

Dr. Charles Schwengel: This is my lovely wife Melonie. I'm Dr. Charlie Schwengel, for the practice of Integrative Medicine here in Scottsdale, which is natural care for cancer and other chronic diseases, combined with a little bit of regular medicine, where it really can be useful.

Q: Mm-hum. So are you also a medical doctor, or are you a naturopathic doctor?

Dr. Charles Schwengel: I'm an osteopathic physician. That's all of medicine. I'm an osteopathic medical doctor. I'm also a homeopathic physician. A special license available to M.D.s and D.O.s in Arizona that allows us to do the holistic therapies that doctors in many other states seem to have trouble with or they encounter trouble when they try to do those kind of things for their patients.

Q: Mm-hum. What kinds of patients do you see here in your practice? What kinds of symptoms or disease or issues are they coming to you with?

Dr. Charles Schwengel: For a long time, for great many years, we've had great success with chronic illness, just about everything. Chronic heart disease, chronic pain, chronic fibromyalgia, I'm trying to say.

Q: Mm-hum. Okay.

Dr. Charles Schwengel: That we're finally realized that we can take those resources and that experience and put together programs and protocols for cancer patients. As we look around, we notice that the medical profession tends to push around its patients. And I think that as a group, the cancer patients are the most taken advantage of. They get abused and doctors put time limits on your life and it's, "Here. Take this." Horrible medications. "Don't ask me any questions." So we feel a certain compassion for them. We have dedicated our

practice and our resources now to treating the cancer patients in a much more natural way.

Q: So that's kind of your niche right now it sounds like.

Dr. Charles Schwengel: Right.

Q: A lot of cancer patients. And does it kind of cover the gamut as far as the different types of cancers as well, or do you see more specific niche even within that?

Dr. Charles Schwengel: No. We'll see just about anybody that has a cancer kind of a problem, because we understand so well how to identify it and how to come up with protocols that fit each person's needs.

Q: Mm-hum. And how would you describe your success in treating these patients?

Dr. Charles Schwengel: Everybody likes to say something about success rate, but it's really not a meaningful term when it comes to treating cancer, because success belongs to each patient, not to each doctor. Our ability to identify what, why, what's going on, and to clarify that and to come up with some kind of a meaningful program, that's really good. Very high success there. The issue has to do with each patient's ability to let themselves heal. The people that have the faith and that adopt the kind of program and take responsibility for themselves and their own healing, they do very well. But those that tend to get lost and absorbed in the fear or the uncertainty of the unknown that goes with it, they can't do so well. The reason for that is so simple, but it's hardly ever spoken in words. And that is healing cannot be forced or imposed on anybody. It always has to come from within. So that which we do helps provide the framework and the support, the nutrition, the cleansing, detoxification, the therapies that stimulate and activate the healing process. We can't control it. We can always invite, support, facilitate, encourage. We cannot control healing.

Q: You talk about this measure of success. It seems like in conventional medicine they will often measure success-- for example, I just read there's a new colon cancer drug, and the findings in the test were that patients who took the drug as opposed to the placebo outlived those other patients 1.4 months longer.

Dr. Charles Schwengel: <laughs> Yeah.

Q: And I thought to myself, "That's their measurement of success?" Everything is so finite and they totally lose track of this overall feeling of quality of life. And success to one patient is different to another patient. And I think maybe is that what you're referring to?

Dr. Charles Schwengel: That's true too. When you talk about success, there are a great many ways to define that term of success. Success means to the patient, "What are my chances of being cured?" Success to the doctors in research might be increasing your survivability by a fraction of a small percent. It is still considered successful.

Q: Yeah. Have you experienced situations where patients were frustrated with their current course of treatment and kind of found that while they may have addressed a very specific numerical problem with their disease or their cancer, but that they now had a host of other problems and that trade-off, in other words, was not their idea of success? Do patients talk to you about that?

Dr. Charles Schwengel: We basically have two kinds of cancer patients. Those people that have been through the standard medical care and those that know they don't want anything to do with the standard medical care. So the answer to the question is, "Yes, of course." And the story and the numbers and how each person comes to that is their own. But absolutely so.

Q: Yeah.

Dr. Charles Schwengel: It's much easier, of course, to treat and have good outcomes from people that have not been through the standards of chemotherapy and the radiation therapy, because those side effects are so hard on the body and they're usually very long-lasting. Many months and years. So we have to find ways to help deal with detoxifying and healing the damage that's been done.

Q: So you get patients who are coming post-chemotherapy.

Dr. Charles Schwengel: Oh, yeah.

Q: And you're able to help unravel some of the damage.

Dr. Charles Schwengel: Absolutely so.

Q: Are there specific things that they complain about, like physiologically? What are those things that you're trying to rewind and sort of overcome and heal? What do they talk about?

Dr. Charles Schwengel: Again, there's a couple of different ways of looking at that. One is the obvious physical things. How do I feel? What's happened with what you would call tumor markers? And how's your immune system doing? And you could measure those things in terms of blood tests, of blood counts and such, both you might call physical or more tangible things. Those are the easier things to deal around. The other factor is what happens in their mind? People that have had chemotherapy, which are dangerous, powerful, toxic medications, it has an effect on their minds. They can't think so well, they can't carry on conversations or remember things or learn new tasks, and it's debilitating to a lot of people. And when your income depends on your ability to think, or even a household, housewife/mother, her ability to handle the children in the household is severely affected from the side effects of chemotherapy.

Q: Don't they call it chemo brain?

Dr. Charles Schwengel: Exactly so.

Q: Isn't there a term?

Dr. Charles Schwengel: We know how to reverse chemo brain. And I've looked at other major supplier therapy. I've tried to see the American Cancer Society or the big cancer clinics, don't know what to do about chemo brain. They play down its affects and side effects and I think the truth is much larger in terms of harm than what they are good to. But it's a reversible process through natural, safe and gentle therapies.

Q: Can you talk a little bit about some of the tools then that you rely on to either address somebody who's choosing to do a completely holistic route or somebody who is now coming to you post-chemotherapy? What are the tools that you implement?

Dr. Charles Schwengel: It's probably a little more convenient to think about types of therapy. The first thing you have to think of is detoxification. Then you think about replenishment or rebalancing. So in detoxification, some of the tools we begin with are homeopathic medicines. Because homeopathy has a way of reaching inside of cells that you can't do with nutritional or with other drugs. You can release toxins with homeopathic medications. Well, when you do that, toxins have to have a place to go. So we open up the pathways of drainage, which is through the connective tissue, through the kidneys, and the digestion system. The digestion system is where, of course, the colon hydrotherapists come into play. So I think what they do is a very powerful way of cleansing, but still, the hydrotherapy by itself doesn't reach inside the body's tissues and cells. But we can do that with homeopathic medicines and release those toxins. They need to be flushed out right away. Another tool is the nutritional programs. We use natural, raw, whole food supplements in their balanced form, and balance is so much more important in terms of nutritional supplements than quantity. If you take a large amount of something synthetic, it doesn't do nearly as much good as a small amount of something that has nature's balance in it. Then, of course,

we do the intravenous treatments. There is a wide range of intravenous therapies that could be so valuable. Things like vitamin C and peroxide and hydrochloric acid and ultraviolet blood treatments. We make maximum use of those kinds of things. And then...and I'd like to invite Melonie to say something about this...the lymphatic drainage, the energy work, the things that she is a specialist at, are a critical part of this overall balance for each person.

Q: Yeah. It sounds like, again, I have heard this a lot, that colonic therapy is obviously very valuable, but it's even more so when it's combined with these other types of therapies. It just maximizes the potential for the elimination of toxicity and toxic burden basically that the body faces.

Dr. Charles Schwengel: Again, think in terms of balance. Any one treatment therapy by itself is insufficient and maybe even harmful. Have to have a balance of things for really effectiveness to be there.

Q: Yeah. Fantastic. Well, Melonie, how then, as a lymphatic drainage expert, and also, do you do colon hydrotherapy then as well?

Melanie: For myself. And some patients, yes.

Q: Mm-hum. But you have maybe somebody then on site who provides colon hydrotherapy, or do you refer out of the practice?

Melanie: We refer people to the Phoenix Natural Medicine and Detox Center to Gayle Palm.

Q: Mm-hum.

Melanie: She's wonderful. She's done my treatments.

Q: Yeah. And your patients, do they come back to you with testimonials about how colon hydrotherapy has facilitated the healing process for them?

Melanie: Yes. They feel much lighter. They feel better. Gayle is very gentle and I really like the gentleness. And yes, definitely. Sometimes bowels don't move and then they start doing that and they just feel so much better.

Q: Great.

Q: Is there anything that you're thinking would be valuable to talk about before we let you...

Dr. Charles Schwengel: Sure. IPT.

Q: What's that?

Dr. Charles Schwengel: IPT.

Melanie: Insulin potentiation. He does that. Tom Lodi taught him. <laughs>

Q: Oh, great. Talk a little bit about that.

Melanie: Insulin potentiation therapy.

Q: Yeah. Can you talk about and kind of define for us what IPT refers to and where you were trained in that particular therapy?

Dr. Charles Schwengel: Sure. IPT is an abbreviation for the term insulin potentiation therapy. So when we see patients, and not everybody, but some people, really are candidates to have some chemotherapy treatments. Because although they're toxic and dangerous drugs, chemotherapy can have its place. That's what integrated medicine is about. We integrate

a little bit of regular medicine in addition to the natural treatments. However, when you're doing chemotherapy, the insulin potentiation approach is much more effective, I think and much more efficient than the standard approach. Standard approach means we give you as much as your body can possibly tolerate at periodic intervals. And of course, there are severe side effects to go along with that. Well, insulin potential therapy, we'll call it IPT for convenience, is a way of using very small doses of the same drugs, the same chemotherapy medications. But the small dose now becomes targeted directly toward the active tumor cells and you don't have so much in your body that you get the side effects. You don't lose your hair. With standard chemo, your immune system goes haywire, you have nausea all the time. Those kinds of things don't happen during IPT. We use insulin to lower the blood sugar. And the reason that's important is that active tumor cells use tremendous amounts of blood sugar, so they have a lot of insulin receptors on the surface of the little cells. While we lower the blood sugar and take their food away, just like me, they get very vulnerable and desperate.

Q: Yeah, okay!

Dr. Charles Schwengel: And in those few moments of what's called low blood sugar hypoglycemia, we get small doses of the chemotherapy medications, and they're absorbed very easily right into the tumor cells, because their metabolism is higher. Healthy cells can handle that low blood sugar without any strain or stress. Derma cells don't do that. They become very vulnerable and start to break down. So we can use the chemotherapy in an IPT format to safely administer small doses. The reason for that is not to cure it. It's to help control the tumor growth and the spread while you're healing from inside with other kinds of therapies.

Q: So again, IPT used part and parcel with other therapies like chemo, like colon hydrotherapy, rather, and other therapies to maximize the healing potential.

Dr. Charles Schwengel: Exactly so.

Q: And is this IPT therapy becoming more prevalent? Do you see this with your peers? Are you reading it? Do you see a trend? Are there other doctors doing this?

Dr. Charles Schwengel: Well, when I was trained in this in 2005, there were probably 150 doctors in the world that knew about it and were using IPT.

Q: And who were you trained by?

Dr. Charles Schwengel: That's Tom Lodi. Dr. Lodi was...in fact, a short story about that. I was on the licensing board, a member of the board, and I got to vote if he should have a license in Arizona or not. So we licensed him, and were very happy. And he called me one day and we had some extra space and he wanted to get his practice going. So we spent about eight months together side by side. So I had a very intensive learning kind of experience about how to do this. And I'm board certified and I have the documentation to show that, about administering the IPT from Dr. Lodi. I have a lot of respect there.

Q: And then since that time have you seen it kind of burgeon and become more prevalent?

Dr. Charles Schwengel: Well, that was 2005. Today, seven years later, there are probably 300 doctors in the world that know how to do this.

Q: Wow. So it's only really....

Dr. Charles Schwengel: That's a very tiny...

Q: Yeah, a small amount.

Dr. Charles Schwengel: Although the doctors have grown, it's still a very small percentage. Not very many doctors and very

few of the population know about this. However, I think the public is becoming more aware faster than the medical profession is, because people know to look for this kind of thing and are starting to ask for it.

Q: Where are they finding that information? How are they coming across it?

Dr. Charles Schwengel: Always look for this online and begin to find that.

Q: So they're just searching alternative cancer treatments and the latest in cancer, you know, an approach to healing from cancer? Are there any doctors aside from Dr. Thomas Lodi who stand out as being the voice for IPT? And some of those kinds of therapies?

Dr. Charles Schwengel: Well, yeah, there is.

Q: And yourself? <laughs>

Dr. Charles Schwengel: There is an association of IPT. And how'd we hear, it's called...

Melanie: IPTforcancer.com is the website now.

Q: Mm-hum.

Dr. Charles Schwengel: Is the website for that. Any doctor in there would be recognized as a specialist in this area and being a voice for such things, so yes, there is.

Q: And how does that make you feel as far as this trend that you're seeing?

Dr. Charles Schwengel: The IPT is another tool to use, and I think it's a powerful tool because you get the therapeutic effect without the side effects. Not only that, we have learned how to use the principle of IPT using other than chemotherapy drugs. We could do it with natural therapies. Things that involve the ultraviolet treatments or ozone and peroxide and like that, that are very natural products. These things are made by nature and have been around since the beginning of time. But we know how to use the IPT to take maximum effect of those as well.

Q: Mm-hum. What is your opinion on just the traditional chemotherapy approach and the fact that it's sort of like a one... what's the word I'm looking for? Like a one-horse deal. I mean, that it's kind of like there's one approach, when in fact there are all of these different kinds of tools and it seems that if you're a patient overcoming cancer, you're going to be looking for as many things as possible. You know what I mean? All your warriors to kind of arm yourself. What's your opinion on that one way or the other?

Dr. Charles Schwengel: I'm glad you said it that way. You used the word "warriors," which implies fight. And of course, everywhere we look, every day you hear, or that we're taught to think of this term. "You have to fight cancer." There is nothing healing about fight. Healing is always a very natural and gentle process that comes from the inside out. You cannot fight cancer or illness and heal from it.

Q: Mm-hum.

Dr. Charles Schwengel: And you can't overcome it. You have to be in a healing state of mind, which is a very calm, very gentle, which means you need natural foods, cleansing, detoxification. There is a place for chemotherapy, but it's certainly not "you're diagnosed today and you start chemotherapy tomorrow." That's usually a big mistake, because an already sick and out of balance body and out of balance mind is now being subjected to some super-powerful, toxic drugs. Well, your brain knows that. Your brain knows

what's happening in the body. And it goes into a fight-back kind of mode. And you cannot heal in that kind of thinking process.

Q: It's fascinating, isn't it? Cool. So we talked about all of the IPT therapy. I'm trying to think. I'm feeling we covered quite a bit, and especially because you brought it around to the colon hydrotherapy as being an adjunct.

Dr. Charles Schwengel: Let me tell you what needs to come next.

Q: All right. Tell me what you think needs to come next.

Dr. Charles Schwengel: Because we live in natural bodies, you have to realize that the transformation of tissues that become tumors that get diagnosed as cancer is a natural process. Well, nature doesn't do things without a reason. This is not random. The cause of cancer is not toxins or too much of the wrong thing or not enough of the right thing. There's a much deeper and a completely natural reason. And it has to do with stress in life. We all deal with stress. We're naturally programmed to react to certain kinds of stresses. When your blood sugar goes too low, certain responses happen inside. Physiologic, natural things, which cause you to be hungry, or thirsty, or to react to some kind of an emergency situation. We naturally do that. But when stress becomes distress and you can't solve it, there's not a resolution in sight, and this is a severe kind of a thing, that's when the body's tissues begin to transform into tumors that become diagnosed as cancer. It's not an error or a mistake or even what's called sometimes a betrayal of nature. It is a completely natural process. As a result of that, we think in terms of the energetics of how it is the mind that controls the brain, which then, controls the body. So it is a short step to realize the energy is out of balance. So now we have to think about restoring the natural energetic balance and flow.

Q: Mm-hum. And that seems to be kind of...

Dr. Charles Schwengel: That's where Melonie comes in.

Q: Yeah.

Melanie: Yeah.

Q: Kind of where conventional medicine sort of is lost at that point. That's kind of...

Dr. Charles Schwengel: They have no clue.

Q: ...Where they have a large gap and where their tools kind of fall short, it sounds like.

Dr. Charles Schwengel: The description I use to describe that gap is that traditional medicine acts as if they can separate mind from body. We can't do that. You have to realize that body is an extension of mind, and you can't treat one without treating the other.

Q: And actually, it's a proven law of physics, that it's all kind of connected and there is no such thing as separation. Of course we're an energetic field, and of course there's a mind-body-soul connection. And it seems to me that it's the holistic world of medicine and healing that kind of has that notion clear in their minds, more so than conventional medicine.

Dr. Charles Schwengel: I think it's true that doctors and clinics who practice really, truly integrative medicine understand that. That continuum that we're not separate, and do everything we can to honor and respect that during the healing process.

Q: Do you think that because of that there's an inherent difficulty in proving and sort of documenting and putting together randomized peer review studies that will measure something specific that they can then point to? Is that kind of why conventional medicine can get away with saying, "Well, it's

not a provable hands-on body work”? There’s nothing that’s ever proven that that’s effective?

Dr. Charles Schwengel: Well, let’s take what you just said in terms of research and simplify it a little bit. And I like to use the phrase conformance versus perception. The doctors that do the research and take it apart and spend all the time or they get the grants or they publish their papers and they give their speeches and they do the publications with the double-blind control studies, all of which meets a standard of care, and now they’ve got reputations of the peer-review journals of the great successes. They’re the leaders. They’re the big voices. But they conform. They conform to what’s expected. And the people that follow behind them or that use that information in the practice, are expected to conform also. But you’ve lost perception. What you don’t perceive in a situation like that is how it is that nature intends for the body to respond. How it is that mind and body both work together. In the effort of trying to take those apart and analyze them, you lose the uniformity, the unity, of the wholeness. So now let’s go against the tide of conformity and alter our perception a little bit and realize that we live in natural bodies, which have natural responses for natural reasons that take natural sources and resources for healing and repair. So we abandon conformity altogether, but we alter our perception, in a way, to look at life and self, health and healing, and the way nature meant for it to be. When you take the same set of facts or the same information and turn it around and look at it differently, you’re understanding changes completely.

Q: How are we going to get the conventional medicine field to adopt that way of thinking?

Dr. Charles Schwengel: There’s only one way. And that’s for the public to demand it.