on with the school itself and also itself and also um in my family my mother who the very um in my family my mother who the very healthy mother with no healthy mother with no health problems she had a congenital health problems she had a congenital problem uh problem uh one little valve that wasn't quite right one little valve that wasn't quite right that just needed to be that just needed to be um worked on a little bit but there was um worked on a little bit but there was a medical mistake that happened a medical mistake that happened in that procedure i was in the room when in that procedure i was in the room when it was happening they were utilizing it was happening they were utilizing tools that weren't made for a little tools that weren't made for a little small small small person like her now i know what happened person like her now i know what happened but uh they they she had a massive but uh they they she had a massive stroke and four lobes stroke and four lobes and a neurologist came to tell my father and a neurologist came to tell my father and i and i my father and i about this and he said my father and i about this and he said if she survives which if she survives which i doubt she will but if she does she'll i doubt she will but if she does she'll be in a vegetative state be in a vegetative state she will never know her family she will she will never know her family she will not know you not know you she will not be able to feed herself she will not be able to feed herself care for herself and there was no care for herself and there was no neurological activity neurological activity and this is not what we should wish for and this is not what we should wish for her her her and i remember looking at that neural and i remember looking at that neural neurologist and i said have you been in neurologist and i said have you been in the patient's room the patient's room and have you only looked at the scans and have you only looked at the scans and he said i only need to see the scans and he said i only need to see the scans i know what i i know what i i know what i see and it taught me right i know what i see and it taught me right then then then you must look at the patient because i you must look at the patient because i knew what i was seeing in that room with knew what i was seeing in that room with my mother my mother and i challenged him a little bit and i and i challenged him a little bit and i said she is looking at me she is making said she is looking at me she is making a connection with me i know my mother a connection with me i know my mother and he said no and he said no that's brain stem activity it's just that's brain stem activity it's just tracking tracking tracking i didn't know enough then because i didn't know enough then because remember i was only a month into basic remember i was only a month into basic sciences but i know now sciences but i know now that he probably thought that's what it that he probably thought that's what it was and there was a lot of that going on was and there was a lot of that going on i'm sure i'm sure but what was also going on my mother was but what was also going on my mother was communicating with me in a different way communicating with me in a different way and i knew she was and i knew she was and i knew she was there and i asked the and i knew she was there and i asked the question my father and i asked the question my father and i asked the question do you want question do you want to live do you want to survive do you to live do you want to survive do you want to work through this want to work through this and i said give me a sign give me a sign and i said give me a sign give me a sign and she squeezed my hand and she squeezed my hand so we got to work but the first thing we so we got to work but the first thing we had to do was get her out of the icu had to do was get her out of the icu that she'd been in for two months that she'd been in for two months two more months in the hospital and two more months in the hospital and finally we said we are tired of hearing finally we said we are tired of hearing that she can't get better that she's that she can't get better that she's never going to get better she's got to never going to get better she's got to learn to live learn to live with the state that she's in and at that with the state that she's in and at that point she was awake she knew what was point she was awake she knew what was going on going on and she had aphasia she couldn't speak and she had aphasia she couldn't speak but she would say no no no to them when but she would say no no no to them when they told her they told her you're never going to do this you're you're never going to do this you're never going to do that that was the only never going to do that that was the only time i saw her crying time i saw her crying and i said we're out of here there's got and i said we're out of here there's got to be a better way to be a better way we found hyperbaric oxygen and cold we found hyperbaric oxygen and cold lasers lasers lasers and that is what allowed my mother to and that is what allowed my mother to walk walk walk to begin cooking and have a quality of to begin cooking and have a quality of life and go with friends and life and go with friends and go to the gym and work out and do the go to the gym and work out and do the things that she did things that she did even with slight deficits but had a even with slight deficits but had a great quality of life great quality of life and it was the neurological repair that and it was the neurological repair that could happen we were being told that the could happen we were being told that the brain had no brain had no stem cells so there's no way it could stem cells so there's no way it could happen well it

happened happen well it happened and now we know now we know many years and now we know now we know many years later that yes there is neurogenesis and later that yes there is neurogenesis and things can happen in repair things can happen in repair but her quality of life was there and it but her quality of life was there and it taught me then taught me then this is the area of medicine the areas this is the area of medicine the areas of medicine i'm most interested in of medicine i'm most interested in well i had two years that i had to learn well i had two years that i had to learn the basic sciences the basic sciences loved it i like anatomy physiology in loved it i like anatomy physiology in fact fact fact by the end of our medical school of our by the end of our medical school of our beginning graduating class i was number beginning graduating class i was number one academically one academically i liked all the hard sciences but what i i liked all the hard sciences but what i wasn't learning were the pieces that i wasn't learning were the pieces that i knew that had gotten my mother knew that had gotten my mother better and so most of the time every better and so most of the time every break or every weekend that we would get break or every weekend that we would get in medical school my colleagues were in medical school my colleagues were doing what you're supposed to do doing what you're supposed to do which is take a break well i was off which is take a break well i was off traveling the world traveling the world studying with people from all over the studying with people from all over the world trying to world trying to learn more about these modalities that i learn more about these modalities that i knew that were not going to be part of knew that were not going to be part of my curriculum my curriculum and i learned a lot and i learned a lot and i learned a lot and i learned a lot about about about frequency in bioenergetic medicine and frequency in bioenergetic medicine and the power of the body the power of the body when the mindset is there i ended up when the mindset is there i ended up at lecturing and teaching physicians for at lecturing and teaching physicians for many years many years in laser physics and in frequency in laser physics and in frequency medicine in fact my medicine in fact my mentor dr bill tiller was the mentor dr bill tiller was the physics head of the physics department physics head of the physics department at stanford for 40 years at stanford for 40 years he is still emeritus professor and he he is still emeritus professor and he and i would lecture together on laser and i would lecture together on laser physics but he taught me far physics but he taught me far more than that he taught me that what more than that he taught me that what meditation could do meditation could do and the power that could be done in a and the power that could be done in a meditative state meditative state um beyond just the frequency devices um beyond just the frequency devices that we were working with that we were working with and i still continue to to love bill and and i still continue to to love bill and hope that we're going to have him hope that we're going to have him for many years to come at this point for many years to come at this point i've lectured all over the world i've lectured all over the world many foreign countries teaching many foreign countries teaching therapeutic injections therapeutic injections yes i like needles and i like frequency yes i like needles and i like frequency why would we say we have to do one or why would we say we have to do one or the other why not the best of both the other why not the best of both worlds worlds worlds uh that that little underlying i might uh that that little underlying i might want to be a surgeon want to be a surgeon uh at the beginning of medical was uh uh at the beginning of medical was uh you know you know cardiovascular or neurosurgeon those cardiovascular or neurosurgeon those surgeries make sense to me surgeries make sense to me and some orthopedic surgeries but i'm and some orthopedic surgeries but i'm glad that i went the different direction glad that i went the different direction because i would have been stuck in a because i would have been stuck in a mechanical side of getting better mechanical side of getting better instead of all of the wonderful other instead of all of the wonderful other things that we can bring things that we can bring to medicine and my greatest honor has to medicine and my greatest honor has been for been for more than 18 years working with patients more than 18 years working with patients and my clients and my clients and i say clients just to define that and i say clients just to define that people who can't people who can't be in arizona or come to arizona to be a be in arizona or come to arizona to be a physical patient they can be a client physical patient they can be a client and i get to work with them virtually and i get to work with them virtually all over the world and give them the all over the world and give them the advice that i'm giving my patients advice that i'm giving my patients anyway and i've anyway and i've done that for many many years and my done that for many many years and my greatest lessons greatest lessons have come from my patients and when have come from my patients and when other physicians ask me other physicians ask me to um coach them or to work with them to um coach them or to work with them and they say how do you get people and they say how do you get people better and i say you listen better and i say you listen you learn to really listen because if you learn to really listen because if you keep asking the right questions you keep asking the right questions the patient has the answer the root of the patient has the answer the root of the problem is there the problem is there we may still have to do some unique we may still have to do some unique testing and other things testing and other things to get there to understand the to get there to understand the underlying mechanisms but underlying mechanisms but the answer is there with the patient the answer is there

with the patient i developed a course at arizona state i developed a course at arizona state university 20 years ago and i'm still university 20 years ago and i'm still teaching it teaching it it's called ancient healing traditions it's called ancient healing traditions for modern medicine for modern medicine that's important here because not only that's important here because not only do i teach do i teach naturopathy and homeopathy in naturopathy and homeopathy in traditional chinese medicine aerobatic traditional chinese medicine aerobatic medicine medicine medicine indigenous medicine music and the power indigenous medicine music and the power of placebo which is real of placebo which is real and that dna and i love the genetics but and that dna and i love the genetics but it's not our destiny it's not our destiny and i'm teaching this to doctors and and i'm teaching this to doctors and nurses and social workers because nurses and social workers because the class they come in saying i need to the class they come in saying i need to know a little bit about these kinds of know a little bit about these kinds of things because all these things because all these people i'm working with patients and people i'm working with patients and clients are coming in and they're clients are coming in and they're tapping in and utilizing some of these tapping in and utilizing some of these things and i don't know what they things and i don't know what they are by the end of the class by the end are by the end of the class by the end of the of the the six weeks they understand so much the six weeks they understand so much and they've tried a few of the things and they've tried a few of the things that many of them have said that it has that many of them have said that it has changed their lives and their families changed their lives and their families lives to a great extent lives to a great extent and that's been an honor as well getting and that's been an honor as well getting them uh to be able to them uh to be able to open up their mindset to say there is a open up their mindset to say there is a lot more here in healing lot more here in healing than than just our traditional medicine than than just our traditional medicine and and and knowing that all of those uh knowing that all of those uh mode all of those ancient traditions mode all of those ancient traditions what do they all have in common what do they all have in common working with the mind the body and the working with the mind the body and the spirit yes i'm saying spirit and spirit yes i'm saying spirit and spirituality is something that we're spirituality is something that we're taught taught taught probably is kind of taboo to talk about probably is kind of taboo to talk about in medicine in medicine we need to change that it is a big piece we need to change that it is a big piece of who we are of who we are no matter what your belief system is no matter what your belief system is feeling spiritually connected to feeling spiritually connected to something greater than yourself something greater than yourself is one of the greatest healing is one of the greatest healing modalities and modalities and tools out there all the other things tools out there all the other things good physicians we can get there good physicians we can get there we're good diagnosticians most of the we're good diagnosticians most of the time but if you're spiritually time but if you're spiritually emotionally emotionally emotionally and mentally not in a good spot and mentally not in a good spot your physical body is not going to your physical body is not going to respond the way that we want it to respond the way that we want it to now i bridge conventional and now i bridge conventional and alternative medicine alternative medicine every day i work with both every day i work with both systems it's not one or the other and it systems it's not one or the other and it should not be a battle between the two should not be a battle between the two i collaborate with oncologists all over i collaborate with oncologists all over the world because a lot of my expertise the world because a lot of my expertise at this point is an immune system and in at this point is an immune system and in oncology oncology oncology because of a metabolic theory of the because of a metabolic theory of the metabolic theory of cancer metabolic theory of cancer many of you have watched me on gaia tv many of you have watched me on gaia tv i've spoken about that i've spoken about that on there many times and other podcasts on there many times and other podcasts and i'll be doing more about it because and i'll be doing more about it because i'm i'm i'm in connection with the leading in connection with the leading researchers in the world researchers in the world in those metabolic therapies and in those metabolic therapies and traditional oncologists are traditional oncologists are interested they're working with me when interested they're working with me when we get an open-minded oncologist with a we get an open-minded oncologist with a patient we can do patient we can do really wonderful things together and really wonderful things together and that's exciting that's exciting and being able to let them understand and being able to let them understand that bridging the science that bridging the science and the spirituality is something that i and the spirituality is something that i will be doing will be doing for true healing at all levels and we'll for true healing at all levels and we'll be looking at alternative and be looking at alternative and traditional care traditional care whether it's heart disease your weight whether it's heart disease your weight whatever it is your hormones whatever it is your hormones you've got to bridge both of it and then you've got to bridge both of it and then you will you will have some wonderful results now this have some wonderful results now this video video video was very good for me to make my journey was very good for me to make my journey has has has been long and it has at times been been long and it has at times been arduous arduous arduous but i am so grateful for the knowledge but i am so grateful for the knowledge and the wisdom that i have from and the

wisdom that i have from all of that effort and all of the all of that effort and all of the wonderful people that i've been able to wonderful people that i've been able to work with work with for many many years and remembering that for many many years and remembering that my greatest teachers my greatest teachers have been my patients physician have been my patients physician and doctor means healer and teacher we and doctor means healer and teacher we have forgotten that have forgotten that in medicine so now the educational in medicine so now the educational ability ability ability take my television background and take my television background and theater background take that and say theater background take that and say now let's use real information that now let's use real information that really can help people in their lives really can help people in their lives and my passion and purpose has turned and my passion and purpose has turned there and i want you to help me with there and i want you to help me with this this this those of you that are listening i have a those of you that are listening i have a tribe tribe tribe and i love those of you that are already and i love those of you that are already in my tribe but it needs to be bigger in my tribe but it needs to be bigger and i really and i really want to be able to share the unique and want to be able to share the unique and novel novel novel information that i can bring forward information that i can bring forward with with with as many people as possible so i'm going as many people as possible so i'm going to ask you to go to my youtube channel to ask you to go to my youtube channel and subscribe and tell your friends and subscribe and tell your friends about it facebook about it facebook all of those things and if you want to all of those things and if you want to get an in-depth get an in-depth written part and some of the videos will written part and some of the videos will be in a weekly newsletter be in a weekly newsletter every sunday that i will be sending out every sunday that i will be sending out dr warden's prescription dr warden's prescription for health and it will give you for health and it will give you practical practical practical and applicable things that you can do and applicable things that you can do for your health for your health right now so i'm very excited and right now so i'm very excited and i'm ready for this educational push yes i'm ready for this educational push yes i'm still going to continue to see i'm still going to continue to see patients and clients i'm being selective patients and clients i'm being selective and who i see at this point and who i see at this point to make sure that i have enough time to to make sure that i have enough time to reach more people reach more people i have a book and i have a new i have a book and i have a new television show television show that will allow us to have the that will allow us to have the conversation even if it turns into a conversation even if it turns into a little bit of a debate little bit of a debate between between traditional medicine and between between traditional medicine and alternative medicine alternative medicine because my role is in the middle as because my role is in the middle as always there's weaknesses and strengths always there's weaknesses and strengths on both sides on both sides and you as the listener needs to hear and you as the listener needs to hear both sides at once both sides at once not hiding one from the other one type not hiding one from the other one type of doctor from another of doctor from another and nor should you be being pushed to and nor should you be being pushed to choose between the two it's about the choose between the two it's about the best best best of both what do we know what do we not of both what do we know what do we not know know know and what do you need to know to be able and what do you need to know to be able to make your best decisions to make your best decisions so please follow me become part of my so please follow me become part of my tribe and let's have fun together tribe and let's have fun together