Introduction and Guest Background

Hi and welcome to another episode of the Healing Lyme Summit. I'm your host, Doctor Myriah Hinchey, and I'm so excited to introduce to you tonight's guest expert.

Here with me is Doctor Michael Karlfeldt, who is a fellow board certified naturopathic doctor. He's devoted his career to practicing and promoting natural health.

He is a high demand speaker, author and educator in this field. Doctor Karlfeldt provides personalized naturopathic care at his busy multi-discipline integrative medicine center, the Karlfeldt Center in Boise, Idaho.

He treats the root causes of diseases and strengthens the body's ability to heal. Doctor Karlfeldt has practice medicine for over 30 years, and is one of the leading experts in treating cancer and increasing awareness about natural ways to treat cancer.

Additionally, Doctor Karlfeldt is the host of the internationally recognized podcasts Integrative Cancer Solutions with Doctor Karlfeldt developed and Integrative Lyme Solutions with Doctor Karlfeldt.

Here he features people who have successfully conquered both of these diseases. Finally, he's the author of the number one bestselling book on Amazon, A Better Way to Treat Cancer.

Welcome, Doctor Karlfeldt. Thank you so much for joining us tonight. I'm so excited. This is going to be so fun and so great. So thank you so much for having me.

Absolutely. Tell our listeners a little bit about how you came to have one of your specialties treating Lyme disease. Well, so Lyme, when you're in the field for as long as I am, then you come across patients with very complex disorders.

And and you always try to find what are the commonalities. How can I get better at addressing this. And and when you look at Lyme, it is exactly that.

That's why I have both cancer Lyme. And there's a lot of kind of correlation between the two. And we'll we'll talk a little bit more about that later on.

But Lyme, as I was seeing patient, do you do kind of the normal therapies and they don't tend to get better. And then you have to start to dig deeper.

And and it was not until really actually was Doctor Dieter clean heart, you know, that, you know, going through all this training, that really opened up my eyes.

And this would have been back in the, you know, 2010 or something like that, or maybe a little bit earlier than that, that I really dug deep into Lyme because it patients dealing with chronic pain disorder, neurological brain issues and and you've you do different you know herbs to support that.

But then you're realizing there's much more to that. And that's kind of how I stepped into Lyme. Just the desire to help people that were really battling.

Yeah. And not really getting help elsewhere. I would imagine. Exactly. And that that's the thing is that and I know you've talked a lot about this already.

Lyme patients say they deal. They're so frustrated. They go to so many different places and and they don't find a

resolution. And it's so frustrating.

That's why they deserve that extra time. They deserve that extra look in deeper look to see what what the underlying factor is so that we can we can address it.

Yeah. And I would imagine this is part of what inspired you to develop the integrative Lyme Solutions program that you use with your patients? Exactly.

There's so many tools out there, and we pride ourselves in bringing together all these different tools. And we talk a little bit about them, you know, later on, like photodynamic, you know, ozone, mitochondrial, you know, I. V.

support and neurological going after like go mole gone after we have frequency medicine, detox medicine.

How Lyme Became a Specialty

You know, we we we do a lot of it here at the center. So patients fly in and we can hit them a little bit harder with these different therapies. And, to clear out a lot of the stressors quickly.

That's amazing. Yeah. And I can't wait to talk about each of those modalities individually. So you had been treating cancer for, what, maybe like 15 years before you really came to specialize in treating Lyme and vector borne disease?

So cancer has been kind of my little specialty just because my, my dad, he he passed away from colon cancer. So it became very personal to me. And that's why I'm also with Doctor Talks.

I'm hosting Breakthrough Cancer Summit because I feel that that's another area where people are so frustrated. They're they're tools that are available in the medical profession is very limited.

And and what I saw quickly is that there is a direct correlation between factors that you need to address with, with both cancer and Lyme, because cancer in itself is essentially the same, where you have mitochondrial dysfunction, you have inflammatory responses, you have chemicals and have metals that are interfere with cellular function, making them turn that cancerous.

And you have all these infectious agents that at the same time also promote cancer. So Lyme in itself as a infection is actually a big component for people.

Then ending up with cancer. So they the type of therapies go very much parallel, and the type of investigative work that needs to be done to look at root factors and looking at the terrain of the body, looking at all these different factors, it's essentially the same.

So so that's why both of them, they they're really fascinates me. And the biggest thing like yourself is because the people in these two camps, both Cancer and Lyme, they feel like they're lost.

I mean, there's there's not much out there and we need to really buckle down and find better solutions for them. Yeah. I mean, in the line world, if you can find a doctor that believes you actually have Lyme, you know, oftentimes there isn't much more than pharmaceutical antibiotics, you know, and steroids being offered, which is like no.

And then in the cancer world, it's like, you know, what? Do we have chemotherapy. Right? But like we forget about all of these lifestyle modalities and how food affects our body, right, for good or bad, and can promote inflammation and immune dysfunction or, or help to resolve it.

So it's funny because, you know, your training and what you figured out for your cancer patients is almost like the exact roadmap that is necessary. Not maybe road map, but like basis, same basis that you need to cover the same sort of medical investigation that you need to do, in my opinion, with a Lyme patient to really have any chance at recovering their immune system and getting that infection into remission or out of the body, whichever the case

may be.

And that's the thing, is that we, you know, when we think of cancer, then we think of the tumor. We got to get rid of tumor. We chemo, irradiate surgery and all of that, forgetting that the tumor exists there for a reason.

Yeah. There's a drain that that our tumor grows within. And it's the same with infectious agents. You know, we we see, I get the BCI or I get Bartonella or Borrelia or whatever it may be, and then we go on high alert.

I get it, just kill, kill, kill. You know that infectious agent not recognizing that that infectious agent, just like the cancer exists within a terrain, if you don't fix the terrain, it's just going to come back.

Exactly, exactly. It's like rats in the alley. You know, if we. We can kill as many rats as we want, but if we don't clean it up, then they're just going to keep on coming back.

Yeah. So all of these various treatment modalities that you've brought into your your clinic and into your program, how do you balance them all. So it becomes a, a journey becomes very personalized and individualized.

Yeah. Because each person is in a different place and you have stronger drivers, you know, for one individual versus another. So let's say one individual, maybe there's a traumatic event or a very stressful, stressful event or belief system that really promoted the expression of Lyme in their body.

So then we we need to then shift more towards making sure that we address those traumas. We address those belief systems, and we use things like APA, applied psych and our biology, you know, FDA.

And we have theta chamber that we have that helps to kind of rewire the brain. So then we we focus more in that area or let's say that that individual has.

Yes, they have line, but they've also similar failings.

Cancer, Lyme, and Terrain-Based Medicine

Say maybe they've been a hairdresser, maybe they auto mechanic. And we know that their toxic load is very heavy. So then we want to start to open up that, that those detox pathways so that we can then clean up the environment.

So that when we choose to go after the pathogen that we, you know, the body can handle some of the die off and, handle, you know, when, have the energy to deal, you know, with as we're killing off the pathogen.

Or it could be that that person has been dealing, you know, they've, type a individual. They, you know, burnt up their adrenals and, you know, thyroid was next.

And, and they, their testosterone is depleted or Esther Dennis depleted. So then we, we recognize we need to support and decrease system and start there.

So each individual is very unique and they have a very unique journey on their getting well. And that's why it's so important then to have somebody to guide you through that process.

And and I do use different techniques. And one of my favorite technique is the art or our dynamic response testing that Doctor Klinghoffer, you know, they brought together a lot of different testing techniques.

And this was to mitigate a lot of the caveats. And that just helps me to see what priority do we need to address things in a what what is the first thing first so we can see what the body is ready for.

And and then we start to address that. And then we as we start to address that. And we see how the body's responding. And then depending on how the body's responding then we'll, we'll take care of that response.

And that way we're guiding the person along a pathway that is incongruent with what the body can handle and what it wants to do as a next step. Okay, that makes sense.

Now, how do you incorporate adjunctive therapies like ozone or photodynamic therapy? Right. Is a big therapy that you do there in your clinic. How do you know when the right time is or the right sequence to do therapies like that?

And how do you pair them with. I know you use a lot of botanical medicine, but sometimes conventional antibiotics and more of an integrative approach if, if it's warranted in that particular patient.

Right. And I love I think I'm very much like you. I like to go botanical way before starting but different on on biotics because I feel that, the, these different pathogens and they've been around for a long, long time.

So it's not like it's a new invention that that all of a sudden we have Lyme. So the plant kingdom, they've evolved with these pathogens being around.

So they they've developed a, you know, complex structure to be able to defend themself and then also to be able to exist with these different pathogens around them.

So that's why I love bringing in herbals and plant medicine. And then you so you can start there. And then you can see depending on the individual and depending what they've done so far, we can then choose to do a, a big push to kill things off.

And we can use, you know, things like ozone, you know, which is is fantastic for people battling line. We have different versions of ozone. We can do something like called UBI or ultraviolet blood irradiation, which is a little smaller.

I usually call it kind of a starter ozone type of therapy. It's it doesn't have to be, it's very powerful in itself. But then as the person evolves, we can then step into, like, major Autohemotherapy or, you know, Ibou or RHP is another name for it, where we can essentially.

Yeah. Pull. You know what? LS an aid like four liters of an individual's blood volume in a sitting? And ozone is is quite fantastic. I mean, one, it helps to, you know, has that extra oxygen that oxidizes and pathogens oxidizes can make have a metals and and it really doesn't care whether it's Lyme virus, fungus, bacteria, whatever it may be.

It is fantastic at oxidizing whatever that may be. It helps with the killing that of the pathogen. But then it does many other things as well. So it actually trick triggers a cascade of cytokines that helps upregulate the immune system and make the immune system more effective.

And being able to deal with these pathogens, then it also helps to increase your mitochondria. So we know that a cell has X amount of mitochondria within it.

Mitochondria is the energy factor within the cell. And obviously if we don't have energy within the cell it can't regenerate. It can't detoxify, it can't do all the different things that it needs to do.

And then we experience pain. And then because the cells are suffering, then they send out pain signals and inflammatory signals, etc.. So ozone help then to turn on the mitochondria and also help to rejuvenate so that we can then have old mitochondria become like new again and also helps to create these kind of big mega mitochondria to be even more efficient in producing energy.

So also an in itself to me that that is such a fantastic tool when you are battling line because it fulfills so many different functions, then we have things like vitamin C in artists and our other two IVs that I love in combination with lime.

Now artists and artists is really good at supporting also oxidation of, pathogens and killing pathogens. But the and it's fascinating because as an IB you know, we do it intravenously.

You have that initial where it kills. But then after that it has all these immuno regulatory effects that lasts for weeks after we control the inflammation control autoimmune conditions control.

Yeah. So so many different functions of that. And then obviously, you know we have photodynamic that that that I bring on the table. We'll talk a little bit more about that as well.

Yeah. Before you move on to photodynamic therapy for the listeners. So if someone were going through ozone therapy like let's say IBO, how often would one receive the treatment and how long would like the period of time that you would recommend the treatments take place to be effective?

It's a very powerful therapy. And so when you do the therapy that the IBU of the effect lasts for, for several, several days after and usually I want to minimize the amount of other therapies that you do after, because you almost kind of want it to run its course.

You know, there may be some other things that I will bring along side with it, but I want to minimize it. Usually that you set.

Personalized Treatment Planning and Testing

So the treatment in itself is about an hour and is really fascinating when you look at the blood, you know, coming out of the an individual from the one arm as just look, this kind of dark, nasty blood and then it gets filtered and also needed in the machine.

And then it goes into your other arm. And here it's just vibrant and red and oxygenated and it just looks beautiful. It's really, really fascinating. In fact, we did one individual, we did a nutrition and like blood cell analysis while the individual was receiving that IBU.

So we took a little drop from from their finger and put on the microscope, you know, blow it up on a big screen. And then we can look at the red blood cells, white blood cells and how they're all behaving.

You can also see pathogens. You can see fungus and spark eats and things like that. And it was quite incredible to see. While an individual is receiving the ozone, you know, with the IBU of the red blood cells was nice and round or separated, floating around very happily.

All the immune cells are very active. They're very busy and they're just, you know, you can see how they were just working and, and kind of cleaning things up.

Because usually when you look at the blood like that, you see at the red blood or the white blood cells from an individual being infected, it's kind of like they are on vacation.

They're laying by the pool, they're having a margarita. They're really not doing anything. They're just kind of existing, almost like a governmental worker.

Not just kidding. You and then also you have see a lot of the, the red blood cells, they are clumped all come together and they're not able to really get into tissue because and the capillaries, which is kind of at the end of our blood vessels, you know, which is where we get oxygen transported into the tissues.

So that's kind of the last, most important step. They need the red blood cells to be kind of as single file. And they need to be able to kind of fold them south in order to be able to transport that oxygen into the tissue.

And so when the red blood cells are clumped together like that, that we're seeing in the light blood cell analysis, then then they they can transport oxygen.

Yes, they can float around in the arteries. Fine. But to get oxygen to the tissue, it's not going to be very, very good. And so the tissue is going to suffer.

Your nerves are going to suffer, you know, because they don't get oxygen. So now you're going to be in pain. You're not going to kind of lose control in some fashion.

That was really fascinating with the EBU. So sorry I went off on a tangent. No that's great. I doubt that most of our listeners have, you know, have really heard that.

Yeah, yeah. No, it's I love EBU. So usually the quality the mono times that you want to do that, I usually don't want to do it more than twice a week.

I prefer maybe like once a week, but if we want to hit it, have done twice a week and probably do that for for four week time. Okay. Yeah, that that would be kind of the maximum.

And then after that depending on the individual. But usually then you kind of do an upkeep every six months or so depending on what's going on. But that that tends to be the, the pattern with that.

And if someone were already on like let's say a lifestyle and botanical medicine regime, would they be able I mean, obviously the lifestyle you could probably continue.

But when it comes to the botanical medicines or the herbs, do you recommend that they would stop that while going through ozone? Or they could stay sort of on their their standard protocol and then add the ozone in?

I still like them to have that net of connection and support all the the herbals, the botanicals. I I'm very it may be some adjustments, but very little that's needed.

So I feel that if you are on the botanicals, you have done the lifestyle changes and you've done all these, these prep work, then this becomes a really great next step.

You know, along with some of the other things we discussed. That's great. Okay. So tell us about photodynamic therapy. Now what is that. So photodynamic therapy is something that I love.

And I use it both for for so many different things. So you have the component of what's called thought of by modulation. And then you have photodynamic therapy.

So photo bio modulation both of them use as light. You know photo being light photo by modulation as restorative regenerative reparative photodynamic therapy as destructive killing.

And so you can use photo by modulation just by itself. And that's using what we do is we have intravenous optic needles that we introduce. And that way we can treat the blood assets passing by.

And and the beauty with that. It used to be therapies where you kind of circulate the blood through a machine and, and then it gets killed there with sunlight and then it goes back into the body again, which is also very fantastic.

But now you are taking blood outside of the body. So there's always that question of sterility and safety factors and things. And so here you're treating the blood essentially assets passing by.

And you are using an optic needle then to treat the blood. And with that we have the ability to use different colors like ultraviolet blue, green yellow, red, infrared.

And each one have different functions. And they they all impact the body in different ways. So since the blood passes by one point and the body but once every minute.

So in a 60 minute treatment session using then intravenous laser therapy, you're actually treating the whole blood volume 60 times. So you know, which is one session in one session.

And consider that we talked about UBI or ultraviolet blood irradiation. Yeah. What that usually looks like is that you

pull 60 cc or 60ml of blood and you put that in a sailing bag, and then you put ozone into that.

And then you run that through a little machine that irradiated with ultraviolet light. And then that goes into the body. So here you're essentially irradiating 60 CCL blood, you know, versus 60 times of 5000 cc's of blood, you know.

So you can kind of see the difference of impact, right. In addition to that, then the blood is staying in the body, you know. So it's in sterile environment.

And we can choose different laser colors. So depending. Yeah. So we know that ultraviolet it kills a lot. Blue kills a lot. As well. Yellow. Then we'll work more on viruses.

Fantastic. Going after viruses also the sunshine color. So it makes you happy. It's an antidepressant. Yeah. The green light for the cardiovascular support the red blood cells.

Then you have the the red really up regulates immune system immune system activities. Same with the infrared. And we know that the mitochondria that we talked about the mitochondria looks kind of like a trained state.

You know I've had yeah like several train stations. You have a train moving from one spot to another. And each spot we we kind of accelerate, you know, how we produce energy.

So these different train stations are called complex one, two, three, four. And we've seen that the different colors and impact the different complexes.

Ozone Therapy and IV Support

So it kind of drives that whole energy production. Yeah. Within the mitochondria. So that is the folder by modulation that's really supportive. And that's when you just kind of run the the colors by themselves.

But then if you bring in, the folder dynamic, then we combine that with things like methylene blue. We combine it with a full desensitize or so methylene blue.

Would we be a folder sensitized or you have riboflavin which is just vitamin B2 is another photo sensitized there. But even botanicals like curcumin, EGCg and even vitamin C, they are all in some way photosensitive cells.

And what they do is that they will then attach themselves to the pathogen, and then as the pathogen with that total desensitize or passes by in the bloodstream and the laser hits them, it intensifies the energy of all of that, that laser light that hits a pathogen and kills them.

So it is a fantastic way of of killing off a lot of pathogen. And then to layer that with things like IBU, vitamin C, artists and it becomes really, really powerful therapy.

And so it sounds like the photodynamic therapy or the photo bio modulation is not invasive at all. It is not. No. It is very. Yeah. Where is it applied to the body.

So this this is an applied intravenous. So wherever your blood goes that's where it treats. So you can also we also have laser beds. We have you know cats.

You know we have other different devices that helps to then hit a a large amount of light laser light onto the individual in combination then with the photo photosensitive or so.

And we also have laser helmets, you know, for individuals that deal with a lot of neurological conditions, you know, so then you can combine, let's say methylene blue.

You have them take that orally or we do the intravenous sleep. We want to have a higher quantity. And then we can have laser helmet on them. In addition to do it intravenously, we can also do kind of laser up on the nose to

kind of hit hit the brain that way.

So there are a lot of different ways to, to utilize light and, and go after these different pet pathogens depending on where, where they're needed. And then there's another tool, laser energetic detoxes.

As I, I don't know if you talked about that, but that's another kind of fascinating layer as since we're talking about light. Yeah, there's so many effects of light so far.

I think we've really, this summit only talked about, far infrared. Okay. Yeah. If you would like to speak a little bit more about that, please do. Yeah. Now.

So yeah, it's it's as I mentioned. Yeah. The far infrared is great. You know, it has if you're only have a light source far infrared will have the deeper penetration.

But then if we use things that are intravenously then obviously we don't need to just use infrared far infrared because we are then treating the blood directly.

You can also use yeah, these different laser watches that we have with the different colors. So you can then take oral photosensitive sur and then put on the laser watch.

And we have the bloodstreams right here passing by. So as a blood stream passing by with a laser watch. And we're essentially treating the blood. So, so that becomes a good home use type of therapy then sometimes called laser energetic detox.

And that's something that I was introduced by Doctor Clean Heart as well is actually doctor Lee Cowan that really brought this to the world. And it's a fantastic, tool to use.

The homeopathic vials with substances like Borrelia, like mercury, like whatever it may be. And you can use that homeopathic bile and then shine a light through it.

And what's amazing with that is that then that frequency, all that homeopathic bile, that information will piggyback onto that laser beam or that light beam.

And so as you are then shining it onto an individual, it gives that individual B information about, you know, that this is an issue like mercury or whatever pathogen it may be.

And so it is fantastic. Then that and giving the body the tools that it needs in order to be able to eliminate, you know, all these different components.

It's fascinating. Yeah. When you do the laser energetic detox on, let's say, you know, Mercury and, and the individual will start to out Mercury and they've been able to measure the chemicals or glyphosate or like I mentioned, if it is a pathogen, it will give the immune system more information about that pathogen so that it can be more equipped to address it.

And you can then use, you know, what's called where you go after different folks in the body. Now, there may be when you do the muscle testing that you see that there's a large quantity of a pathogen like moles stored in the liver.

And so now you can they use the, the bile, you know, for that mold. And then shine a just a central there. You only need like a laser like an LED and shine that with the bile on top attached to it.

And that helps it dried that pathogen or that chemical. I have a metal out of that location where things are stored. So light is amazing. It's it's incredible what what it can do.

Yeah, it really is. That's fascinating. So let's switch gears a little bit and talk about some of the diagnostic tools that

you like to use in your practice.

So beyond, you know, the testing in the specialty labs and all of that, talk to me about using you use dark field microscopy. Right. And then you use another test.

Rick, tell our listeners a little bit about both of those and how you use them in your practice. Yeah. So so the light blood cell analysis or dark field microscopy, there are two different names of the same thing I love because you can then see the blood directly.

What what's going on.

Photodynamic Therapy and Light-Based Detox

And you can see you can see impact of interventions that you're doing and and seeing how how the body responds to that. And you have with that you have the light blood cell analysis, dark field microscopy.

And then you have what's called dry blood, where you actually see how the blood coagulates. And with that you can see patterns, inflammatory patterns.

You can see what's going on within the gut. You can see vitamin C rings, heavy metals, you know, liver spots, parasites. I mean, there's so many things you can see just by looking at, you know, a few drops of an individual.

So I love that aspect. And then obviously I, we talked about art or autonomic response testing. So that's another way for me to assess to see what's going on and how the nervous system is, is stressed by certain factors.

You know, being Borrelia, Bartonella, whatever it may be. And then you have others. So the RGC that is more in relationship to creating something called s.a.t, and that becomes a therapy in itself, that you can use to target different pathogens.

And that that requires a little bit of a longer discussion. But that that becomes a great tool for that. Then we have, you know, you know, the different regular labs that we, we tend to run.

But I also like to do frequency, you know, we check. Yeah, the different frequencies of pathogens and that can give you a huge amount of insight. So yeah, things like, you know, moniker or al scan or, that there are a lot of different devices like that.

And we, we have those different devices here. And that gives another angle of understanding. And I, and I feel that there is no be all, end all test out there.

So it is good to have a few vantage points that you can use to be able to assess and monitor, to see what's going on, because we know Lyme in itself. I mean, one of the things that it does is it goes after your immune system, your ability to produce antibodies.

And so and how we monitor Lyme is with an antibody test. So so we know then the challenge, you know to be able to be diagnosed with something that is, you know, destroyed so to say, by the disease.

So it is good then to have additional tools to be able to, to monitor and assess and see what's going on. Yeah, absolutely. And with the dark field microscopy, it's a way to actually have almost like a live view, you know, like a now view.

Whereas antibodies can hang around for several months, you know, depending on which antibody we're talking about. And so yeah, it's not going to give you a real time insight, you know, as to what's going on and to your point.

And we've talked about this multiple other times during the summer. You know, there are you know, Lyme affects the immune system and causes immune suppression.

Right. Or overreaction or a combination of both depending on the individual. And, you know, it seems almost asinine that we're using a test to, you know, detect something that destroys the immune system by analyzing the immune system, you know, but there isn't a lot of, of other better ways.

So the dark field microscopy is is an awesome tool, you know, as our as are some other things. So yeah. Right. Yeah. And I, I agree I mean I and it's not that the antibody tests do not bring value.

They bring a lot of value for sure is just recognizing the limitations. And just because there's a negative test doesn't mean that it's negative. No definitely not.

And I drone on and on about how, you know, Lyme and other vector borne diseases are a clinical diagnosis. Right. And any testing that we're doing, we're kind of bringing in, you know, as the piece of that, of that clinical diagnosis.

It's not, you know, a positive or negative test. So for any of our listeners who haven't heard us talk about that over and over again in the summer, and maybe you just caught this episode such an important point, such an important point.

So, all right, talk to us about the role of rebuilding the immune system. We've talked about a little bit about testing. We've talked a little bit about adjunctive therapies and killing organisms and whatnot.

Now talk to me about your approach to rebuilding the immune system, which I think is one of the most important pieces of the puzzle. And that and there's another similarity between, you know, Lyme disease and cancer is that, you know, you you have patients gone with with chemo, radiation, surgery.

And yes, the tumor is gone. And, you know, we do a little, you know, hip, hip hooray, you know, downs. But you know, these therapies are never going to be able to get rid of it all.

You know, there's always going to be some cancer there. And it's the same thing with Lyme. Yeah. It's not like you're going to be able to get rid of all of the pathogens.

They're always going to be always going to be some. There is going to be some virus going to be going to be exposed to mold, going to deal with some parasites.

You're going to have some Sparky, you know, running around. It's just the nature of life. We're going to be exposed to that. So now we we need to have that buffer zone, that layer of protection that to be able to address.

We've reduced the load, we've supported the body, reduce a load of pathogens. And what do we have to protect us. It's our immune system. So that becomes key key key to do.

And and there are many tools. And we talked about some of the different things to to go after the pathogen. And some of them also help to rebuild the immune system like vitamin C a glutathione.

Yeah. It helps to do that thing. And we know that, you know, a cell cannot survive without glutathione on how we produce energy with glutathione on if we are deficient in it, we're not able to have the appropriate antibody response.

So there's so many needs for glutathione on. And then vitamin C. Also we talked about ozone that also help to support the immune system. But then things like mistletoe you know we we think a lot about mistletoe in relationship to cancer.

But mistletoe in relationship to line is fantastic. It helps to really reset the immune system, to upregulate the components of the immune system that needs to be down, regulate a lot of the inflammatory, extremely antiviral.

So it is a fantastic tool to rebuild the immune system. And then peptides I love peptides you know thing as an alpha one you know finding some bad off.

You know for you I usually use a, a kind of smaller version of t b times in beta four called TB 500. We have, you know, so there's so many wonderful tools, you know, BPC cpib, that are incredible in relationship to modulate the immune system and support, you know, its, its function and obviously we got all the different mushrooms we have.

Yeah, we have beta glucan, we have astragalus. We there's so many other tools as well. So immune system is so important. We can also bring in things like exosomes, you know, later on to help, to modulate a lot of the, the inflammatory responses and also help to kind of heal tissue and regenerate tissue.

Because I look upon when dealing with with Lyme, it's kind of like you. Yeah. Because some fire you, you want to get rid of the fire. I mean, you can't really repair the house while it it's fully on fire.

Yeah. We got a you got to get rid of the fire, clean that up and then we can repair.

Diagnostics: Dark Field Microscopy and Frequency Testing

And so so that and a lot of times we, we think that we are still struggling with Lyme when in reality it is post Lyme is that repair and regeneration that we haven't done that, that we need to do.

So it's kind of a it's a recognizing the different phases of what to do, what. Right. So do you use a lot of oral peptides or IV or combination of both, depending on which peptide it is that you're wanting to work with?

I do both, yeah. So you have with peptides we we do in both oral. We do subcu and we also do IB ib I like more because you are able to obviously get it directly into the bloodstream.

And I've, I've seen tremendous changes in individuals quite quickly by doing that for long distance guidance. And subcu or oral becomes is a really powerful as well.

Like thymus and Alpha one. Like for instance, when we had a, you know, our Covid crisis, I used a huge amount of time as an alpha one. And I can can tell you how many people that I turned around by doing a heavier dose, you know, doing a, a dose, you know, twice a day kind of hitting a little bit harder.

And yeah, it's tremendous when you kind of lean on it a little bit harder. But in IB, I think that is the optimum if we can. And I usually like to do combination, I'll, you know, times an alpha one TB, TB 500 and now maybe Cfpb or BPC or something like that.

So you have a vast amount of experience with all of this like that. That is evident. What would you say is the most important lesson that you've learned working with Lyme patients that you wish more people and people, medical practitioners, you know, laypersons, whatever.

What what do you wish they would understand about the treatment of Lyme and other vector borne diseases? I think the biggest lesson I think this is kind of a common scenario for most people coming out of any kind of school, medical, naturopathic, whatever it may be.

We are so gung ho and we want to fix it all, and we get rid of it all immediately. And and we want to hit the body with all these possible things. I think the, the biggest lesson is to really listen to the body.

And sometimes less is more. And and being able to kind of navigate that, that journey without overdoing it. Because I think sometimes when we are kind of newer in our profession and we're kind of like a child in a, you know, China store where we just start swinging and, and then things break.

And so I think that is the biggest lesson that I've learned. Then obviously, as I've evolved, I and I've been in clinical practice since 1987, I've seen an evolution of a lot of therapies that were not available when I started that are available now.

And to me, that the tools that we use that we have access to now is, is incredible. I mean, I think just learning of

their existence and learning how to utilize them.

And one to bringing man, to me and having them available, it's so exciting to me and, and the impact we can have on individuals with that. Yeah, absolutely.

So, are you taking patients in your clinic? We are. Yes, we are. And so we we have a number of different providers. And I'm part of the process. And even though I may not be the the immediate provider, I'm still part of the process.

And, yes, we, we do take patients and I if, people are interested, I just do a discovery call with one of our doctors and then we're available to do that.

And how would our listeners reach you?

Rebuilding Immunity and Clinical Lessons

So the best way. Yes, yes. So the best way so you can find a huge amount of information on our website. It's at thekarlfeldtcenter.com. And we do you can access in our blind podcast that we have there.

We also have a large number of free ebooks. And I believe we would this summit, we're offering a free e-book as well. And, how to address Lyme efficiently.

And, and then you can always call us at (208) 338-8902. And if you want to learn just a little bit more, we rob offering a free 15 minute discovery call, because I know a lot of people, they've gone to a doctor from one to another, and sometimes they just want to kind of get a feel of this next Doctor Who they are and and what they offer.

Yeah. That's great. That's a great service for people. I think it's so important to find someone that you feel comfortable with. And you, you know, you feel like you can be completely honest.

And also you feel like the doctor's got your back. You know, having that trust is so important. So you're starting a new podcast in addition to your Lyme podcast and your cancer podcast.

What is your new podcast? So yeah, so I love my Lyme. I love my my cancer podcast. And I feel that the there are so important to bring that information out to the world.

I also love to discuss a little old kind of deeper subject that may not be related directly to cancer, Lyme, talking about transformation, talking about maybe all touchy subject, you know, such as Covid and such as vaccines and such as as things are spraying in the sky and just kind of bringing deeper discussions about things that that are intriguing to us and that are educational and enhance our understanding of who we are and our place in the universe, and bring in additional tools.

You know, like I, I'll have Nobel Prize winners and then physics and, and peace, you know, peace, Nobel peace, you know, people that ran for the Nobel Peace Prize.

And so I'll have some amazing leading thought leaders in the world on that podcast. So I'm excited to bring that forward. I'm excited to hear it. I think that's wonderful.

And I think that it is very much needed very much needed. Hopefully people are starting to. You know, to wake up and to realize what's going on in our world and around us and what's actually making us sick.

And, I think having someone like you leading this discussion, you know, lending credibility, and, you know, the scientific backup, right, to all of this is, is so important.

So I'm very much looking forward to that. What is the name of the podcast? It's called a doctor K show. A doctor K show. All right. So everyone be on the lookout for that.

It was a pleasure. Thank you so much for being here with us tonight. I truly appreciate it. And as always, my pleasure. And, yeah, you do such amazing work and I'm so grateful for what you bring to the world and and whatever I can do to help.

I'm excited. Well, thank you so much. And right back at you. For all of you listening from home. Thank you so much for joining us. I hope that this episode was helpful and brings you information needed on healing from Lyme.

We'll see you next time. Bye bye.