

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

When you're in like the integrative naturopathic and alternative world, it's kind of a small world, right? Because I've known of, of you for a while now and followed your work and, and even seen you speak of course, before body electric. And we both recently spoke at the Lyme and everything's virtual, so we didn't actually meet at the event, but but it was amazing to, to, you know, cross paths. And you do that a lot in this industry, but I'd love to hear your story of how you even got into the naturopathic and integrative medicine field. So give us your story. How how'd you get here?

Dr. Schaffner ([00:36](#)):

Yeah, absolutely. Thank you. So I, you know, grew up in a family of medicine. I grew up on the east coast, outside of DC and my father is actually an oncologist and my mother is in nursing and nursing education. And she worked at a hospital with quality and education and, you know, I, so I was always around it and always kind of dabbled with the idea of being a doctor and loved biology and all that good stuff. And then I went to the University of Virginia. And during that time, you know, I was really still, you know, east coast as you live on the east coast, you know, so really, you know, battling like that, should I become a medical doctor or naturopathic doctor? And this was still, you know, very much I think, you know, was starting to gain traction, but still very, you know, not mainstream at all.

Dr. Schaffner ([01:20](#)):

And so I had some really interesting events. You look back and see how you, the seeds are planted right on, on your timeline. And, you know, my mom had a good friend who had a cancer diagnosis and she found somebody who went to Bastyr. So that was the first time I had heard of Bastyr. And I was really excited about that there even existed in the field of naturopathic medicine. And then when I was at UVA I went to a course on complimentary and alternative medicine and a naturopath taught that course. And one of the speakers was actually Dr. Jerry Tennant. And so that was back in like early two thousands. And he really planted a seed in my brain about energy medicine. And many of you might know his story, but he was one of the first doctors who did the LASIK surgery.

Dr. Schaffner ([02:08](#)):

And so he potentially had a viral exposure through his eyes that got into his brain and had he had debilitating chronic fatigue for about 13 years. And what changed the course was a instrument called the scan arm, which worked on basically polarity and this concept of negative and positive charge in the body and recognizing viruses through that and, you know, are mounting an immune response through that. And so that was really pivotal just, you know, hearing that story. And so my path led me to Bastyr and honestly I was one of the youngest people in the program at that time. I was 22. I moved across the country and it was a big culture shock, you know, you think, you know, about health and then you're, you know, in Seattle, which was very different from Virginia and Bastyr.

Dr. Schaffner ([02:59](#)):

And I, I still had that inner conflict of this is the right path or not for me. And I did something very outta character and I decided to take a year off and that year became two years. And in that time I had this again, incredible journey and I met incredible people along the way. That just led me back to naturopathic medicine. And, you know, I met, like I did an event with like Dr. Perlmutter and Dr. Ray and you know, learned about mercury in the mouth. And, you know, I even, you know, took the MCAT, just getting really close up to that, you know, possibility. And in that moment, I was like, this is not, you

know, for me. And so I found my way back to Bastyr and one of the first lectures, I, you know, when I, during that time was with Louisa Williams, do you, do you know her?

Dr. Schaffner ([03:47](#)):

She wrote a book called Radical Medicine. And if anyone out there wants to learn probably the conversation we're gonna have more and more. It's like the textbook of, I think the medicine we both practice and it talks a lot about bioregulatory medicine and the concept of interference fields and the dental connection and, you know, all of these things. And I just remember sitting in that class and she was like, what is the first thing that you do when you have a patient walk in your room? And we're like, oh, ask 'em if they eat gluten or, you know, whatever, you know, whatever we're thinking. And she's like, you look in their mouth. And that just really struck me. And she was a very influential mentor in my life. And so kind of everything was all timing for me. So I came back to BAE and everything just fell into place.

Dr. Schaffner ([04:33](#)):

I had wonderful mentors. I you know, really had a wonderful experience. And then after graduation, I had a lot of opportunity to really dive in and study bioregulatory medicine. And here we are 12 years later. And you know, it's just, you know, we are, we're in that paradox, right? That even though things are becoming more censored and more polarized and everything, there's also this opportunity to share what these conversations that we're having. Way more than when I graduated. So I, that gives me great hope that we are you know, we're, we're, we're getting there, you know, we're getting there on really sharing with people, the real reasons why they're sick and giving them tools. And, you know, I know that we shared a, a shared passion and how can we shorten that time, you know, for people to get the proper diagnosis or whatever, you know we wanna call it and then, you know, really, I, I still feel very much that we're in a quest of finding the more elegant path to healing, cuz I think we, we know a lot and we have a lot of great tools, but I'm still not satisfied as how long it still takes people to get better.

Dr. Schaffner ([05:41](#)):

And so that really propelled me on a path to look at biophysics and, you know, study, you know, the whole energy medicine perspective, because I think that integration with what we would call biofield science with, you know, functional medicine or bioregulatory medicine or whatever we wanna call it. I, I think that that's the future of medicine that I'm really passionate learning about sharing with my patients and really creating a conversation about. So that's a long winded story of where, where, where I got there.

Caspar ([06:10](#)):

No, I mean, it's your story. It's not long winded. That's great. And I, I think it's so true and I, I find this you know, across lots of doctors I speak with it's like you start going down one path and you find yourself on another and that's the beauty of medicine. It is a dynamic science. It is constantly evolving and changing this idea that there's one right way of going about medicine is like bonkers to me, it's like, there's only one way to go about life. It's just make money. You know, how many people are miserable on that path, right? Because it's not the only path maybe for some that's their path. But you know, when, when I hear you talk about this with bio regulatory, with going more on the quantum field sort of side of thing that excites me because that's kind of looking at medicine as a whole as, as that holistic side.

Caspar ([06:58](#)):

And I think functional medicine has done a great job of moving us away from conventional, integrating lifestyle nutrition, doing a lot of great things to take us into a more comprehensive approach of healing. But it's, it's, it's still, to me, there's a lot to go. You could keep going. It's not like functional and stop there. And you know, you brought up Jerry Tennant who, you know, healing voltage is healing in this idea. What do you think, do you think we're getting there now where functional has kind of hit this, this, I think it's gotten quite large. And everyone knows a functional doctor and there's like parsley health everywhere in all these places you can go to that are very functionally based. Do you think we're now at this precipice where it's going to keep moving towards energy, which you found yourself, but I find many doctors still aren't quite grasping?

Dr. Schaffner ([07:52](#)):

Yeah. I do. I feel in my heart, you know, I know that our medical system continues to go through a healing crisis and you know, we can look at that. And I do think that it's gonna allow the opening for us to have these conversations with quantum biology and biophysics and energy medicine more and more. And I applaud the functional medicine movement. I absolutely do. I'm grateful for them. They did a way better job than my naturopathic profession in moving the needle in getting this conversation to mainstream. And, you know, I think you see this too, right? The people that often land in our office have done all of that, right. And they're still not in a state of health and they're not in a state of resolution that they're able to move on with their life.

Dr. Schaffner ([08:40](#)):

That they're still very much struggling in their physical body. So that, you know, I guess that's my path to continue to inquire about why, when you're doing the right things, the best supplements, the best diet, all the best physical things. Why are some people not getting better? And so that's been my path to ask those questions and I'm sure you're well aware of Dr. Joe Dispenza and that, that world has been really inspiring for me, especially over the last year. I had a patient who I, I basically she ended up seeing my colleague more, but we were in communication and she was, she was very, very sick. She had mass cell activation syndrome and, you know, we know what that means, like very reactive you're constantly in stress and anxiety and fear about your environment because you're so sensitive and you're, you're very physically you know, harmed by many substances.

Dr. Schaffner ([09:34](#)):

And so she, you know, she was doing our work and doing all the things, but she was very much committed to the path and doing the meditations with Joe Dispenza. And she said that, you know, she shared this visualization that she had of eating a chocolate croissant with her young boy in France. And she's American. And I was like, well, I'm, you know, I'm not gonna limit anything, but it was like, wow, that's, that's a big, you know, that's a big vision. And she showed us a picture, you know, about a year later of that experience. And so you know, yes, I think what we were doing for her helped, but I think it was that synergy of those you know, the ability to, you know get in that state of coherence on a very regular basis you know, have that visualization of your future heal self and kind of drawing that to you.

Dr. Schaffner ([10:25](#)):

That really was the thing, right? That, that synergy got her to that experience. And so that planted the seed within me, and then you know, with everything going on in the last few years, I had the opportunity, I've gone to three events and been trying to implement more of the meditations in my life. And I just love how Dr. Dispenza bridges that world of the mystical kind of spiritual with the science,

right? And he can have a language. And I think that is the language that we wanna bring forth. And he says something that really sticks with me to change matter with matter takes time. And I, I think we know how to do that, right. Functional medicine knows how to do that and we stick it out and we get people better. Right. But, you know, the average person, if I just do matter to matter 18 months, two years, you know, really and you know, but then he says, when you change the field, you can change matter.

Dr. Schaffner ([11:25](#)):

And so that is the inquiry that I've been in for the last, you know, two years. Really. And how do I really bring in tools and language around what does that mean and how do we change the field so that we can see these opportunities to accelerate the healing path? And, you know, it, it helps us to think, you know, he talks about the root of pathologies in the field, not in the physical body. And so it takes this whole idea of root cause to like this whole other language. And why, again, I'm staying with this community and staying with this path is cuz you know, those three events I've been in, when you're in these events, you have these very profound experiences and you meet incredible people and you hear these stories. And I honestly, out of any medical community or conference, I've seen more miracles than, you know, what would be quote miracles than any other community.

Dr. Schaffner ([12:20](#)):

So it has my attention and you know, I I really hope in my career and in my lifetime that we bring a language to this. So you know, definitely like empower people to really understand this and not make this big leap that they have to like distrust because it's invisible and they don't understand that, okay, this works, but really give people a language around it. And then also integrate this into the clinical model. I I, you know, I think we have a shared passion on how to bring this into the clinical treatment. And you know, really from the beginning and empower people with this language and like just as much as we're looking at their vitamin D levels and their co-infections and their mercury levels and their dental stuff we're like, you know, part of this path is that you're gonna feel empowered by the end of it. And you're part of the equation and don't ever let me not remind you of that. You know? So so yeah, that, that's, you know, my you know, really my vision and my passion right now,

Caspar ([13:26](#)):

The language is so important. Isn't it. And what I've realized when I speak to many doctors, sometimes it is about bridging the gap because a lot of the times what you're, when you're talking about, let's say ancient wisdom, esoteric things, energy quantum, you lose people. They don't know that language. I was, I've always said, if you try speaking to someone in Chinese, even though it's wonderful information, they don't know Chinese, it goes over their head and you lose them and they go back to what they're used to, which is English let's say, and you could say, English is the conventional approach of take this pill. You won't have symptoms. End of debt. You're good. Right. Or we'll just cut it out. But to bridge that gap is incredibly important. What I've realized is a lot of this kind of advanced science talk is really just what ancients use different words for.

Caspar ([14:15](#)):

I think that's the thing and be able to bridge that and present it in a way with analogies that connect with people with not something that goes completely over their head is really, really important as we move medicine forward because you're right. So much of medicine is in the invisible is in the things that we can't yet quantify with many of the tools we have in conventional medicine. So that's really

important. How are you bridging that gap in your practice with patients that are, I know this in our practice very much so still in that kind of conventional, old way of looking at things, yes. They may have been exposed to meditation and Joe Dispenza, but when you start to apply, let's say light therapies and energy medicine, that again, or even emotional things they say, Hey, just gimme the IV and let's be done with this. Cause I don't want to address my emotional trauma.

Dr. Schaffner ([15:09](#)):

You know, it's, it's a great question. And you know, we have to meet people where they're at, right. You know, we absolutely have to meet people where they're at, but you know, if they show up in your doorstep and you have all of these offerings and all this knowledge, there's a part of them that's attracted to having that experience. And it's, you know, sometimes dripping that out. Some of my patients, you know, I can go right there, they're ready. They understand this they're, you know, already in this language and some, you know, you, it might take, you know, a year before they're open to it and that's okay. And I'm, I'm totally open to being on that, you know, that timeline with them. You know, we're at a, I think a unique tipping point for energy medicine too, because we are surrounded by all of this technology, right?

Dr. Schaffner ([15:50](#)):

With wifi and cell phones that I think people have you know, at least in their mental model, there are these invisible fields of information and energy that they might not quite understand, but we're interacting with, you know, they, they know wifi, they know the cell phone tower, you know, there there's that connection. So I, I think even though that obviously has cost benefit to our physical bodies and of course our energetic bodies that I think is opening up the, you know, the language for, you know, this time. And so I, you know, I like to use different terminology and I have a mentor and a friend Dr. Beverly Rubik, and she is a biophysicist in UC Berkeley. And I love that she was very influential in using this term biofield because it, it kind of, it's not aura, it's not chakra.

Dr. Schaffner ([16:40](#)):

It's not, you know, it's, it sounds scientific and you know, it is right. And so she was influential in putting this term biofield in PubMed in the 1990s. So it can be researched and studied. And there's a lot of research if you go into PubMed and put in biofield and you know, their description has evolved about the biofield, but the biofield is this field of information and energy that surrounds the body. And I always start bridging that gap for the conventional language and the, you know, alternative language with knowing that we have, you know, the capacity in the conventional world to measure our electromagnetic nature. Right? So we very much know that our heart has a strong electromagnetic field. It is the strongest electromagnetic field in the body. And I think as you learn about energy medicine, you cannot ignore the heart, right.

Dr. Schaffner ([17:30](#)):

And the heart, you know, it's, it's beautiful, right. When you get really, you know, it's complicated, but very simple that we're wired to be in these states of love and gratitude and appreciation. And when we are our physiology follows and we are inherently more healthy and more regulated and you know, more connected. And so you know, the heart is, you know, definitely we can measure through the electromagnetic in EKGs and things brainwaves, obviously. So there's this, you know, conventional understanding and then, you know, sometimes breaking it down, you know, like there are just principles in physics, right? Whenever you have electricity, you have magnetism. And when you have magnetism,

you have electricity and we have electrolytes and we have these, you know, electrical charges in the body and that's biochemistry too. Right. So, you know, take a leap and then you can know that we have this movement of charge in the body.

Dr. Schaffner ([18:22](#)):

So we, by inherent nature of the movement of electrical charge, we have electromagnetic fields. And so, you know, once you just kind of break it down in simple terms, I think people can understand this electrical nature of the body. And then, you know, I very much hope in my lifetime, there'll be more accessible tools to look at the bio photon emissions of the body. You know, we have, you know, different things like Kirlian photography or the GDB cameras, or I have a bio well in my office. And you know, this is the, you know, this is, is really what excites me the idea of light and sound in that communication in the body. And so you know, I just share with people that it's been, you know, studied, you know, obviously Dr. Fritz-Albert Popp looked at biophotons and that we are wired to basically emit and receive sound, right.

Dr. Schaffner ([19:10](#)):

So from our DNA, you know, our DNA can emit biophotons and we have a whole network, a basically a fiber optic network in our body that responds to light transmission, and then an area that is super exciting to me is sound, and there is a biophysicist out of UCLA, like in the early two thousands. Basically it's called sonocytology. So this the study of cell sounds so you can measure, you know, and hear sounds coming from cells and just in the beauty of how we're made that one's cells are sick or dying or mutated, or have cancer, they make an incoherent dissonant sound. And then when they're healthy, they're more you know, harmonious, and coherent. And so, you know, giving people like, you know, those pearls and then, you know, I, I feel like obviously there's, you know, light sound this idea of frequency.

Dr. Schaffner ([20:09](#)):

Frequency. I think that termed it's thrown around a lot, but it's obviously very much how the, the world works. And they're in ancient traditions, you know, they even mapped out resonant frequencies and resonant sounds for every tissue in the body. You know, a lot of our Eastern European you know, scientists have you figured out technologies to measure, you know, resident frequencies in the body. So that idea, like every tissue has an optimal range of frequency when it's in balance. And when it's out of balance, you know, there is stress and incoherence and pathology. And so when you think about it, the, the language, all of, all of that, a lot of our job, right. Especially when people are sick is like, how do we add more coherent information to the body? So the body can then have more balanced biochemistry, so more coherent light.

Dr. Schaffner ([20:58](#)):

So that's gonna be, you know, our light therapies, more coherent sound, that's gonna be our sound therapies. There's a lot of different frequency technologies that do different things, but the ones that I like you know, find when there's imbalance in resonant frequencies and then add resonant frequencies to the body. So then the body has the opportunity to respond right and regulate with that information. So I see, you know, very much that these biofield therapies we just miss out a huge opportunity if we're not integrating them along the way with our, you know, vitamin D and our antimicrobials and our chelation and, you know, all of that. So I'm not a purist and I, there are people out there, you know, I'm totally in honor of that can just heal with energy alone. But, you know, for the modern time and modern

terrain, I feel like we need that, you know, integration. And that's, you know, the new integrative medicine, right? You know, bio science with, you know, functional or bio regulatory medicine.

Caspar ([21:54](#)):

No, it's incredibly exciting that you have that combination cuz you really are attacking an issue at, at multiple initiation points. I think all issues really do start on an energetic or vibration. You know, Tesla said it the best that if you wanna learn the secrets of the universe, think in terms of energy, frequency and vibration, like he knew it, he was one of the smartest minds and I'm sure Einstein, Popp, George Lakhovsky, they would all agree. And these are some of the most prominent scientific minds in the last hundred years were just a little bit slow, I think, to adopt it in medicine, which is normal. I think, you know, it took a Newtonian principles, you know, a couple hundred years to really be adopted by medicine and start applying those. So I think we're just ahead of the curve, but it will get there. Now in terms of looking at energy medicine and, and some of the therapies you're utilizing, what are the, some, some of the ones you've seen great things because there's so much out there.

Caspar ([22:50](#)):

Right. And that's the cool thing too, but it also becomes a little bit overwhelming for a lot of people, or people just getting in whether or not this works and that works and this EMF protection and, you know, and thinking you could just sit in a faraday cage all day and protect yourself from EMF without understanding that we need certain waves from, you know, the earth as well as cosmic waves. So there's, there's still like, I think it's so fresh and new and there's so much flooding kind, kind of the market to, to be like, oh, I can help you with this energy and block this energy. What are the ones you're looking and excited about?

Dr. Schaffner ([23:26](#)):

Yeah, absolutely. And I'll share a couple of my favorite tools and just also being very cognizant that, you know, we have, you know, everybody has access to this, you know, a lot of these things at no cost as well, just, you know, again, you and I both see people who are pretty sick and need, you know, these extra ordinary tools to support them. And I think also like we're in the modern terrain, right. And you know, it's really expensive and really you know, you have to be very educated to be very healthy right now in our society. And I hope that changes, right. But it's just where we, where we are. So I'll kind of give you, you know, both ends of the spectrum there. So in my office you know, we have a couple, you know, a number of different tools. But one, you know, we'll start with light. So the light equipment that I have in my office is the Weber medical technology. I don't know if you have that in your office, but.

Caspar ([24:18](#)):

Love Dr. Weber I'm actually speaking with him next week about the, the helmet, because we had the IV laser and the laser watch and that that's been great. And now we're applying the helmet for depression, so completely on board with that. Yeah.

Dr. Schaffner ([24:32](#)):

Dr. Weber, we they just had a great conference and San Diego and that's right. He's a brilliant doctor and a brilliant innovator. And he developed this equipment that is different wavelengths of laser light. And it can be applied different ways. So you can use it intravenously, interstitially, interarticularly, if you're out of our country into tumors. And this idea of not just, photobiomodulation so different, wave lengths of light having you know, biochemical effects in the body. There's this idea of photodynamic

therapy. And so photo photodynamic therapy I think is brilliant. And it's this idea that when you apply a photosensitizer, which you can take internally topically, intravenously and there are different substances. So for example, let's say like methylene blue. So that is a pigment, it's a blue pigment. It has all of these amazing properties in the body and when it gets taken in by cells, it it, it responds it's basically photo activated by red light or 616 nanometer light.

Dr. Schaffner ([25:35](#)):

So it's this idea, this integration of physical substances with their peak spectrum absorption to get a more potent effect in the body. And it can stimulate either apoptosis for cancer cells or in increased reactive oxygen species to kill different pathogens inside the cell. So that's super exciting. And as you mentioned, they have a watch. They, they just updated their watch. And so there's gonna even be more powerful, which is awesome. So that idea with the watch is that you're applying light to the radio artery and then the blood that's passing by is absorbing these different photons of light for different physical effects. We have the helmet and that's red and infrared, and then infrared can penetrate into the bone through the skull and, and get into the brain for you know, just to access the brain. The brain's really hard to access with other tools.

Dr. Schaffner ([26:21](#)):

So that's really exciting. So we use light and that's my main light tool. We do use sound and there's two aspects to sound therapy. One is my good friend. Kelly Kennedy introduced me to this man Rasmus Gaupp-Berghausen do you know him? You should know him. I'll introduce you. He he's Austrian and he studied with Emoto. So Dr. Emoto who's the water guy, right? He decide, he figured out how intention can impact, you know, basically the structure of water. And when you think that we're mostly water, right. You know, we can just think about all of the health effects of how we can affect the water in our body. And he developed an equipment called the sound of soul. So basically it measures your heart rate variability, and it can monitor and basically change different music that basically interacts with your heart rate variability.

Dr. Schaffner ([27:16](#)):

So it's basically converting your heart rate, variability into music and light. So basically you're bathing in the sound and light of the music of your heart. So it's very heart opening, which is really exciting. And then I've been using the AO scan Loran Swensen to introduce me to that that's his company Solex, and he has a really impactful story. He adopted a child who had cerebral palsy and recovered him through energy medicine. So he traveled all over the world and found, you know, this technology and it's based on different resonant frequencies. So it has all of that, but the sound part is called inner voice. And you talk into the basically technology and the technology can read where you have too high of tones or too low of tones. And then it basically gives you balancing music to balance those basically out of range tones.

Dr. Schaffner ([28:15](#)):

And then the trippy thing about it is they've studied this and they've found that different patterns and algorithms of out of balance correspond to different subconscious emotions. So we're basically working on the unconscious part of us you know, through music. And so I, and I think music has a huge ability to help release, you know, trauma in the field and in our tissues and, you know, in our, our system. So that's sound and then, you know, with frequency you know, I also again use the AO scan. I have the BioWell, which is the gas discharge restructuring that looks at the bio field. We also have NES Harry



Massey equipment. I'm starting to use that more and more. And then I'm I'm actually part of the company Free Medica. I was introduced to that equipment with Steven Davis, he has a story through his daughter and he helped heal her on her Lyme journey with this technology that basically to keep it very simple, give, gives a protocol through light and frequency applied to the body.

Dr. Schaffner ([29:21](#)):

And they are coming out with a wearable technology where you can basically have a wearable frequency that you can download different packages that I've been working with, Dr. Lee Erin and Kinneally and Dr. Robcast and creating packages for like stress, anxiety sleep. And, you know, again, these will be delivered in the form of frequency. So and there are gonna be so many more tools. I know Harry's coming out with one and it's gonna be like different supplements. There's just gonna be all those different frequency technology, which is really super exciting. So those are, you know a lot of different equipment that I have in the office. I I also have a something called the Flow Presso, which is you know, the lymphatics are a huge part of the, the work we do. And it uses compression infrared and they call it nano vibrational technology.

Dr. Schaffner ([30:09](#)):

So it's like a PEMF like technology to add. So, you know, basically energy to increase cell voltage. So those are different things. And then I do you know, muscle testing. I work with a, a different team of doctors. I work with a chiropractor too, who also studied with Good Heart and she's really good structurally, but also can read the emotions in the body and the energetics in that way. And then we have a, you know, a wonderful referral network that, you know, you just, you know, for the, you know, you just sense, you know, timing what people need outside of what you offer and whether it's you know, different, you know, you know, more intense therapies or different you know, referrals who can work, you know, with like body code or emotion code or EMDR, or, you know, all of these different things. So it's you know, very integrated approach and, you know, it's not cookie cutter. I mean, that would make our job way, way easier, right. If everybody got the same thing and it all worked. So it's a very dynamic process with each patient on figuring out what they need and how to support them to really help them get better.

Caspar ([31:16](#)):

I've realized that as you add more, it's not just about adding the pieces, it's about becoming an artist and being skilled with how you apply them. And I think that's where people, sometimes I, I know we used to give you know, talks to practitioners and my father would lead a lot of the seminars and they would always want to just know what technology should I buy. And that was it. They didn't wanna know beyond it'll tell me what to do. Right. But the truth of the matter is to be a, a, a skilled, integrated practitioner means being an artist means being able to personalize to each person and tap into the patient's intelligence with things like muscle testing and other types of evaluations or EAVs, whatever it is, but it still requires you to do the work to not just sit there and be a technician. And that's what I love, what I hear, what you're putting out there. You're saying, Hey, I want more tools in my toolkit and that's great, but I also wanna apply it in a very tailored way where each patient receives their own protocol that gets them back to complete health of body mind and spirit. And I think that's where a lot of medicine I'm not gonna say has gone wrong because I, I think that application is just how much of medicine approach things is protocol driven.

Dr. Schaffner ([32:30](#)):

Right.

Caspar ([32:31](#)):

Right. Once your diagnosis you know, put your hand on this or let's see your labs. And then I, I know the protocol based off of general, kind of, you know, things out there. Do you think as, as we go along that this idea of personalized medicine will translate to something that is truly tailored to each patient and apply energetic medicine and all these tools, or do you think we're just so far advanced that these are, this is still like a hundred years out? Cause I've, I've spoken to some doctors and they came in and looked around our clinic. They're just like, no, this is still like, you gotta wait a couple hundred years before this goes mainstream.

Dr. Schaffner ([33:10](#)):

Yeah. Well, you know, it's a great question. And I, I think you know, as I tune into it, I, I think that we are you know, we're pioneering and bringing this information to the forefront and because of you know, another kind of like quantum physics principle is a collective network of observers determines reality. And I think there's enough of us if we use this collective energy and come together that we can actually we can accelerate the acceptance of this model. And, you know, I, I don't know about you, but people usually come to us, not because it's their first stop, right. They come to us because they've tried a lot of things and been to Mayo and Cleveland and you know, this and that. And not to say we have all the answers, but we serve a, a, a huge patient population that doesn't fit in that conventional model.

Dr. Schaffner ([34:04](#)):

And I think with the trajectory, especially after the last two years of what's happened to people's bodies and health and all of that, we're gonna be forced to have more tools and we're gonna have to get more and more creative. And I think that to help people unwind some of whether it's long haulers or reactions or choices that they're gonna have to, we're gonna have to use extraordinary efforts to help unwind that in the physical body. And I think a lot of the answers lie within this realm. And so I think that, you know, you know, people like us and our colleagues in our community, plus the times we're in that there would be, there will be an acceleration of the acceptance of this form of medicine. So I, I feel I feel more optimistic than like a hundred years, cuz I think there's just a lot of things coming together to really yeah, just there, there's a huge opportunity if humanity chooses and if our society chooses to bring this to the forefront. I think in this, I think in this decade.

Caspar ([35:16](#)):

I agree with you and here's why I think it's that way. It's for two reasons, number one, necessity. We have now what, 60, 70 pushing on almost I I've seen, heard some doctors say 80% of us are chronically ill. Some of us don't even know it. We just walk around with just parasites and things in us and are constantly fatigued, but just don't actually get a diagnosis, but we probably would if we went in and actually got a good one. So that would be number one, because you can't have a functioning society near a hundred percent chronically ill, right. That's just impossible. Right. And number two is results. This is what I've always said is, is that, you know, we don't bring anyone in here for the reason of just, you know, I think trying it, I think a lot of times you end up, but also you wanna see results.

Caspar ([36:02](#)):

A lot of what goes on here is out of pocket, insurance doesn't cover and things like that. And it's a lot of it is on you too, is I'm sure, you know, the responsibility is for you to change your lifestyle, you to do the

work. We just served as little catalyst to give you these tools. But you know, all those hours outside the doctor's office are more important. And if we didn't have the results in the face of complex chronic conditions, then it wouldn't mean as much. Then we would just be where most of conventional medicine is, which is let's just manage this disease and you live with it and it'll give you another pill. If another symptom comes up. So I think with those two necessity and results, I do think those are the catalysts, cuz I've seen it over the last two years.

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

I don't know about you, but more people are saying, Hey, you know, I'm susceptible having comorbidities. I'm susceptible, not being well here. This is the first time I've really took a look at this and said, these pills I'm taking this doesn't suddenly make me less suscept. It puts me at a higher risk. Iblel wanna address it. And I'm not doing it with the old way. What is a different path? What's a new way. I need to start researching this and seeing what's out there and talking to other people that have experienced this. And that, we always say, you know, we don't really market ourselves that much. We use the patients market us. If they go tell their friends, Hey, I got better after 20 years of Lyme. That's that's, that's an amazing proof of concept in a sense. So I think for those two reasons, we will see this becoming more and more prominent and very soon. And one of the ways I, I know it's prominent, it's it's going on, you know, mainstream kind of networks. And one of those networks that I know about is Dave Asprey's podcast, which I saw you talking about ozone on and was very happy to see that. And I know you use a machine, the EBO2, correct?

Dr. Schaffner ([37:59](#)):

Yeah. You know, I don't have one in my office yet, but I, I refer to a dear friend in LA. And it's one of the, I think I think it's the most, it's one of the most exciting therapies I think that we have right now to address all of, you know, what I, I call the modern terrain, right? Like what, you know, we say Lyme, we say all these things, which of course are very much part of the story, but you know, it's in the backdrop of, you know, all of the things that, you know, were up against from interference fields and intoxicants and you know, disrupted circadian biology and, you know, I balances in our microbiomes and ecosystem and trauma, all of that. Right. That's all what we're treating. Right. And so you know, I got EBO2.

Dr. Schaffner ([38:39](#)):

I, I like to, you know, experiment on myself as, you know, many of us do. And so I went to my friend's office earlier this year and it's a very elegant treatment in that it takes your blood, it goes through a filter and there needs to be more research, but what we're assuming and what we're, we know that the the filter basically filters out beta2 microglobulin, which is inflammatory protein also different inflammatory compounds, heavy metals and microtoxins, and other, you know, probably like microplastics and probably, you know you know, spike protein who knows, you know, things are, you know, of that nature, then it ozonates the blood. And then combining biophysics, you know the blood comes back to your body going through what we call a photonic sleeve, which is red light and or UV light.

Dr. Schaffner ([39:31](#)):

So, you know, we do that in different ways, but it's, you know part of the treatment. So it's you know, I think a really again, elegant treatment for accelerating detoxification and kind of offloading inflammation in the body. And you know, some of the, probably like biotoxin, mycotoxin related things. In Europe they have a stronger filtration device. I'm have some referrals in Switzerland in this clinic called Alpstein and they have this device called INUS Farsis that came out of the INUS center out of

Germany. Dr. Straub invented this, he's a nephrologist and toxicologist who basically developed this system that is again, a blood filtration, but it's gonna be stronger. They use these specific filters from Japan that are filtering very specifically, you know, heavy metals, pesticides, what gets extracted at the blood they measure.

Dr. Schaffner ([40:27](#)):

And it's called an LU watt and there's the IGL labs. I have a one patient in particular who recently did this who's over in Switzerland. And he showed the before and afters, and it's incredible what comes out of the blood and you know, how good he's feeling after this treatment. So, you know, I think again, you know, our biophysics and the things, the energy medicine, and then, you know, I think in every clinic that we need some blood filtration you know, equipment given, you know, that, you know, we're, you know, basically overwhelmed with toxicants from preconception at this time.

Caspar ([41:03](#)):

Totally. And, you know, the way I saw it, we just purchased the unit and we're waiting it delivery. Yeah. So I was, I was excited about, cause we've been doing major auto hemotherapy and rectal insufflation ozone, right. UVB all the oxidative therapies are wonderful. It just, how could you actually keep advancing it a little bit?

Dr. Schaffner ([41:21](#)):

Next step, you know we have ozone and 10 pass. And so I you know, this though is, you know, definitely, and, and again, everyone's gonna need different things at different times, you know it's a really great tool to integrate into you know, the clinical model. So no, I'm so glad that you're gonna, you have that. So I'll be, you'll, you'll be excited to see what, what happens, right?

Caspar ([41:44](#)):

Absolutely, absolutely. Anything to progress results. And, and again, everything's personalized, but the idea it's, it's a natural approach, right? And that filtration is basically like helping your liver out. You know, livers are already overtaxed. All our organs of elimination are completely taxed. As you mentioned so many toxins out there constantly, even if you are, you know, trying to be as healthy as possible, you're just exposed it's in the air, it's in, you know, all materials we wear, like no matter what. So I think it's, it's a wonderful, especially if you're ill, it's a wonderful addition to add that blood filtration, ozonate the blood, you know have that antimicrobial effect that we so many need, cuz we all have different microbes in us and pathogens. So yeah, I'm excited to see that. Another thing I was excited to read about and I wanna learn more about is the EECO methodology. Yeah. So could, could you tell us a little bit about that?

Dr. Schaffner ([42:40](#)):

Yeah. Yeah. Thank you. So I'm sure you get this a lot. Like people ask, you know, what do you do? How do you treat people, your approach? And so that was just a kind of framework that I distilled to really communicate my thought process and how I develop protocols. And so it's really the combination of really everything we just talked about with the first E standing for environment and terrain. So very much looking at, you know, I'm a terrain person, right? So looking at how do we strengthen the terrain, reduce the environmental burden support, you know, the microbiomes in the body, the immune system. And then the second E is all about energy system. So this is the biofield and the biofield

therapies. And understanding that we are, you know, wired this way and to bring in and integrate tools of, of, you know energetic in nature.

Dr. Schaffner ([43:32](#)):

And then C is clearing the blocks. So a big part of my role is looking at interference fields and I'm sure you do this as well. And interference fields are this idea that came out of bio regulatory medicine that, you know, the body is always, you know, working to self regulate and heal. And if when we have an illness, there's something interfering that capacity, that regulation, that communication within not only the autonomic nervous system, but you know, I think the fascia and the, the biofield as well. And so we look at scars, we look at focal infections and often in our patients the tonsils and the sinuses are focal infections and then the, the mouth, right? So the mouth is a huge part of our work and we work a lot with biological dentists that you know, are very well trained to look at toxicity from of course, amalgam fillings, root canals, cavitations.

Dr. Schaffner ([44:21](#)):

So you know, all of that, you know is very much still a part of our work. And I think that that's catching on more, but there's still more education that needs to happen, you know, around interference fields. Because I think it still gets quite missed in the chronic illness you know, population. And then the O is all about optimizing flow and drainage. So as we've talked about, you know, we're only as healthy as our body can eliminate, right? So we have to really, you know, any protocol that I create, you know, we're always thinking about supporting organs of eliminations supporting the lymphatics. The lymphatics are a huge part of our work and again, still very much overlooked and even in the chronic illness community. You know, so not only, you know, if you take a couple things away from this lecture, of course, you know, the biofield and energy are energetic nature, but if you're still struggling out there thinking about interference fields, and are you really having enough tools to support your lymphatic system?

Dr. Schaffner ([45:20](#)):

Because the lymphatic system is our waste clearance system is where our immune system also mounts a healthy response to what it needs to amount. And even if you're thin you can have a congested lymphatic system and it's a body wide network. So if there's congestion in one area, it can affect drain in another area. And it, you know, we need the whole system to be flowing for our brain to drain or gut to drain, you know, all of our extremities, breast health for women, even reproductive health. So I think that's still, unfortunately I know you address it, but I, I think it's still very much overlooked and it's very rewarding to treat cuz people haven't been addressing their lymphatics and you get that going, that that's when they get a lot more movement in the body. So that's my framework and it's not linear. It's kind of all at once. You know, all of my protocols have those buckets addressed when we're coming up with a plan for a patient.

Caspar ([46:15](#)):

No, it's great because it's comprehensive again and it's getting it, it's looking at all the root cause and trying to address 'em in a personalized and tailored way, which is again how medicine, where medicine needs to go. I'm not saying there's a right or wrong way about that. Right? Everyone has their own way. We use bioresonance a lot, some HRV. We use BioWell, all these other things as well. And it gives us the picture. And then you could personalize off of that and get into that. Whether lymphatic stagnation is there, whether emotional issues, energetic past traumas, all of that needs to be addressed. So Dr.

Schaffner I know you gotta run soon, but as we wrap this up, what are three things you'd recommend for listeners to do to live a healthier and more optimized life? If you could boil it down to three.

Dr. Schaffner ([47:01](#)):

Three only three. Oh goodness.

Caspar ([47:03](#)):

I know. I love these questions when I get 'em. Cause I'm like, ah, geez, I got like 33.

Dr. Schaffner ([47:09](#)):

I know I could, I could go a lot of different directions, but you know, just to being anyone who's listening just to make it this more, you know, more and more accessible. Right. So I definitely think the first one would develop a gratitude practice. So I mentioned in this you know, conversation about the power of the heart, right? And I think when we look at a lot of illnesses, their da, you know, their diseases of, of the heart, you know, energetic, emotional, electromagnetic, neurological, you know, we have a huge nervous system connection in our heart and gratitude through the work of Dr. Roland McCreeedy and HeartMath. You know, really is a profound practice in the body and it can help change our state very quickly. And when we're, you know, when we're sick, when life isn't going our way, it can be sometimes the hardest thing to get in that state.

Dr. Schaffner ([47:58](#)):

But I, I invite people who are listening to just start their day with three things they're grateful for. So that would be one. And then piggybacked on that, you know, if you can sit in the chair a little longer I would really encourage this idea of meditation in your life. I have been profoundly impacted within my own life within my patient's life being inspired again by the work of Joe Dispenza, that when we get in these consistent states of really opening our heart, which creates a connection to our brain and so that our brain and our heart are in what we call coherent state that helps to connect us to basically have a more coherent biofield. And then in my visualization of all of this is that we're more in touch with what we call the unified field, which is the fabric that connects all life.

Dr. Schaffner ([48:46](#)):

And when we're connected with that, we can access that for unlimited potential for healing in our body. But that's also, I think, where the magic of life happens and we can start really creating and bringing events and synchronicities into our life to help us live, you know, and experience. I think a big part of being here on the planet is seeing how we can create you know, life. So really, you know, I challenge you to start with gratitude, try to, you know Dispenza meditations can be long, but he has even like a morning, one that's only 24 minutes. So hopefully you have 24 minutes to, you know, definitely connect. And, you know, I, again, just as much as I'm recommending all the treatment modalities and supplements, I'm really trying to bring this in the forefront in my patient protocols.

Dr. Schaffner ([49:35](#)):

And then I, I think the, you know, the last thing we all know the impact of nature on our bodies. And I think, you know, we're so wired right now. We're so, you know, in these often, you know, what makes people sick is a toxic indoor environment. So really you know, getting out, especially in the morning, if you can and getting the light of the, the, you know, the, the sunrise in, you know, in our brains, through the, you know, the eyes that has a huge impact on our circadian biology. And if you're in a place where

you can put your feet on the ground and getting those electrons you know, in our connective tissue to deal with all the stressors of the day to help regulate inflammation and have those electron reservoirs through grounding would be really important. So again, those would be, you know, everyone has access to gratitude, you know, closing their eyes and being quiet and getting out into nature. So I would recommend those three things since I'm only limited to three things right now.

Caspar ([50:33](#)):

Well, thank you. And I'm incredibly grateful for that answer because I, I agree with it. I think those are three kind of overlooked pieces that so few of us actually implement during our day and they're free. People always say, Hey, it's really expensive to be healthy. Have you ever gone to Whole Foods, whole check? Right. I can't shop there. I got other things to do. Right. So, you know, I will say, start with these. These are simple writing down three things and truly feeling gratitude in the morning is a few minutes. You know, even if you can't do, Dispenza, just start with a meditation of five minutes of just breathing and just sitting alone and taking in breath and just focusing on that and clearing the mind and to literally just get outside. I mean, I do this in the morning where I, I just, after I, I make a, some water with a lemon and apple cider vinegar I just go outside. Yeah. And I kick off, it doesn't matter if it's cold or hot, I kick off the sandals or whatever, and just put my feet on the ground for a few minutes. And all of that is free and it actually is incredibly beneficial. Yeah. We, we often overlook it. But I think you know, the, those three have applied. Those are the foundation for health, so great answers. Where can people learn more about you and kind of find your work?

Dr. Schaffner ([51:49](#)):

Well, thank you. So I have a website, it's just my name, Dr. Christine schulner.com. I have a podcast as well. I'd have to have you on it. It's called the spectrum of health. So you can find information about that. And then my clinic is in Seattle. So the other coast it's called imminence health. And so we do all the things and we also have a office in California and we do a lot of telemedicine as well, so those are all the places you can find me.

Caspar ([52:14](#)):

Amazing. I gotta stop by there next time on the west coast. It's been a little while since I've been to Seattle, but I, I had a my co-founder went to naturopathic school and CNN in Portland. Oh yeah. So I know the, the, I, I used to visit him a lot and do hiking and I'd go up into Washington sometimes too, and do hike, beautiful area Pacific Northwest. It's gorgeous. So

Dr. Schaffner ([52:36](#)):

Come visit.

Caspar ([52:37](#)):

Absolutely.

Dr. Schaffner ([52:38](#)):

Right. And so you have to go to another person's clinic to get treated right here.

Caspar ([52:41](#)):

<Laugh> yeah, no, it's, it's, it's amazing. You can't do it at your own. I've been saying it, I'm still getting over a flu. You could probably hear I'm a little congested and I just don't want to take up my clinic's time to do treatment. Like I'm that kind of person like patients first and everything. So even though I should, you know, I'm going at it, the natural way of I'm gonna get outside right now, and then I'm gonna do some gratitude practice to get over this, but how

Dr. Schaffner ([53:06](#)):

Can practice the two on you? Cause have the, get the Ebo two treatment you'll feel good.

Caspar ([53:11](#)):

Yes. Yes. I'm looking forward to that. And, and having that delivered, but Dr. Shafner thank you so much for this looking forward to, to seeing everything you do from here on and, and yeah, this has been great.

Dr. Schaffner ([53:24](#)):

Oh, well, this.