
THE NATURAL EVOLUTION PODCAST | SEASON 2: EPISODE 20
GUEST: DR. CHRISTINE SCHAFFNER

PODCAST TITLE: The Importance of Tuning In to Our Biological Fields with Dr. Christine Schaffner

PODCAST DESCRIPTION:

Dr. Christine Schaffner is a pioneer in the field of naturopathic medicine. Helping thousands of clients with complex, “mystery” illnesses, she utilizes her Ecosystem & Terrain, Energy Analysis, Clear Blocks, and Optimize Flow (EECO) methodology to guide them in reclaiming their wellness- otherwise known as “Biofield Science”.

If you’ve never heard of Biofield Science, don’t worry- you’re not alone. You’ll walk away from this episode with a better understanding of the term, the technology behind it, and how it has the potential to transform lives.

- Learn more about Dr. Schaffner [here](#)
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PODCAST TRANSCRIPT:

Michael Roesslein:

Yeah.

Dr. Christine Schaffner:

All righty.

Michael Roesslein:

All right. And we are live. I am here today for this episode with my friend Dr. Christine Schaffner. Welcome, Dr. Schaffner.

Dr. Christine Schaffner:

Thank you so much for having me Michael.

Michael Roesslein:

Yeah. These are fun. We just almost set a record for the longest time I talked to the guest before we hit record for 40 minutes.

Dr. Christine Schaffner:

We could have kept going.

Michael Roesslein:

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I know I need to schedule extra time whenever we book something.

Dr. Christine Schaffner:

Totally.

Michael Roesslein:

So our audience is pretty well familiar. You've been on a couple of our master classes and we've done some other recordings together, I was on your podcast, but for anybody out there who's not familiar Dr. Christine Schaffner is a board certified naturopathic doctor, who has helped thousands of people recover from chronic or complex illnesses, through online summits, Spectrum of Health podcasts, network of Imminence Health clinics, and renowned online programs. Dr. Schaffner goes beyond biological medicine, pulling from all systems of medicine and healing modalities, helping patients reclaim their wellness and reveal their brightest light.

I have a lot more I could read, I think I want to get into talking. What I love the most about the way that you work is before we came on, we were talking about plant stem cell remedies and biofields and all kinds of things that don't really get touched on a lot, even within the functional medicine world. And you collaborate with and utilize probably the broadest range of therapies and modalities and practitioners of anybody that I know. And maybe we just start there and I'm curious that had to have grown organically, whenever you finished naturopathic school, you probably didn't have all these tools in your box and know about all these things, so how did that come about? How did you evolve towards utilizing so many different types of healing and things like that?

Dr. Christine Schaffner:

Thanks for just setting that up and asking that question and when I reflect really Michael, it's probably very much like you, my patients teach me every day. And so for lots of different reasons since I graduated last year, I've been working with patients who just this is not their first stop. And so they've tried so many things, they are so well educated, I lovingly joke to them, "You've gotten your PhD in this field." Their illnesses are ahead of our language for them, I think especially in this 11 year period that I've been practicing, I've seen that we've caught up and we understand a lot more now, but a lot of these patients have had to be their own detective, their own advocate, their own doctor.

They've been so dismissed, they've been so underserved with getting the real answers and that's evolved with podcasts like yourself, and all the work that we're continuing to do to not have that be the case anymore. So my patients have taught me and I've always had an inclination and a knowing and a resonance with that were more than our physical bodies. We were talking before that we both grew up Catholic, so I had that Catholicism kind of, my mom even now lovingly said, she's like, "You need to give the kids something to reject." So that was just a framework that I-

Michael Roesslein:

I've never heard that angle before.

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Dr. Christine Schaffner:

So it was like something to go up against like, "Okay, parts of that make sense, parts of that don't make sense." Knowing there was a connection to a higher source, whatever you believe in, and that we are more than our physical bodies. And so that translated into my patient care where I love biochemistry, I love functional medicine, I love that work and that helps a lot of people. But I saw people who were already in that camp, already doing all the things with their diet, doing a lot of nutritional medicine, functional medicine, but they were still sick. And so that just opened my mind and my experience, and I brought in bioregulatory medicine which is really the European biological medicine still, so they have this whole premise of looking at the autonomic nervous system and what is getting in the way of self-regulation, that the body's always trying to move towards health.

And then through education and mentors and patients I really got to understand and have a language, and not that it was just a knowing and a feeling and a thought, but that we are our physical bodies, but we have this field of information and energy that not only emanates from us, but also instructs and informs us. And I saw that when we brought in these principles and this language into patient treatment protocols, that's when things had the opportunity for a lot of people to speed up or to really shift.

And so I feel like in no way an expert, I feel like very much a student still, but I feel that what inspires me most today Michael is this bridging, and this bringing in what we would call biofield science into functional medicine, into naturopathic medicine, into bioregulatory medicine. And my hope in my lifetime and in my career that it's just as functional medicine pressed the envelope to that, we had [crosstalk 00:05:46] the root cause of biochemistry, that we have a language and understanding, assessment tools and modalities that really shift our biophysical nature and that's what keeps me inspired.

Michael Roesslein:

That's fun stuff. We had a presentation on biofield sciences from Dr Shamini Jain.

Dr. Christine Schaffner:

I got to meet her. I got to meet her.

Michael Roesslein:

In one of our master classes.

Dr. Christine Schaffner:

I love her.

Michael Roesslein:

What's really interesting is that and I've different angles of energy and energy healing the last few years, and seen and experienced things that me four years ago would've heard what you just said and been like, "Yeah. Okay." And then I've now seen and experienced things that totally shifted my perspective on it. I've had real experiences of the abstract concepts that you're talking

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about and it changes when that happens, it's not any less real than the tree outside my house, it becomes this thing that is, and then it's like how do we measure this, or how do we... And what's interesting to me is that I've learned that what we consider medicine today, conventional medicine, which I love of the terminology that gets used because the things that are old are alternative, and the thing that's new, which is the drugs is conventional.

But there was a point what people don't realize today is that they think medical, medicine, doctors, the drugs, the way the conventional medicine system is in the Western world, people growing up today and even my generation or maybe a little older, that's just the way it always has been, that's what medicine is. And as recently as about a 100 years ago or a little over, there was biofield medicine, there is energy medicine. And not only then, but I work with a Qigong master who's worked with medical Chi, that's thousands of years old and it works on biofields. But whenever energy or biofield medicine was prominent, we didn't have the scientific tools that we have now. And so to me, the most fascinating part of it to me is when something gets validated to the Western thinkers.

Something that somebody in a room in Asia has been saying for 2000 years, scientists in America discover this thing and they're like, "Look at this, we discovered this." And it's kind of tongue and cheek, like, "Sure you did." But it's fun then, it's fun because it can be measured, and then we have cool devices and gizmos and all kinds of things. I'm curious we're talking about something that both of us might know more about than what the audience knows about. So I'm curious modality wise or practices or instruments or tools or measurements or anything that you could share, that might give a little bit more specifics to what we're talking about.

Dr. Christine Schaffner:

Yeah. Absolutely. I sometimes like to dumb this down just a little bit, just so people can get bought in that this is not esoteric and this is not woo. And we again, just bringing it back that we know that we have electromagnetic fields in the body, so this is conventionally accepted and I love that too conventional versus alternative.

Michael Roesslein:

It's so ridiculous.

Dr. Christine Schaffner:

It's really the renaissance of this old way of ancient wisdom but we have a modern lens, we got to also understand what we know now and evolve it. And so even in conventional medicine, we very much acknowledge that we have electric and magnetic fields in the body. And breaking it down too, I'm sure many of your patients or your clients and your audience know about electrolytes.

So we have different minerals, so that have electrical charge and the movement of charge in the body creates electrical potentials. And we know in Physics 101, whenever we have a movement of electrical charge in a conductor, we have an electric field. And whenever we have an electric field, we have a magnetic field and magnetic fields also induce electric fields. So just basic 101, we know that we are full of charges moving throughout the body, creating electric

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fields, creating magnetic fields. And then we also have coil like structures, like collagen, like DNA that have a magnetic field that also induce an electrical field. We can look at the body as, okay, biochemical reactions, but with that motion and that movement, we have these fields and energy and information. And we know that our heart, we love the work of HeartMath and the work of Joe Dispenza.

And the more that I deepen my understanding of the heart, it's where it's all at. If you take one thing from this conversation today, really have this deeper appreciation for your heart. And so our heart has the strongest electromagnetic field that it generates and we measure that from an ECG. And through the work of HeartMath, we know that coherent information gets generated when we're actually in positive states of consciousness. So when we're in gratitude and love and you work with an RR, it's like definitely this is something that we're trying to open up and develop with people, because when we have a coherent electromagnetic field that's being emitted from our heart, that actually is stronger and helps to inform our brain waves and our biochemical pathways and our brain and our neurotransmitters.

So our heart actually informs our brain and the field of energy that surrounds us. And so I like to just always set the stage there because hopefully people will hear biofield now from a different perspective. How I interact with the biofield and this information is through many different ways in my office, but I take people through different assessments and I have different tools. And Dr. Beverly Rubik, who's a biophysicist at UC Berkeley introduced me to a camera, which is called a Bio-Well camera that was developed by a Russian scientist Dr. Korotkov. And he has a gas discharge visualization camera that we use the fingertips and the light being emitted from the fingertips, and that image is put through an algorithm that actually spits out a image of the biofield, and then it shows where there can be coherent light coming out of the body, distorted light.

And so it starts telling me a story of that person's electromagnetic field around them. And then I also work with another energetic tool that I was introduced to me, and I sit with these things for a while before I talk about them to make sure that I'm confident in the information and want to not lead people astray. And this one is called the AO Scan and that was another Russian scientist, the Russians know a lot about biophysics, so if you ever want to go down the rabbit hole, just look at what the Russians are doing, they have a very strong language and lexicon and knowledge base about physics and how the body works with physics. And so the AO Scan uses principles of bioresonance and it has different modalities to look at where there can be patterns of balance and imbalance in the body.

It also looks at the subconscious motions through the voice, so I get a window into what could be holding somebody back subconsciously, some dominant emotions through these tools. And then I still use a tool from my former mentor Dr. Klinghardt called Autonomic Response Testing, that is a hands on technique where it's different from applied kinesiology, but you can visualize applied kinesiology, that setting. But I'm basically interacting with the patient's physical body, their autonomic nervous system, and then the more that I learn about these fields of information that surround us, I kind of have this whole other lens of why this works. So we're looking at of course, muscle strength and changes in muscle strength, the different stresses with the autonomic nervous system. But I also have this visualization Michael like, okay, the patient

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has a biofield, I have a biofield, I'm often interacting with an assistant as well, so we have three people together in a space where there's all of this information exchange.

And often I will be talking to a patient and writing down like, okay, what my mental model knows and what my clinical brain thinks, and I have all these thoughts. And then I go and I work with a patient in their physical body, in their electromagnetic body, and I get this whole other download of information. And I think it just helps me to open up to being more connected to other senses where we get information. It's funny we'll have that moment because I work with an assistant with most patients, and we'll sometimes think the same thing at the same time and we'll get that same access.

And so is that coincidence, maybe synchronicity, whatever, but the more I develop my understanding and model of what's happening, I think there's so much opportunity for information exchange when we're really working in connection with a patient in the flesh. Of course this can-

Michael Roesslein:

For sure.

Dr. Christine Schaffner:

... be done remotely too, so those are the assessment tools that I use when I look at this part of the person's physiology.

Michael Roesslein:

That's interesting. I've heard of most of that before, there are a couple new things in there for me. But there's definitely for people who might not understand or believe what you're saying about information exchange in groups, everyone is probably familiar with the experience of walking into a room and then the way that you feel changes. Or you're already in a room and somebody else walks into a room and the way that you feel changes. Or someone that you know in your life or have known in your life that whenever you're around that person, and I don't mean in some sort of romantic or sexual attraction kind of way, but there's an energy, a difference, people are drawn to those people, it's a thing that exists, we might call it charisma or whatever in some circles.

But it changes your felt sense when you go in a room or somebody else comes in a room or you're in a different place. Or you've gone to a place, I watched a thing the other day, there's an island off the coast of Venice in Italy here that they call the Island of Death. Because they used to take all the people from Venice during the plague, anybody who showed any symptoms, they would put them on a boat and take them to this island. Over 160,000 people died on this island, most of them suffering, they burned the bodies. And then they built a sanitarium, what's the word? Sanitarium-

Dr. Christine Schaffner:

Yeah.

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Michael Roesslein:

... on the island in the 1900s, early 1900s. Then they did horrific experiments and forced lobotomies and all this stuff on... So these people went to this place and it's all abandoned, nature's taken over the buildings, it's all, whatever. But they said a certain percentage of the soil there is literally just human remains because there was so many people and it's a small island. The people who were there, one of them got sick while they were there, they threw up while they were on the island, they got physically ill. And people have gone to creepy places or whatever, someplace you go and your hair stands up on your arms, these things exist. And you mentioned HeartMath, I wanted to jump back to that. If you want to see science on this stuff, go check out hearthath.org, Rollin's team they've done-

Dr. Christine Schaffner:

He's brilliant.

Michael Roesslein:

... done unbelievable amounts. He's awesome, interviewing him is super fun. But they did a study that he told me about where they trained a small group of people how to do these practices, coherence practices that you mentioned about putting yourself into positive states, gratitude, and love and whatever. And they trained I think it was three or four people. And then they brought in three or four people who had no idea what they were doing, just random people. And they put them in a round table in a room and they hooked up the monitors to all of them to monitor their coherence, their heart rate variability.

And at one point the trained people received a signal that the other people couldn't see or hear or know about, that they were to start practicing, they were to drop into a coherent state. And it changed the coherence of the other people and this was measurable, this is heart rate variability, this is a measurable thing, this is real science. And you could watch the coherence of the control group, follow the coherence of the trained group in a linear way, and that should end any debates around the subject, that's it.

Dr. Christine Schaffner:

I love that.

Michael Roesslein:

So what you do in the room with the patient and with your assistant and the attunement to the nervous system too, how you are will affect the experience of that person in the room, if you're flustered and frustrated and freaked out and go in there, their nervous system's going to freak out. I've studied child development too as part of the stuff that I've done the last few years, babies can't regulate their own nervous system, it tunes to the mother's nervous system.

And when that's not developed properly, we don't gain that ability and then we're dysregulated until we practice things later. But our nervous systems are like antenna and this is known science, this is not woo-woo, this is child development science, neuro develop... I've trained a lot in this last few years and I just want to like throw a bunch of weight behind what

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you just said, that I was a skeptic and then I saw way too much stuff for my... My skeptic brain was like, "Oh, okay. This is all super legit." And so you see this as a future of medicine, an old future of medicine and there's room. You're not saying replace what we've learned and done with functional medicine, you see these two work in concert.

Dr. Christine Schaffner:

Totally and I love what you said and I think the doctor patient relationship or the practitioner client or all relationships. I think the more that we understand our connection and our effect on other people, that's a whole lot other tool to bring into the treatment room and so I'm human, but I do try to just be calm and grounded and centered, and also very open to this patient is here in front of me and I might not cognitively know all the answers right now, but I'm going to trust that they're going to flow through me and that's how I show up every day. And I think that there's a huge piece to this that more people are talking about, but it's still I think underutilized so I love that you said that. One point that you said too I think because I know a lot of people who are listening and you do so much work on subconscious and trauma, that this part is a big part of how our nervous system gets set up in early development as you said.

And so if we are raised in that incoherence is familiar, we will create a life and patterns not only in our external environment, but in our physiology of where we're comfortable with incoherence, so that is just something to have awareness to unpack. And then the heart we talk a lot about retraining the brain and the limbic system, Rollin taught me that the heart has not only these fields of energy and information that instruct the brain, but there's more neurological information going from the heart to the brain than the brain to the heart. And there's a one neural pathway that goes right to the limbic system, the amygdala, so as you're getting in these coherent patterns and these coherent [crosstalk 00:22:37].

Michael Roesslein:

The amygdala is like our danger scanner, right?

Dr. Christine Schaffner:

That's where like all our trauma stored, that's where we get that. And so if we want to like heal our trauma, create more coherence, really heal our bodies, heal our lives, this is an important principle, I feel very much important to share. So this is not just a small thing, it helps to also rewire those neural circuits in the brain so we can feel comfortable and safe again, and that's where healing takes place.

Michael Roesslein:

And when you don't have that, the body healing, it's really difficult. You mentioned that way at the beginning and you're not their first rodeo, when they come in the door, like they've been to a bunch of doctors, they've listened to all the podcasts, they've read all the books, they've done all the things, that is stressful. Not being able to figure it out and feeling like you're doomed and there's nothing that's ever going to help you, I can almost feel that state just talking about it, because I've been there with my wife and it's an activated state. The nervous system is activated,

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it's a danger, it's a stress, it's a this is not safe, this is never going to be safe, this is hopeless, this is all these things, that state affects the physiology.

Dr. Christine Schaffner:

Yes.

Michael Roesslein:

It's like a loop-

Dr. Christine Schaffner:

Yes.

Michael Roesslein:

... kind of. And so you hear all these things about, oh, the body's incredible ability to heal. True. And I may be off, but to me now with my understanding of where I'm kind of at with things it's flipping that state, it's almost impossible in certain states or certain levels of disease to turn the corner without flipping that off, to make that thing that feels unsafe feel safe. Turn off the alarms, the sirens, whatever you want to call it, what kind of things have you seen in really complex illness when that happens?

Dr. Christine Schaffner:

Yeah. And I think it's a huge point because again there's times in our life we need help, and we need guidance, and we need facilitation, and this understanding of how the body works is one thing. And then when someone is so just traumatized and in this imbalanced physiology, we can talk to them all day long about these principles, but they really they need assistance in getting into them. And so I find that part of working with providers in your community and like myself, is that how do we increase coherence in their field and stabilize their system? It's like get them to a place then they can take it on their own, and so that's where I think the biofield therapies work. There can be, of course, I'm not abandoning functional medicine or naturopathic medicine in any way. I use supplements, I use medications, I use IV nutritional therapy-

Michael Roesslein:

Labs.

Dr. Christine Schaffner:

... labs, it all has a role. I'm just saying we do ourselves a disservice and make it harder if we just look at it, that lens. We can make this so much easier and really recover people, if we add this whole other layer of understanding in. And so when someone comes to us and incoherence is more familiar, and they have a hard time themselves regulating, how do we how do we get their system to handle that? There could be some nutritional things, some sleep things, some things to calm their nervous system. And then biofield therapies that I'm very comfortable with in using

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the office are light. So light especially laser light, the definition of laser light is really coherent light, it's coherent wavelengths of biophotons and every color, every-

Michael Roesslein:

Interesting, that's why it doesn't shoot all over, that's why.

Dr. Christine Schaffner:

Yeah. It's coherent. Again, we talked about what's going on out of us and these fields and stuff-

Michael Roesslein:

Use low level laser like cold lasers or...

Dr. Christine Schaffner:

I don't use those much in the office, I have a chiropractor who works with me, who has the Erchonia laser, so she uses that a lot. But I use the Weber lasers, they're from Germany and we can use these different wavelengths of laser light, either IV, topically, or [crosstalk 00:27:20].

Michael Roesslein:

I saw that once, it goes in the veins, like inside.

Dr. Christine Schaffner:

Yeah.

Michael Roesslein:

Mira got the is it hematology? The ozone where they take the blood out and it goes around in the thing and then comes back.

Dr. Christine Schaffner:

That's Major Autohemotherapy.

Michael Roesslein:

The place where we did that, they had the German-

Dr. Christine Schaffner:

Weber.

Michael Roesslein:

... light and I'm like, "What is this?" And he goes, "It shoots the lights into your veins." And I'm like, "What?" And the light it has effects inside the arteries or veins, what does that do?

Dr. Christine Schaffner:

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So this is fascinating to me. So when we think about the biofield but then we also we are beings of light, so a lot of our communication on a cellular level is through biophoton communication. So biophotons are packets of light information. Dr. Popp, who did a lot of this research, you can research him. Dr. Lynn McTaggart wrote a book called The Field that digests a lot of this information for you-

Michael Roesslein:

I read that book

Dr. Christine Schaffner:

... into the science.

Michael Roesslein:

There was some stuff in that book that I had to read twice to understand, and then I was like, "How is this a thing? And why isn't everyone talking about this?"

Dr. Christine Schaffner:

Totally. Totally.

Michael Roesslein:

What, wait, everyone needs to stop what they're doing and read this because we're missing the boat, we're missing the [crosstalk 00:28:40].

Dr. Christine Schaffner:

So we have, okay, light information that surrounds us, and our DNA actually part of how our epigenome and DNA communicates in the body is through biophoton emissions, so our DNA-

Michael Roesslein:

Photons are light molecules essentially or particles of light.

Dr. Christine Schaffner:

Packets of light. The smallest packet of light. Exactly. Biophotons travel outside of the nucleus of the cell through micro tubulin, that's the cytoskeleton, those micro tubulin basically carry that light information. And then that goes out of the cell membrane gets communicated through the connective tissue, the collagen.

Michael Roesslein:

Fascia.

Dr. Christine Schaffner:

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Yeah. Fascia. So light information is going that way and then also light information's going the other way, it's also directing the cell. So when Dr. Popp he found that sick cells, this is very simplistic, have incoherent light emissions, so the light is all messed up, it's disorganized, it's not able to communicate and healthy cells have coherent light emanations. So basically you can measure a cancer cell and a healthy cell. An interesting thing too, is that sick cells also leaked light, so didn't hold onto their light, so it's like the Goldilocks having enough light. So again, to stabilize somebody who's in this incoherent state, light information can be very helpful to add. In the Weber, what we're doing here, there's photo biomodulation and then there's photodynamic therapy. So photo biomodulation is just putting light and applying it to the body, we see that like red light-

Michael Roesslein:

In red light, your infrared. Yeah.

Dr. Christine Schaffner:

Works great. Awesome. The photodynamic therapy is taken in another level. So you can do this in a couple ways, but photodynamic therapy is again something that is just mind boggling, but every substance has what we call a spectrum absorption, like a peak spectrum absorption. So there are different substances that actually absorb different wavelengths of light. And we will either give people through IV or through oral absorption something as simple as riboflavin, which has a peak absorption for blue light and UV light. So interestingly infected cells inflamed cells, cancer cells naturally take up these photosensitizing natural chemicals, and then it's almost like they're primed to receive light. So then the combination of the substance and the light application induce all these different therapeutic effects. So I see a lot of chronic infections, so we're stimulating a lot of oxidative pathways to help with immune system.

I don't see cancer, but I have a doctor who works with me Dr. Eric Shane, he sees a lot of cancer patients. There are crazy stories of using photosensitizers with photodynamic therapy that stimulate apoptosis and basically dissolved tumors, and so it's a beautiful system. When you've experienced this you basically have a laser catheter in your vein, and we change out the fiber optic communication with the color of light. So every color is a different wavelength. So we'll [crosstalk 00:31:57] red, blue, green, yellow, UV, infrared, and so as the light hits the blood that's passing by, those cells absorb that light and every wavelength has a different effect like red light, mitochondria, support blue light is anti-bacterial, antiviral and yellow actually helps with serotonin production vitamin D.

Michael Roesslein:

Can you see it through the skin?

Dr. Christine Schaffner:

Yeah. Yeah. It's awesome.

Michael Roesslein:

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What?

Dr. Christine Schaffner:

Yeah. Infrared and UV help to increase exclusions of water in the body. So exclusions on water helps to us to have a healthy electrical charge and help to have flow systems in the body, so this is the future. I totally, again, I'm not evicting-

Michael Roesslein:

That's nuts.

Dr. Christine Schaffner:

... naturopathic medicine or functional medicine, but I think the more that we have this integrative understanding.

Michael Roesslein:

Well, addressing more layers, the thing behind you, the art actually demonstrates it.

Dr. Christine Schaffner:

I know. Doesn't it, right.

Michael Roesslein:

It addresses more layers, there's the internal physical body and people who are scoffing at this light communication, there are processes that happen in the body at speeds that there's absolutely no way it can be biochemical.

Dr. Christine Schaffner:

Totally.

Michael Roesslein:

Like it can't be that this thing releases something that goes into your bloodstream and then the blood takes it to somewhere else, because the thing happens faster than the blood goes around the body. There's no argument here from the medical world that things happen faster than biochemistry can do them, the speed of light. There's things that happen nearly instantaneously in the body and different areas of the body trigger... That was in the book *The Field* too, she talked about things that happen in the body, this triggers this instantly and there's no way it could do that. There's no chemical that could be released that would get there, that would hit a receptor that would then do a thing, no, no, no, no, that's slow, that's slow.

Dr. Christine Schaffner:

It's like fields are attracting. Totally. That's honestly part of a big why for me, why I'm even interested in these modalities is because you get it, you've been through it, functional medicine

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takes time. And Dr. Dispenza says matter to matter takes time and when you change the field, you change matter and things actually they accelerate. So there's a part of me that really embraces these modalities because they can happen faster, they can happen [crosstalk 00:34:29].

Michael Roesslein:

Turn corners quickly and make people more receptive to the functional medicine approach and the-

Dr. Christine Schaffner:

Totally.

Michael Roesslein:

... everything else. Because if you can switch some of these danger signals and switch some of this biofield stuff, because most of the people that get to you they've tried the diets, they've tried the supplements, they've tried the lifestyle things or whatever, it could help things that didn't work the first time.

Dr. Christine Schaffner:

Yes.

Michael Roesslein:

Be able to work.

Dr. Christine Schaffner:

The body can receive, the cells can actually receive and actually use the building blocks. It's almost like the incoherent information and the software program gets rewritten, so things can work better. So no this is an area I'm super passionate about and I think in a weird way too, Michael, with so much technology that people actually have more... It's not such a leap of faith to understand, okay, we can communicate with invisible fields of information and energy. We have wifi and of course there's a biological impact to all of that-

Michael Roesslein:

The concept is more believable now, especially to the younger generations who don't know anything different than this technology world that we live in.

Dr. Christine Schaffner:

We generate our own wifi signal, just think about it in that way.

Michael Roesslein:

Yeah. Everybody understands that. I saw a pay phone the other day here in Italy.

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Dr. Christine Schaffner:

Oh wow.

Michael Roesslein:

Like a payphone with a cord on it where you put coins in and it's functional. It's legit. You can use it, you can put Euros in there and make phone calls. It's like, "Wow." And I was with somebody and they're like, "Why are you staring at that?" And I said, "Because I haven't seen one of those in a long time." So I know we got to things up. I think we should talk more in the future about other cool gizmos and gadgets and technologies, because we didn't talk about sound at all.

Dr. Christine Schaffner:

Sound is trippy. I love [crosstalk 00:36:32].

Michael Roesslein:

I know I have virtual classes and this will air well afterwards, but tomorrow from this recording I'm moderating a sound therapy session in one of our classes. And I'm super excited about it because if anybody's never done a sound healing thing, it's like meditative time travel.

Dr. Christine Schaffner:

It's field energy. Sound is such an accelerator to change the field, and we talked about biophotons but there's discussion on biophonons that basically our cells emit sound. And we actually through sound we're communicating within our cells and there's that UCLA guy who actually listened to healthy cells versus cancer cells. The healthy cells are coherent, beautiful sound, the cancer cells are screeching, so we are totally-

Michael Roesslein:

That would mean that you can use sound to manipulate the cell=

Dr. Christine Schaffner:

Totally.

Michael Roesslein:

... as well.

Dr. Christine Schaffner:

Totally.

Michael Roesslein:

And sound healing again is another thing that's been for... like Sanskrit mantras are some of the first, as far as sound goes. But if you know somebody who is really well versed and trained on

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Sanskrit mantras, they will tell you that these mantras have this physiological effect on the body. And I used to hear stuff like that and I was like, "This is nonsense." And then I attended a mantra, with someone who really knows what they were doing and it completely shifted my state, completely in about five minutes of this chanting, and I was like, "So that's why they do this." People just don't randomly do things for thousands of years, let's get that idea out of our head.

Dr. Christine Schaffner:

Totally. Have you interviewed Kulreet Chaudhary yet, she wrote book called-

Michael Roesslein:

No.

Dr. Christine Schaffner:

... Sound Medicine. She's a neurologist and she also is Indian, and so she has access to this ancient Vedic and information that she's studying. And there are texts of mapping the human body with resonant frequencies, every part of the body they mapped that has a resonant sound. And so she also her husband just does sound healing that through his own voice and has all these healings for people by, basically layering on how I just said light, sound and people shifting completely, so there's truth to it. And I think why not, as you said you can really feel a difference pretty quickly when we implement these tools, and that's what it's all about Michael. And I guess, one other thought coming to my brain, if people want to try to deepen their understanding, have you seen the cymatics before, the cymatics visuals where they add a frequency [crosstalk 00:39:26].

Michael Roesslein:

They're like sound, the plate with the sand and the colors-

Dr. Christine Schaffner:

Exactly.

Michael Roesslein:

... it's unbelievable

Dr. Christine Schaffner:

A sound with the different frequencies and they show you-

Michael Roesslein:

Forms these fractal patterns.

Dr. Christine Schaffner:

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... different patterns of coherent information, and so that I think is really what's informing the cell.

Michael Roesslein:

And it gives a visual to what's happening all the time with the sound.

Dr. Christine Schaffner:

Totally.

Michael Roesslein:

And so for the Western brain they get to see that and be like, "Oh, okay. That's a thing." First I thought it was a trick because it's too perfect.

Dr. Christine Schaffner:

Right. Right.

Michael Roesslein:

And it's like a magic trick and, no, they put the sand on a plate and they play a certain frequency of sound and it self organizes into a beautiful, unbelievable pattern that would take a person forever to make.

Dr. Christine Schaffner:

Yeah. Totally.

Michael Roesslein:

There's those monks that make the sand things, it's like that only it happens in about three seconds.

Dr. Christine Schaffner:

Yeah. So next time you're listening to beautiful music or doing mantras, just imagine that happening to your cells.

Michael Roesslein:

Because that's permeating everything in your body. You can hear sound through the wall for better or worse, people who live in apartments. I just moved to Italy, people are up late in Italy. There's a child next door that goes to sleep around 1:00 AM, like a eight or nine year old kid. People here don't go to sleep early. You can hear sound through the wall. Everybody will agree to that. You can hear sound through the wall. Meaning the sound travels through the wall.

Dr. Christine Schaffner:

Yeah.

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Michael Roesslein:

Your body is more permeable than a wall.

Dr. Christine Schaffner:

Yes. We use ultrasound. Ultrasound, sound waves go into the body.

Michael Roesslein:

Yeah. We use it. Yeah. Yeah. So cool. Let's do this again. Let's talk about more things like this because it's fun. You officially just won the award for like the most woo podcast episode, which is really exciting.

Dr. Christine Schaffner:

You were ready for it Michael, look at your [crosstalk 00:41:13].

Michael Roesslein:

I was. This is my jam now. And if four years ago me would hear me talking now it would be like, "What happened to that guy?" But it comes with experiencing it though. It's not weird anymore once you've seen it happen and seen it work and then it's... And you understand the science a little bit of it and you've had personal experiences, it's just, it's another thing that's true, it's not this weird thing. So trust us this is not as strange as it may seem to you and it's been done forever, like acupuncture, Qigong, there's been energy modalities for hundreds, thousands of years, way before there was pharmaceuticals.

Dr. Christine Schaffner:

Yes.

Michael Roesslein:

So this is the alternative medicine, the pharmaceuticals is the alternative medicine.

Dr. Christine Schaffner:

Yes.

Michael Roesslein:

Cool. Well thank you so much. I don't know, where do you want to send people? Where do you want them to go and learn about you and your practice and what you're doing? We'll have everything below so they'll be able to find it easy, but we should say it also.

Dr. Christine Schaffner:

Thank you. I appreciate that. I have a website drchristineschaffner.com and that's a good way to connect with me and then my clinic in Seattle. But we do a lot of telemedicine these days as well it's called imminencehealth.com and so I'd love to connect with anyone who's out there.

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Michael Roesslein:

Awesome. Well, thank you so much. It's always super fun. Next time we'll book an extra half hour-

Dr. Christine Schaffner:

I know.

Michael Roesslein:

... just so we can talk about random things.

Dr. Christine Schaffner:

Love that.

Michael Roesslein:

It's always great to see you. I appreciate your time and sharing all this super cool stuff and we'll do another one of these.

Dr. Christine Schaffner:

Sounds great. Good to see you Michael.

Michael Roesslein:

All right. You too. Bye.