

Caspar Szulc:

Caspar Szulc here, co-founder of Innovative Medicine. And I'm incredibly excited about today's guest a patient at our clinic NYCIM, that I became friendly with overtime, introduced me to this true, OG of Holistic Wellness, and knowing his work, I knew we'd have an amazing conversation. Look, the guy has a no-BS style that you have to appreciate, and he's done so much work to travel all over the world and learn as much as he can to applying it, to living your absolute best life and becoming the highest performing version of yourself possible. I won't delay getting into this one any longer. This is the story of Paul Chek. Paul, thank you so much for coming on the show.

Paul Chek:

My pleasure.

Caspar Szulc:

I know your story quite well, reading your book and following you for a little bit, and I'm hoping most of the audience would know who you are, but just in case they don't you are a former competitive motocross racer, a stock car driver, a boxer, and a triathlete that then turned into a holistic health guru, medicine man, and spiritual guide. I mean, that's a pretty fascinating story right there. Can you tell us a bit about that journey and how you got to living what you say is a 4D life?

Paul Chek:

Well, you know, as a kid, I was in a very broken family, lot of stress, a lot of violence. But the flip side of that is my, my, my real father died when I was eight and my stepfather was a special effects man for universal studios and had a degree in agriculture. And my parents decided my dad used to work for universal studios in their special effects department, but they decided probably when I was about six or seven, they didn't want to live in LA.

Paul Chek:

They wanted to raise us on Vancouver Island and my dad and mother both wanted to get out of the rat race of Los Angeles. So they knew they had friends on Vancouver Island and they found what's called the Homestead Program. And on, in British Columbia, they have this program where you don't actually own the land, but what they do is lease the land to you. Like you own it for 30 years, but you have to do something to improve the land each year and they send an investigator out. So as long as you're doing something to improve the land, you can maintain your homestead right. So we had 142 acre sheep farm, and we immigrated to Canada in 72. And so I, we had a thorough working farm. We had a woolen factory. We specialize in breeding black sheep to produce natural black wool, which is really popular in the native the natives on Vancouver Island are big into sweaters and hats and gloves in the, in the tourist industry.

Paul Chek:

So my parents factory was a woolen factory that provided a lot of the black wool for most of the natives that were doing spinning and weaving and crafts. And we had horses, pigs, chickens, cows, goats, we sold produce, we sold fire wood. So it was all like a full blown working farm. And so my, even though there was a lot of pain and a lot of violence, my father was super, super skilled at a lot of things. So I learned a lot of trade skills and my mother is a spinner, a Weaver, a crafts woman, and a very, very skilled sculptor. And so I sort of picked up the artistic element from my mother. My mother also left

Christianity and joined the self-realization fellowship when I was 12 under the, which is the teachings of Paramatta Yogananda. And so getting exposed to the monks had a tremendous healing effect on me.

Paul Chek:

And I got all the answers to questions I couldn't get in Christian churches and felt a much, much deeper connection to God, to spirit, to source. And then when I was 15, my mother sent me to summer camp with the monks in Los Angeles at the Lake shrine which is cool. Cause the Beatles used to go there. Elvis used to go there. A lot of the famous rock stars and movie stars go to that temple. And so I learned a lot of meditation techniques and got immersed more deeply in Yogananda's philosophy, which once my mother and, and, and even my stepfather went there for a while, but once we got immersed in that philosophy it had a healing effect on the family. Certainly didn't fix a lot of the problems, but it was far better than what we were having in a Christian experience for sure.

Paul Chek:

And so my mother and my father were both very grounded people. We lived pretty much off the farm. We slaughtered our own animals. We raised our own produce. We made our own cheese, we milked our own cows. So you know, my whole upbringing was very grounded and just a typical common sense living. And I had to learn a lot about how a farm works and how nature works. And it turned out that the very principles that my family taught us kids as how we lived were the underpinning of my entire career. And I was a competitive boxer and kick boxer and motocross racer. When I was young, I was sponsored by Honda when I was a motocross racer as a kid and quite successful. I raced stock cars very successfully. And I noticed early on in my athletic career that whenever I was in a small town, so whenever our football teams or hockey teams would play the city guys, we would just kill them.

Paul Chek:

We just work them to death because we were all so work hardened from being on the farm. And I noticed that these guys were always eating Cheez-Its and junk, you know, so I started then I started lifting weights at 12 and to aid my martial arts and boxing and just athletic performance. And I just had this underpinning. And then when I became I joined the army in, I think 83, yeah, 83, and signed up to be a paratrooper and, and ended up in the 82nd airborne division. And I repaired weapon systems on Cobra helicopters, but I hated the job because they just worked us constantly. I was in a zero one priority unit, which means you're the first one to go to war. So you gotta be ready to get anywhere in the world within 24 hours. So if anything breaks, you work nonstop til it's fixed.

Paul Chek:

So we were doing oftentimes 36 hour shifts. I was gaining weight. I got addicted to coffee cause I, you know, my job is to control the weapon system. So if I fell asleep, I could kill somebody. And I just, I just knew I had to get out of there. And the only way to get outta there was to fight my way onto the army boxing team. And I knew going in, I intuitively sensed, I may not like being in a controlled confined environment and I chose to be a paratrooper because the, I, as a kid, I used to see Wide World of Sports and they had the army boxing team on there quite often. So I knew they had a big boxing program. It was one of their recruiting tools. So sure enough, a long story made short. I signed up for a tryout.

Paul Chek:

The only way I can get on the team is to beat somebody on the team. So you actually have to schedule a fight. So they weigh you and then you have to fight somebody that's in the weight class that you weigh.

And I knocked out one of their guys in the second round and took his spot. And then I was also asked to represent our company, the 82nd combat aviation battalion in our army triathlon. And my company commander was so excited cause I was setting all sorts of military records and all sorts of obstacle course competitions and fitness competitions. And he said to me, if you want to train full time for the army triathlon, I want you to win. Cause I'm going to bet a lot of money on you. He said, if you don't want to box anymore, I'll let you train full time for triathlon.

Paul Chek:

So I said, okay, I'll do it. Cause I knew I wasn't going to turn pro my fighting style was too aggressive. And I, you know, with those, a lot of guys on the team that were only 20 years old that are already Punchdrunk. We had guys at 20 years with 320 fights under their belt already. And so as soon as I announced to the team coaches, I was leaving, they said, Oh, don't do that. We'll, we'll let you stay how would, how would you like the job as the trainer? You can train for triathlon after you're done with your work. So I was put in charge of nutrition for the boxers. I wasn't put in charge of conditioning. I wrote all their conditioning programs. I implemented a massage therapy program just because I intuitively sensed it would help them. And from all my triathlon training and fighting on for several months, I fought on the boxing team and trained for triathlon.

Paul Chek:

So these guys could not figure out how the hell I could do that. Cause we train six or seven hours a day on the boxing team. But the, the coaches and athletes all recognize that I ate differently. I trained differently and they knew whatever the hell I was doing, it was working really well. So the coaches offered me to stay and because I would get so sore from all the training, my wife, I would just beg her to try any kind of massage on me. And so with no training at all, she would massage me and I would notice, wow, it would enhance my recovery radically and I felt so much better. So I thought, well, I've got to start studying massage. So I ordered a book at the time that had just been released called Athletic Massage by rich Fey, who is the head head massage therapist for Nike at the time and was a Mary Decker Tabbs therapist, and many of the other top Nike athletes.

Paul Chek:

And I just started applying that to the boxers and the team doctor noticed the injury rate was dropping really fast between the way I changed their diets and their conditioning in the massage. And so the team doctor being an osteopath gave me two years of training on how to take care of acute sports injuries. The army boxing team was actually the gym that was the headquarters for army sports for Fort Bragg, which had at that time 79,000 soldiers and was the most highly competitive placed in the military because of the kind of elite level of soldiers there. And so that gave me the training that I needed and the confidence that I needed and the awakening to what really gave me a deep sense of joy, which was helping other people perform better and feel better. And so at that time I was what 22. See, I came the trainer of the army boxing team in around January, 1984, I think.

Paul Chek:

And interestingly in the 88 Olympics, 11 of the 12 fighters were actually fighters that were at once on my boxing team, that I trained. So it was kind of cool. And when I left the army, I wanted to get my license to work as a sports massage therapist. And I wanted to live in San Diego because that was the epicenter of triathlon training. So I went to the best school I could find, which was right here in Encinitas, California. And then I went from there and got my holistic health practitioners license, which is a

California state license that allows you to treat anybody holistically for any kind of a problem. And it's a very loose license. So I can pretty much do anything I want. I could use herbology, massage therapy, mentally emotional coaching really anything considered holistic. And so I just started traveling all over the world, looking for the best experts on every topic that I found was essential to know about or that I kept seeing in my clientele base, such as disc injuries, neck injuries, shoulder injuries, digestive problems, gut problems, cognitive problems.

Paul Chek:

And I spent the first, probably 16 or 17 years of my career spending anywhere between probably 17, 18 and \$35,000 a year on continuing education and literally all over the world. As far as the Czech Republic, Earl Levitt and studied infant developer worked with Mariano Rocabado, a professor of dentistry and physiotherapy from Chile. I literally traveled all over the globe. So I kind of educated myself by studying with the people that had demonstrated excellence in given areas. And what I began to do that was unique as I started integrating each of these modes of perceiving the body with the visceral system, with the glandular system, with the diet factor, with the lifestyle factor, with subtle energy work and eventually shamanism. And I put together a holistic system. So people started encouraging me actually Charles Polk, and was the first one to encourage me to start an Institute because he sent his top trainers to learn my system of core control.

Speaker 2:

I'm the guy that introduced the Swiss ball to the exercise industry in 1988. Prior to that nobody really ever heard of a Swiss ball. It was sometimes used in aerobics, but I developed the first educational videos in the world and programs in the world and how to use it in a gym safely and effectively. And that was one of the many things I've pioneered. But so in that process, I got hired by many professional sports teams all over the world, Olympic committees, all over the world, militaries, big corporations, private organizations, I've worked with numerous of the top athletes in the world, too many to remember at this point, movie stars and the sort of the, the word began to spread worldwide. I traveled Penny and I traveled around the world for 25 years, teaching all over the world progressively developing people through my, what was then four years of training, which is now seven years of training to complete my multidisciplinary training.

Paul Chek:

So that that's kind of as fast as I could give you a nutshell view of it.

Caspar Szulc:

It's an amazing story. And listen, it reminds me of, you know, kind of what my father did, right. He himself traveled the world and did all this stuff. And I always say that growing up, I thought that's what all doctors did. I thought they went around the world and learned about these things like you did and went to these different places. And I was sorely wrong when I grew up. So the school learned that it's mostly about specialties and you stick to that. Usually don't go outside of that too much.

Paul Chek:

It's an indoctrination process.

Caspar Szulc:

Yeah. He said he had to basically deprogram his mind from all the medical school and everything and work backwards and then start gaining onto it. Right. But I do know that there are two things that really helped was his curiosity, I think, and his ability to go with the flow.

Caspar Szulc:

He tells of a story of just hearing about some you know, conference going on in Paris that was supposedly the next acupuncture or something. He just got in a plane. He said, all right, let's do it. Just cancel my things. I want to learn about this. Right.

Paul Chek:

Smart man.

Caspar Szulc:

But not many people do that. I guess what I'm saying is if you're going to follow into this holistic route of things of truly being curious about what's out there and healing, do you have to have this truly open mind to it? Is that what holds back holistic health right now that you, many of us have blinders on and won't look beyond?

Paul Chek:

Yes our whole education system, teaches people what to think. It does not teach people how to think. I got so frustrated in school because teachers could not answer my questions or I got ridiculed.

Paul Chek:

The same thing happened in a Christian Church. You know, one that they're telling us that God is love. And the next minute we're selling, singing Onward, Christian soldiers marching off war with the cross of Jesus going on before. So even my eight year old mind does not make any sense. And if this is God, I'm scared to death. And when I couldn't get my questions answered by adults, I became even more concerned because I'm like, if I'm eight and I can figure this out, what's wrong. The people have cars and flying airplanes and you know, run military organizations. I was scared. It was, it didn't wasn't until I got to the monks that I really got my questions answered. And by the time I got to the 10th grade, I did the first three months of the 10th grade. And I just said, you know, I can't do this anymore.

Paul Chek:

And I've got the skills to make a living. I was working in a mechanic shop when I was young to make extra money for, you know, hopping up my motorcycles and whatever I want to do. I worked in a butcher shop during hunting season, skinning, elk and deer and moose. I did all sorts of odd jobs. Any spare minute I could get off the farm. I was, I was effective at welding by the time I was probably 17 to trade school to be auto automotive and industrial repair through the Canadian system when I was 18 and did extremely well, I got 98% average on my testing. I worked as a machinist. I've done a lot of different jobs. I built my own race car engines, my own roll cages.

Paul Chek:

So, you know, by the time I was in the 10th eight, I had zero concern as to whether I could go out into the workforce. Cause I had already been working on a farm with responsibilities of an adult doing adult tasks. And my father is a slave driver. It's just like this guy, you do it now. And you do it right. Or you get

the hell beat out of you. So I learned to think on my feet and think fast. And when I can't get questions answered by people that should be answering questions, I lose faith. So I took it upon myself to educate myself and never looked back and having taught thousands and thousands of people from all over the world. It's almost, it's almost true that the more degrees they have, the harder it is to teach them because they are more and more blinded to anything that goes outside of a belief system.

Paul Chek:

And it used to amaze me that I'd worked for professional sports teams and look at the cases of athletes that are making \$150,000 a game. And the doctors are doing the same things over and over again, even though it hasn't been working for three years and I'm like, and then I would figure these guys out sometimes in as little as 10 minutes and the doctors and therapists be looking like me, how in the world did you figure that out? And Oh my God, we never had any idea that that could cause that. And so they would ask me, how do you know all this stuff? And I would look at them and say, I have a question for you. Why don't, you know, because I learned this, studying your journals, the difference is you, have a bias towards chiropractors or osteopaths or physical therapists or acupuncturists.

Paul Chek:

And I study everybody's journals. In fact, I used to subscribe to 36 journals from around the world and pay researchers to read for me and to highlight key articles. I would tell them what topics I was interested in. I had two researchers that were doing nothing but researching and reading for me. And each day they would put a stack of journals on my desk that were tagged and highlighted. So I could know which abstracts to read, which articles to read. So I could quickly gather lots of information and, you know, having studied exercise very, very extensively and taken training and medical exercise therapy through the Norwegian system, which is very comprehensive. I would look at the designs of a lot of the studies being published in medical journals that were saying exercise, won't help back pain and things like that. And I'm like, look, no wonder, you don't even know how to design an exercise program.

Paul Chek:

You don't know anything about acute exercise variables. This research is not even worth the paper it's written on yet. I'd be talking to doctors and they would be arguing with me telling me that I was wrong and citing their own journals, but they didn't have enough knowledge about what they were looking at to realize that the journals they were reading were just trash. So I pretty much took the concept of how you function on a farm into the world. If you can't get the answers, what's wrong with an animal or what's going on on a farm, you have to figure it out yourself or you'll, your animals will die and you'll have no money and no food. So I just applied what I learned from common sense problem solving throughout my whole life. And it's served me well.

Caspar Szulc:

No, I mean, nature has all the answers, right? We try and bring things into a lab and say, that's where we'll find the answers. But I think Einstein, all of them would say that nature is, is what has the answers? And you could tell with your work that this was serious dedication. That leads me to another kind of point of what you bring up in the book, How to Eat, Move, and Be Healthy, something on power, purpose, success, PPS, as you call it and purpose being a guiding stone to help heal you. Now, I believe it is an X factor in medicine that most people overlook, but can you go into the PPS and how critical it is for health and happiness to find your dream?

Paul Chek:

Yeah. PPS stands for personal professional, spiritual success. In, in PPS, what I did is I created the PPS program in 2000. I started writing it in about 2005 and launched it in 2006.

Paul Chek:

So by then, you know, I'd started as a therapist and learning this stuff in January 84. So 84 to 2000. So I had 12 years of clinical experience by then and I had a very, very busy practice. I probably did more work in that 12 years and most people do in 24 years. And so what I did is I kept seeing patterns repeating themselves in my clientele and my patients. And so what I did is I, I came to the realization just like I did with my book, *How to Eat, Move, and Be Healthy*, that there was key things that keep showing up that were the common problems that stop people from healing or achieving their goals or objectives athletically or in business or in relationships. And I identified 12 called roadblocks to success. So the PPS lessons are each oriented toward those 12 key roadblocks.

Paul Chek:

The first one is how to find and live your legacy, which is your overarching dream for your life. But most people don't have enough maturity to really know what their life path is till they're about 35 or more. We're usually going through a series of interactions and experiences in which we sort of begin to refine our tastes. We may do hard labor, like you know, I've done a lot of hard labor being an apprentice brick layer, working in logging camps and working on fishing boats and repairing crab traps and you know, just a lot of very hard work. And each of those things gave me skills and responsibilities, but they helped me realize what did leave me with a sense of connection and a sense of meaning and what didn't. And so once I reached the point of realizing, I'm not fulfilled here, I'm making money, but I'm not connecting.

Paul Chek:

Then I would start looking for the next thing. But fortunately for me, by the time I became the trainer of the army boxing team at only 22, all the pieces lined up, but I'd been working so long. You know, I became a father when I just turned 18. And as I said, I was raised on a farm with a lot of adult responsibilities and working odd jobs. So I had already had a lot of work experience by then, but working with a lot of people and, and being not just a therapist, but a life coach for people cause most people's health problems are the products of behaviors and the behaviors are linked to the choices and all behaviors and choices are the expressions of beliefs. So I started studying belief systems because I saw that inevitably people with diseases had rigid beliefs that were causing obstructions to the flow of life, force energy in their body.

Paul Chek:

And leading to stress reactions that presumed produced over consumption of alcohol, drugs, addiction to sugar, addiction to coffee, addiction to work, addiction to sex, alcohol, pornography, violence you know, and so I found that I could not do my job as a therapist, which means to really get to the root cause. And I did not like the concept of palliative medicine because it doesn't really work. Your, you might as well just give them a drug and send them home. You know, I found that even as a clinical massage therapist, I could take people's pain away, but if I didn't get to what was causing the pain, then I just had the same person coming back over and over again, which to me having been a mechanic and building engines, if you use that model, when you're racing cars, you'll never be a successful race car driver, cause your car is always breaking down for the same reason.

Paul Chek:

So you're kind of just an idiot. And so when I would see how medicine was working, I'm like don't these people have any esprit de Corps whatsoever. I mean, how do you, I'll give you an example. I, once I was hired, I was the first clinical massage therapists in the, in the history of San Diego County to be hired by a physical therapy clinic, the largest physical therapy clinic in San Diego with 23 physical therapists and athletic trainers. And it was part of a surgical clinic with 13 orthopedic surgeons and neurosurgeons. So they had their own surgical center there and it was a, you know, it was a big, big center. And I would see people coming in over and over year after year and one time. And I was long story short. I was famous for getting results where people couldn't figure things out. And one lady had been there for 163 visits for pelvic floor pain. And that went over three years and finally her insurance just threw in the towel and we're not going to cover this anymore. And they said, you have six visits. And we got a letter that the staff got a letter, the owner got a letter saying, this woman's getting cut off in six visits, so you better figure it out or we're cutting her off. And so the therapist decided, well, we better let Paul have a look at her.

Paul Chek:

The first thing I did is I took her into my treatment room, which was a private room. And I started asking her about the nature of her pain and having dealt with a lot of pelvic floor and back pain caused by sexual injuries. I said to her, forgive me for asking, but the kind of pain you're describing is very common. As a sexual injury, I said, I'm curious because her pain was at her coccsyx. I said, are you engaging anal sex? And she said, yes, I am. I said, is your husband well endowed, she said, yes, he is. I said, does it hurt? She said, yes, it does. But I do it because I love him. And I said, have you ever noticed a connection between that type of sex and this kind of pain? She said, every time I said, has this been going on for the last three years of therapy?

Paul Chek:

She said, yes, it has. I said, has anybody ever asked you about this? She said, no, you're the first one. I said, why didn't you volunteer that information? She said, well, to be honest with you I felt fairly insecure. They didn't seem like the kind of people that could handle that kind of information. And I said, well, that's what's going on. So I was trained in intrapelvic therapy through the neuromuscular St. John neuromuscular therapy Institute, which is one of the few places at the time in the world, unless you went to Denmark. Interestingly, the Danish physiotherapists are the only ones in the world trained and intrapelvic therapy. And so I told the doctor that was in charge of her case. I need to do intrapelvic therapy. And I could do that legally, as long as he wrote a prescription, well, it took me about three sessions to completely wipe out her pain.

Paul Chek:

And I gave her pelvic floor exercises and explained to her what was going on. I taught her how to do her own rectal massage to relax the anal sphincter so that she could engage sex. I told her, you got to teach your husband how to do this. He can't just stick himself in there cold because it can really traumatize the anal sphincter muscles and traumatize, the ligaments of the coccsyx. But the doctors and the therapists were completely flabbergasted as to how I could alleviate something in three visits that they've been working on for 163 visits. What's the point? This should never have happened. She should have been in and out of that clinic and no time, but people were so insecure and so afraid to actually get into a person's life. And when I asked the therapist, why did you not offered to do intrapelvic therapy?

Paul Chek:

You know what the most common answer I got from 22 therapists was I would never stick my fingers up somebody's ass. That's gross. I said, you realize you're a trained professional rehabilitationist and that's part of a human being's anatomy. And I could sit here for a day straight and tell you all the things that can happen throughout the entire kinetic chain. If the pelvic floor is dysfunctional, which you're supposed to know yet, you completely overlook this and drug a woman through 163 physical therapy visits. And that's exactly why we have all these problems with insurance companies keep giving us less and less money because we're ripping the system off. And ultimately it was that kind of garbage in professional rehab that made me leave and start my own clinic and go to a cash pay system.

Caspar Szulc:

No, I've heard that before with so many practitioners that it's almost sickening because we are in this state, where do you agree that medicine is broken as it is right now? Practiced?

Paul Chek:

Medicine has been broken since the beginning of the American Medical Association, right? So it's a medical mafia. It's a belief system. It's not designed to get people better. If you study the history of it, you'll find that it's a really a drug sales vehicle. It's not designed to get to the etiology. It never was. It's a, it's a business model, point blank. You know, I've actually, I was listening to a podcast several years ago or a recording and a doctor confided on the podcast. He was the head of a hospital in LA and he said, whenever business starts to slow down, we get together in this hospital and we try to figure out ways to get more people into the hospital. And one of the tricks that's used as diagnostic imaging. And if you look at the research on diagnostic imaging, for example, they've done large sample studies where they've MRI, the low backs of hundreds of people, and then taken their MRIs and put them before a panel of surgeons.

Paul Chek:

But what they didn't tell the surgeons is that none of these people have a history of back pain. What they found is 50% of these people on MRI had what surgeons considered to be cases that needed to be operated on immediately, such as bulging discs, sequestered disc, but none of these people had any pain. So what the truth is is that you cannot correlate a diagnostic image to a functional disorder because the human body has tremendous capacity to adapt. So the point is the medical system is designed to scare people into spending money in getting treatments. And if your research cancer and all this other stuff, you see that this is really kinda like tricking people into fearing their life and fearing that they're going to have these problems. And so that kind of behavior is repulsive to me, it's absolutely repulsive. And it's exactly the kind of behavior that lead to COVID that's led to all sorts of political scandals. And unfortunately, it's just the dark side of the human being. It's not just medicine. You see it everywhere you go.

Caspar Szulc:

I would agree with that. Now, I would say it's, it's really unfortunate when it comes to medicine because that's the art and practice and science of healing, right? And without that medicine, people may die. People may become very unhappy with their lives, very unhealthy and not live a fulfilling life. And that's where it gets really, really kind of into this borderline of, is this ethical not, you could go into those conversations because some people may not see it. But one of the things I know you've mentioned is during your time, I believe at that center, you are known as the last resort and your story kind of

illustrates that. At our clinic, people sometimes joke and the medical staff jokes that we're not the New York center for innovative medicine. We're last chance New York, you come here is your last chance to save somebody's life after they've gone through the conventional route, everything else, why is it that even when you show results, you showed results. Everyone agreed with it. Why is it still that we are turning to holistic health practices as the last resort and not the first

Paul Chek:

Well, because one, they work. So if the medical model actually tells the truth about holistic practices, then they will lose a huge amount of money that's being spent on drugs and surgery and a routine doctor's visit based out as fear. If you look at the statistics, statistics on things like mammograms, it's ridiculous how they're not even useful. I think only about 4% of mammograms actually ever turn out to be useful to a physician. If you look at Dr. Vert Mooney's book on low back pain, he said only one in 1300 x-rays taken ever changes the course of treatment, but the average cost of an X Ray at that time was \$75. So you see what they've got is a system of making money by scaring people and they don't understand functional movement or functional anatomy or integrated health practices or the impact of diet lifestyle. In fact, I don't know if you remember when C Everett Koop was the surgeon general of the United States. Well, he came on television and I don't watch much television, but by the serendipity of it all, I happened to just see his address. One day he stated at eight of the 10, top 10 killers of Americans are lifestyle diseases. And if people would just eat better food and get more exercise, they would be far less likely to suffer these problems. They fired him the next day for saying that.

Caspar Szulc:

It's a lot of money lost when he said that, right? If people were listening. That's trillions these days, I would say that you're losing because of that statement.

Paul Chek:

So the point is the medical system has worked very hard to turn holistic health practitioners and allied health practitioners into witches, into woo woo medicine, snake oil. In fact, I knew I was becoming successful in 2008 when I was listed on the QuackWatch, which is a group of doctors that identifies quacks and I couldn't help, but crack up laughing. Cause if you go to their website and see who they have on some of the best doctors and therapists in the world, so what they do is they actually pay people to do this, to go out, find successful doctors and therapists and deface them. And then the medical system, if they're too good, we'll go after them. And there's, I could give you a long list of documented cases of skilled doctors doing things like your father that got put out of business or disappeared off the face of the planet because they came up with cures for cancer.

Caspar Szulc:

Yeah, no, I mean, there was a time where I felt that integrative oncologists in Florida were kind of dropping like flies and people worried for people like my father and others who weren't even oncologists let's say, but just trying to help people through different ways, some being with cancer and others and getting great results. But yeah, I mean, there's a lot going on of this negativity and, you know, you run the Chek Institute and Academy. You've been doing this for a while, helping a lot of people. Do you see the tide changing at all that people are demanding different, you know, a different style, a different approach to medicine. Is there, is there a change or do you see this just staying the same with these Goliath, pharma companies, running things and people just getting sicker and sicker really

Paul Chek:

Well. There's, I'm going to answer this in a couple of ways for you. I tell my students, there's no such thing as a bad drug or a bad exercise, or even a bad surgical procedure. There's only an incorrectly prescribed drug exercise or surgical procedure. So I've never had anything against the concept of medicine itself, but I always remind people, the Hippocratic oath is first do no harm. So any doctor that's really in the word doctor in Latin means teacher. So doctors are actually authentically supposed to be teaching how to people be healthy. And in China for thousands of years, the doctor did not get paid. If you got sick, he only got paid a regular monthly stipend when your family was healthy, that's real medicine. So what what I've found is over the years, because so many movie stars and elite athletes have come up against the kind of the end of their line with the standard medical system and ended up in the hands of Rolfers and Feldon Christ practitioners and acupuncturists and craniosacral therapist, and a long list of others, nutritionists, holistic nutritionist, and gotten great results that there's now so much information out there that anybody that really wants to try something different can find it in, you know, 0.2, eight seconds on Google.

Paul Chek:

And so what I found is there's really two kinds of people in the world, the kind of people that are really motivated to engage themselves and take control of their own situation and will do whatever they need to do to get healthy. And the kinds of people that still are in the child, archetype just want to be told what to do and don't want to participate and would rather just take a drug or have someone cut it out. And years ago, one of my teachers taught me, he said, Paul, there's only four kinds of patients in the world. And I'll tell you what the four kinds are. But once I started looking through the eyes of his model, I saw it to be exquisitely, true. Number one, those that follow your directions and make the changes you suggest and do their suggested therapies. And they always get better quickly and go back to living their lives happy because they're well. Two those that have such a big ego, that they'll never listen to anybody.

Paul Chek:

And no matter what you tell them or how skilled you are, they just keep doing what they want to do. Three, those that are hypochondriacs that don't know who they are without their pain. And so no matter how skilled you are, they're more afraid to be without their pain because they've built an identity and relationships and often are getting compensated for it. So their pain has become their identity and they're unlikely to ever let it go. And number four is those whose time it has come to die and no level of intervention will stop that. Those are the four kinds of people that exist in the world when it comes to medicine and therapy. And there's not very many of group one, there's plenty of group two. There's plenty of group three. And there's enough of group four, that if your ego's too big as a therapist, and you think you can save everybody, you're a fool because there are spiritual reasons it's time to go.

Caspar Szulc:

So what are we to do with such a small group one? And I agree with you. I've met so many patients over my lifetime being around doctors since I was little and meeting patients, going into clinics and really getting to know them. And even now I sit down with patients all the time on a daily basis, of course we were connected because of a patient you know, that knew both of us. So you know, what, what can we do as a whole, as practitioners to, to help the other three groups? Because I don't know if they will adapt to a whole new style of medicine where it is more about responsibility doing these things, making the changes, abiding by what you need to do, not just taking a pill or going under the knife.

Paul Chek:

Well, what we can do is exactly what I developed, and that is the four doctor model. First of all, we can't do it if we don't have an adequate understanding of the psychological process and the process of individuation, which in Jungian psychology means moving through the stages of childhood adolescence and becoming an authentic adult and accepting responsibility for yourself. Unfortunately, due to the way our culture is set up predominantly in the West, but worldwide due to the impact of religion and deifying priests and authority figures as people, you do, you follow whatever they say and don't ask questions or else, because that's goes all the way back to being slaves and all sorts of things. And religion instilled that in people's heads. And the doctors became the modern priests of science. The scientists became the modern priests. And so a lot of people have been indoctrinated in this authoritarian patriarchal model.

Paul Chek:

And so they're afraid to challenge authority. They'll, they'll get their organs and glands and everything cut out and spend all the money they have and go broke doing what they're told even when their own intuition and their own gut instinct goes against it. So we have to have enough understanding of the life process to see where a person's at, or we can't effectively coach them. I tell my students, we never treat the disease that has the person we coach, the person that's acquired a disease. And so we built an entire medical system based on what is called a treatment model. Now, if I say to you Casper, I'm going to treat you to dinner. Who do you automatically assume is paying for it?

Caspar Szulc:

You're paying for that bill, right?

Paul Chek:

So you see what we've done is we've created a medical model where we actually have this unconscious concept that if we go pay a therapist or a doctor money, they're going to take our pain away and that's their job, not ours.

Paul Chek:

So we need to completely rehabilitate medicine and turned into a coaching model and let doctors be teachers not fixers. And we've got to get away from the concept of the human body as a machine and turn it into an awareness that it's a biological living, breathing organism. That is an emotional reality, a mental reality, and is part of a collective whole, or a spiritual reality and deal with people physically, emotionally, and mentally, because most of these problems actually are the results. As I said, a belief systems, which is a mental construct, which then distills the values through programming. And if you study Jungian psychology, one of the there's four functions to consciousness thinking, feeling, sensation, and intuition. And the feeling function of consciousness is where our emotions come from. And so what it means is that our sense of feeling is based on our values.

Paul Chek:

What we feel good about usually is something that's in harmony with our values. If we're being a good Christian, we're happy, but if we're sinning, we're not, if we're being good, usually means we're in alignment with the stated values of the belief system ran. For example, if in our culture, if you go to the store and then there's a line to get to the cash register, you don't cut in line. You go to the end of the line and wait your turn. But in China, they believe if however you can get in there, you get in there. So

they'll stomp all over each other, but if someone cuts in line, people will get very angry because a value has been trespassed. When we really realized that a lot of our emotions come from trespassing values or alignment of values, then we have to realize that we have to change our values about what it means to be healthy and what it means to get healthy and what it means to be a therapist and what it means to be a doctor, which means we have to get out of the value that we pay money to get fixed.

Paul Chek:

And out of the value that people are machines that we tinker with, like we tinker with engines and airplanes to the value that people are living, breathing organisms that have thoughts, feelings, emotions, and relationships. And it's usually their thoughts, feelings, emotions, and relationships that produce the stress that manifests as physical dysfunction. And therefore, if we're treating the physical body, we're treating the end product of a chain of events that begins with a mental construct or a belief. So until we actually turn health into an integrated system where people have not only the training in anatomy and physiology, but have a basic understanding of emotions, relationships, psychology, and it's very important to study belief systems. And the most common belief systems are the world religions. So I spent years studying world religion and comparative religion and philosophy and psychology so that I can understand how a person comes to create a belief.

Paul Chek:

And what is the power of a belief system for better or worse. And I found probably in 98% of the cases that I could not help people resolve chronic pain and disease, unless I went directly to the belief system, which is the source of the behaviors that led to the choices that produce the obesity, the metabolic syndrome, the leaky gut syndrome, the chronic knee disfunction. Look, I work with a lot of the best athletes in the world and having seen thousands of cases like this, 98% of them that have gone to doctors and therapists have never had anyone evaluate their lifting technique, their running gait or anything that is a mechanical force that led to an injury of a mechanical nature. I saw this with professional athletes coming into the physical therapy clinic, they would just treat them after surgery or centralized discs and use stretch bands and pink dumbbells.

Paul Chek:

And the next thing, you know, the guys on the on the line of the San Diego chargers football team about to get his head knocked off by a 280 pound monster. But just yesterday, he could only lift pink dumbbells and stretch cords. So they had no means of progressing people back into authentic athletic conditioning and have no knowledge of the science of athletic conditioning or anything beyond pure isolated rehabilitative exercise, which are all based paradox on bodybuilding isolationist model, which isn't even how the body works. So really what I did in my life as I went through an analysis and studied comparative diagnosis. So basically books looking at what kinds of things can be caused by other things. So what are 10 different systems in the body that can cause a headache? What are 10 different things that can cause pain in a woman's uterus, or lead to uterine fibroids?

Paul Chek:

And I've got the books are on differential diagnosis is what they're called. And I, I started looking for these things and found, Oh my God, probably half of my clients, actually the etiology of their problems in a system completely in another zip code, as far as the medical system's concern. And for example, I would get chewed out by doctors and therapists for correcting the position of the Atlas. When people had low back pain and pelvic girdle pain, and they would say, what the hell are you doing? You did not

get a prescription to touch their neck. You're only supposed to touch their back. And I would have to break out an anatomy book and show them the cord tracks of the spinal cord. The denticulate ligament, show them what the research on the Atlas shows, show them that when the Atlas has sublux as little as one degree, it can cause traction on the denticulate ligaments, which attach, right to the chord tracks that control the lumbosacral region in the descending cortical, spinal tracks, and even in the ascending pyramidal tracks.

Paul Chek:

So it would disrupt the proprioception and the motor control. And also they forget that every single nerve in your body passes through the Atlas. So if you have an Atlas axis dysfunction, and it's the most commonly sublux joint in the human spine, it's got the most range of motion and the least ligament to support. And so when I would be fixing people without ever touching their backs or their necks, I would be getting ridiculed and attacked by doctors right in front of the patients. And I would turn smile and say to the patient, how many visits did you have to see me to get better? Four. How do you feel better than I've ever felt before? Okay, doctor wasn't that why they came here in the first place. So don't, you really have an interest in how I did that. And by the way, I learned that by studying anatomy books, I did five cadaver dissections so I could really learn anatomy. And I found most doctors don't have any knowledge of anatomy outside what they operate on. They certainly have very little understanding of the integration of biological systems, such as circulatory, lymphatic, digestive, elimination.

Speaker 2:

And so they're so highly specialized that they're really quite blind. And the human body is a fully integrated system, not only the physical elements, but the emotional mental, and therefore spiritual components of it. So what I'm saying is, is that we now have an opportunity to really celebrate. I tell my students all the time don't ever be stupid enough to think that you now know enough to stop studying because the human body is as complex as the universe. In fact, it takes an entire universe to make a human body. You will need to be committed to observing carefully and studying for the rest of your life and know that every patient that ever comes your way is a gift from the universe to teach you something. So the day you start treating people as objects and not paying attention and listening carefully for the gifts that they're bringing you, you have started to mold.

Caspar Szulc:

It's wonderfully put. Yeah, because I mean, healing is an art form and an art form is always dynamic, always changing, always evolving, and you're always learning from it. And I know many of the top doctors believe that every single patient is in fact, something that they are learning on each time and seeing something new and seeing it differently, painting that new canvas for them. So completely agree. And I can say that. I think we both agree, Paul, that the future of health medicine, human optimization is in a comprehensive coach-like approach. Now, how do you feel that would translate into medicine? Let's say or healthcare because in a coach dynamic you usually pay the coach for the services. You see the value in it. You are told what to do, you do. But right now we are in such a belief system. As you said, that I have healthcare, it has to be covered. It should be free. And the doctor will do the work for me. So how can we get to that point of, of initiating comprehensive coach, like model within healthcare?

Paul Chek:

Well you start, start by doing something very profound. You just be real honest when you ask the question, is this model working well, we build rockets and put men on the moon, but we've got a

healthcare system that's ranked 37th in the world and is the most expensive. So if we have any pride whatsoever, we would, immediately retool because we're getting our ass kicked even by third world countries. I work all over the world. I have taught people from Russia to the Pacific islands, to the Cayman islands, to you name it, and American physical therapists are some of the shittiest I've ever seen. American doctors are some of the worst I've ever seen. And about the only ones that are worse are British. It's a tie between the British and the Americans. Now there are good ones everywhere you go. But they're all people that travel the world to learn and are open minded, but you go to Denmark or you go to New Zealand, or you go to Australia and especially in physical therapy, you see a skill level in Canada has some of the best training for physical therapists.

Paul Chek:

So I actually interact with students from around the world and see how hard are they to teach? How close minded are they, how diverse is their knowledge. It's unbelievable how, how bad it is in, in the West. I mean, being in the United States. But all it takes is someone just to be honest and ask the question, is this really working? And anybody that answers the question, honestly, I say to therapists and doctors all the time, don't you have any pride in workmanship. If this was you who had come for 163 visits for something that should have been figured out in just a few visits, how would you feel? Right? You're doing a grave, disservice people's lives are ruined. Their sex lives are ruined their capacity to make a living is ruined. And when you, I would look at case histories and they'd see a neurologist who didn't know it was wrong.

Paul Chek:

So they'd send them to a neurologist who would look at them with the same belief system who had sent them to them. I've seen people go through 10, 15 of the same kinds of doctors, all doing the same tests, all telling them the same thing. And I'm like, this is a good old boy system. This has nothing to do with the real interest in the patient. There's no differential diagnosis skills, it's a game. And most of the people when they graduate, stop learning, and everybody just becomes an object. So it's really about, A: morality. A moral is a code of conduct that is life affirmative and ethic is just a code of conduct that may or may not be life affirmative at all. I was a paratrooper in the military. We had a soldiers ethics manual for how to kill and capture people and what not to do to prisoners of war based on, you know, international law.

Paul Chek:

But that wasn't a moral manual, but what we're doing in medicine is immoral. It's, it's the same in politics. Like right now, people are being forced to get vaccinations for, for things that we have no authentic test for. The PCR test is completely and utterly useless to diagnose the virus and all the current statistics show that it's no more dangerous or even less dangerous than the seasonal flu, but it's been blown up to a dragon that's wiped out businesses and wiped out people's lives and led to huge amounts of suicide and social violence. All we've got to do is ask ourselves, is this working. Yet, people that do know still wear masks and still do social distancing and still ruin themselves because they're not brave enough to become an individual and stand up for what they believe. And as long as we're under the hypnosis of the priesthood, this is not going to go on because there's a small number of people putting trillions of dollars in their pockets by keeping this illusion going.

Paul Chek:

So we have to start standing up for our beliefs at every level, whether it be how we build homes or how we farm the lands or how we do medicine, how we do politics, how we do banking how we care for the ecosystem that what we're talking about in medicine is just a mirror image of what's going on in all the major branches of society and culture. You know, Lao Tzu said the government is made of the people and it always reflects the people. So we can blame Donald Trump. We can blame Bill Gates, but ultimately all those organizations are made of people that are all doing the same thing, acting out belief systems and sticking to a party line because they think if they don't do it, they're not going to get paid. I'd rather frickin starve to death than have to lie to people every day. I got to sleep with myself at night.

Caspar Szulc:

Yeah, that's good. It's going to take a lot right. To get out of this. But as you said, I will say, you know, what's the one thing you could do for, you know, the economist society or the earth as a whole, right? If you're looking to be a conservationist, take care of yourself, be healthy. You are the microbiome of earth, right? Micro to macro.

Paul Chek:

Once you take care of yourself, you have changed the world. Right. Humanity, as an organism is made of a collection of cells called individual human beings. If you start treating one cancer cell, that cell talks to all the other cells and they all learn from each other. We need to get past all this silliness of contrived infection and start a wellness infection. We've got to start teaching wellness instead of disease. We've got to teach what creates health. That's why I wrote my book. How to Eat, Move, and be Healthy. It made me frustrated that I had to tell people how to poop. I had to tell them how much water to drink, what real food was, how to breathe properly, how to stretch properly, how much movement they needed. It's like, if you just listen to your body, it'll teach you what to do. But people have been so conditioned to believe in authority figures that they don't even listen to their own bodies, even when it's causing them tremendous pain.

Paul Chek:

So really in a nutshell, this is what we have is we've got to break out of the hypnotic spell of education systems, that condition us to think what others want us to think and learn how to think constructively. And I built my four doctors system because many of my most advanced students were coming to me going, Paul, you know, you've taught us so much and I can find so many things going wrong with people that sometimes I'm totally confused as to where to even begin, because some people have 10, 15 major problems going on at once. How is it that you decide what priority to do things? And what's important first. And when I started hearing that from some really intelligent people, I realized that I had developed an internal system that I was using. So what I did is I, I did what would be called philosophically a *reductio ad absurdum*.

Paul Chek:

I said, okay, I've got to reduce my approach and how I do this to the nuts and bolts basics. So I can create a model that anybody can follow. Long story made short. I realized that there was four key elements to a living philosophy. And if they were not in place, you were in big trouble. And I modeled it off of the Roman system. I actually was asking my soul to help me do this. So soul means consciousness within. So the part of you that is all of you. Not just your ego, your instincts, your intuition, your connection to the universe, that's your soul. The sum total of consciousness within any individual is the soul. So I just said, I really need to start paying attention to my own inner process, which was really the

way I did things as a mechanic, the way I did things, you know, working on military aircraft, there's a way you break systems down methodically.

Paul Chek:

So you don't do stupid things like as a mechanic, you're taught in school, there's three things an internal combustion has to have, or it will not run. And you should never do anything to a car or any internal combustion system. And you have identified these three things. They are ignition compression and fuel, and people spend truckloads on all sorts of stuff without checking those three things. So I use the same concept. And when I was trying to solve this problem, one day I had at the time, a big cupboard where I had myriads of courses that I'd studied in education courses that I'd bought and CDs with education courses on CD. So I can listen to them while I was working out and audio cassettes. Cause this has been going on for a long time. And one day, my soul directed me to this, herbology course that I'd had for a long time, it was produced in something like 1995.

Paul Chek:

And it was just a one to two disc herbology course. And I'm sitting there on a rest period from lifting weights. And the presenter said in the Roman days, they believed that all illness came from an imbalance in one of three doctors, Dr. Happiness, Dr. Diet and Dr. Quiet. And I went, Oh my God, that is so absolutely accurate, except they're missing one doctor Dr. Movement. And so having studied philosophy, I looked also at the morphogenesis cycle. So how does a Caterpillar become a butterfly? And there's four phases. I also stay in Hegel's philosophy. You have thesis, antithesis, and synthesis, but Hagle left out the most important part, which is rest. Because if you keep going from one project to the next you burn out and having studied world religion, I looked at at the Hindu philosophy that the whole universe is produced by the sound of God singing, which is Om and Om in its actual authentic spelling is capital A capital U capital M underscore awe means I awaken, Ooh, means I'm dreaming.

Paul Chek:

I'm living. My dream M means I'm falling asleep. I'm turning into an old man or an old woman, an underscore means end of cycle, rest period. So I saw that in all systems of the body, that there were cycles from the 25,900 breaths a day, the average person takes to the 4,000 times a day, the average person swallows and engages their teeth, which is critical to know for, for oral facial and dental problems to the 24 hours circadian cycle to the ultradian cycle of breath, breathing there, everything has inhale, exhale, pause. There's always a pause between cycles, even if it's very short. So what I saw is that our culture had been caught in this very deceiving model, which is an input output model. If you put this much money in a bank account at this percent interest, or put this much investment in a certain stock, this percent interest you'll get this much out in a year or five years or 10 years, but what happens is people forget in between the input and output is a little thing called the process, right?

Paul Chek:

You can come up with a great idea for a widget thesis, but when you go to test it in actual practical, use it breaks down or you find out the materials are not good enough. That's the anti thesis. Then you go back to the drawing board and revise until you figure it out and then you get synthesis. And then you've got to take a rest before you invent your next widget or you'll burn yourself out. And lo and behold, I studied alchemy and found that they time the set, the cycles of alchemy to the seasons. So thesis, my dream goal or objective is springtime awakening to something new. The action phase, anti thesis, testing it out, doing the training in the gym, trying to become a champion athlete is anti thesis where we meet

the competition that tests our metal. Synthesis is when we finally figure it all out and come into flow or have flow states or reach our potential.

Paul Chek:

But we have to rest at the end of the season. And I work with countless athletes like tennis players that would play the United States circuit. Then they'd go to Brazil in the winter and play over there and they never rested. And they were burning themselves out. Triathletes would come to California in the summer. They would do Europe and they would come over here and train in our winter because it was like summer for them. And they would burn themselves out. So what I did is I put the four doctor model together and said to my students, the first thing you got to do is identify a dream goal or objective that's significant enough in their life that they're willing to change to experience it and achieve it. Or you will not get results because there will be no sense of meaning to what you're doing. And they won't have a reason to change their life because if they're getting paid to be sick or they're, don't like their job to begin with, which is a big problem because research shows that about 75% of people surveyed worldwide, say they hate their job. Okay? Which means they're in the prostitute archetype.

Paul Chek:

So, and I see if people cannot identify the dream goal or objective that's worthy of changing for, then you have to identify what their nightmare is. And that's the one thing that's going on in their life. It's trapping most of their energy, vitality, and resources. And if that's healed, it unlocks the flow of life force energy. So the body can begin to heal. So you have to identify a dream goal or objective that's of enough significance that a person's willing to grow and heal. Next. So that's number one in my system. Two is balance. There's only two forces that create the entire universe, yin the feminine yang, the masculine and the human body yin is anabolic. Yang is catabolic. All diseases are imbalances between the anabolic and catabolic or the sympathetic and the parasympathetic, the unconscious regulation of the body or subconscious, if you want.

Paul Chek:

So our job as therapists is to identify where are they out of balance with regard to physiological homeostasis? First, we have to reach just a benchmark state of health before we can train for professional hockey or climb that ladder past health and physiology. So step two is where's the client or patient out of balance. Step three is choices. There's only three choices you can make in relationship to any person, place, or thing, the optimal, which is best for you and everybody involved on your dream team, the suboptimal, which gives instant gratification, but you usually results in pain in relationships. Like the people that are helping you and then doing nothing, doing nothing has three derivations. Doing nothing's a good idea when you're about to spend a lot of money on something or make a life change, that you're not confident that you're doing the right thing.

Paul Chek:

So you need to gather more information to make an intelligent decision doing nothing is what you do when you're in some kind of a heated argument and you're losing connection with the person, especially if it's somebody you love. If you can't stay connected at the heart, call a timeout and say, we're losing connection. I can't contribute to this discussion right now. I'll come back when I can stay connected and we can work on this together in a meaningful way. So that's called taking a time out. The worst form of doing nothing is to be indifferent. Indifference is actually more dangerous than hate children raised by indifferent parents have a higher rate of disease in criminality than parents that beat their children and

abuse them because at least being beaten and abused as a form of contact that shows some degree of interest. And then we have four doctors.

Paul Chek:

So the imbalances are either with your choices in life and about what is happy. Making dr. Happy too much or too little movement, doctor movement, incorrect diet, too much, or too little food, or the wrong diet for you and too much or too little rest. You cannot get by in life as a healthy three doctor person. You can be a happy person that exercise and that eats well, but doesn't get enough rest and you'll be sick and broken. You can be a well rested expert at exercise that eats well, but not have a sense of happiness or direction in your life and suffer from anxiety and depression, no matter how you slice it. There's no such thing as a healthy three doctor to doctor or one doctor, person it'll never work, not for the long run. So I basically taught my students. There's four steps.

Paul Chek:

You have to go, what are they love enough to change for? Where's the imbalances? What choices do they have to make? And you have to create values that are dream affirmative for quiet, diet, movement and happiness. And your job is to orient your assessment and your treatment protocol. So that based on your therapeutic skill and coaching skill, you identify what of the one, two, three, four, 10, 15, things that are out of balance is the most important to start with. And that's the one that has the greatest knock on or domino effect. For example, if someone's not getting enough sleep, that is going to be the most powerful thing you can do. And it's free. If someone doesn't know how to breathe, right? You better get on that and find out why, for example, you cannot correct a breathing pattern in anybody eating processed sugar, because it acidifies the blood almost instantly, which triggers hyperventilation to alkalize the blood. So if you don't understand what a person's eating and you're trying to teach breathing, I hate to say it, but you're not very skilled.

Caspar Szulc:

Yeah. It's all connected, right? It's all connected. I love that you brought up alchemy. It's something I've studied for a long time. And I understand that what you're doing is an alchemical model and that leads to the transmutation of the person, everything, right.

Paul Chek:

I built an entire model of alchemy that's taught in my holistic lifestyle. Coach level two professional training goes deeper. But then I have a, an online system called check for quadrant coaching mastery, which is the very deep training, but check level fours are actually taught psychological and spiritual and social alchemy. So that by that time they have enough maturity and skill of mastery of anatomy, physiology movement that they're ready to go through a deep internal process. So I apply the model of psychological and social and relationship alchemy to them in their training and teach them how to use the model, to identify where they have shadow tendencies and unconscious blocking factors and belief systems that are in the way and where trauma needs to be healed because it's affecting their perception of reality.

Caspar Szulc:

Yeah. Very cool. And if you're listening, you don't know about alchemy look into it. It's not just about transmuting lead into gold. It is much more, I mean, Paracelsus some of the greatest healers were alchemists. First scientists were alchemists back then.

Paul Chek:

Newton was an alchemy.

Caspar Szulc:

Newton was a huge Alchemist. That's true. People don't realize that because they think science, he couldn't have been an alchemy, but that's exactly what it was. All of these people use pendulums and other things to come up with ideas almost to, to check themselves.

Paul Chek:

And Carl Jung was the first one to really decode the Al chemical Opus in show that there was actually two camps of Alchemist, chemical alchemists, which were actually trying to turn lead into gold for reasons of profit and spiritual alchemists, who are actually using the principles alchemy as a spiritual process. And the way they figured this out is when alchemy really began, it was involved in things like metallurgy and figuring out how to make dyes and paints and things like that. But what happened is the kept noticing that whatever their mood was or whatever was going on inside of them was altering their chemical processes. And it was mirroring itself back at them. So if they were happy, the rate of chemical changes and the effects that things had was different than if they were upset or irritated. And so Jung describes how through years and years of working in labs, they begin to notice that their psyche was effecting the materials they're working with. And they realize that as they change themselves on the inside, their ability to make changes in the outer world was facilitated as well, which triggered off really the, the Al chemical process of spiritual development, which had to be carefully hidden from the church. Cause they used to burn alchemists at the stake all the time for practicing true religion.

Caspar Szulc:

Yeah. And Al chemical medicine. It's spagyric medicine out of Germany and other places, India as well as really fascinating too, because you're taking natural elements and you're creating a complete formula, complete medicine that, that works on all areas of the body, mind, body, and spirit, and is more than the sum of its parts. I was always taught by alchemists. It's when you combine and you have the synergy and then you have these other components that go into it and a process that abides by nature, you're enhancing it to a place where it really is more than the sum of its parts.

Paul Chek:

It is an and the study of the universe is a study of alchemy. All you gotta do is look at how stars are born. Look at how planets are born and die. Look at how metals are transformed through heat and fire, how elements are made in stars. So the original alchemists were really just great philosophers of nature or, or natural philosophers, which were the original scientists. People like Leonardo de Vinci and Michelangelo were natural philosophers.

Caspar Szulc:

Yeah and I think we need to bring alchemy back because it's one of those traditions that has been lost has been somewhat perverted. You could say no one looks to it, to for answers anymore. Very few. I know in the United States, when we brought over alchemical medicine, it was incredibly hard for doctors to get on board. I mean, to understand all of that was way beyond a medical-type of understanding of it.

Paul Chek:

There's a lot of alchemy going on, but it's called chemistry. You see we're conditioned to a scientific material is viewpoint, but even within the sort of standard model circles, there's many that have made observations that led to them realizing there was something else going on that ultimately triggered them to investigate only to realize that there are subtle energies and subtle factors. For example, here's an example of a simple observation. I was led by my soul to creating rock formations that charge water up and structure water. So long story made short. My soul taught me how to put stones and create a giant cone that looks like a, a woman's breast coming up out of the ground, like a mosque. So imagine a mosque with a stone door and I would put five gallon glass bottles of water in there. And it would structure the water within 24 hours and cause radical changes in the water that made it much more vital and healing for the body.

Paul Chek:

And I begin to notice that the water would taste very different. Some days would taste like nickel. Some days it would taste like dirt and some days do it have no taste at all. Then I noticed some days it tastes like it's a solvent and it has no taste but it's going right through my tissues. And other days it's like, it's carbonated and it's so charged with energy. It's mind boggling. And I begin to say, okay, what's going on? And I said to my soul, what's making how in the world do you get water to taste like nickel or dirt? When it's in a glass bottle, that's a centimeter thick. And my soul, I happened to be at night, getting the water in my soul, just turned my head around and pointed up at the moon and said it's the moon. So my soul said get a moon chart.

Paul Chek:

So I got a moon chart and I started paying attention to the quality of the water and the taste of the water. And I thought, I found as sure as hell, every phase of the moon has an effect on the water and the structure of the water, how it interacts with the soil and that the energy of the moon is causing vibrational effects that actually take the metals in the earth and the soil, and even the microorganisms and imprints, those energies right into the water. And now you have the basis of homeopathy and energy medicine. And I figured it out by watching what the moon was doing to water sitting in my front yard, surrounded by rocks that's alchemy.

Caspar Szulc:

Oh yeah, no, that, that is almost the definition of alchemy because you're literally imprinting those vibrational things into one of the greatest, greatest carriers of information, water, right? As we know, water is an incredible where 70% or so of water. I mean, that goes back to us being kind of alchemical beings, right? And

Paul Chek:

Only thing, the only thing that is as potent as water for carrying information is light. Well guess what guess what the matter of your body is made out of entangled light, atoms are entangled light. So we're made of two things with almost an infinite capacity to carry energy and information, water, and light.

Caspar Szulc:

Do you feel like that may be the future where we go in medicine, not even looking this generation, but hundreds of years from now really focusing on information medicine, meaning we give the body information to do what it needs to do through light through water, through these applications.

Paul Chek:

Well, it's interesting. If you look in physics at a definition of energy, it will tell you that energy is related to the capacity to do work. But if you look in farming or in biology, energy is related to the capacity to maintain order. If you then look at the word information, it means that in formation, most people don't realize that, but what makes something at information is it's a recognizable pattern. We all know there's 26 levels letters to the alphabet and whatever formation they're in, changes the meaning. And we interpret it differently. So when we're looking at information, as it relates to health, we have to say, what's out of formation or in a state of dissonance or disharmony or neg or entropy and chaos, which means it's lacking information. So we have to start seeing food and water as information instead of just sources of energy, like you shop for gasoline.

Paul Chek:

And that's why holistic healing is the understanding that every input into your body has a source of information. A carrot has the capacity to create order in certain physiological such system situations. And it can create disorders. Someone's got too much blood sugar, high blood sugar, and you have them drinking carrot juice. It's the wrong kind of information. But if you eat that carrot raw, it's got a much lower glycemic index. You get the fiber in your body. And now you've from the same substance. You're getting a different Alchemical effect because the nature of the information changes. So ultimately medicine, everything in the universe has coupled boiled down to two things, energy and information. So what medicine really is, is learning how to use the concept of energy, the capacity to make change and information, bring things into formation. So that there's actually harmony between the physiological, emotional and psychological elements of the human being.

Paul Chek:

And in my model, spirituality means connecting to a greater whole. So as we grow physically, emotionally and mentally, we naturally have more heart awareness. And we start realizing that I can't be happy unless my spouse is happy. I can't be happy when there's people getting bombed next door in another country. And being treated unfairly because I'm a human being and their a human being. I come to the realization that we couldn't have life on the earth, unless it was for the moon because none of our tides would move and everything would die. And Oh, by the way, we can't be healthy or happy or even live without the sun. So what you see is you grow spiritually. Your fear of awareness grows until all of a sudden you realize, oh wow, I couldn't be here without the entire universe. It took the whole universe to make me so, whatever I am, whoever I am, I am a product of the entire universe

Caspar Szulc:

And exactly how it is. Right, exactly how it is, meaning exactly where the placement of the moon is with a socket. These are all incredibly. If it was off a little bit, even we may not be having this discussion.

Paul Chek:

And one of the oldest sciences on the planet is astrology, which gets poo-pooed by the Western mind because they don't understand it. The astrology is a study of the forces of change. Astrology is the study of how things change the alchemy of life and the bigger a solar mass, the more influence it has on any other solar mass. Our sun has more influence on us than our moon, but if you cut the size of the moon and half, everything on this planet would die. So really astrology came from ancient people who weren't being distracted by iPhones and pornography because the sky was their television. And when storms came or earth changes came, they paid close attention to what was happening in the sky. And quickly

begin to realize, wow, if that star is in that position, when that one's in that position, you get really high tide is a bad time to sail and things like that.

Paul Chek:

Farmers figured this out. I mean, today to this very day, one of the most accurate books about what's going on in the world is the farmer's Almanac. And, and really if you study Christianity, it's actually a record of astrological changes. Jesus Christ is actually a name that signifies the sun, everything in the Bible. If you study it authentically with a scholar that understands it, and Jordan Maxwell is somebody who's studied this stuff his whole life, and he's a great teacher of this, and I've got Bibles showing exactly what's going on and they have footnoted, Oh, this relates to this star or this relates to the moon, but they've wrote it up as a story because they didn't have a scientific language. So it's interesting when you start actually getting into religions, you see a lot of them are star religions and those those religions developed in nomadic times where we had to use the stars to navigate. So because they used the stars to navigate, they were very sensitive to the changes in the environment when things change in the stars, planets, and moon. And so those religions really are stories. Deifying stars in the role of a person, but it's a mythological expression of something objectively being observed in the astrology or this astronomy around us,

Caspar Szulc:

Another incredibly fascinating topic, alchemy, astrology. And then, you know, you put it so nicely that everything is energy and information. And I, I've known that speaking with some of the top doctors out there that if you could, you know, if you could key into that, you could help so many more people rather than trying to force biochemistry, which is a top level type of situation already. You're looking, you know, downstream so far that, yeah, you'll, you'll be able to manipulate things, but you're not healing.

Paul Chek:

I've had cases where I've used every skill I have and used every expert I could refer people to. And the patient wasn't healing, often cancer cases. And so I said, okay, it's time to refer them to a medical astrologer, which I happened to have a very good Vedic medical astrologer here. And in the cases that I've done, that the medical astrology was able to identify planetary forces in their chart that were in conflict. And in each case said, this person will begin to heal an X number of weeks or months. And in every single case, right, exactly. As they said it, the person began to heal, while, the therapy had not changed.

Caspar Szulc:

So you need the correct environment and timing there, astrologically, which is of course, something, none of us really pay attention to.

Paul Chek:

What do we all know about computers when Mercury's in retro?

Caspar Szulc:

They do some crazy things,

Speaker 2:

They do crazy shit. Why? Because it's affecting the flow of energy and information in the entire planetary system. And what are we energy and information, right? So when you actually start paying attention to what happens during eclipses to what happens during mercury in retrograde, if you start studying what are the effects and the alchemists map this all out beautifully, they know exactly what metals, each planet affected. Steiner mapped it out. Steiner showed. You could determine which planetary bodies were the creative influences on any plant tree by measuring the mathematical ratio on the length of the stock, to the branches. And he showed a formula. And he said that plant is primarily under the influence of Saturn because its mathematical ratios correlated to the orbital pattern of Saturn and, and Steiner was really you know, someone who was a genius. But the point that I'm making is the ancients had figured a lot of the stuff out. And we today modern wise guys say, Oh, these people were antiquated. They didn't know what they were doing. Yeah. I got a question for you. How come we still can't build pyramids then?

Caspar Szulc:

It's a crazy arrogance, isn't it? I feel like usually modern day people just look back and say, Oh, they were primitive. They were, I'm sorry, but some of this stuff is not it's beyond the technology we have now.

Paul Chek:

We've got pyramids built with hundred ton blocks of stone milled to within 15 thousands of an inch of perfection, right. We don't even have the technology to move those stones, let alone mill those stones and make them all fit together and have the profound effects on the planet, nor would do we ever ask ourselves, how did they know to position directory directly under star systems, specifically, and do it all over the world with a level of accuracy that only a pilot could appreciate.

Caspar Szulc:

I can't explain that. And I remember going to Petra and seeing what was there. And Jordan thousand years ago, they built this and there were earthquakes and some of it was damaged, but some of it was so precisely built. They said, yeah, I mean, you have modern day skyscrapers that could fall. If they're not maintained within a few years, that would just be completely gone. And, and you look at the precision of everything there and it's just it's mind boggling sometimes. So I do think we have to tap into that ancient wisdom more and respect it more and be able to utilize that in modern day times so that we can help heal ourselves.

Paul Chek:

Yeah. Hey, I better hate to run on you, but I have another podcast.

Caspar Szulc:

Oh, no, I was, I was just about to say, this has been going on for awhile. Hey, listen. About crazy shit in 2020. I want to leave you with something positive here, because it's been a crazy year for a lot of people. What would be your message to the people listening to this? What's the silver lining in this? What could we take from this and kind of go into a new here, almost feeling really positive and not in this state of negativity, which so many are in.

Paul Chek:

Well, just remember this, the devil, you know, is always better than the devil you don't know. In 2020 is bringing all the devils out from under the table so we can see them. We're starting to see Bill Gates' real

motives. We're seeing the World Health Organization's real motives. We're seeing the CDC's real motives. We're seeing the medical systems real motives. We're Learning the banking system is corrupt. We're learning the educational system is dysfunctional. We are getting to see all the devils that we've created by being compliant, subservient people to hierarchy that has one chief interest make a lot of money at any expense, even if it means lying and manipulating to people. But we have to remember, they can't make the money unless we put it in their hands and they can't make the rules unless we agree to follow them. And when we realize that the systems that we've created are not serving us and we're losing our democracy, then we must get together.

Paul Chek:

Hold hands, become a democracy. And when we realize what the values we all need to worship are, it turns out that the values that support life, we need healthy soil, clean water, clean air, and we need to share resources and have harmony amongst men, regardless of color, creed or religious orientation. And when we realize the only way we're going to get through this is to get back to caring for the planet and respecting each other and creating space for each other on the planet and getting religion and corporate interests out of government. So that is for the people by the people only then will we be able to get out of this cycle that we're in. If we don't grow up, wake up, grow up, clean up and show up. Then the future doesn't look good. But if we do wake up together, grow up together, clean the planet up, clean our bodies up, clean our minds up show up to participate. Then this is the beginning of the first time in history we'll have had this level of science with morality attached to it.

Caspar Szulc:

I mean, you said it right in transparency of this year, 2020, we have the power to change. It's giving us that opportunity, right. So I love to end on that. And thank you so much. I know you gotta run Paul. I could have done this all day with you I know and, you know, I hope to connect again, but yeah,

Paul Chek:

It's fun. Yeah. You can't change what you can't see. That's why Jung did so much work with the unconscious. If something's unconscious, it's controlling you without you knowing it. But now that we're seeing the corruption everywhere, and we're seeing the imbalances that we have created by using the power of our own dollar, large corporations are destroying the planet and we're the ones funding them. We have to starve the dragons out and tell them to use the same technology and the same level of creativity that created dysfunctions to balance nature. And so when we realize that we all have the power to do this together, and if each of us participates a little bit together, then we can move mountains together. But if we hang around and wait for someone else to fix it and ain't going to happen because the system is making too much money for the few people that are pulling,

Caspar Szulc:

We got to take action. We got to come together, give our, give ourself that power and then create the change. And hopefully that change of course will make us healthy ourselves and a healthier society altogether. Thank you so much, Paul. I really appreciate you coming on and I hope everyone could go check you out. You have to check Institute, Check Academy.

Speaker 2:

Yeah, C, C H E K Institute. And my podcast is Living 4D number four, capital D with Paul check it's on iTunes, most podcasts. And it's on the homepage at the Chek Institute as well. Some amazing guests on

there and our social media site is chekiva.com, C H E K I V A. There's loads of free information there for the public. My, my YouTube channel is youtube.com forward slash Paul C H E K live YouTube dot com forward slash Paul Chek live

Paul Chek:

Over 550 videos there. Anyone can watch for free.

Caspar Szulc:

Amazing. Go check it out and thank you for putting all that up and getting people to learn about this and how to empower themselves. So I hope we get to meet again and, and, you know, discuss some more things. And I know our paths are on the same route. So.

Paul Chek:

What a pleasure. Great to great. To talk to someone who's got his head on straight.

Caspar Szulc:

Same here. I know it's a little bit rare these days.

Paul Chek:

He's got his feet, feet on the ground and his head up in the cloud. So heaven and earth are linked together. So, you know, the Aboriginal say if a man's body, a man's mind and feet are not in the same place he's crooked. And that's what we've got to do. We've got to get our heads and our feet aligned to the same value systems, or we're going to keep worshiping ideas that are pulling the earth out from underneath of us literally.

Caspar Szulc:

I'm hoping everyone listened to this, has their head in the clouds, their feet on the ground and is not crooked because of this and listening and getting so much out of this. So, Paul, thanks again, man. Have a good one.

Caspar Szulc:

Thanks a lot man, keep it up. Stay well.

Paul Chek:

Take care, brother.

Paul Chek:

Bye.

Caspar Szulc:

I could have talked to Paul for hours. The dude is an encyclopedia of healing knowledge. His global approach and appreciation for ancient wisdom is something we preach at innovative medicine and we've been applying it to medicine for decades. Now it's astonishing that with his level of success and other practitioners applying a holistic and personalized approach in medicine, seeing great results, that

more people aren't turning to this as a first resort and not the last. It's my hope that with the great work Paul and others at the Chek Institute are doing that. We start to change the narrative around holistic wellness and how we can approach medicine to truly heal the body, mind and spirit. As Paul said, keep your feet and mind in the same place and keep writing your own healing story.