

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

Caspar Szulc here, host of Your Health. Your Story. Podcast, and we're celebrating a hundred episodes. Yep. 100 of sharing your Inspiring Health journey, struggles and triumphs. In honor of this hundredth episode, we're gonna switch it up just a little bit, and we're gonna take questions from you, not for myself. This is gonna be much easier on me, our devoted audience. And then ask me anything type format where I answer your questions about health, future of medicine, who I am, the work we do at our clinic New York Center for Innovative Medicine. And of course, anything that you feel I should answer. So I'm actually gonna bring on my very good friend, colleague, and the founder of Reorigin, Ben Ahrens, to take over as host. Put me in the hot seat as role of guest and start to give you some answers to those questions you put out. So without further delay, this is the story of our hundredth episode with myself, Caspar Szulc. And Ben, please take it away. Let's get this started.

Ben ([00:58](#)):

Awesome. Let's do it. Well, I'm really excited for this episode cuz Caspar, you and I have known each other and worked together for a long time. And yeah, I'm excited to see what questions came in from the socials and elsewhere. Looks like we've got quite a few personal questions people wanna know about you first and foremost. So we'll start there and then we'll get into some of these questions that have more to do with innovative medicine the unique approach that, that everyone practices there and the kind of vision for the future. Sound good?

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

Sounds good. Let's get personal.

Ben ([01:31](#)):

Okay. Are you ready,

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

I I think I am. It's, it's a very different thing when, when you are being asked the questions, Right. So indeed. Let's, let's see how it goes. I'll be as honest as possible.

Ben ([01:42](#)):

Sounds good. All right. So first question is, what role does design play in your living environment, health and life?

Caspar ([01:50](#)):

Oh, wow. It's a good one. Going deeper. Ready, honest. I, listen, I think that design and the visual aspects of life are so beautiful. I think they, they really guide myself in so much what I do. And again, so much of what we try and do here, what I really adhere to is looking at nature and trying to become as in touch and in balance with nature. And if you look at nature, there is a spectacular design. There is bio geometric design. There is, there's sacred design with it. You could look at a leaf and just see such order and beauty in it. And that's the thing, a lot of people, I think, look at design as this kind of human, I think ideal of what it should be. And I think a lot of people don't even care too much about design these days.

Caspar ([02:41](#)):

You know, I'll give you an example of, for me, it's, it's a much more important thing to have a balance between design technology than just technology. So if you look like something like Apple versus Microsoft, I've always been much more of an Apple person just because to me, Microsoft, things like Facebook design wise, I understand the functionality is very smart and brilliant, but for me it was much more important to bring in design into that. And I think that also fits in so much with health. You design your health in a sense and how you construct things around you, how you construct your life, your surroundings, your environment, the way you look. Everything is part of that design. It's part of, you know, the biofeedback you're constantly giving to yourself. So I really like to put design right up there with functionality. And I know a lot of people would, you know, put it very low on where they kind of consider how you should go about your life, your health your career, everything. But to me, design is, is a, a beautiful, sacred thing. And I, I really do prioritize it so much in my life every day.

Ben ([03:50](#)):

Awesome. Yeah. And it really does have a, an immediate impact on how you feel when you see even like a clean service as a clean desk or seeing something look in a certain way. We know that when you go to a spa, it just, you know, allows you to take that deep breath and relax because it, it has that kind of embedded in the design. So that's awesome to hear.

Caspar ([04:09](#)):

Yeah. And really quickly, that was exactly what I think Innovative Medicine wanted to do is bridge the gap between something like a spa, hospitality, a beautiful place you'd walk into and feel it, peace and medicine. Cuz medicine usually was fluorescent lights kind of papers everywhere. Just, you know, very clinical and almost you know, this, this sort of a cold negative field. And I think that's what medicine needs to continue to do is bridge the gap to get people into the design themselves of feeling at peace and truly healing.

Ben ([04:38](#)):

Yeah. And if anyone hasn't seen it, take a look. Go to [innovativemedicine.com](http://innovativemedicine.com), you'll see all the pictures of the clinic, and it really does have that, that calming, soothing feel.

Caspar ([04:46](#)):

Yeah. Those aren't shutter stock, which someone told me recently, like, I really like these. Shutterstock was just like, no man, That's, that's, that's actually, it's a clinic.

Ben ([04:53](#)):

That's the real deal. Yeah. Yeah. All right. Next question. Moving on from design to routine. What is your morning routine currently look like?

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

Oh, man. You know, we've talked a lot about this and interviewed a lot of different doctors over the years. And I've been such a kind of a kaizen improver on my morning routine where at one point it was like a 24 point routine. I was like, taking me two hours and, and actually made me more nervous at the end that I wasn't getting enough done or something. So I've, I've greatly transitioned it. And I will say this, it's not a routine that I stick to so by the second that if I don't do it, I get down on myself and it ruins my day. It is something, if I have an off day, I understand. But I'm still going to try and do three

things every morning. Now that's it. Just three things that is meditate. Whether that's even like, Hey, I feel like crap today and I have a big meeting coming up quickly.

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

Three deep breaths to send. That'll be my meditation. Usually I'll try and do 15, 20 minutes at least. But, but I will say that like, people are like, Oh, I have to do this amount every day. Mine's not set in stone like that. I've learned that I have to be dynamic and appreciate where I am on any given day. So, number one is meditation of some sort, number two is movement of some sort. That might even be just a, a, a quick stretch. But usually it is resistance training, pushups squats. And just either like abs or pull ups or something if I have to pull up, you know board ready to go. So, and that'll again be 10, 15 minutes. I'll do jumping jacks. I'll move, I'll kind of put on a nice fun song or something that I'm feeling that day.

Caspar ([06:31](#)):

Doesn't have to be fun. Maybe I'll take it to my childhood and put on like Wu-Tang or something like that and get it going. But, but something to get me kind of in the feeling and moving just a little bit, right? Even if I am sluggish and feeling down just to shake the body, just walk around the room a little bit. Right? And the last one is like the third M cuz there's meditation movement and mindfulness. Something that gets my mind really going. Usually that'll be reading. I do like to sit down after that, like kind of huffing and puffing a little bit and just read after that, gaining that clarity. But it could really be anything that keeps my mind going and kind of brings me joy. So recently it's been even picking up the keyboard, playing that for a few minutes.

Caspar ([07:13](#)):

Cause I used to play when I was younger and used to know Mozart and everything. I, I'm not there anymore, but I still understand how to play with key, you know, keys and read music, something like that. I mean, anything that's there, even if it's, you know, I, I sometimes watch tennis cause I love playing tennis and I love to like put my mind in like, oh man, Federer that back how could I get it more feds? Right? How can my forehand be more like Nadal's and Djokovic and I'll, I'll do that. And that's just mindfulness and playing into it. And then I'm ready to go. And usually that's 30 minutes to an hour. And of course I'll have some water in between. There's a lot of stuff that goes into that. The shower afterwards is a hot cold shower, right. To get me going. And how I talk to myself during that time, and don't look at my phone is important, but I find simplicity to be very, very important. So those three things, meditation, movement and mindfulness are, are always a part of the routine. Even if I change it around, do switch things up.

Ben ([08:11](#)):

The three Ms. Yeah. That's great. Yeah. I didn't, I didn't know that you played the piano actually. That's, that's cool. But I like that routine, that you have a lot of flexibility in there. I think people can get really bogged down in the minutia and the details of having to do all these different things in the morning. And I've been there myself, and I'm sure you have also, but I like having this kind of flexible framework to it. So that

Caspar ([08:33](#)):

Sounds great. It used to be like a checklist. And then if I didn't get one done, you know how your mind goes with to do tasks, it would just sit there and it'd be like, Ugh, that is just eating me up now. That I didn't get number 19 out, 20 something done in my morning routine. And you know, I, I love to-do list, I

love planning, I love goals, I love all of that. But you also have to be flexible in life. I've realized that rigidity is not, you know, usually the answer to these things, habit and consistency is, but don't get off if you miss a day or don't do 25 minutes of meditation, you do 20 or even two. You know, as long as I think consistency is much more appreciated. And, and it has a bigger impact on health and happiness than regimented routines.

Ben ([09:15](#)):

Yeah. For me it's been an ongoing struggle finding that balance between rigidity, it's forever and flexibility. Right.

Caspar ([09:19](#)):

It's a forever life struggle. Right?

Ben ([09:22](#)):

Yeah. We all spent our lives dialing it in. But alright, the next one. This is actually a question that, that I thought I'd stick in here since I had this, you know, for years we worked together in an office. I was able to observe you are spectacularly dressed, pretty much all the time. And one of the things that I remember that really stuck with me was that I noticed that on days when you seemed to be, you know, sluggish, maybe you and I came back from the west coast on a red eye flight or something, like maybe you came down with a cold or you were just you know, hadn't slept, gotten a full night's sleep, you seemed on those days to dress even better than on your normal days. And I once asked you about that, you know, like, Caspar, is this something you're doing consciously? And and you replied that, that it was, you said, Yeah, when you're feeling your worst or at your lowest, you make a point to dress your best. Yeah. So I would love to hear, you know, if that's something, or when you started consciously doing that and what impact you feel it has on you.

Caspar ([10:21](#)):

I honestly started doing a long time ago. I mean, I, I, I've always had like European parents who had, you know, European type of style to it. And you know, that kind of Paris forward and then Italian kind of designer suits and my father. But listen, I truly believe it's not about faking it till you make it. It's about truly dressing a part of what you want to express. You know, this in NPL and neurolinguistics programming that, you know, just sitting upright will start to trick your body a little bit. And it's not tricking, it's literally, you know, giving your body reinforcement into certain things. It's providing you with that extra level, I think of, of really comfort and, and understanding that you are a miraculous being. So for me, this idea of presenting myself in a way that I wanted to present myself and driving into my head basically like, you know, this is success.

Caspar ([11:15](#)):

You may feel down, but you're gonna dress for success every day. You're gonna dress in a way that is presenting yourself in your own head as a successful being, as a happy, healthy individual. And I, I really think that, again, you look at your environment, what you want to do and how you want to keep it minimalistic and how you wanna present yourself. I think getting, you know, for me it was even just tailoring stuff. I was always a skinnier kid, putting on those big dress shirts and everything and bagging it out and everything. I, it just didn't make me feel as comfortable as something that would, you know, hug the body a little bit, be tailored and, and truly be designed for, I believe what was my best day to come.

So after those long, hard days you know, and, and during those times where you felt a little bit down, I felt that was such an easy boost.

Caspar ([12:02](#)):

Again, I look at people like Rem Pitlick, who's NHL player, who I, and he is like, I try and brainwash myself into success. And I think this is part of it. It's not faking till I make it. I didn't believe that. I wasn't thinking I was faking anything. I just wanted to brainwash myself into success, into health, into happiness, into feeling better even when I wasn't. So that was always part of it. And I, I truly believe that presenting yourself in that manner, showing up every day to do something, to move the the, you know, ball forward is incredibly important. I think that's what health and happiness and, and living you know a successful life is all about.

Ben ([12:43](#)):

Yeah. I, I love that, that idea because so many of us, we brainwash ourselves all the time, but we do it unconsciously, right? Yes. We, we get up, we didn't sleep well, or, you know, come down with a little something in the throat and say, Oh, today's gonna be a terrible day, or I won't be able to get through the day, or this and that. And that kind of sets the tone for the day. But you're basically taking that pause and making that conscious decision that today's gonna be a great day and you're dressing the part. And it gives you that, that real world feedback to give you the energy, which we know is there to, to get through that great day.

Caspar ([13:14](#)):

I, I would say two really simple things is like, you know, make your bed in the morning and, and dress, you know, the way you feel comfortable, but also that you're presenting yourself right. Right. Like, I, I don't like feeling uncomfortable. I understand that. And I don't usually when I do this, like I'll, I'll wear, you know, a suit and everything, feeling comfortable and confident in it. But yeah, make your bed and dress well.

Ben ([13:34](#)):

Awesome. Love it. Super tactical. Yeah. All right. Next question. Who are other entrepreneurs that you admire? And which do you try to model your career after?

Caspar ([13:45](#)):

Ooh you know, I, I love entrepreneurs in general because it's, to me, it's the art of creating something out of nothing in business, right? To give something of value and try and reach as many people as possible and take those risks that others won't. So I, I love, you know, the kind of authentic ones that own who they are and be different, you know, whether those are the John Mackeys and capital conscious, you know cap conscious capitalism or the Gary Vaynerchucks that are just super authentic, you know, curse and this and that and starting something outta nothing. You know, looking even at the Steve Jobs that I loved of, of being like, you know, such an asshole at times, but truly being himself, I think that was, you know, part of who he was and, and wanting to push the envelope in his own way while everyone was sort of going this tech way.

Caspar ([14:34](#)):

You gotta do it this way. He went a totally different way. So even people like Elon Musk, I don't always agree with everything he's doing. Like if you ask me about my thoughts on electric cars, I'll, I'll rattle 'em

off how they're unhealthy for you and the, the world in a sense, I think, but that's my opinion. But I do like, kind of appreciate he's being himself. There's no PC-ness to it. It's authenticity. And it's also your idea. Where can I add value to the world? Whether or not people believe in you. I truly appreciate people that are authentic and want to do something out of the box and do it for the right reason. Meaning so many entrepreneurs get involved for money. They want VCs involved, They want an exit plan, they want millions. I like people that get involved it for value to others.

Caspar ([15:22](#)):

That's where it should go. The money will come. If you could heal people from chronic disease, the money will come. But if you make it about money, yeah. You're gonna kind of fall the way track of big pharma where it's like, Oh, if you're sicker, we make more money. Right? Whereas I think you, you can be incredibly profitable if you place health first. And those are the type of people I, I really kind of admire. But I always wanted to carve out my own way. I knew I would never be like any set kind of entrepreneur out there and everything. And I think it's important to truly be authentic, but go after your own dreams and your own vision.

Ben ([15:57](#)):

Yeah. And I think we draw inspiration from other people. Yes. But then we, we transmute that into, you know, making it our own.

Caspar ([16:04](#)):

Absolutely. And I think that's the same for healing. I love people who share their healing stories such as yourself, but I think you'd agree you don't want anyone to follow exactly in your footsteps, cuz they probably wouldn't get truly healthy that way. They have to go their own route.

Ben ([16:18](#)):

Yeah. I think whether on a healing and recovery journey or business and success, it's, you know, people, it's very easy to get caught up looking at others and comparing yourself to what other others have done and trying to find some blueprint. But you know, the, it's almost like comparing your thumbprint to somebody else's thumbprint. Yeah. It makes about as much sense.

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

Sense,

Ben ([16:36](#)):

Yeah. All right. Next question. Do you like doing podcasts and any advice for someone who's new to it?

Caspar ([16:43](#)):

No, I don't. Honestly, I don't you know, two years ago when I started this, I I really started because I was having such interesting discussions in the background in closed rooms one-on-one with people that I was like, Wow, your story's fascinating. Like, I never knew this and your healing story or this story about the treatment about a therapy you've done, or just meeting someone in another country and learning about what they're doing and, and everything that led them to what they're doing. I was like, this should be, you know, talked about. This should be disseminate to the world. But listen, I'm, I'm an introvert. I like being in the background. I love sitting alone and being truly creative for hours at a time. You know,

doing these are stressful for me. Absolutely. It's a little easier when I'm on this side and just answering questions.

Caspar ([17:30](#)):

But when you have to meet a random person first time through a zoom and start asking 'em personal questions, and sometimes it doesn't. Like I'm not good with small talk. I'm very good about talking about things I'm passionate about, but you never know how these gonna go. So I, I, I love at the end of the day when the interview is over and it went well, and I really connected with someone on that deep level of like, you know, this is healing, this is medicine, this is health. I love that. Going into it. No, I still, I still dread it. So my advice is to pick a topic you really love, if you're gonna do it, and, and make it as natural as possible. Like, there's absolutely a lot of research that goes into each episode, and a lot of times it's reading books and learning about 'em, asking 'em interesting things about themselves.

Caspar ([18:17](#)):

So you could pull that out. But at the end of the day, if you are not interested in what they're talking about or you are not invested in yourself, it's gonna be hard to be a podcast host. And I think even an extrovert would realize that, and the conversation itself probably wouldn't be as natural. And that's something I've learned over 99 now on a hundred episodes. Just be natural and, you know, own into my own insecurities and kind of nervousness going into it. But just try and talk on that level of just being me. Like I, I don't understand everything. I'm not an expert on most health subjects, on all health subs. I'm not an expert, let's put it that way. I'm just a keen observer. That's it. And I just try and share what I observed and had a fortunate life to see a lot of things and go a lot of places and be around who I consider one of the greatest doctors, you know, of our time, my father. So yeah, that would be my advice. Just like take it in and, and realize that I think everyone has kind of apprehensions about doing these sort of things, but just go with it. Don't use like vanity numbers or like how many, like listens or this and that. If you do it, do it as a passion project.

Ben ([19:24](#)):

That's great advice. Yeah. And I think it'll give people a lot of hope and inspiration to hear actually that, you know, it doesn't come off naturally for you because at this point you seem, you seem so natural at it, but just going in with a passion for the topics and the actual conversations that you're having and then working through the discomfort or not waiting right, until you feel like everything is perfectly aligned. Yeah.

Caspar ([19:47](#)):

Just gets started. I mean, listen, I'll say, Ben, this, this taught me like, lean into this, this discomfort, right? And I think that's in healing also in everything you do in life. I think there are going to be times that challenge you, you have to lean in. You cannot let the fear, the anxiety and everything hold you back. If it did, I would never do a podcast. I would never do a lot of the things I do right now. And it's, you know, if you ask me like, do you feel that on a daily basis? Absolutely. You know, and you gotta, some days you gotta lean in more than others. But this idea that like, oh, it just comes naturally. Oh, you're gifted. Like, no, not at all. Everyone should know that, I think. And I've spoken to really literally great presenters out there, and they feel it too.

Ben ([20:29](#)):

Yeah. And I think when you, when you understand, accept and start to embrace that, that that's part of any process and you any kind of prioritize growth over comfort, then it actually becomes this opportunity to, you know, grow yourself every day and do the uncomfortable thing.

Caspar ([20:44](#)):

Absolutely.

Ben ([20:45](#)):

Awesome. All right. Here's a, here's a direct question from someone. Why didn't you become a doctor Caspar?

Caspar ([20:51](#)):

I love it. I love it. You know, this is something I get so much and, and random people just write me like really in depth things about their medical condition. And I just have to respond. You know, I'm not a doctor, right? Like, that's my father, Dr. Szulc, I am just Caspar Szulc not a doctor. Listen, I get it. I think in medicine you know, a lot of people just assume if you're in medicine, you're a doctor or at least a healthcare practitioner. I didn't become a doctor really for this reason. I saw my father very little growing up in some ways. Like he wasn't at tee-ball games and everything. He was, he was really, really trying to push his career forward. And he spent long hours at the hospital and did everything. And I was just like, you know what, when I grow up, I wanna be more present.

Caspar ([21:37](#)):

Like, you know, and just be little did I know being an entrepreneur, I probably work harder than my father. I mean, I don't have kids yet probably because of that too, cuz I work so. But, but you know, it's, it's kind of like the, the jokes on you Caspar. Like you didn't wanna work as hard as your father and yet you're like probably staying up later working all the time. But no, there, there came a point where I was in business school not realizing what I wanted to do either. It's like, become a lawyer, be the Wall Street bro guy went down that road for a year. It sucked. And you start to realize what do you know very well and how could you make a change with that? I knew medicine very well. I've been around doctors my whole life.

Caspar ([22:15](#)):

I've traveled the world, meeting some of the brightest minds in medicine with my father and my mother, who's a doctor as well, PhD in psychology. And I, I, I knew that field very well and I also knew the huge opportunity that was there to change it. So for me, there was a point where after, you know, business school, I was like, maybe I should go back to medical school. But I thought it'd make a bigger impact on the outside not being indoctrinated as a doctor, as an outsider who saw things very differently in medicine and was able to hopefully really impact a number of doctors, not just myself as a doctor, but a number and change the fields and the whole industry. I mean, that's what really my goal and vision is to transform medicine. And I understand I could have done that on the ground, but I also could do it from that 30,000 foot view that macroscopic and corporate business side of like, how do we get this done?

Caspar ([23:13](#)):

How do I give lots of doctors the power to truly be present with their patients and heal them? And for that reason, I, I didn't become like a doctor. So it started off with this, like, I didn't wanna work so hard. I

turned out working hard and then it turned into this, how could I still work alongside my father who I greatly respect, but actually provide very good bene like a benefit to what he doesn't do well, which is the business side. He does it well, but he doesn't want it. You know, no doctors should really do that. They should focus on healing. They should focus on seeing as many patients as possible, not the red tape bureaucracy that so many deal with and don't want to. And so I found it a perfect synergy. I love working alongside my father most days. And you know, and I get to really influence a lot of doctors without having to be one.

Caspar ([23:59](#)):

Do I wish at times my name had an MD at the end of it? Absolutely. I mean, it's, it's, it's tough out there in, in the world of social media when it's like, what do you know? You're not a doctor. Shut up. You're selling stuff. You're just a businessman. You know, but that's, I'm, I'm sure I would get that critique also if I was like a, a doctor, you're not a conventional doctor, What do you know? Like, that's, that's the truth of the matter. So I still feel like you could be again, a, a keen observer and share what a lot of doctors talk about and people I really respect and impact a lot of lives that way. You don't need an MD at the end of your name. So that's, that's why.

Ben ([24:37](#)):

Yeah. Yeah. I think there's a lot of different roles in there when it comes to spreading awareness of, of different, you know, medical and health options out there. And, you know, look, you and I came across a lot of doctors over the years that were brilliant at what they do, but they had no way of getting their, their message and their practice out there. They needed an entrepreneur. Yeah. You know, to, to get that message out there. So I think, yeah, there's so many different ways that you can engage and interact with making, you know, health more accessible to people. Absolutely. I'm personally glad that you went this route.

Caspar ([25:07](#)):

Thank you. Thank you. Although refer to me as Dr. Szulc for the rest of the interview.

Ben ([25:12](#)):

Will do, Dr. Szulc. Right. Couple more questions on yourself directly, and then we'll start to segue into more of the clinic and the practice. But could you give an example of a challenging time when you felt like you didn't know how you were going to make it, but you did? What was your self-talk like during that time?

Caspar ([25:32](#)):

Oh, man. Listen, as an entrepreneur, I think if you haven't like cried like once a month or like felt complete, like you're not doing it right. Right. It's, it's the truth. I've been at points where like, I didn't know if we make payroll or pay a supply or what was going on. Lawsuits, fda, all these things that just break you down. And it's just like, it really challenges everything of, am I doing this right? I've been doing this 20 years and I still haven't, It's like, wait, is this really my path in everything? I mean, I, I know deep down aside it is, but there is no doubt the, the kind of the self-doubt talk comes into play. You're, you are not human if it doesn't. But this is where I've found over the years, you use the tools, you know, you, you teach yourself and you pick up along the way and experience to change that around.

Caspar ([26:21](#)):

You use breathing techniques. You use different techniques like whole Honopono to clear yourself. You use meditation, you use affirmations. You use visualization, you use medical therapies and your emotional technique you know, emdr, if you have to anything tapping, right? You use all of these techniques to quickly turn it around and change that and transform that. And what I've realized, Ben, is I've, I've found calamities where I've started the day being like, my life is over and end of the day saying, that is an amazing opportunity. I feel great about this, You know, and we are gonna and this is exactly what I needed. I truly believe if you're on course, if you have a, a good vision and, and you're really, you know, doing things in the spirit of what you feel internally in your heart is right at the end of the day, things will solve themselves.

Caspar ([27:10](#)):

They will. And you could try and get so stressed. And, and what I've learned is you could either stress yourself out, cry, complain, moan and everything, or you could try to see the opportunity. Usually the outcome will be the same, right? That that's, that's the, and so why put yourself through all that is the what is what I start to realize. So if anyone's listening, like, and you're going through really like hard times, number one, there's always perspective. Like someone's having a harder out there in the world. That's just the truth. My travels around the world showed me how hard some people and they're just smiling and happy all the time. And it's like, wow, this, you know, I, I gotta change my shift my perspective quickly. And number two, start to build an arsenal. Tools that work for you that shift your perspective.

Caspar ([27:53](#)):

Cuz your natural knee-jerk reaction in certain situations. And it may be completely actually, you know, valid that you feel that way. Death in a family, something terrible, happy, you know, accent anything happen like that. But as long as you have those tools around you, you could quick, you could shift it quicker away from something that is a true trauma that lasts for a very long time, or something that causes chronic depression, anxiety. And I've been there, I've been, you know, a therapist. I have everything. I try to build my toolkit around that because I have struggled at times. And, and building out that toolkit for me has, has made all the difference in the world as to how I respond to any, you know, negative event or, or even trauma in my life.

Ben ([28:38](#)):

Mm. Yeah. It's such a, I think, valuable reminder for anyone listening that when you're going through something like this, it feels like blackout curtains. Yes. It feels like that's life. You know, that's like, nothing's gonna change ever. But it's interesting to hear how, how even these simple tools like taking a couple of deep breaths or tapping on different points can just act as that little lifeline that you can start to climb out just to enough to gain that perspective, to realize that deep down under the surface of whatever might be going on, it's okay and you're gonna make it through.

Caspar ([29:12](#)):

And here's the thing, like say it to yourself like, you know, I will grow through what I'm going through, right? That, that idea of this failure, even if you see it that way, maybe the best thing for me going forward, I truly believe those that fail more are stronger, more successful, ready equipped, right? This idea of never failing is crazy to me. You are so ill-equipped if you never fail for life in general, cuz it's gonna be a part of it. And then if you see every failure as a growth opportunity, is it really a failure? That's my whole thing. Like, yeah, if I, if this whole thing went bankrupt and everything, I know I would

be primed for another, you know, successful company that I hope it doesn't, but you never know, you don't have control sometimes over everything. And I would see it, yes, horrible. Like, life over for like the first week or so, and then move on. What is the lesson in this and what, how could I grow from this? And then if I grow and be more successful, was that even a failure? So re reposition everything, even as you're going through it, it's so difficult. I understand, but take that time. Use the tools and reposition that.

Ben ([30:20](#)):

Yeah. I think also acknowledging that if you're focusing or if you're facing a challenging time, it's because you're in the game, you know? Yeah. It's almost like you said, it's because you're doing something right. You, you're, you're taking steps and that's, that's something to not neglect, but to actually really celebrate and congratulate yourself for. Yeah. That yeah.

Caspar ([30:41](#)):

Think as a business owner, it's like your first lawsuit, your first like bad article or press or something rips you apart. It's like, it's devastating, but just part of the game. Think about the great entrepreneurs out there, how much they get ripped apart, and how much, you know, the feds come after this and that it's part of the game. Realize that you, you're, you're playing it now. You are in it to win it in a sense. And that's life and that's, that's just part of the growth process.

Ben ([31:04](#)):

Yeah. All right. Last question on the personal front, another direct one. Your greatest dream and greatest fear in life?

Caspar ([31:12](#)):

Oh boy. They both fall in line with each other. You know, I think it's carrying on a legacy of what my father and so many others have started is the greatest dream. But the greatest fear that it doesn't happen is stops. You know, you look at something like, you know, you study history and you see something like the, the burning of the library in Alexandria. And I think it was Carl Sagan that said, that set humanity back a thousand years cuz there was so much knowledge there, so much that just went away like that and it was gone. And I'm not saying what my father and other doctors have done, but I do think this is a revolution in medicine that could truly help humanity. And if it were to just stop and let's say, you know, delay, you know, a few, you know, decades or even generations you don't know, I, that, that's a fear of mine that is, it's like so much was put in for my father and again, so many before him and everyone he's studied with and, and there's so many great doctors out there that kind of, you know, are pushing the envelope and moving this forward.

Caspar ([32:12](#)):

I, my dream is to really see that, you know, start to help more and more people around the world and to expand at the rate it needs to understanding that this is a shift in consciousness. This is not just a shift in perception of how you see things, but that would be my dream. So my dream is beyond me. I understand it doesn't stop with me in my lifetime. I may not see it and I'm completely fine with that actually. But my fear also is that it just ends for a while. It goes into the dark ages. It doesn't come, it doesn't, you know, really continue on and there's no one to carry torches of the legacies of so many before. Cuz I do feel that health is the most important thing in the world to anybody. Anyone that's sick, you know, you've been there can, can attest to that. And if you don't provide the solutions that I know

this type of movement and medicine can, that's a ton of suffering. That's like going back to the dark ages where like, you know, 90% of us will be chronically ill with, with very few solutions. So that's my greatest dream and fear. And the same yeah. The yin and yang and, and polarity of it all on the same plane.

Ben ([33:18](#)):

Yeah. And I think, I think, you know, it's, it's actually people really dig down to a little bit of soul searching. They'll find that oftentimes the, the dream is right alongside the fear. Yeah. And there's a very fine line between the two that's even sometimes hard to hard to identify. But I think that that fear is, is what strengthens the dream. It's what makes it that much more important.

Caspar ([33:40](#)):

Oh, absolutely. I think you couldn't have any of the way, you can't have sweet without sour. Right. You, you need that. And that's why I, I find it, you know, the juxtaposition is really what makes it that much more important to me. And, and it does fuel me in many ways. Fear can do that as well as compassion in this like, fire inside of you. So it's both sides of the coin.

Ben ([33:59](#)):

Awesome. All right. You ready to transition into more of the questions from the, the medical side.

Caspar ([34:03](#)):

Yes, please. Enough about me,

Ben ([34:05](#)):

Well, okay. I know you're not a doctor. I just learned that today <laugh>. But we do have some questions. Of course people are always curious to know about treatment health and we're not gonna, you know, address people's medical questions. But I'll just rattle off some of these here. Some are about the clinic, but the first one that came in is what do you do when you've lost all trust in in medical doctors?

Caspar ([34:29](#)):

You keep going. I mean, you build back that trust cuz you find someone you like. I, I get it. I understand you lose trust because you go to one doctor then another and they keep passing you around. I've heard the story so many times you know, and, and you lose faith, you lose trust, you lose, you know, you become jaded at the system, but you can't stop when it comes to your health. You, you gotta keep going. And this is what I love about people's stories, again, from some of my guests. Even like Fraser Bailey, we both know he tried so much. He, he tried all of conventional medicine. He, he tried functional medicine, he tried frog therapy in the Amazon. Like he was just kept going and kept going. And then he found us and we helped him and other doctors did too.

Caspar ([35:14](#)):

You know, it wasn't just us I'll say, but he kept going. And you can't just lose faith with humanity or all doctors as a whole, Let's be honest, you could go to a string of bad doctors. That doesn't mean they're all bad. And again, I don't think they're bad doctors anyway. I think they just have a toolkit and they were just giving you, and unfortunately your specific condition didn't match their toolkit. So they were doing their best, even though it seemed, sometimes they're not, but they were just ill-equipped for you.

So I think the, the best kind of advice there is never stop, never lose complete trust in everything, right? There's so many functional, let's go to an energy practitioner, go to herbalist homeopath chiropractor, go to an innovative medicine, functional, you know, doctor, all sorts of different doctors out there. I think the, the idea that I saw like 10 doctors and one chiropractor to me is kind of like laughable. You, you just knicked the top of the iceberg there and you know, there, there's so much more below the surface that you're not even seeing. But do your research, like keep going. Use sources like ours and others to find where, what else can I do? What else is out there? There is so much out there and there is absolutely a solution to your health problem out.

Ben ([36:27](#)):

There. Yeah. Love it. Next one. Thoughts on ivermectin for cancer treatments?

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

Yeah, you know, I, I get a lot of these through like Instagram people, again, they probably think I'm Dr. Szuc. But I, I kind of use these as as like learnable lessons. It's not about the drug, it's not about the treatment, it's about you and it's about why you have cancer, you know, one cancer to the other, one hypertensive person to the other. Completely different. Your causes can be completely different. It could be emotional, it could be carcinogenic, it could be somewhat genetic, it could be a million different factors. It probably is that many. So the idea that yes, you may see patterns of that, I, but it doesn't really matter in the end, to be honest. If ivermectin showed like 80% and you're in the 20%, does does it work for you then? No. So, you know, what's, what's the point of, that's the beauty of personalized medicine.

Caspar ([37:27](#)):

It's not to say, Oh this works for a sum. Like, you know, it works for a majority. Let's let's try it out on you. I'm sorry. You shouldn't be trying out things I feel like in cancer cuz you don't have much time to try if you keep going that there isn't much left there. So this idea of guesswork and kind of blanket protocols to me is a little bit ancient. It's, it's no more, it's no longer useful in medicine. So to those people I say I understand the question, I would want the same question. What is the best workout for me? Is it, you know, body weight? Is it like, you know, doing hit there in high intense or is it more cardio? Like you gotta know you for some. And the answer is yes, it's more of this and more of that for some ivermectin cancer possibly.

Caspar ([38:12](#)):

But I also say there is no magic pills. Like, you know, you gotta go at it comprehensively and personalized. So understanding you and why you have cancer is a much better starting point than is ivermectin good for cancer? Is anything good for cancer is, you know, insulin potentiation therapy versus something else. You gotta understand you. And that's the beauty of what we do. We're not trying to say whether any therapy in the world is good or bad for people for, for, for the disease. It's about what is the proper treatments here that get rid of what is allowing the cancer to persist.

Ben ([38:53](#)):

Exactly. Yeah. I remember one, one thing that always came up you know, was said by the doctors in the clinic was you know, don't, we don't treat the condition we treat the person.

Caspar ([39:03](#)):

Yeah. And it's really hard because you start to be the condition, right? You are kids, you are Lyme, you are IBS, whatever. But that's not true. You are still, you are an incredibly unique individual that has so many different things from you to the next person. And you have to acknowledge that in treatment. So I think that's the biggest thing is stop asking about the treatments themselves and ask who am I? And find people that could help you match treatments to exactly who you are.

Ben ([39:32](#)):

Yep. All right. Next question is how come NYCIM that's the New York Center for Innovative Medicine does not do telemedicine?

Caspar ([39:40](#)):

Yeah, this is a, this is a big one for me cause I'm not a fan of telemedicine <laugh>. I know the trend is, and it's so convenient. Everything for me, it's like calling in a gym session. You know, like medicine is hands on a lot of times, and maybe it's because we work with chronic complex conditions. I understand if you have a little bit of something, I'll do the same with my father. Be like, hey, have a little bit of a GI like, you know, and he'll even be like, Well I gotta, you know, look at you a little bit more and assess you. I can't just say to you, but you know, take this and take that. And it makes it easy and people take it and usually the body improve if it's in a state to do so. But when you're, when you have a complex chronic condition, the idea of telemedicine to help even is, is completely like darts in the dark.

Caspar ([40:25](#)):

You are totally guessing about a patient. They're gonna tell you something, you're gonna say, Well, sounds like you have this, let's put you on this. And you could be doing that forever. Especially when it's a complex IT disease. If you can't come in, get a proper analysis with, you know, with a doctor one on one right there and get treatments that that may require invasiveness, listen, we have over a hundred different therapies here, you know, and they're very complex. They're very advanced. You can't just take 'em home with you and do certain IVs or can't do neurotherapy, which is very, you know, specific injections and to certain points to stimulate organs. You know, medicine to me is still an art form. It's not something you just call in and do. I understand telemedicine's place, but like conventional medicine, I think it's place is, you know, somewhat limited.

Caspar ([41:16](#)):

It's absolutely useful, but in limited numbers. So that's why we don't do it. We, we wanna have you in, we wanna build a relationship with you and also provide you with the hundreds of tools we have in house that we combine for you that you just couldn't get, get elsewhere. You can't. And again, people like, can't I just buy all this and get a nurse to come into my place and do it? Like, that's not how you do it. You can't just mix and match everything and do it. You have to have this very, very unique and specific order to everything at priority and skill set to do it. I've had people, you know, that, that have gone elsewhere and they didn't get the same skill set in the therapies and therefore you will not get the same results. So, so much of that is, is my reason of like, why I, I get why people, it's much easier if a doctor just sits, you know, in his own house and answers calls and you know, just sends you know, you to full script or just sends you a prescription. But to me, that's not going to solve the 60 to 80% of the people out there with chronic conditions that are quote unquote incurable. I think, you know, you gotta be hands on, you gotta be in the gym, you gotta be working with the coach face to face to win that battle and really restore your health. And that's why we, we don't really offer it unless you're already a

patient and you may have questions, we'll jump on the phone, but not in a manner of like telemedicine, let's say.

Ben ([42:40](#)):

Yeah, I think this is a question that's very understandable why it comes up because people want this accessible in all different places. But it's also, once you really understand the, the how Innovative Medicine treats it becomes very clear why it's not possible. You know, for all the reasons you said, just that there are these hundreds of unique therapies and treatments and, and ingredients and things like that, that is even hard for innovative medicine to get. But they do. And you know, on the face of it, people might think, Well, you know, my doctor does IVs, can't they just do this one? And you do that one there and, but it's kind of like, if you think of, you know trying to put together a puzzle where the pieces of the puzzle are spread out all over the country, it's just not gonna come together. At least not in the same way.

Caspar ([43:23](#)):

Not in the same way, not the same way, not in the same way, right. You could try and do it, but it's just not as effective. And when it comes to the disease, I think you have to be as incredibly efficient as possible. You can't be like trying to do the shortcuts here and there that may extend may do this. Like just get to the point. That's what we're trying to do is get you to healthy as quickly as possible as your body, you know, can handle.

Ben ([43:45](#)):

Yep. All right. Next question is, what would you say to a patient who's quote unquote tried everything and continues to be ill?

Caspar ([43:51](#)):

You haven't <laugh> you haven't tried everything. That's it. Like, let's be honest. Have you tried like cow urine therapy or some like wild thing that I've never even heard of? Like you haven't tried everything. And again, even if you have, have you tried it in a manner that is so, so personalized that it will change A lot of people say, I tried ozone, it didn't work well, kind of ozone. How much ozone was it with U V B I? Was it with other detox? Did you orally detox before? Was it with energy therapy was the priority? Right? There are a million. It's, it's, it's like you know, it's really when you base it down to this idea of like, like string theory, there's just billions and, and infinite numbers of outcomes that can happen even with a few therapies if you do it a little bit like this or one or a few milligrams of this more so I would say you haven't tried everything and it's well worth it to always keep trying.

Caspar ([44:47](#)):

Healing is a lifelong journey, but you know, never lose faith, never stop trying to heal yourself and seek out ones. And I would say this like go with your intuition. Go with your gut, right? I know it's hard when you're sick, but really sit with a thought for a while and see what pops up is about where should I go? Because you're gonna be persuaded to go see, you know, different doctors here, there, and you could be doing that for years and most do. But I do think there's something to be said about feeling intuitively good about a certain approach, technique therapy, and not being swayed by let's say marketing what other people say.

Ben ([45:22](#)):

All right. Next one is, how do you see Innovative Medicine, functional medicine, and traditional western medicine emerging?

Caspar ([45:28](#)):

Well, I think innovative medicine is the emerging, I think, you know, when you look at it, my father started off as a conventional doctor. I, I never like to knock conventional medicine as being useless. It's incredibly, incredibly important within the full spectrum of things. It's just, you know, 90% of the time you go directly to it when maybe it should be 20, 30% of the time. So, you know, and functional done is done a great job of taking a step outside of the limited box that is conventional medicine and going more into nutrition of course and lifestyle aspects. But let's keep going guys. Like I, I love that we all stepped in the right direction and there's a big push for this, but keep going. Don't stop there. That's what Innovative Medicine and, and a lot of different medicine is an emerging and integrative medicine is about, is how do we now incorporate energy?

Caspar ([46:14](#)):

How do we incorporate emotions in psychology? How do we incorporate purpose, spirituality, all of these things. And that's what I think innovative medicine is trying to do and has done in many ways. And I say trying because it's dynamic. We change all the time. We learn new things, we apply new things all time at the center that push what was maybe 10 years ago where we thought the boundaries were. So I, I think the merging is, is happening all the time. It's just the steps that, you know, doctors and others take outside of just what they've learned in continuously adapting to new circumstances and bringing in more and more theories, discoveries, approaches, learning about quantum physics and consciousness and all these things. I think that's the natural evolution we have to go in because it's the only solution we have to so many of the health problems we're facing.

Ben ([47:06](#)):

Yeah. And the next question is, what's one piece of advice that you would give someone who's skeptical about moving forward with a new type of treatment? Like the kinds that you do at N Y C I M?

Caspar ([47:16](#)):

Yeah, be skeptical. I think that's natural. I think that's fine. Like I, you know, people like, oh, don't be skeptical just, but again, to me it's like take a step back and, and really be objective and be with yourself for a while. It's, it's fine to be skeptical. I'm skeptical about so much out there in the world, but I then look to experience it myself to be honest, because ev I, I know so many people that come here, it's like, where's your double blowing placebo study that shows you've treated this many patients and gotten this? It's like you can't do it in personalized medicine. Everyone's so unique. You can't say there was a therapy protocol that worked across multiple people. Cuz everyone gets a different protocol. And we do have the case studies that are individual, right? But those aren't clinically so to me, I, I don't care so much about evidence-based medicine.

Caspar ([48:01](#)):

I care about experience-based medicine and I wish people put more into their own experience and again, into their own intuition on what they feel re like, feel this out. See is this really an approach that resonates with you that I have to do a lot here. I'm responsible for my health, I'm gonna have to eat differently, I'm gonna have to change a lot in my life. Does that resonate with me where I am right now? If you say no, this isn't the spot for you, that's fine. Be skeptical and go elsewhere. Like, we don't want

you to go into a treatment if you are not truly going to be involved in it and don't buy into it at least to a portion, you could have that skepticism. But if you chip away at and say, Okay, there's been people, I get this. I feel like yes, this is something that I'd like to do and be involved in and be in charge of my health and empowered not a victim of my disease.

Caspar ([48:49](#)):

So I, I always say that you gotta realize where you are in your life and sometimes that means like taking a step back and taking a year away before you do treatment to really educate yourself and read a lot of the books that are the foundation of what we do here. And then say, Okay, that makes sense to me now what's going on with this approach? Until you're there, I don't, you know, you gotta be ready for something like this. Just like you gotta be ready to commit to any goal. I think whether that's gem climbing a mountain, anything in life requires some level of commitment, even with skepticism.

Ben ([49:22](#)):

Yeah. I think it's very, very easy in this day and age, especially with all of the data and Google and put in a question, you get an answer immediately. I know to take a very kind of analytical, heady approach with thinking that we need to amass all of the answers before we can freely move forward with something. So I like that you, you, you mentioned intuition and gut and, and healthy skepticism. That skepticism is part of the decision making process. The idea is not to, you know kind of get every little piece of data together to overcome or battle the skepticism in. Instead, it's more to, you know, just get to that point where something resonates with you enough to take a step forward and then take another step and stay in resonance.

Caspar ([50:05](#)):

Yeah. And, and if that's what you need to do is like how to resonate more with yourself and, and feel out your intuition, like tons of books on that. Also, maybe that's where you need to start. If you are not getting anything, and you are completely in your head and you feel disconnected, I don't think you're ever going to make a good decision for your health in that state. So you, you really got, then you want to find ways, whether that is just, just using techniques to get more in touch going into nature, whatever it is for you to get to that state where you feel this is a good fit for that.

Ben ([50:35](#)):

Yep. All right. Last question. Are you ready?

Caspar ([50:39](#)):

I am ready.

Ben ([50:41](#)):

All right. Last question is, what does the future look like for Innovative Medicine?

Caspar ([50:46](#)):

Oh the future. All right. Here we go. Nostradamus. We're gonna be in every continent now. It's listen, I, I see the future as very positive because I think it has to be, you know, a lot of people are very bleak on the world right now and everything going on. Big Pharma, pandemic, you know, mandates, everything. See this as a spiritual awakening for many. I see that we're hitting a tipping point. Well, I'm glad Will

would put like into, really we have to change, you know, and, and that change is gonna be difficult. There will be kind of casualties in a sense of going through these changes of belief systems breaking down, right? These mirages of certain things going away and, and being truly responsible for health. But in doing so, liberated, empowered. And that's where I'd like to be involved in. I'm not saying it happens directly, everything through innovative medicine.

Caspar ([51:42](#)):

I think that we're there to help as one of the pioneers in this movement, to get people to understand that your greatest wealth is health. And that there are absolutely ways to bring about health, even in the cases of incurable. And so, I, I want to be a leader in being the beacon of hope for those people. You know, we're seeing more and more, and I don't think you're gonna see that slide just yet to that 60, 80, you know, maybe even closing in on 90% of chronically ill, We may have to get there before the tipping point hits, but we need to do something. And I, and I, I do think that, you know, again, disease to me is a bell. It's, it's a, you know, it's a sign something needs to change. And when society, you know, has that sign on, the whole, something needs to change there.

Caspar ([52:32](#)):

And the good thing is we don't have to start from scratch. We do have places like innovative men, like so many others that are ready in a sense. So, you know, in the future I see this as growing and expanding in multiple ways. You know, I've always talked about a five pillar kind of way to do that through education, through clinics around the world, through products that are truly high quality through you know, charitable organizations that allow this to be affordable. Cause I don't think it'll ever be under insurance. And I don't want it to be, honestly, if insurance got its hands on it with the way insurance is right now mm-hmm. It would severely limit your options in a sense, or the level of personalization for it. Cuz it is a slow process, not just throwing pills, but a lot involved in it.

Caspar ([53:16](#)):

And if you skip any one step of it, you won't have success. And through this kind of corporate kind of mission of it all, bringing it all together, I wanna see all of that expand and reach more people because I truly believe that if, you know, we don't turn things around, you know, we're, we're set for, for a huge calamity. But I don't think that's the case. And I, I really do think that we are at this kind of, you know, spiritual reckoning point where things will turn around and the future after this kind of little bit of tussle and calamity, this sort of a, you know really uncomfortable time will be a time of growth of, of, of, you know, really evaluating what matters. And kind of pushing back on this idea of like, even spending for health, right? We need to spend, that should be where most of our money coats into health.

Caspar ([54:03](#)):

Cuz without, you know, we can't do too much. So I, I really am truly positive about the future of innovative medicine and where are we going and, and the reach of what we could do. You know, one clinic, you know, a company how we are can only reach some money, so many people. But to spread it out and build a movement and get people even not even in the doors of clinics, but thinking differently, you know, in charge of their health again, instead of feeling like victims of their diseases. I think that is the future, not just of innovative medicine, but medicine on a whole. So I'm incredibly like you know, optimistic about things and looking forward, even if it is somewhat challenging right now. And I understand where people are fearful about what's going on right now, but I, I do think that when all this is said and done, we're still in alchemical evolution of humanity where sometimes we gotta go down a

little bit to go back up and then it goes down, it goes back up higher. And so maybe we're at like this low point or somewhere near it right now, but I do think we'll swoop back around and start to really be enlightened and realize how much we have control of our health and how much we could actually do within things like medicine and healthcare. And I'm really hoping to be a, you know, a big part of that as we move forward.

Ben ([55:16](#)):

Caspar, always a pleasure and an inspiration.

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

I'm off the hot seat.

Ben ([55:20](#)):

You're off the seat.

Caspar ([55:22](#)):

Ah, well, honestly, Ben, thank you so much. I couldn't think of a person, like a better person to do this, you know me so well and like over the years and a hundred episodes, seems like just yesterday I was sweating in front of this camera here and starting my first one with my co-founder Mark, actually sitting down not knowing what I was doing. I'm pretty sure I, I left the microphone off for the first half, like, turn it on later. But no, it's, it's really been an honor to work alongside you and it's been an honor to like get to know the audience over this and, and really connect with so many people and, and share stories of so many people that are like, Oh wow, that really, like, I didn't know whether people would care about these stories and even, you know, your own story and ever like, it, it really matters I think to share stories with the world and share your own, even if you feel like, Oh, what's the big deal of my story? So I, I just wanna take this opportunity to thank you, thank all the guests over the last hundred episodes and, and I'm really looking forward to the next hundred.

Ben ([56:18](#)):

Well, thank you Caspar, and it's been an absolute pleasure and an honor to be asked to host this hundredth episode. So thank you very much.

Caspar ([56:25](#)):

You were awesome. I'm, I'm waiting for your podcast to come out, Ben, cause yeah, I'll.

Ben ([56:30](#)):

We'll get it going. I take a note from, from your book about moving forward in the face of the discomfort.

Caspar ([56:36](#)):

Yes. Lean into discomfort. All right guys, well thank you so much for listening. Until next time, continue writing your own healing.