



#662 Why Cancer Returns: The Terrain Most Treatment Plans Rarely Address

Dr. Wendy Myers

Welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show we're going to be talking about all the different ways that heavy metals and chemicals interfere with your health and the health issues caused by toxins. We also discuss things like bioenergetics and more advanced topics on health than you'll hear on other podcasts. Today we're going to be talking about integrative and natural approaches to successful cancer recovery, what that looks like, and the problems with typical cancer treatment.

This topic's really important to me. I haven't done a show like this before, but it's really important because my own father died from his cancer treatments, and he was only offered radiation and chemo. The treatments have a place, but they have an abysmal success rate, and they don't address your terrain. They don't address the underlying root causes in your body that cause you to build up cancer in the first place. So we're going to be talking about that subject. We'll also talk about the mRNA vaccines, how those are causing turbo cancers and what to do about that, and just to try to remove the fear about cancer, because there are so many options today to address it successfully and quickly.

You have to work with someone who really knows what they're doing, like Dr. Michael Karlfeldt, who I'm having on the show today. Dr. Michael Karlfeldt is a board-certified naturopathic doctor with a clinical practice spanning nearly four decades. You can

learn more about his work and how to go to his clinic at thekarlfeldtcenter.com.
Michael, thank you so much for joining us.

Dr. Michael Karlfeldt

I'm excited. This is going to be so fun.

Dr. Wendy Myers

Why don't you tell me a little bit about your story and your personal why? I know that you've been practicing integrative medicine since the '80s, and you originally were led to specialize in cancer after losing your father. Losing my father propelled me on my journey to educate people. So what shaped your philosophy around addressing cancer?

Dr. Michael Karlfeldt

That's the thing. Any time you have something personal hit like that and you see things that we're missing and not covering enough in regard to medicine, and even integrative medicine, that kind of fuels you in a direction. So I've been in clinical practice since 1987. I run a 17,000-square-foot facility here outside of Boise, Idaho, where people essentially fly in and get treatments for a few weeks, and we hit it really hard with a lot of cutting-edge therapies. We'll talk a little bit more about them in regard to photodynamic and different things that I've seen really being able to move the needle.

From my point of view, I love naturopathy. I feel that our human body is the best doctor there is. The innate intelligence is phenomenal, and anything that we can do to support that intelligence, to remove interferences, nourish it, and make sure that it can function in the best possible way, I think that is the solution. It doesn't mean that a lot of the pharmaceuticals are not needed. Sometimes we do need to have crisis management, and then pharmaceuticals can play a very big role in that. But in the long term, you do want to introduce things that are restorative, regenerative, intelligent, and I feel that that's where naturopathy and holistic medicine really shines.

So, integrative oncology: I started as a normal naturopathic doctor, but seeing the frustration of a lot of my cancer patients coming into me, and seeing the limitation of

options that are available (and obviously this was kind of the late '80s, '90s), I really then felt like there was a strong need in this area to push harder in the integrative oncology space. And obviously losing my father, and seeing the journey that he went through, which was just a traditional oncology route, and he didn't have a lot of options at that time, and he didn't choose to have other options. So I am really passionate about empowering people and letting them know that there are so many other things out there.

Dr. Wendy Myers

I am too. That's why I wanted to do this podcast with you, because I think there's a lot of fear around a cancer diagnosis. Personally, knowing everything I know about cancer, it's not something that I would fear or be worried about because of all the tools that I know about to address it successfully. What I want people to know is that they don't really need to fear it, that it's not genetic; it's really just a response to our environment, the toxins in our environment, and emotional trauma, etc.

Dr. Michael Karlfeldt

That's the thing. When you hear the word cancer, it is really scary, and you immediately think of death because most of us have somebody that we know that's gone through the cancer journey and were not successful. But with the tools that are available now, treatment is possible. While the traditional oncology space has evolved, it's still essentially chemo, radiation, surgery, added immunotherapy and hormone therapy. So it hasn't really evolved that much, other than that they've been able to kind of fine-tune dosages.

In the integrative space, it's almost hard to keep up with all the amazing tools that are becoming available. And looking at what we have now compared to when I was seeing cancer patients back in the '90s, things are different. I mean, they were coming in with pancreatic cancer that had spread to the liver, or just pancreatic cancer, and with very simple tools. That's fascinating to me. With very simple tools, I was able to kind of support that person, and they got turned around, and the cancer disappeared, both in the liver and pancreas. And I had one gentleman who was almost carried in, and within a week, he was up fixing his roof and felt great and lived many more years.

But I think that the issue nowadays is that there's such an assault on us. I mean, there was an assault at that time, but it just escalated exponentially. So if we understand what we are exposed to, we are supporting our body nutritionally and assessing the stressors on the body. Because cancer is just an adaptation, it's just a survival mechanism that's taking place. When a cell is not getting the nutrients that it needs, and there's too much toxic debris and stressors within that cell, then it has to shift how it operates. So if we can just assess that and then address it appropriately, we are able to create a winning strategy against cancer.

I see this again and again, where people who are utilizing these integrative tools that are available do really well. I had a lady with metastatic breast cancer and fractures in the bones, because that mass had gone into the bones. She came in in a wheelchair, and we did a three-week intensive protocol. She walked out without any pain and she's still doing great. So there's no reason to fear because there's so much available and so much that can be done.

Dr. Wendy Myers

You talk a lot about shifting the terrain from cancer-promoting to cancer-resolving. How do you go about doing that?

Dr. Michael Karlfeldt

I loved physics growing up. I was going to be an engineer. I was studying engineering, and so I was planning on going to Stanford and becoming a particle physicist, because I thought it was just fascinating to be able to look into the smaller, minute things. But with that, in physics we understand that everything is fields. Each organ has an energetic field around it, an electromagnetic field. Our bodies, we have a field. So it's the same thing then with cancer. It's essentially a disruption in that field. With that, you have to look at it energetically, and there are so many components that are part of that process.

So we have obviously our emotions, the traumas we're holding, generational traumas even. It could've been something that happened three, four, five generations ago that created epigenetic changes in us that were designed for somebody, past generations, to survive with those epigenetic changes. Obviously, we don't have

those traumas now, and they do not serve us, but still they are kind of that survival strategy that exists within.

We are exposed to infectious agents today. We've been dealing with the COVID craze the last number of years, and we've got mold, parasites, and viruses. All of these different things play a role in shifting that energetic field. We know that we produce cancer cells every day, we don't stop producing cancer cells. It is the terrain in our body, the immune system function, that will then decide whether the activity of that cancer cell is going to be able to take hold, how aggressive it's going to be, or if the immune system is going to be able to just pinpoint it, eliminate it, and then be ready for the next cancer cell that floats along.

The terrain becomes what guides the whole cancer development, and we know that a toxic, hypoxic, and nutritionally deficient terrain will then promote the activity, making those cancer cells much more aggressive. It will also make cells start to shift into behaving more like cancer stem cells. We know that chemo, radiation, and surgery can't address cancer stem cells very well.

So if we then try to use those types of therapies but do not address the terrain and correct the terrain, we are shooting ourselves in the foot, because these cancer stem cells are lying dormant while we're bombarding it with chemo, and the chemo's creating more assault and injury.

We know that stem cells are designed to heal whatever tissue is damaged. So a cancer stem cell is designed to heal cancer tissue. If we assault cancer tissue without addressing the terrain, we're making those cancer stem cells become much more active and upregulated once we've then finished the assault with the chemo, radiation, or whatever we choose to do. So to me, terrain is everything. If we don't address the terrain and we only focus on the tumor, we're not going to be successful.

Dr. Wendy Myers

That's what really breaks my heart about people going through traditional treatment, the radiation and chemotherapy or immunotherapy. They might successfully remove the tumor but they're a sitting duck for a recurrence. The stage is set for them to develop cancer again.

Dr. Michael Karlfeldt

I see that again and again, where you have patients go in, deal with cancer, and they do all the therapies, the tumors shrink. Radiation, chemo's going to shrink tumors all day long, but whether they're addressing cancer or not, that's a different story.

But as an individual, you see the impact and see it's shrinking, I'm winning. Not recognizing that the terrain that is created from these therapies is now much worse, and your immune system is in a much more handicapped state. So you shrunk the tumor, but the cancer in itself is actually designed to become more aggressive.

That's why I love integrating. I'm not saying that traditional oncology, that there's no place for it. I'm just saying that the key is to intelligently combine them and not over-toxify, over-attack and over-address something when you don't need to.

Dr. Wendy Myers

Can you talk about how heavy metals and chemicals cause and contribute to cancer?

Dr. Michael Karlfeldt

One of the big things, for cells to function appropriately, is its ability to produce energy. So mitochondria is the little energy factory within the cell, and anything that interferes with that process will then push that cell into a way to function and produce energy in a different way. That's where we have what's called the Warburg effect, where these cells shift to a fermentation cycle versus using oxygen as the main source of energy. The OXPHOS process that takes place in the mitochondria.

Heavy metals are like throwing dirt into your gas tank. Or chemicals, same thing, it's just throwing in dirt and then hoping that your car is going to run smoothly. It does the same in your mitochondria, in your energy factory. So they will start to interfere with energy production within that cell, and the cells where these heavy metals and chemicals accumulate the most will then all of a sudden say, 'Hey, this mitochondria, this energy factory, it's not going to work. We're going to have to shift how we produce energy in order to survive.'

That's what cancer cells are; they're essentially a survival adaptation of the cells. So the mitochondria then sends signals to your genome, your DNA, and say, 'Hey, we need to have different types of proteins produced. We need to upregulate VEGF and

mTOR. We need to downregulate.' All of these different shifts, epigenetic changes, take place within the genome based upon what's going on in the mitochondria. And these, as I mentioned, the chemicals and heavy metals play a huge role in that.

Then we also have the issue that a lot of the cancers we're seeing are hormonal-based including prostate, breast, cervical, uterine, colorectal, and even pancreatic cancers. All of these have a hormonal connection to them. Heavy metals and chemicals function like xenohormones in that they have a hormone-like effect on the body, and it's much, much stronger than our hormones.

So they will create a confusion within your whole hormonal system, and then start to upregulate a lot of proliferative type signaling that can then cause things like breast cancer, prostate cancer and all of these different hormonally-connected cancers. Doesn't mean that hormones are bad, and I think it's really important for people to understand that hormones are important. They are the ones that control and regulate all the different functions in our body.

To me, the solution is not just to shut down all your hormonal activity but to clear out the stronger hormonal signaling that's taking place from heavy metals and chemicals, supporting liver function, supporting your detox pathways, and then balancing your hormones rather than just completely shutting it down.

The exposure that we have to chemicals and metals nowadays is disturbing. We even get rain on us from the sky, because they want to make sure that we don't get too much sun because they want to control the weather. It's exposed everywhere, even though we may not see it.

Ads 17:30

I'm always looking for ways to up my game when it comes to my beauty regimen, and that's why I use Bon Charge's red light face mask. It's something that's super easy to incorporate into your routine every day. It's super lightweight, and it's something that I highly recommend to anyone who's looking to improve their beauty, anti-age their skin, and get rid of age spots and just generally looking to improve the texture of their skin as well.

Bon Charge's premium products are grounded in science. They're a very purpose-driven company. That includes their red light face mask, which combines

beauty and wellness technology for more radiant and glowing skin in as little as 10 minutes a day. It uses optimal wavelengths of red and near-infrared light that are suitable for all skin types. Plus, the mask is lightweight, portable, and contours perfectly to your face as well. I use my red light face mask every night. It's part of my nighttime routine. It's super easy to use. You can just put it on. It has little eye holes, so you can still, like, look at your phone or do whatever you're doing at the end of your day. But you can use it any time.

You can use it a few times a day if you want, but it's definitely something I've been doing for about six to eight months now. I've definitely noticed a big change in the texture of my skin, an improvement in the appearance of the skin, a reduction in fine lines, and a reduction in little age spots. I'm super happy with the results, and consistency is key. Also, Bon Charge products are HSA/FSA eligible. That gives you tax-free savings of up to 30%, so that's fantastic. So if you wanna get your own Bon Charge red light face mask, just go to boncharge.com and use my exclusive coupon code WENDY at checkout to get 15% off. You'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer.

Dr. Wendy Myers

Yes, in my research, cadmium causes more cancers than all of the other heavy metals combined, and that's in cigarettes. That's why cigarettes cause cancer. So you mentioned before the cancer stem cells, and how those are not addressed. There's also something like circulating tumor cell components, which is really interesting. How do you address those in your practice?

Dr. Michael Karlfeldt

We have the circulating tumor cells, and then we have the cancer stem cells. The circulating tumor cells are cancer cells. They're floating around and trying to set up shop elsewhere. There are ways that we can then test and see the level of those, and I do that a lot with my cancer patients, because then you can monitor and see: is the cancer getting more aggressive, wanting to set up shop in other places in the body? That's the circulating tumor cells.

Then the cancer stem cells are the ones that are laying there dormant, and they are resistant to pretty much all traditional oncology types of therapies. And because

they're kind of slow-growing, slow-dividing, they can activate, then non-activate. These are the ones that we really need to address, and there are a lot of great strategies that we can use for that.

Things like the herbs curcumin, turmeric, ginger, vitamin C, all of these actually help to address cancer stem cells. The natural agents are phenomenal in addressing that and regulating a lot of the different inflammatory drivers that cancer uses for its own benefit. One of the therapies that I love, that I probably do a little bit more than I would say anyone in the United States, is photodynamic therapy. That is utilizing photosensitizers that attach themselves to cancer stem cells. Then we can use light and sound, and even heat, to trigger oxidation of these cells. That works beautifully with cancer stem cells.

I remember there was a device at one of the conferences I was presenting at, where they were measuring the cancer stem cell life. So you could see the quantity as it was floating around. Then we introduced a photodynamic therapy, where we do intravenous laser in addition to the photosensitizer, and then measure the post. You could see that essentially all the cancer stem cells in that circulation disappeared.

Natural therapies are powerful against root causes, cancer stem cells, and controlling a lot of the different drivers. That's very exciting. Then you have also repurposed drugs, which is a big deal that a lot of people are looking into and utilizing. That's something we do a lot.

A dear friend Jane McLelland, Joe Tippens, and Dr. Amacker, all of these are talking about the utilization of these different repurposed drugs that have been used for other purposes, like ivermectin, fenbendazole or doxycycline. A number of them also work on cancer stem cells. You can use them as strategies as well, to go after these underlying dormant cells that are the mother, sort of say, of the cancer.

Dr. Wendy Myers

I read a lot about Dr. Amacker's work. It's really interesting the success that he's having with mebendazole and fenbendazole. Can you talk a little about that, and the hope that that can provide for people? (And it's just so simple) What is the premise behind that treatment?

Dr. Michael Karlfeldt

So he likes to go up in a pretty high dose of both ivermectin, and then either mebendazole or fenbendazole. Obviously fenbendazole is easier to get, it's not something that can be prescribed, because it is dog medicine, it's for dog parasites. But it still works really well. And that's the thing. A lot of different pharmaceuticals used in veterinary medicine work great for humans as well. Like ivermectin. People say, 'Well, that's horse paste.' Ivermectin's been around for 50-plus years and won a Nobel Prize, and it's been shown to be very safe for humans, in addition to animals.

With Dr. Mock's protocol, you are actually going up, if it's a really serious condition, to two milligrams per kilogram of body weight, and sometimes even two-and-a-half milligrams per kilogram. So let's say an individual weighs like 155 pounds, just to make it easy, which would be around 70 kilograms.

Let's say that they are dealing with a moderate type of cancer, and they just want to keep pressure on it. Then he usually suggests around one milligram per kilogram. That would be around 70 milligrams of ivermectin. If you want to do two milligrams, then we're looking at 140 milligrams for that individual. You split that up into two doses or even split it up a little bit more. The ivermectin lasts in your system about four hours, so it is good to not just do it all at once.

There are some challenges people are observing with ivermectin, if you increase the dosage too fast, that can cause a little bit of visual disturbances. So monitor that. It's not anything dangerous, but it can be a little bit unsettling. Find the dosage that you feel comfortable with. Then for the fenbendazole, he likes to go up to around 1,500 milligrams a day. That tends to be if you want to hit it hard, according to his protocol.

Then you have Jane McClelland, and she's not as keen on going up on those high doses. She likes to keep it more in the lower range, maybe 12 milligrams twice a day, four days on, three days off, just to lean on those drivers. Combined, she has more of a stack with ivermectin, and then uses either fenbendazole, mebendazole, torvastatin, doxycycline, metformin, just to help block all the different pathways that cancer uses to feed itself.

We can surround it, then starve it, so that when we're then hitting it with oxidative type therapies, like chemo and radiation would be oxidative therapies. Also vitamin C, ozone, artesunate, these are also oxidative therapies. And photodynamic therapy, that we do, is an oxidative therapy. If you combine the two, where you're blocking

drivers that the cancer cells are using in order to proliferate and expand, and also starving it so it's not getting the sugar, the fats and the glutamine that it needs, and then hitting it with oxidative therapies, we're going to have a much better outcome than if we just do one by itself.

Dr. Wendy Myers

Why wait until you have cancer to do the Mock protocol? Everyone has parasites, different infections, and things that could clear up before they start causing problems in the body.

Dr. Michael Karlfeldt

That's the thing too, prevention is always better. I tell everyone, the best cancers are the ones you never get. You are better off if you can do these types of strategies before being diagnosed. When we sit in the car, we put a seatbelt on, whether we're going to have a car crash that day or not, we still put on the seatbelt.

So we like preventative medicine. There are a lot of tools where you can assess to see the terrain in the body. There are great labs out there to check for heavy metals, chemicals, parasites, mold and other things that are impacting your terrain. By optimizing your terrain, we're minimizing the risk for cancer to take hold.

Dr. Wendy Myers

That's why I do this podcast talking about detoxification, because that's a huge part of prevention, not only of cancer, but so many other different health issues as well. What are some of the other approaches that you take, other interventions to address cancer?

Dr. Michael Karlfeldt

We do quite a bit here at the center. I like to address the metabolic pathways. We use things like dichloroacetate, DCA, which interferes with that fermentation cycle, and then we push the mitochondria to see if we can either activate it or turn on apoptosis through the mitochondria. That is then using something called poly-MVA. It's a molecule that's quite unique. It has certain nutrients like alpha-lipoic acid, vitamin B1, and the mineral palladium, which brings them all together in kind of an unbreakable chain that is phenomenal in turning on the mitochondria.

That will then do a few things: if that cell is, 'Yes, this is fixable,' then the mitochondria will start to heal the genome and help correct the signaling from your genes. If the cell is too far gone, by driving energy through the mitochondria, we're essentially turning on the cell death switch, which is then controlled by the mitochondria. So we can trigger that apoptosis that we want in the cancer cell. That's a combination of DCA and poly-MVA, we usually bring them together.

But then we also do things like curcumin IVs. We know curcumin is phenomenal. If there was a drug that was able to do what curcumin is doing, it would be a multi-billion-dollar drug. The reason there is no drug like that is because curcumin cannot be patented, so pharmaceutical companies cannot make money on it. But curcumin, we have boswellia, which is frankincense, and we do that as IV. We have artesunate, which triggers what's called ferroptosis within the cancer cells, utilizing the excessive iron that's within the cancer cell to trigger cell death, oxidizing them.

Bringing in ozone helps, we do that through some things called EBOO and UBI. There are different ways it can be done. We also have a machine called HOCATT that brings in ozone externally. Ozone is phenomenal in controlling a lot of the different inflammatory drivers, turning on mitochondria, killing off unhealthy mitochondria, killing off pathogens, and supporting killing off cancer cells. It does a lot of amazing things.

Then detox strategies, frequency medicine, emotional healing, these components are key. We have some things called Axomine, that's an advanced form of transcranial magnetic stimulation. We do microcurrent therapy. We also do something called a theta chamber, to help put the person into that theta state, where we can heal, regenerate, and detoxify. We do ionic foot baths. We do some things called Flowpresso to move the lymphatic system. We do laser energetics. It is a list. So when a person gets here, they're busy from the beginning of the day to the end of the day, and we stack all of these together so that it enhances all the different therapies.

And that's the thing, there's so many cool things, like mistletoe IV, vitamin B17 IV, EGCG IV. All of these things that we do. We also bring, sometimes, exosomes (intravenous exosomes) some peptides for regeneration of tissue. Like the young lady that came with a fractured back and couldn't walk. We did a powerful exosome IV, along with a

device called EMSculpt that can stimulate the regeneration of those bones, while we then have the exosomes in circulation. It's so fun to play with tools that actually work.

Ads 32:51

Now a word for one of our sponsors. So I'm a huge, huge fan of Tru Energy Skincare. This is a bioenergetic skincare line that I've been using for almost two years now, and it's what I use exclusively. It's so good. They have a new product out called the Bio Adaptive Hydration Oil. This is really, really key for protecting your skin from dry winter weather because when you have cold weather plus wind, plus indoor heating, that's gonna equal dry, irritated skin. So hydration is really, really key to protect your skin barrier and, you know, preserve your skin.

Why does this matter? It's because dehydrated skin can look dull, tight, and have more fine lines and wrinkles. Supporting your skin during winter helps it stay resilient and healthy. As I mentioned, I love Tru Energy Skincare, and they have this bio-adaptive formulation designed to boost hydration and nourish the skin. It's a bioactive, nourishing skin oil, and so it's infused with frequencies. There are dozens and dozens of frequencies imprinted on their energy-optimized blue bead that's in all of their products. It's imprinted, actually, with not hundreds, but thousands of frequencies to support cellular repair, improve collagen production, and increase regeneration of your skin.

This is what I'm using at 53 to get the best skin that I can possibly get. This is one of the secret weapons that I personally use. This bio-adaptive hydration oil uses nutrient-rich skin-supportive and clean ingredients as well. All you do is add one to two drops to your face cream or Tru Energy products like their serums or their lotion, and it just increases that hydration. I also use it 'cause I do face yoga every night. I use hydration oil. I put it all over my skin, and massage, and I'll do guha and other things. It's part of my nightly routine. So there are a lot of different uses for it, including increasing the hydration and the effectiveness of the products you already have. Try it for yourself. Go to trytruenergy.com/wendy5

Dr. Wendy Myers

Could you explain what the EBOO is? That's something that I've been wanting to do, just to clean house.

Dr. Michael Karlfeldt

It's a phenomenal way to clean house. It was fascinating, around the beginning of COVID time, when people had gotten the shot. We had one pilot that completely crashed after getting the shot, and so we did EBOO on her, and the nasty clumps and things that got filtered out, it was nasty. It was just stringy.

EBOO stands for extracorporeal blood ozonation and oxygenation. So you are pulling blood from one arm, it gets filtered and ozonated and oxygenated in the machine, and then it goes into your other arm. It goes in circulation.

We've had this in the past, and I have this as well, it's called UBI, ultraviolet blood irradiation. There you pull maybe 30 cc of your blood and put it in a saline bag, put some ozone into it, and then run it back into the body. Here you're ozonating, like, 30 cc, or if you do what's called major autohemotherapy, you may go up to 150 cc of the blood that gets ozonated.

If you do something that's called 10-pass, that we had in the past, and that's where blood gets pulled out and gets ozonated, goes in. It does this 10 times. All of that is not even close to comparing to 150 cc of major autohemotherapy, or 30 cc of UBI. Here we're essentially doing 4,000 cc, or four liters, of your blood volume that gets filtered, ozonated, oxygenated.

It's fascinating because as you're sitting there, you see this dirty, dark, nasty-looking blood go into the machine, and then what's being returned is this beautiful, red-light, energetic, ozonated blood. It's really fascinating when you're sitting there, seeing the difference. It's something that I think everyone should do. I usually suggest to my patients, if you can do them once a month for four months in a row, and then maybe every six months or so. That is just a good habit to clean up your blood, kill off pathogens, and turn on mitochondria. This is especially vital with everything that we're exposed to nowadays. I think we've got to be more vigilant in how we take care of our bodies.

Dr. Wendy Myers

So you mentioned that post the COVID vaccination, people have stringy proteins in their blood, and that can be removed with EBOO. This is really important for anyone listening that has had that vaccination, or multiple ones. You're going to have to

manage these spike proteins, because those stringy proteins are filling up your veins, causing all kinds of different problems, inflammation, erectile dysfunction, heart issues, strokes, et cetera. They're blocking your veins and your arteries, essentially, and you have to clean these proteins out. But the EBOO also removes other inflammatory proteins, heavy metals, and chemicals, and all kinds of things. It's just amazing.

Dr. Michael Karlfeldt

It's incredible. In addition to all the filtering and killing off, it then has a restorative effect on your cellular activity and metabolism, shifting it away from that cancerous process to more of a vital, energetic cell. It shifts away from that survival mechanism. What I was seeing after COVID is that I've had patients flying in right after the shot that get cancer. We were looking at these different turbo cancers, where people got diagnosed and it was like a wildfire inside of them. These shots really triggered a lot of inflammatory effects on people, and whatever weakness you had, that is what would be exposed.

If you are decreasing the ability to transport nutrients, because your blood is thick, gunky and you have these clots, and you're causing more inflammation in the body, you are then going to be at risk for so many different health conditions. We were talking about strokes, heart, and myocardial infarct. There's so many things that I was seeing right after, and we're still seeing the effect from it.

Dr. Wendy Myers

You talked about turbo cancers, and that definitely strikes fear in people, as it should. You have to be thinking about this if you've had multiple COVID shots. You just do. You have to be thinking about prevention, and that you need resources like your center, because I think time is of the essence. If you do get cancer and you've had multiple COVID vaccinations, especially the mRNA ones, time is of the essence, is all I can say. I think a lot of people can kind of delay, or they're doing research, or they're trying to decide what to do.

That's why I wanted to do the show with you, to give people a solid resource, a place to go to address this in a timely manner. I've definitely known many people that got a diagnosis and didn't act in time, or they wanted to do natural things, but they weren't

doing the right things under the right guidance, and they ran out of time. That is just my urge to people, is that you need to act quickly, especially if you've had COVID vaccinations.

Dr. Michael Karlfeldt

I remember I was chatting right when the COVID shot was coming out. I was chatting with a friend of mine, Dr. Don Huber. He's more well-known now in regards to glyphosate and its impact on the body. He inspired Stephanie Seneff to continue that conversation. And he was actually the assistant medical director for all of the armed forces, so he had some intelligence. He was aware of what was going on, and he managed a lot of the different vaccine outbreaks back in the '90s and early 2000s. His comment was that once this is in you, once you take the shot, it's not going to leave. It doesn't leave.

Dr. Wendy Myers

It's a gene therapy. That's why.

Dr. Michael Karlfeldt

It's genetic therapy. What are we then, as individuals (because that's scary) we're thinking, well, now we are infected by something that's never going to leave, what are we going to do? The key is to minimize stressors on the body. To do what you're talking about, we have to clean that environment and be vigilant in the nutrients that we're getting into our body.

We have to be vigilant, making sure that we are clearing out toxic debris. Open up your elimination pathways, support cellular detoxification. It becomes really important, because we are dealing with this little handicap that we were exposed to the last number of years. Then also nutrients to support mitochondrial activity. We really need to be more vigilant, based upon what we've been exposed to.

Dr. Wendy Myers

Let's talk about the spiritual component of cancer. In your books, you talk about mindset, emotional trauma, stress, and spiritual alignment in cancer recovery. Can you expand on that? I think that's a largely overlooked component. Even in a lot of

natural cancer centers around the world, many don't address the emotional trauma component, which, for many people, is a big underlying root cause of cancer.

Dr. Michael Karlfeldt

To me, there are certain priorities when you are facing a cancer diagnosis, or you want to prevent cancer from taking place. I would say that the first priority is always your spiritual connection. What is your relationship with whatever is greater out there, a higher consciousness, God, whether you're Christian or Buddhist or whatever religion or philosophy you subscribe to.

It is important that you have that spiritual connection, feel grounded in your existence, and have a good understanding that there is something outside greater than yourself, and that you are connected to that. That way, that energy is flowing through us and supporting our existence. To me, that is priority number one, whatever that looks like.

Priority number two is looking at your emotional well-being, looking at traumas. A lot of people don't understand that, yes, maybe something happened a long time ago, and maybe you've forgotten it, and you're not bothered by it right now, but it can be stored there in the closet, impacting you and sucking, a bit like an energetic parasite. It can also keep that energetic frequency of fear, guilt, shame, and whatever-not-being-enough, continually feeding your energy field.

What I see with cancer is that there's essentially no cancer without it being emotionally, or traumatically, connected to trauma in some way. It always needs to be addressed. If you don't do anything else, if you don't eat right, or take the right pills, or do all the heroic types of therapies that we do at our center, if you only work on the spiritual connection and your emotional well-being, clearing traumas, you are going to have a much better chance of being successful than if you did all these phenomenal diets, only ate plant-based and only juiced, did Gerson or whatever it may be. Even if you took all these amazing pills, did vitamin C IV and ozone IV every day, but did not address your emotional well-being and clearing out traumas, you are not going to do as well.

To me, it is such a vital point. Also understanding that, like we mentioned, things could have happened generations ago, it could be something that's called family

constellation, where somebody maybe committed suicide, or they were shot in a war, or there was some kind of early traumatic event. That event can actually kind of fuel through, move through generations, and then be stored inside of you. So it is important to really address that and clear that.

There are so many different tools available. We offer a lot here, but there are other amazing tools out there. You have recall healing, EMDR, EFT, APN and brain spotting. There are so many tools out there, but it's good to utilize them and make sure that you clear things out. It's more than just talk therapy, because a lot of times with talk therapy, we're just using what we're consciously aware of. Most of these things are stored subconsciously, and so that's why it's good to utilize other types of tools that don't require your conscious awareness, so to say. That's why the ones that I mentioned, I think they're all phenomenal. Whichever one resonates with you is the one you should do.

Dr. Wendy Myers

Again, you can do that right now because everyone needs to do this work. Everyone needs to do emotional trauma work to prevent all kinds of health issues. I think people don't realize how profoundly our emotional traumas in our life, past lives, and generations ago affect us today and cause physical health issues. So for anyone listening who's newly diagnosed with cancer, or has a family member diagnosed, what message of hope do you want to communicate to them?

Dr. Michael Karlfeldt

First and foremost, and I hear this again and again, both from my patients and also when I do the podcast that I do, Integrative Cancer Solutions, first, just pause. Instead of getting into that frantic mode, just take a moment, take a breath. Pray about it, meditate about it, connect, communicate with different experts, and look for different opinions.

Obviously, if you go to one oncologist and then go to another, you're going to get two of the same opinions. So it is good to look at different types of therapies, somebody like myself. I encourage people to work with oncologists, because I feel that you want to have that support as well. But find the one that you resonate with. Don't think that you're stuck with an oncologist. You are the consumer, you are the customer, so you

can fire whatever company and whatever doctor that you want, to find the one that resonates with you and respects the course of action that you want to take. So take that pause, and also know that you have more time than you think you do.

There are certain cancers that you have to move a little faster with, like if you get bile duct cancer, pancreatic cancer that's gotten into the liver, or certain things that we need to address quickly. But you still have a week's time. You still have a little time just to think, because this cancer developed over time. It didn't just all of a sudden appear, and now you're going to die tomorrow. No, you have plenty of time and plenty of things to do.

You can start to shift, look at what I am eating? What am I exposed to externally? What do I put on my skin? You can start to do an audit of your stressors, of the chemicals you're exposed to, the nutrition you take in. Just do that little audit and kind of say, 'Well, I can throw away my laundry detergent and get a cleaner one. Instead of chemical or hormonal-based skin products, I can find better ones that are nutritionally supportive. Instead of keeping things in plastic Tupperware, I'm now getting glass, so I don't get the plastic, instead of Teflon pans.'

Just going through that audit becomes really important. And then reaching out to somebody like myself. We offer free 15-minute discovery calls for patients that are going through the cancer journey. Reach out to somebody, to bounce off ideas and thoughts and see what's available out there because there's a lot of things available. A lot of things.

You don't always have to go to a center. Obviously, if you want to have intensive therapies, we offer it, but we do a lot through telemedicine, and there are a lot of great providers out there that do the same. There's a great network of amazing integrative doctors that address cancer, and I'm just one of them. Find one that you feel you resonate with and that you relate to. I think the key is just to pause, build your team, and then also assess: why did this happen, and what are the things that I have around me that may be driving cancer further, and how can I shift that?

Dr. Wendy Myers

Can you tell the listeners where they can find you, what your website is, and how they can work with you?

Dr. Michael Karlfeldt

My website is thekarlfeldtcenter.com. There's a little pop-up there where you can put in your information, and we'll reach out to you. You can also email us or call us. All that information's on the website. We talk a little bit about my book; that's a great place to start. It's like a manual on what to look for and address, and labs. How do I interpret the labs, and how do I follow my cancer journey using labs? I wrote it as a handbook for what I wanted my patients to know when I'm working with them.

Dr. Wendy Myers

Dr. Karlfeldt, thank you so much for coming on the Myers Detox podcast. This is a really important show that I wanted to do. I hadn't done one on cancer very much, because there's a lot of censorship, unfortunately, when it comes to natural cancer treatment, and there's just a big money-making machine, almost \$2 trillion a year in cancer treatment.

We can't publish this on YouTube, because it's just not allowed. It will just get my account deleted, sadly. So I really applaud the work that you're doing to help people. And as the listeners know, my father died from his cancer treatments; he didn't actually die of cancer, and I think that's the case for many people. So I just wanted to have you come on and give people some tools, ideas, hope, and direction if they do find themselves with a cancer diagnosis. Thanks for coming on.

Dr. Michael Karlfeldt

Thank you so much, and thank you for all the wonderful work that you're doing. I'm so sorry about your father. Like my father, it's heartbreaking when you see the lack of options that are available, and how the cancer treatment just essentially kind of makes them spiral down until they're just a shadow of themselves.

Dr. Wendy Myers

Well, everyone, thank you so much for tuning into the Myers Detox podcast. I'm Dr. Wendy Myers, and I really love doing this show and helping you guys, giving you some pieces of the puzzle, helping you make some discernments so that you can make better decisions on your health journey. So thanks for tuning in every week.

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