

Jessi ([00:00:02](#)):

Hello, and welcome back sensitives. It's so good to have you here. I am per usual, thrilled because I just love our guests. I always love them. And I'm, I'm really excited to welcome Caspar Szulc to our podcast today. I had the opportunity to meet him a couple years ago and go on his podcast and share my story. And he was just such a, a wonderful spirit, a great soul, and I've been just, you know, connected lightly ever since. So I really am excited to introduce him to you and to share his journey and his perspective on the medical world, as well as just the process of healing as a sensitive. So I'm not gonna share too much more cuz he really gives us a beautiful glimpse into his story and his journey. But he is the president and co-founder of Innovative Medicine, a wonderful, very progressive successful integrative practice medical practice in New York.

Jessi ([00:01:07](#)):

And they're really just on the cutting edge when it comes to therapies and treatments. So they're really very aware of all of the options that are available. If you are on a chronic really challenging healing journey and you need deeper support, you need some guides. I would highly recommend visiting their facilities or if that's not possible using them as a, a mirror or a template for the type of practitioner that you're looking for. They also have a supplement line and a wonderful, like I mentioned, podcast that you can tune into for some free information and incredible education. So without much further ado, let's dive into the conversation with Caspar.

Jessi ([00:01:57](#)):

Caspar's so good to have you in. Thank you so much for joining us. I am so excited to have you share your wisdom around healing, basically in all the many different treatments and therapies and just mindset that can be applied and utilized within this space. As you know, as sensitives it's healing is often a part of our journey because this world that we're in the society that we're in is not necessarily wired for us. It doesn't mean that we can't find health and healing and wholeness, but it is usually more of a journey and we usually don't find it naturally, right. We usually hit those rock bottoms. Those points of pain before we start to have those moments of awakening, moments of realization. And I really think those are, you know, gifts, those moments cuz it really turns the ship around. But I would love to just start with you sharing your story cuz I know your story is so powerful. And then we can dive into all of your wisdom around healing.

Caspar ([00:03:03](#)):

For sure. And thank you for having me. It's a pleasure to connect again and you know, my story, I will say it starts at birth. It's not the typical hero's journey of like this, this, you know, I was really sick and I had a miraculous thing and it led me to some huge discovery. No, it, it literally I was born into a family where my father was a doctor. My mother was a psychologist. They came from Poland in the early seventies before I was the born and I was the first born in the United States. And I was lucky enough that my father right around the time I was born was getting a little bit disappointed with his conventional route of medical of his profession. And so he was an anesthesiologist. He worked at a hospital. He was doing very well for himself, but he figured there was something else out there that must be better because I'm seeing these patients come in, I'm doing my very best with the drugs, with the surgeries, everything, and they get a little bit better, but then they come back worse and this is the revolving door of what I'm doing and it doesn't feel fulfilling to me.

Caspar ([00:04:03](#)):

And he said, there's gotta be something better out there. This isn't what I got into medicine for. So he began to travel and he began to look elsewhere because he went to all of the different conferences in the US that were, you know, board certified ones and everything. And he was at the top of his basically profession at that point, he was doing things that other people weren't doing and he still didn't get the results he wanted. So when he started to travel, I got to come along with him and I got to meet a lot of different experts, doctors in so many various fields from around the world. And as a little kid, you don't quite understand how lucky you are to travel to, you know, the great wall of China and to meet all these wonderful people there and, you know, go to Europe throughout there and meet people in biological medicine and go to Oxford university and be meeting all these professors and, you know, consciousness and all these different things.

Caspar ([00:04:59](#)):

And you just think it's part of it. And you're the little kid playing around as the, you know, grownups talk about big things. And and, and I did that throughout my childhood. I probably saw, you know, 20, 30 different countries before I was a teenager. And, and and was around all of that growing up, my father started to always build a larger toolkit because he, he had conventional medicine, he had surgery, he had drugs, he understood that, but he kept adding to it, traditional Chinese medicine, ayurveda, homeopathy even things like shamanism. He was going, we went to Peru and met with shamans while there. So, and he would be a skeptic at first he was a conventionally trained doctor. So he would come back and a lot of the times, rather than just start on patients, he would want a Guinea pig.

Caspar ([00:05:46](#)):

And I was a very good Guinea pig. So, you know, I, I still remember coming back from that trip to China and I was probably like 12 or maybe, maybe a teenager at that point. But you know, I started to have needles placed into me, which I didn't know what was going on. I was like, this doesn't feel very nice and you know, it, it's fine now that you look back and you can say, all right, it's painless. But as a kid, when you start to see a needle, come out and put in certain spots, you start to cry like a little girl. And so, you know, moxabustion and O-ring testing, you know, you could go on from what was learned on that one trip to China and how many different experts he met in a few weeks there.

Caspar ([00:06:28](#)):

And he started to try it out. And of course he moved on to his patients and tried it there and, and he wanted to see the results. He was he, he was a skeptical mind, which I think is beautiful in medicine. I I'm not against that. Cause so many people say you shouldn't be a skeptic. I think you should. Mm-Hmm But I think you should be your own skeptic and look for experience over evidence. And that's where he started to experience better results, not just for pain, which was his kind of specialty, but across the board for chronic conditions, for all these, and as the toolkit became bigger and bigger he became better equipped to address different types of chronic conditions. And so he stepped away from the conventional paradigm after the toolkit was already there. And he said, I can't apply this in, in the hospital.

Caspar ([00:07:20](#)):

I need to open up a private practice, his colleagues at the time thought he was crazy. Cuz you know, you just didn't do that. This was maybe late, early nineties or so when he started the private practice, he was still juggling both kind of in two worlds, as he said, you go in a little bit to the hospital, then go to his private practice and use more lasers instead of, you know, drugs and pulse electromagnetic field

therapy, all these different things for, and he started to go more and more. And so I witnessed all of that growing up. This is what I thought medicine was. I thought medicine was that you applied hundreds of different therapies and helped heal the body, not just manage the disease and gives, you know, a pill that you need every single day, but actually get you to a state of self optimization.

Caspar ([00:08:08](#)):

That's what I thought medicine was. I was, I was shocked when I learned that wasn't the case, as I got older, you know, went to college and people asked me, my dad did, oh, he's in medicine. Oh, what kind of like, I'm like, ah, he does all sorts of integrative. And I had to explain they're like, that is just weird. So it was, it was, you know, that, that whole childhood and my whole upbringing led me to, to see medicine in a very different way. And I had no intention of going into medicine originally. I wanted to go either become a lawyer which I didn't want to continue doing school after university. So say noted that by my junior year, but I was in business school and I really wanted to be you know, in finance and, and work on Wall Street and all of that and be the money guy.

Caspar ([00:08:54](#)):

I did that for a year. It was completely just, it wasn't for me I always just, this is not my thing. And just hitting buttons and you know, a, a large number of people above you that you report to. There's no creativity for me. At least I know lots of people still in finance and I love them. And the opportunity came up to, to basically my co-founder Dr. Mark Iwanicki came to me after being treated for my, for, by my father, for allergies. He had for several years, he couldn't get better from and came up and he's like, Hey, we gotta get this out there to the world. Like people don't know about, I didn't know about it. It helped me. I got my parents involved like, I got, you know, everyone, we need to get it out there. And at first I said, sure, why not?

Caspar ([00:09:39](#)):

It wasn't like a passion project, but I knew it so well. So it wasn't like something like I had to learn. I knew what my father did. I been to all these places and was still going even in college and every, I would still go along with these trips and go and meet these doctors and professors all over the world, talking about this weird, crazy stuff. And so that's where the company started in the early two thousands of this way to get the word out about what was happening in this one medical practice that my father started. And it morphed over the last 20 years into, you know, we've been on multiple continents, training, different doctors really expanded our own medical clinic, started our own product, podcast, now all these things and, and it's really about changing medicine. It's, it's about, you know, helping people to reclaim their greatest gift, which is their health. And I think too many people are, are relying on a medical system that isn't giving them that. And that is in some ways I would say failing them for that reason. So that's my story, that's it. In a nutshell. And yeah. And here we are today to, to discuss more of how we could help people.

Jessi ([00:10:49](#)):

That's beautiful. It's so cool to see how impactful your father was on you and how you said, you know, he's a skeptic, but also when you're describing him, he sounds very open minded to me, you know, like willing and flexible while maintaining a groundedness within it. Right. Of not just getting caught up in the hype of something, but actually being very practical. But yet just this like openness to things that are unknown to him. And I think that's a lot of what I know I experienced in the medical. I would say like the more Western aopathic, you know, insurance covered is usually how I describe it. Insurance covered

medicine, you know, there was a lot of close-mindedness or fear. I think there's a lot of fear among doctors. I had some really genuine kindhearted doctors that honestly just would look me square in the eye and say, I can't help you.

Jessi ([00:11:48](#)):

And I'm so sorry. Like they just couldn't help me. They didn't know what to do with me. I didn't fit into any of their boxes, you know? And and so they, to this day, you know, I've had contact with a few of them and they're, they're so interested in what I'm doing because they're like, I, I remember you and I couldn't help you and it was breaking my heart. So I know that there is a desire, but most doctors don't seem to be able to step out of that, that space. And I know it has a lot to do with risk and potentially losing their license and different things that feel really scary and big. And not everyone's meant to be innovative like your father and like you, right. Not everyone has that gifting. They're here to just share what has been passed down to them. And I understand that, but I think I agree with you that our system needs restructuring needs a massive updating and needs openness, you know, that your father's clearly demonstrating and you are carrying that forward. So for you as a child correct me if I'm wrong, but I remember that you shared that you yourself kind of had some experience with being sensitive and navigating the world through that a bit yourself, tell us a little bit more about that.

Caspar ([00:13:03](#)):

Yeah. I mean, I'm an incre I was incredibly sensitive child in a sense that you know, really observant, very introverted and quiet really kind of, it's not about taking things personally, you know, that's what a lot of like sensitive people are said, but it was more about really being that, that introspective side of, of it and being, you know, and really having an empathetic type reaction to, to certain things. So exactly that was, that was a big part of childhood. And I, I still remember like, you know, growing up and being in elementary school, it's like the teacher would match, would pair the new kids in school that would come in with me to show 'em around because of course new kids get bullied and everything and everyone's, you know, but I would, I'd be such an empath it's so like, you know, oh, let me show you round.

Caspar ([00:13:52](#)):

And and, and people liked me for that too. So I knew all that I'd introduce. And it'd be like the bridge between that people still respected. That was a bit of like empathetic and, and really kind and generous soul and everything, and love to read alone in the library sort of thing and, and still be social at time, but understand that I, I wasn't like other kids, like really rambunctious in the class clown or anything like that. So you don't know these things as a child either. It's not that you pick up and you're suddenly like, oh, I'm an empath or I'm a sensitive introvert. Like it wasn't till I was like, I think in my thirties that I really appreciated that, I think. And, and I talk about this freely that, you know, after that childhood, I realize there are, there are downsides to it, for sure.

Caspar ([00:14:39](#)):

You know, when you feel everything a little bit more than most people do, that becomes difficult. You start to build walls because sometimes you get hurt and sometimes that, that hurt. You don't know how to process really it's new to you. It hurts a lot more almost and you sometimes feel like an outsider. You know, I saw all these very loud and outgoing people, you know, and everything and, and, and they were so popular and they were getting ahead. It seemed like, and I was like, well, I gotta do that too, I guess. Yeah. And you start to lose your authentic side. I think there was, there was a time where, you know, I, I knew my authentic side cause that's who I was as a child. I think children know who they are

authentically without having to look for it or seek is that my authentic, they just are, that's the beauty and innocence of a child.

Caspar ([00:15:26](#)):

Right. And then as you get a little bit older things happen, you might start to corrupt that, or start to see something differently, start to change that and not be so authentic to try and adapt. It's almost like a survival sort of thing mechanism that isn't necessarily truthful, but you implement it regardless. And that's what I started to do in my, you know, college and twenties or so, and, and started to want to be the extrovert, want to fit in a little bit more, not be so unique and out there. And it, it, wasn't easy for me. Once you start to lose that, your authentic side, you start to lose a piece of you. You start to, you know, and especially as an empath, you're like something's off here. You know, that spiritual kind of connection seems a little bit off that, that, that even the, the purpose and everything.

Caspar ([00:16:16](#)):

And even though I became much more passionate about what I was doing with my career or my calling, I still felt off. And it wasn't until like my thirties. And I started to see a therapist and started to apply a lot of the practices that we had been teaching patients for so long. And we had been teaching practitioners to teach patients like, you know, so that's the one thing I'll say, even in doctors, and any profession you could be in, sometimes you could be very good about talking about something, but not applying it to yourself. You know what I mean? Uhhuh. And so, you know, I had all these techniques. Exactly. And I had all these books that were given and knew all these people. I had all the tools. I was so blessed and I wasn't using them. And I was hurting because of that.

Caspar ([00:17:01](#)):

And I don't think I was truly healthy physically. I was great. But as we know, that's only part of health, your mind and your spiritual side also are a big part of it. And if you're missing those, that might be worse than the physical side mm-hmm and it will sooner or later start to show on the physical side. And it wasn't until I started going to therapy and started applying all the things that were bestowed upon me through my childhood, through my career calling and what I do that I start to realize like, Hey, like this isn't the authentic me. And you start to break down certain walls and belief systems that you put into your head that were running subconsciously. Even, you didn't even know they were running and you start to break those down and you start to feel better and you could be the weirdo again, and you start to feel like a good weirdo.

Caspar ([00:17:48](#)):

And that confidence picks up about that. And you could still be sensitive to things, which is a great thing. I remember when I was in my early twenties or so I was outside, I was going out a lot in New York City. I was kind of new to city, had two roommates, and it was constantly trying to do extroverted things. And, and I remember I would always get sick, you know, have a little cold and it wasn't anything bad. It wasn't like chronic, but I'd always get a little. And, and, and everyone would be like, oh, you got such a weak immune system. I knew that wasn't the case. I was just a little bit more sensitive to the things that were going on. If I lacked a little bit of sleep, my body would react quicker. It would give me the symptoms much quicker.

Caspar ([00:18:29](#)):

If I ate something that was a little bit off, maybe undercooked or had something wrong with it, or stayed out a little too much, you know, and, and picked up a little bit of bacteria on it, I would suddenly feel it in my stomach. I'd have some GI symptoms where no one else eating the same food would. And those kind of sensitivities at first felt like a curse because you're like, why am I always feeling this way? Why am I, I must be sick, is something wrong. And then I would do all the blood panels and, you know, work and, you know, go to my father and be like, no, you're good. Just a little too much stress, chill out. You know? And I would say that can't be it, but it was it, you know, and now I become, I become so in tune with not just my authentic self, but also understanding my body, knowing that if I don't get enough sleep, it will show me a sign that maybe others don't and compensate.

Caspar ([00:19:18](#)):

But that's where I think the crux is that those people, that compensate for so long, suddenly one day you wake up and you're chronically ill and it's serious and it could be cancer or something else you say, where did this come from? Yeah. Whereas those people who have the signs early, the sensitive people, they're blessed because they see it early. They could catch it. It's almost like, you know, early detection. Your body is early detecting something's off here, sensitive one, you know, heed this call to change. Yeah. And that's the beautiful part. You get a bell rung very early to change something, and it's a sign your body. So I've come to love my sensitivities in a sense in that way, because they are such wonderful signs. And it goes for other things too, not just your health, it could go also for what should I do?

Caspar ([00:20:10](#)):

Right. I have two decisions ahead of me. Should I go with this? Should I not? Do I go with this business deal? Do I go for the expansion? Is this person right for this? You know, all of these things, I think when you're sensitive, you're feelings are a little bit, you know, more up there and you feel a certain way about something you gotta listen to your body. And that sensitivity too can be a blessing. So, so yeah, I've, I've, I've dealt with that kind of who I am as a sensitive soul and sensitive person, my whole life. And it hasn't been easy, but at the same time, if you can turn that kind of challenge of everything into a positive it's, it's a, it really is a blessing to, to have that kind of sensitivity to the world.

Jessi ([00:20:51](#)):

Ah, well said, Caspar, I'm just, I couldn't agree more with everything you just said. It's, you know, it is such a journey to be sensitive and, you know, I use that word kind of, I kind of define it my own way of, like you said, you know, everyone should, yeah. It can have a lot of negative connotations. And for those of us that are sensitive, it's been often used as a weapon against us. Right. Of like, oh, you're too sensitive. And then it's like, oh, okay, this is a bad thing. Right. And you were talking about those, those narratives, those voices, the, you know, the, the structure in our brain that gets rewired. And it absolutely impacts who we are. And it shifts us from that childhood state that I like to call it your original self. Right. Who I believe like God made you to be. And then all the conditioning of the world, which I personally believe we accept and choose actually. That's my own theory, subconscious at first, and then conscious as an adult, you get that choice if you're gonna continue or not. And you know, you, it happened in your twenties and thirties, it sounded like which is similar to me. I'm wondering what your human design is. I don't know if you've ever gotten into human design, but.

Caspar ([00:22:08](#)):

I have not, I don't like to put too much, like the INFJ thing for a while was big for me, Myers Briggs right. Because that's where I feel like I first really embraced it. So, you know, it's like, when people ask, like,

what's your favorite place you've been there are many favorites, but it's usually the one where something like, I experienced something different. Yeah. So it could be like, oh, in, in Newark, New Jersey, that was a good one. Cause I experienced an awakening. Right. And I would be like, that's crazy, you've been to Tibet, you've been to Galapagos islands. You're gonna tell me Newark, but, but that's the truth. And for me, I think the Myers Briggs, part of it really introduced me to embracing a little bit of introversion, a little bit of, you know, how you are in seeing the world that's different from other people. So, you know, whatever it is that introduces you there, you probably stick to a little bit more like human design maybe for yourself or, you know, anagram, like anything out there you could really look at and say that to. But yeah, for me, it was that, that INFJ was like, oh man, that is, so me.

Jessi ([00:23:10](#)):

I love it. I know there's so many ways to yeah label yourself, put yourself in a box or different things like that. And I've, I know I've gone through seasons of loving 'em and then hating them and then loving them and then hating them and I've navigated through multiple. And I just, I do like right now, I'm currently obsessed with human design. So it's, it's fresh and potent for me the last two years. But yeah, I think there's a lot of freedom in moving through all of those labels. And I, I watch people go from, you know, the extreme of being obsessed with a label and then coming off of it and feeling almost too like pushed into a box. Like they have limbs sticking out, like I don't fit anymore into this box. You don't fully get me that they fully reject it.

Jessi ([00:23:54](#)):

And then they move on to another one. But eventually I think a place of health is like what you just described of like, I don't, you know, I will use whatever's helpful from these different systems, but, you know, I will release anything that doesn't really feel authentic to me. And, and truly like nothing can define me, but I'm also not triggered, you know, by maybe being labeled by someone. There's that process, but it's so interesting. Just what you're sharing of your journey. And I love to, I love to hear, you know, that process of childhood to adulthood and what happens, cuz it's different for all of us, you know, whether it was negative or positive, we all have, we all have mixes right. Of light and heavy trauma. If you wanna use that word on it that shift and molds us.

Jessi ([00:24:44](#)):

So, you know, it, it does apply and weave into our physical health, right. That mental, that emotional it is, it's a part of you and that is holistic health. Like we use that word a lot, you know, within the health world, is it holistic? Is it all of you, but most people don't actually grasp it or integrate it. I think that's the word that has been so powerful for me in this season of, I relate to that of I've had, especially in the last 10 years, so many different exposures to different therapies you know, for my own interest and research, I'm a big research bug. I love digging into things and discovering for myself, but also trainings and different things. But the actual application, like for yourself versus teaching others or you know, sharing with other people, it's so different. And I think like my journey is to embody is to really embrace my physical being, cuz it's so easy for me to stay in the head and the heart.

Jessi ([00:25:47](#)):

I love living there. It's all like, you know, it's so much easier for me, but actually like putting it into my body where it's like, oh, I'm actually gonna physically act that out is so much harder. I don't know why. And. Maybe that's because as a, as a sensitive it's like we are gifted in the areas of the emotions of the heart and of the mind, you know, of, of, we are often, you know, one of the attributes is just deep

thinkers, right. Really thoughtful we marinate, we percolate right for a long time on different subjects and get really passionate as a result. And so it's, you know, it's easy for me to live there, but to actually put it into my body and then have to live it out is so challenging because that's where you start to engage with other people.

Jessi ([00:26:36](#)):

Like you were describing, feeling odd, feeling weird, feeling set aside. And I think that clash that can happen of trying to be authentic and be different than the rest of society or, you know, your community, your personal family is what can lead to disease, which is what you touched on because if you don't have the awareness or maybe the, the strength in that season to hold your own. And so you start to chameleon start to assimilate is another word I like to use. You just kind of abandon your, your natural self in order to fit in. And the body will start to manifest that as disease. So for us sensitives that can note those physical manifestations of imbalance of inauthenticity very quickly, it is a gifting, but for those of us that don't feel ready to own ourselves, we can find ourselves in that situation of chronic illness.

Jessi ([00:27:37](#)):

Right and a lot of times we go to doctors and they, they don't, they're like, you look fine, like what's like what you said with your dad. Like you're fine. Just rest. And we're like, that can't be it. I feel so overwhelmed. I feel so overactivated how could it simply be that I need to sleep, you know, or I need to whatever. And years and years of, of not leaning into that, of not resting of not living differently, not setting aside a different schedule with spaciousness and margin and recovery time when your friends are, you know, going 110% and you go, I gotta go 75, you know. That's, that's where you land in sickness. So for those that have landed there, cuz that was my story. I hit rock bottom numerous times. Like I just for people that are in that spot what therapies and treatments you know, do you individually, and then I'd love to also hear, you know, from Innovative Medicine's perspective too, like as a, you know yeah. A true holistic practice you know, what are the, the ways that we can start healing when you're at that rock bottom and then kind of coming up to the lighter in the day to day for maintenance and support and maybe even optimization.

Caspar ([00:28:55](#)):

Yeah, for sure. I mean, first off I think we need to acknowledge that hitting rock bottom while it seems like a, a horrible thing is a good thing, right? It's only up from there. You never know when rock bottom is of course. And that's the crux of it until you look back on it. But I mean, I, I think anyone that's hit rock bottom and looks back on it can say it's been a blessing rock. Bottom changes you rock bottom and you know, puts you in a position where everything looks better. There's a polarity life. You can't have happiness without sadness, right? You can't have love without the other side of it. Can't have hot without cold. And, and you know, that's what people need to sort of understand that there are going to be some rock bottoms in your life, some difficult times and challenges.

Caspar ([00:29:38](#)):

I think the difference a lot for sensitives is most of the time, those rock bottoms, aren't external factors. They're in yourself, they're in your own head. Right? For me, it definitely was. I can't, you know, pinpoint, I I've spoken to so many people over the years with external factors, someone died very early, they were injured horribly in an accident or you know, all these different factors. They grew up in a place where it's so poor. They didn't have food or clean water. A lot of the people I speak to that are on

sensitive side actually have don't have that story but they still suffer. And your it's no one's place to put a number on the suffering or compare suffering that you didn't, you know, that you had clean water versus someone else doesn't mean that you didn't suffer. Maybe you suffered even more in your head and, and kept yourself in a suffering spot because you kept, you know, reiterating it in your head.

Caspar ([00:30:30](#)):

And I think that's where a lot of sensitives are, as you said, they let their thoughts get the most of them. And I know for me, this thing is on like 24 7, it's just like nonstop, just running every single possible, you know, circumstance and, and you know, series events that could happen. And a lot of 'em are negative or at least they used to be, and they still are. But I think that's where people need to start is first off, rock bottom, sometimes a great place to be against up from there. You, you have so much that you could look forward to almost from there in a sense, and you have a lot of control over it. I think that's where medicine, a lot of times fails people. They say, Hey, you're at rock bottom. We're gonna give you a diagnosis. There isn't much you could do about just take this pill and hope for the best.

Caspar ([00:31:19](#)):

It's like, really? That's it like, you know, that is the nocebo effect as other, like Joe Dispenza and others talk about when you go see that doctor and they're like, oh, you got to 20% chance live like suddenly. Yeah, you do. You didn't before you heard that. Yeah. But in your head, you're already making that happen. And most sensitive or most people in their head will ruminate over that and they will literally manifest that. It will start to feel worse based off that information. even though it may not be truthful information, at least to you. Sso true. So I think, you know, a lot of times you need to step away from those external factors that may be there, like doctors, everything else, and really start to assess the situation in, in a, you know, in a lighter way, I would say in a way where you're not so much getting in your head.

Caspar ([00:32:04](#)):

And for me, that really changed when I started implementing certain techniques, both around meditation breathing, because most of the times, if you realize this stop right now, even if you're listening to this, when was the last time you took a deep breath, like really for like a few in a day that most people work nine to five nonstop. They don't stop at all. They don't breathe in, breathe out. They're just shallow breathing, activating sympathetic not oxygenating enough, not doing these things that allow us to actually be in a healthy state, which lead to a healthy mind also. And so those little pieces then starting to implement other things like Ho'oponopono, you know, a spiritual practice that you could start to release certain belief systems you may have that are keeping you in a downward, downward vicious cycle in your head and really trying to practice that and gratitude, right?

Caspar ([00:33:01](#)):

Gratitude journals are wonderful. And it seems so silly, right? When you tell someone wake up and write one thing you're grateful for, oh, it's a terrible day. It's raining outside. Feel like crap. It's like be grateful that you have a pen in your hand to write something, just write that. I'm grateful for this pen to write in this gratitude journal. Start there. I'm grateful that I've be to sleep any type of, or I'm grateful I, a shirt to wear. I'm grateful that I'm alive. I'm grateful I could breathe one breath, whatever it is, you, you could always be grateful for something. I mean, if you really wanna read a book and find out what you could be grateful for Victor Frankel's Search for Meaning, like yeah, you could be grateful while you're going

through the Holocaust in a concentration camp, then come on, you could be grateful for something you know, and that shifts it alone.

Caspar ([00:33:46](#)):

Those are, you know, you wanna try and shift your perspective cuz most of the sensitives are caught negative, loops that take 'em down into the negative side that, you know, start to manifest and, and really keep you in that downward spiral. And then I think once you kind of go into those pieces that are things you could do at home a lot. And again, I think there's journaling, there's affirmation, there's visualizations. There's tons of little things you could do. And most of the time people wanna jump over those little things and kind of go what's the treatment, what's the pill for me. Yep. Those things have such a bigger impact on your life than most of the advanced treatments we even do at our center. Like the center is what we do here at our medical clinic can serve as catalysts can absolutely have a profound impact, but they're not gonna be given to you every single day.

Caspar ([00:34:36](#)):

You're gonna have other bad days. You might have the next rock, bottom show up those things, the meditation, everything. Those are the foundational pillars for at least helping you get out of the rock bottom quicker. It's not to say you won't have them. It's not to say you won't find sorrow and you know, negative events in your life. Those are going to happen. They're bound to happen. What I've realized. I used to be this person. When I got a piece of information, I would process it in every single way I could build up so much stress in my body over that. Think about how it's gonna all go wrong instead of right. And sit with it as long as possible.

Jessi ([00:35:16](#)):

I don't know what you're talking about at all. I don't know what you're talking about at all. I've never done that. Never done that. Right.

Caspar ([00:35:22](#)):

And again, so many people do it, right? It's that one email. And this is why like, don't check your email throughout the day. Like do sparse it out once or twice a day. Like I want to get to the point where I'm like Tim Ferris and just have like an automatic responder that I only check this once a week. And you know, if it's really important, get in touch with someone else I'm not there yet, but I try not to check it so much. I try not to be so much on my phone, although this day and age, like yeah, you jump on Instagram, you do this and that. It's okay. As long as you have the tools where you don't do what I'm talking about right now, which is let it affect you. Yeah. And so that information would come, you know, bad piece, oh, you didn't get this deal.

Caspar ([00:36:01](#)):

Or, you know, someone's leaving the company and it would just hit me. And it would be like, the initial reaction was like, wow, this is terrible. This is terrible news. And then I would late. I would just think about it and you know, step away from my desk, upset, get angry at people's stress, not eat right. Not breathing. Right. Right. All these things that the opposite of what I was just saying, you know, you should do. Yeah. But then you have these tools and you start to implement literally step away from that, you know, problem for a second, take a few deep breaths even, and start to reposition it. Like, okay, maybe this is an opportunity for us. Maybe that person leaving that I thought was really great. They're leaving for a reason. And that could be a good thing. We can now fill it in with someone else.

Caspar ([00:36:45](#)):

Maybe. So you, you start to flip the maybes from this. Maybe it's the end of the world, which absolutely is never to maybe this is a good thing. And then you start to implement those out. Let me meditate on it now. Let me take 10 minutes to step away and just clear my head and then see how I feel. And is it coming from the heart a little bit or is it coming from like the brain that's always can have these negative belief systems. And you start to implement those things. And again, if we want to go over to like the therapy side of it, because I think there is a lot, you, you, you could build in a lot of psycho emotional type ones. One that's really good is neuro emotional technique. Cuz sometimes we store emotions about negative things within our body and certain energy points.

Caspar ([00:37:28](#)):

And we don't know that and that's impacting our, not just energy flow, but how cells communicate regeneration, everything else. And that's just a, a way of hanging onto an emotion and clearing it either through the vagus nerve stimulation that connects our, you know, sympathetic system or through tapping in certain ways kind of like EFT does. You know, emotional freedom technique tapping is something that lots of people go through. If it's more traumatic, you could do something like EMDR, which is wonderful for PTSD and other things. And then you could go into other areas such as the biochemical side. And a lot of times when you're in chronic stress, you are losing a ton of nutrients. You're losing a ton of different things that are essential for you to even think clearly. So one of the things we've seen, not in addictive people in people through chronic disease, Lyme disease, mold toxicity, all these and even neuro degenerative diseases is NAD+ infusions.

Caspar ([00:38:25](#)):

It's one of the reasons we created our product to take what was in the infusion into a supplement. Our Nadovim NAD+ supplement was because so many people are so stressed out and NAD is the one thing that stress, you know, really depletes. And for those that don't know, NAD is a co enzyme. That's just as important as basically oxygen. Every single cell in your body needs it. And if it's depleted, your mitochondria don't function properly, which are the powerhouses, your cells don't function. And then you don't function cuz you're just trillions of cells. So, you know, when you look at like my micro, you could do so much and you have to understand that when you're in that chronic state, things are going to start to go wrong because you're chronically there. But that's where I say stress is necessary.

Caspar ([00:39:12](#)):

Stress is a part of life. You're sympathetic and parasympathetic. They have to be both active. You can't just be chill all the time. You know that wouldn't be good. You'd be too far on one side that could lead to degeneration also. So, but I think it's just about changing how you take in the input. And again, think about if someone called you right now and just told you that someone very close to you died. That's just a piece of information, that's it? But you would have a profound reaction to it. How long that's up to you. And it's true. You should have an emotional reaction. You should have a shock reaction, but how long are you gonna let that people let that consume them for their whole lives sometimes. Yeah. And we see 'em in here all the time and they do manifest as cancer as you know.

Caspar ([00:39:59](#)):

Lung conditions, heart condition, you could say all manifest differently based of course, sometime on your predisposition and genetics or other weaknesses in your body, but you could do all the biochemical work you want on those types of conditions. But until you address the real cause, which is usually

emotional, psycho, psychological, then you you're gonna be in a reoccurrence it'll pop up somewhere else, sooner or later. And that's why I think is really, really important to not just use medical tools. As I mentioned here, and there are so many others, you could look at energy balancing, cuz that's a big one. Sometimes, you know, energetically, we're not there. And I don't mean like energy, like ATP. I mean the meridians and more from a, you know, traditional sense of, of every single society talked about before ours. Yeah. You know, vibrational medicine. Yes, absolutely. So there, there are so many, and I think that's the beauty of what we are trying to do.

Caspar ([00:40:53](#)):

I know what you do as well. You have tons of options. It always bothers me just a little bit. When I hear people that I know I've exhausted every option and it's like, okay, let, let me hear this. I like sit them down. I'm like, okay, tell me how you've exhausted. Every option on earth ever humanly like devised like, well I did, I went to three doctors and I tried a new diet and I'm done with it. It's like my goodness. Do you know how many options you still have? Do you know how many things you should be so happy? And to know there are so many people out there that are willing to help you. If you just look, if you just seek it, if maybe you just like sit back and let it come to you, even, you know, so many people had that epiphany that I've met that are sick.

Caspar ([00:41:40](#)):

And they're like, I was at the end of my road, I was contemplating suicide. And I just sat back and said, no, whatever you believe, in Lord,, universe doesn't matter. Like just help me. I don't know what to do. I'm not there. And then something would happen. A call would come, they'd pick up a book and read about a person that got better or they'd see something online or get, and they would end up either here or somewhere, you know, but in a better place because of that. But they allowed it to happen. They allowed it to kind of surrender, let go, apply something they practice, which is just, you know, kind of the letting go and breathing, whatever it is. And it came. Yeah. And I, I, I think it really would to anyone that truly would allow that to happen. And then, and that's another practice just surrender letting go, right. That's a tough one for a lot of people, but it is a practice of sorts and that's something I would absolutely recommend for people.

Jessi ([00:42:34](#)):

And that's, I would say that's the ultimate, right? That is the one that I think everything eventually leads you to is that ultimate place of allowing and surrendering, trusting that your journey is intentional. You have ownership within it, but there is also a story that you are meant to walk into experience. And for many of us health, our physical body, how it expresses itself is a part of that journey. And I think there's this to speak to what you're describing. There's this misnomer that we are owed perfect health. Like there's this, I feel like specifically in America, there's just this, like I deserve to be healthy. And I hear that. And that I think absolutely. I think, you know, originally you were created to have a beautiful bountiful, healthful body and spirit and mind and heart. But the reality is we all have a story to walk. We're all here to move through something and to learn and to grow. And that doesn't happen if everything's perfect. Right. Typically

Caspar ([00:43:45](#)):

Of course, of course you, yeah. I say we have the privilege to be healthy. We have the privilege to be born into a body that is miraculous by every right. By any scientific measure of it. You know, you, you talk about what is the most complex, you know, object in the known universe, it's the human brain, it's

the human body as a whole. That is, it's just remarkable what we can do with it, you know? Yeah. And so that blessing of just being in it, even if it's sick, it could heal so much, you know, people don't never think about this. So you, you talk about trillions of chemical activities happening every single second. You talk about a body where a paper cut don't need to do anything. It heals itself. Do you need to breathe at night? Do you need to digest?

Caspar ([00:44:36](#)):

You need to think about these things, like, think about how many miraculous things are happening right now that you don't even think about, but are happening for you to survive. You know, you could say somewhat hostile environment, tons of bacteria viruses as we've seen throughout the pandemic. We've got viruses around. Yeah. And sometimes they don't really like us too much. Right and, and you got things out there that're constantly trying to kill you. Right. And at the same time, we've evolved into such incredibly adaptable and self-healing mechanisms and then you go into the other side of it, of that, you know, emotional and, and also spiritual beings. Like it's, it's really remarkable. And I, I think that idea that like, I deserve to be healthy, like, you know, you, you, you have the right to be sure, but what are you doing to preserve that?

Caspar ([00:45:26](#)):

What are you doing? Like again, if, if our body were like really expensive objects, we had to pay for, we'd be putting like premium gas in it. Like I just, I got my car last year and I'm just like, oh, I'm treating it so well, you know, taking to the car, wash my first car. Cause I was in New York City, the first car I ever bought. Right. Yeah. At 40, by the way. I love that. So I know that's such a New York city thing. Right. I first car at 40 I did drive before though. I grew up in long island. So I, I have my like driver's license since I was teenager. But, but you know, I, I cared for it. I was like, oh man, that's a pretty big investment. Right. And I was putting, you know, premium gas in which right now is ridiculously expensive. But I was doing it gladly.

Caspar ([00:46:10](#)):

I wasn't even thinking about, and it was like car wash, vacuum it, like, if I saw a little something on it, I like lick and you know, rub it off really quickly. Like imagine, imagine every single human treated their body like that. Yeah. We would be so freaking healthy. It'd be like, you don't need this. I deserve it. You just would be. And that's, the point is we are all the culmination of our choices. That's it? Our health is just the trillions of choices we make throughout the day, throughout the day to whether be nervous about this, whether to take, to, to eat something, to think a certain way to, to act a certain way. That's it. And so, you know, I also feel like sensitive people get locked up a lot in those choices, is it the right one? Is it the wrong one?

Caspar ([00:46:58](#)):

Is this one? Oh, oh, I'm ruminating over what happened last week with that choice. Like we gotta flow. We're never gonna make a hundred percent right. Choices. But as I have always said, and again, we live an environment that inherently we've even created, which is kind of unhealthy so many chemicals out there that we just can't get away from. I try and be organic as much, but of course you're gonna get a pesticide, this that, you know, air is filled with all sorts of stuff. So you're gonna get toxins in you. But I always say it's it's which one is, if you have that kind of, you know, legal scale that balances out with, you know, little weights on it and everything, which, which side do you find yourself on? Cuz you know, there's gonna be some weights on the negative side, no matter what you do and that's okay.

Caspar ([00:47:40](#)):

Yeah. You know, don't get upset by that even wrong decisions. Sometimes you might even, you know, outweigh the negative sometime, but get back either into balance homeostasis or, you know, trying to put more, you know, on that healthy side with your actions, with every single choice you make from the minute you wake up to the minute you go to sleep. And even when you're asleep, what, what you have around you when you're asleep. So, so many great things you could do. And again, I feel that is empowering for me. And there's so many like companies and people out there that are working on that to help you get healthier and help you combat some of the things that we know are out there that aren't good. And, and look at the look at what we've been given. Also, Jessi, you talk about something like 5g or EMF, which is negative for the body.

Caspar ([00:48:26](#)):

We know that and you look at something like shungite just like this weird little like rock or something, but has been shown to neutralize the effect. It's just amazing how nature gives us the answer. Yeah. Even when it's a man made problem, that it could have never thought of, you know, yeah. Ahead of time. Yet, there is always an answer in nature if you just seek it. And that to me is like beautiful. That to me gives me hope, no matter what is thrown at us, no matter, you know, how many things we feel are negative in this world, there are there again, it's the law polarity. There is going to be a solution and there probably is already, you just need to seek it out. And I think a lot of that comes from sticking to your authentic self, applying the tools to really get into that level. And then having that almost attracted to you, at least seeking that out and finding it.

Jessi ([00:49:17](#)):

Hmm. Yeah. And the key to what you just said is your authentic self, knowing who you are and from that place, being able to be in that state of surrender, openness, like your dad and things will just come to you. Yeah. And you know, it's, that looks different for everyone, right? That coming to you some of us are given the gift of pursuit and research and some of us are given more of that, where it does literally fall in your lap. It's different for everyone. So navigating that experimenting, figuring out what works for you is great. And I love that there are so many, the, so many therapies, that you really could spend your entire life trying everyone learning everyone. But at the core, if you're not coming back into yourself, into your body, right, taking ownership is what I hear you say, choosing to make those daily choices to do the basic things that we just I'll speak for myself.

Jessi ([00:50:16](#)):

I have the hardest time with the basics. When I first started paying attention to breathing for me, that was the big thing. Came out of a, a big, you know, rock bottom for me, learned that I could not work in an open space, high paced downtown marketing agency. That wasn't for my little tender spirit. It was a quite overwhelming on many fronts. And I ended up honest, not knowing, but just surrendered and ended up taking a full year, just resting and really getting into my breath, which I, 100% was what you said. I shallow breathed. I, I didn't know how to bring it all the way down to my belly and that simple act that and then I started layering on things like journaling and self-reflection and even just long walks. I used to be a crazy, like I used to teach exercise classes and I grew up with a mom who was a PE instructor, and I did all the sports and all the physical drive your body into the ground, kind of activities.

Jessi ([00:51:23](#)):

And it was pull, it was literally pulling back. It was saying, all I'm gonna do is go on a walk. That is it. And I have to be able to take a deep breath the entire time I'm walking. And that Caspar is what started shifting my physical health, which was, you know, I agree with you. I think it's so much for sensitives in our mind and our ability to make those simple choices on a daily basis. But no one wants to hear that. Right. And even in my practice, everyone wants the like, what's the, what's the one supplement that's gonna change my life. Like they may not say that, but that's what they're saying. Right? Like fix, say with three. Yeah. Fix me with three supplements. What's the test. That's gonna tell me everything and I want it under a hundred dollars and you know, like all those things and it's like, oh my gosh.

Jessi ([00:52:12](#)):

Okay. this is gonna be a journey. But you know, just saying, Hey, I want you to start with just having more space in your calendar, you know, things like that. And so, but those are the hard ones, right? Because that's really gets into what you were talking about of those patterns in our mind of, of what we've been told is valuable how we are received, how we're known and loved and accepted by those around us. Cuz that's the ultimate, right? That's what we want. Yeah. Is to be received and accepted. And so if we're living a life where we feel like we can't do those things, because we need to take care of the kids or we need to put someone else first or we're empathic and where we can't stop thinking about Ukraine and you know, things like that, where there's no boundaries at all, we're just spread out.

Jessi ([00:53:01](#)):

We're not even a, a solid being anymore. We're not even in our body anymore. Right. there's such a disconnect that you, those therapies, all those beautiful therapies aren't gonna work. They really aren't. They may help a little, but they're not gonna be able to have their full therapeutic benefit. Right. So that's what I'm hearing you say is, Hey, you gotta get the basics first and then go and explore. And don't tell me there's not therapies for you cuz they're there. There's so many. Yeah. And if they're not working, you gotta look back inward. You gotta look at yourself and figure out what is blocking. You know, what is preventing you from being able to open that door and receive the full benefit. That's so, so huge. So for you, Caspar, what is a new, I'm gonna go to the therapy just cause I like it because I hear you saying that you are doing those things, you know, you are doing those basic practices and no, one's perfect. So I'm not saying that, but just, you know, you are taking the time to tune in, to breathe, to know what is needed in your life with that in mind. What are, would you say is like the one or two top therapy that you're kind of obsessed with right now that's really helped you to cultivate that authentic, calm that state of ease in your entire being right? Body, mind, spirit.

Caspar ([00:54:19](#)):

Yeah. You know, from a therapeutic standpoint, if you really wanna jump in like the clinical side, cuz I would, I would almost say it is those small little things that you apply at home that really help you get there. You know? Like for me it's like playing tennis, that's it like? That's my, thing. Oh I love that.

Caspar ([00:54:37](#)):

That's therapy. Yeah. And because I love it. I love play time, grew up like playing tennis. I was like on the tennis team and everything and then just dropped it and just like went against it and didn't play for a while. And then I picked it up and, and just feel just like, again, that's such a de-stress and moving your body, not thinking just, you know, and just in the moment. And that's a beautiful thing to stay in the moment. Not even worry about Ukraine, pandemics, or any, that doesn't happen when you're just like running back and forth, forehand, back. Like you're not thinking about you can't, you can't do it. So it's,

it's, that's a beautiful escape for me. And again, like what you said, like one of my favorite lines in one of my favorite movies, Vanilla Sky is it's the little things there's nothing bigger is there.

Caspar ([00:55:19](#)):

And he is like questioning at the end, right. David Aames. And and I, I believe that it is the little things, those are the foundations, everything, but of course you could always add in catalysts that help you to move onto, to become optimized. And I think that's part of what like biohacking movement is all about and everything else. Yeah. So from the therapeutic side, I, I do love just general IVs to help the body just be in its optimal state. And that can mean, detox IVs are big for me because yes, you will take in toxicity. So you have the glutathione vitamin Cs. You can even have homeopathics, everything like that, that help your organs of elimination, increase antioxidant level. If you know goes against free radicals and everything and, and help remove toxicity from the body. I think that's really important for your body.

Caspar ([00:56:10](#)):

I'll give this analogy. My father always talks about this with, and he loves analogies cuz usually when he speaks to patients or doctors also, it's like, you can't go over the head with too much science. Otherwise it's just, it gets lost. Your, your body is like a home inside, you know, the inner milieu, you let's call what's going on inside that you never see people see their skin. They love it. That's why I think people spend so much on anti-aging. If they could see their liver, their heart, they probably spend more on that stuff. But we're visual beings. I get it. You can't open yourself up and see how they're going. So, but inside of our body, think of it as like your home, your house. If you collect a lot of crap in it, meaning eating poorly, you get chemicals induced in there, heavy metals through cosmetics now and everything else, maybe mercury fillings, right?

Caspar ([00:56:58](#)):

All of these things, you start to create an environment inside your house that is filled with garbage, maybe dirty pots everywhere. And you know, and just you know, wrappers and leftover food there. And it's not clearing out your, your pathways. Let's say your garbage that goes outside gets picked up. It's just too much. You don't have enough in there. Your liver, your kidneys, your lymphatic system are overwhelmed by all of this. So it just builds up inside. And what happens? We know when a house has enough garbage around it first, you might see some ants trailing around cuz they have a little sugar path going and they found something sugary you ate in there. Next, if you allow that you might see some other insects, maybe some flies over something going rant or you know, cockroaches even right that New York City, everyone knows that you don't have a very clean apartment.

Caspar ([00:57:48](#)):

You're bound to see them no matter where it is. That's just the truth of New York City. Even million dollar pent houses have seen cockroach. So and then you get mice, maybe rats, right? Again, New York City. People know that and through the pandemic, as like, as restaurants were shut down, rats were like running out of things. Right? And they were like going cannibalistic. I heard and all these things because their line of garbage, right? Wasn't there. But again, inside your body, think of it as same. Those pests will be opportunistic over a messy environment. They always have always will, it's what they do. Now replace, you know, pests with pathogens. So you'll gonna have, you know, different types of pathogens enter. They will, or you'll just have a dysbiosis, meaning a a, you know, a unbalanced microbiome where the good, healthy ones that digest that make up more of you than you even are genetic material will start to go into the negative side of things, the balance, and that throws everything out.

Caspar ([00:58:50](#)):

And that's even linked they said tho microbiome, to things like depression, it's not just how you digest food. Think about it's it's everything about you, right? You have a whole entire universe within you, a whole, you know, society within you, how you taking care of them. So if you don't allow, if you don't clean your house, if you don't take the garbage out and, you know, give that support to the garbagemen in a sense that are your organs of elimination, then you're already in a bad state. And especially with sensitive people because those symptoms will show up quicker. Yeah. So that's why it's really essential for, for me and for a lot of the patients, almost every single one we come in here, even if it's from the health optimization, we've had Olympic athletes come through here. Sometimes their toxicity levels are high, even though they're supremely healthy.

Caspar ([00:59:40](#)):

Right. So everyone could deal, you know, and, and it doesn't have to be IV. It could be European biological medicines, right? Drainage type remedies, binders, all of these different things, chlorella, like so many different. So I think that's really important. I do love the NAD also, cuz it's just depleted. Right. We, we just live in a constant state and again, I, I think there's the flip side with that therapy at the same time, stop watching the news so much. Yeah. Stop doing things that are fearful so much. For those sensitive people, I have to say don't watch scary movies. Yeah. Like trust me, that is activating your sympathetic nervous system and triggering you and don't drink so much coffee maybe. Listen, I think coffee can be a wonderful thing. I think it's an antioxidant, but like sparsely and maybe even like shift it cuz if you're anxiety levels are up, every time you have one, you're just activating your nervous system, sympathetic it's and it's hard.

Caspar ([01:00:36](#)):

And that will start to burn you out. And then who knows adrenal fatigue followed by a bunch of different symptoms. So that's why I say NAD could help with that. Cuz you're depleting in that anxious, stressful state. And you need that. But again, like you said, we could give you all the NAD infusions you want, if you keep being so stressed out, it's not gonna work. So all these therapies. And then there are really interesting ones where you go on that frequency vibration type of level. So we have something called Stellar Deluxe that is electrogem therapy and it's using specific light shine through certain gems and crystals and then go on certain areas to help with your assemblage point, which is your center kind of, you know energy point. And if that's off other things can't regenerate properly and you could actually help with that, whether it's shined on the spleen or even on the head for depression and everything.

Caspar ([01:01:29](#)):

So it's, it's utilizing this, this energy light, these different frequencies to help bring you back to homeostasis and back on an energetic way because so many of us are off. If we're constantly around EMF, constantly around all these things that are negative to us and you know, the news, social media, everything throws us off. We need to find balance in it. And those are quick ways to do it. Right. They are kind of like you know, again, I call them catalysts to what you can be doing in nature. So a lot of what is going on there, a lot of what we're trying to do is just emulate nature in a very quick way. Cause we only have an hour with you at our clinic. Right? Yeah. And then we would recommend you then do those things again in nature, go out in nature, like ground use Schumann waves to your benefit.

Caspar ([01:02:19](#)):

You know, get, get, get away from all the electronics and do that and see if you feel not just more grounded, you know, but actually, if you feel less stressed, if you feel better afterwards. Yeah. And I think most people would. And that's why I think the combination of both is the best. Of course it's the, you know, person that goes to the gym, but also eats right afterwards takes care of themselves, sleeps well at home, but then utilizes the personal trainer really hits certain, you know sides of it and understands how to work certain muscles out. And here's the one thing I'll say about that, Jessi, is that it is a process and it's ongoing, you know, if you really wanna get fit and everything, you don't go to the gym three times and say, I'm done, I'm fit.

Caspar ([01:03:00](#)):

I'm good. That's not it it's ongoing. Yeah. Right. And I think that's where again, medicine has give, given us these really strange expectations that I've been ill for 20 years, chronically, I meet for a doctor for seven minutes. He gives me a pill and I'm cured, you know, quote unquote, that's all they could do for me. It's like, no, I'm sorry. That's that's not how the body works. And that's not how medicine should work. I'm not saying that they can't give you that pill for some relief right now, or maybe an acute stage. That's wonderful. I think it has it's point in its use there. But at the end of the day, like healing is a long term journey. Yes. But the end result and it's never ending really, but the end result of actually getting better and actually feeling, you know, healed in a sense and self healing.

Caspar ([01:03:52](#)):

And now self-managing yourself is an amazing transformation. I haven't met a patient yet that's gone through a true healing journey and not come out the other side, transformed to something better evolved. And that's the beauty of it. Also, if you just take a pill and you think that's healing, you're not gonna transform everything. You're probably gonna keep doing what you're doing that got you sick anyway, need more pills, need a surgery sooner or later, you know, just a little bit of relief. You'll never truly be optimal either. But if you go through a healing transformation that takes time, takes effort, puts a lot of responsibility on you. Then you really come out the other end like, wow, you have purpose again, you have a new outlook on life. You're doing all these healthy things. And again, I think sensitive people really bloom, then that's where you really take it on. Right. And that's where you really come into yourself because you don't question that authentic side anymore as much. You have the tools now to embrace the sensitivity and use it as a positive.

Jessi ([01:04:50](#)):

Exactly. Cuz it's a gifting, right? I, my personal theory is that sensitives are actually able to heal more quickly. As long as we fully lean into our giftings. We are so, we reject our natural state. We reject our intuitive nature. We reject so much of what makes us, us that that is literally what causes the disease. That if we just revert, if we, you know, return is the word I like to use back into our body, we return, we reconnect that is we're able to self heal and we can utilize these catalysts. As you said, I love that word. Use these catalysts to take it deeper or to speed up the process. Right. But right. It, it, it does require that lifelong journey still of, I hate using the word maintenance cuz it sounds so like I dunno, drudgery, but it's, it is it's it's everyday love.

Jessi ([01:05:51](#)):

You know, and, and envisioning our body like you did your car, you do your car, right. That it is this beautiful offering, this, this privilege to own and to have. And I think when we go through a chronic healing journey or we deal, we we're faced with something really extreme or even maybe it is the subtle

lack of balance of being inauthentic being out of ourselves. That really just builds up this confusion, I think. And so it's, it's so important to just come back into that and establish who we are, why we're here and lean into that. It's yeah, it's really powerful. I love the way you've been phrasing all this. I just feel like I'm like in the back going, just preach, preach Caspar. This, this journey is really special, I think for sensitives the healing journey.

Jessi ([01:06:48](#)):

And I, I feel like most of us are called into it for a reason. And we're here, we are a reflection oftentimes of our society, right? Because like you said, we show things more quickly. And so, you know, if we're filling off, we know the society is off. And we can, as we start to heal, we can be that light and be that encouragement, be that catalyst. I think us as sensitive, we are a catalyst, a walking catalyst for those around us, by being there's weirdos, you know, quote unquote, by being those different souls that cause other people to pause and go, Hey, maybe that applies to me as well. Or they're actually really changing their life or they're so confident within what I would call sensitivity. Why is that? You know, and to start encouraging other people to step into their own journey. But oh my gosh, I feel like we could talk forever about this subject. Thank you so much for just sharing your heart and your journey and your wisdom. I, I always like to ask kind of a quirky question because I'm a little quirky. But if you were a plant Caspar, like any sort of natural growth, you can take that at whatever direction you want. What would you be like, what would embody you?

Caspar ([01:08:04](#)):

Oh man, that's a, that is a quirky question.

Jessi ([01:08:07](#)):

I love it. You're welcome.

Caspar ([01:08:09](#)):

I love plants. I've I've really been getting into gardening. I'm out in Long Island a lot more now that the pandemic like kind of shut down a corporate offices in the city and love getting my hands in dirt and have been helping my parents plant some like trees like citrus and fruit and vegetables, you know, and everything like that in a garden. I think that's, to me that that's such a beautiful, like kind of way to connect with nature, get your hands in the dirt and plant something that's gonna give back to you as it gives to itself. So if you ask me and I, I, you know, just planted one last year that and named it actually I love apple tree being an apple tree tree, an apple tree that, that grows and gives that apple that has so much significance you look at even like Adam and Eve, right?

Caspar ([01:08:58](#)):

Like, so it like that idea of nature being able to grow from just water. Right. And even think about that, Jessi, that you take this little seed of something like so small, you put it into dirt and you do nothing. You do nothing really. Of course you like, you could say, well, we needed to water it. But yeah. I mean, I'm just saying in nature, rain does that, right? Yeah. And then sun comes in and all these things, and from this seed, you get something that, you know, grows into this large tree, sometimes huge roots and bears, such gifts that we could eat it. And they're so nutritious and delicious. Like, I don't know when you really think about like, it blows my mind that alchemical transmutation basically of a seed into it. So I would be that apple tree that I planted myself and wanna give back to the world. Something that is nutritious, something that gives life also, that if you stumbled upon, you could pick and there would be

no negative to that. Right. I'd want you to take that for your own benefit and to help you become a healthier person and hopefully pay that forward with something. So apple tree is my final answer. Yes.

Jessi ([01:10:09](#)):

The tree of life. Caspar. What was the name that you gave to your tree?

Caspar ([01:10:17](#)):

Esmerelda? I don't know why.

Jessi ([01:10:19](#)):

Oh my gosh. I love that.

Caspar ([01:10:23](#)):

And my, my father was like telling me, like, you gotta name it that, and then like something ha I was like, I've never heard of this. But the first thing that came to my mind was Esmerelda. I don't, I don't never met anybody that's Esmerelda. I don't know. The universe just threw it in my mind at that very point. And that's what that apple tree is called as it grows right now. Not too far from where I am right now. Yeah.

Jessi ([01:10:47](#)):

Beautiful. Well, thank you for sharing your, your wisdom, your apples. And Caspar for those that are just so intrigued by you as a person by, you know, your amazing business and mission really in life. How do they connect, follow, learn more from you?

Caspar ([01:11:11](#)):

Yeah, you could go to innovativemedicine.com to learn more about the company, our mission, everyone involved the medical clinic here, products. We do all that stuff that we've done over the last 20 years and built on and continue to do that's innovativemedicine.com. And then for anyone that just wants to connect you know, and be social, social media is at Caspar C A S P A R and last name's a little tricky S Z U L C. So I'm sure you could probably find me if you just typed in Caspar, but yeah. I love connecting people on that. And that's another thing, Jessi, as a sensitive person, I was so against social media, cuz I thought it was like too much for me and it would like crush me and like, you know, it'd be all this like, you know, negative, but I've found that as with most things they're tools, you know and I say this like a tool is like a scalpel in the wrong hands.

Caspar ([01:12:05](#)):

It's, you know, a thing that kills people and cuts some and you know, does danger and the right hands it's life saving for certain surgeries. So you I've, I've learned to manage social media and love connecting with people on there. You get so many like interesting people that really just genuinely have questions about how to optimize their health. And I've like, I love just being able to help anyway or even connecting with someone else. So yeah, I see I've, I've learned to embrace social media and try to, to use it for positive.

Jessi ([01:12:37](#)):

Well, I've admired how you've been handling, cuz I've had the privilege of kind of observing and watching you from afar for a couple years. Since we first met and especially over the pandemic Caspar, like you were just such a source of steadiness and truth and honesty. I was just so grateful for your presence. So thank you for giving that as a fellow sensitive. I was, I couldn't like I had to step away. It was just too much for me, but it was so beautiful to see your strength. You know, knowing a little bit about you and knowing that that took a lot of courage and a lot of energy I think is the word I would use like physical, mental, and energetic energy to be present through all of that. So I'm, and, and even now, you know, so thank you for continuing to offer your apples and just be present for all of us and to be a living and walking catalyst.

Jessi ([01:13:31](#)):

So for those that are listening, I highly recommend following Caspar on Instagram. He has a podcast as well. You're so humble about it. He interviews just wonderful guests has great conversations, so hop in there and definitely check out innovative medicine. It's, it's a really forward progressive practice. And if you can't visit yourself, at least really getting connected in and in using that as a template if you're looking for you know, a medical practitioner or any sort of practitioner that can support you through your journey, they should be a reflection, you know, similar to what you're seeing there. So thank you so much again, Caspar and best of luck to you as you continue on your own healing journey.

Caspar ([01:14:16](#)):

Thank you, Jessi. This was really a pleasure. Appreciate it.