

## INTRO

**Alexander Bear:** Hey Superheroes! This is Alexander Bear and I'd like to welcome you to the Modern-Day Superhero Show!

**Recorded Voices:**

**Dr. Robert Linde:** "What is your mission, what is your purpose here? Why do I get out of bed every day?"

**Dr. Michael Bauerschmidt:** "What I really wanted to do was to change the face of medicine, one patient at a time."

**Manasa Kanithi:** "That moment that I connected that dot that that peace would come from sharing my own truth, my own journey, that's when the shift really happened for me."

**Announcer:** The Modern-Day Superhero Show!

## EPISODE NOTES

**Alexander Bear:** Hey everyone! I'm sitting here with Dr. Michael Bauerchmidt at his beautiful home in Mount Pleasant, South Carolina. It's gonna take a podcast episode just to introduce him. He studied medicine at the Ohio State University. He has certifications by both the American Board of Family Practice as well as the American Board of Emergency Medicine. He practiced Emergency Medicine for 23 Years and has been practicing as a functional /integrative medicine doctor for 7 years. He is president of the American College for Advancement in Medicine and Chief Medical Officer of Low Country Male in Mount Pleasant. His main passion is environmental medicine, and he's even certified in chelation therapy. I could go on for about 6 more on his certifications and experience; but to spare you of all that, I'll just say he loves to fish and dive! So, thank you Dr. Bauerchmidt, I'm sorry, Mike...

**Dr. Michael Bauerschmidt:** HAHA! Finally, after all these years Alex, you called me Mike!

**Alexander Bear:** HAHA! Yeah, as someone whose been practicing medicine for over 30 years, it's hard not to call you doctor, and bow down to your feet when I come in the house. Anywho, thank you for inviting me here and being on the show.

**Dr. Michael Bauerschmidt:** My pleasure.

**Alexander Bear:** So, just for those out there who don't know you extensively, can you tell everyone how you started to practice medicine, how it all began, a bit of that story, and how you began to practice functional medicine?

**Dr. Michael Bauerschmidt:** Well, gosh, it started out when I was a child. Haha, I won't go back that far. Actually, I grew up in a Catholic family in Toledo, OH, and I always thought I was going to grow up to be a priest. I even went to the seminary for a year before I figured out that that celibacy thing was not for me! So, I went back to college at the University of Toledo, and I got to be a junior and my advisor called me up and said, "mike, you've got to pick a major." So I said, "I have to decide what I want to do with the rest of my life?" "Yeah, pretty much!" It was one of the few rational decision I made in my life. I sat down and thought about what I really wanted. I wanted security for my family. I didn't want to have to worry about pleasing someone else in terms of a boss. I wanted to be my own boss. And I wanted to be with people. So I ran down the list... businessman, no, you kinda have to screw the other guy to get ahead, so that's not really for me. Dentist... how do you carry on a conversation when you have your hands in someone's mouth? Social worker, didn't pay anything. Teachers were a dime a dozen in the 1970's. So, I said, what about a doctor? So, I took the MCATs and scored really well, and decided to apply to medical school. And I applied to all the schools in Ohio. And I got an invitation and interview at Ohio State. And I remember really clearly... they only had interviews twice per week. You are in an interview with two dozen people, and they split you in half to do interviews and to take tours. And I was in the 12 to take a tour first. So the dean comes out and sits down and says introduce yourself, your name where you are from, you're your major. It goes around: John Brown, biology, chemistry. You know microbiology genetics. It gets around to me and I go "liberal studies". And everybody's kind of like, "You know there's one we don't have to worry about." So, an associate dean leaned forward and looked me square in the eyes. "He said, "Mr. Bauerschmidt, let me personally welcome you to the Ohio State University! In my mind the Liberal Studies been too long neglected in the pre-medical education." I had acceptance two weeks later. The guys that were with me are still picking their teeth up off the floor I think. It's just it was just you know they busted their asses in the sciences and here I was a liberal studies major now going to medical school. So that's how I got here but that's not really how I got to be a functional medicine doctor. I know you. This is about passion and mission and

your life and you know I was then in practice. Now I was working in the emergency department in Fayetteville, North Carolina. And it was all quiet, which was rare, and one of the nurses tried to strike up a conversation says, "Hey doctor B, what do you want out of life?" And I went, "that's an interesting question. Let me think about it for a second." I said, "OK I got it." I want to be internationally recognized, universally loved, and independently wealthy. And then I got a divorce. I realized I was never going to be universally loved anymore. But I did continue my career in emergency medicine and felt very happy as working half the month and making a lot of money and being able to take time to bike ride and travel and dive and fish. It was a good life and then I had a life changing experience on the way home from work one morning. I was leaving the night shift from Bethesda Hospital up in Boynton Beach, Florida and I had a rear end collision and I-95. I was rear ended by a plumbing truck because somebody was driving. Well I won't say how they're driving this could be a family podcast. Let's just say they stopped at the bottom of the on ramp. I hit my brakes the truck behind me did and I ended up blowing out three discs in my neck and two in my back. So I was a card carrying member of the Church of the medical orthodoxy. So I went to the neurologist who sent me to the neurosurgeon who sent me to the physiatrist who sent me to the pain management guy and I had my long and short acting narcotics and my muscle relaxants and my anti-inflammatories and eventually my sleeping pills and antidepressants and stuff called Provigil which was kind of amphetamines that was legal because I was on all those other downer stuff. I was getting nowhere. And he said well let's do a really low low invasive low risk surgery to take the fix the disk in your back. And I went, "Great!" because we all know that that surgery always succeeds when medicine fails. And they did it and I felt great for about a week and I was kind of half bent over the still fixing something and I sneezed and the pain started again. I went, oh god! And it got worse and worse and worse I mean it got to the point that I could not get out of a chair without somebody helping me up. And they said well let's put you the hospital to give you some I.V. morphine an Adavan which was really a bad experience. But they figured out that what happened is that surgery had given me an infection in my disc in my bone. So then it was six weeks of very high potency antibiotic fed to me through a vein underneath my collarbone called the subclavian line. And when I was done I was worse off than when I started. And just so happens I ran into a guy I used to work with in the in the E.R. Mark Rosenberg. And he had started an anti-aging practice in Delray Beach just up the road from Fort Lauderdale. He said, "Mike let me give you some

I.V. vitamin C.” And I looked at him and I said, “Mark, I thought you were a doctor.” And he looks back at me just just without missing a beat he says, “I am. What have you got to lose?” And so I started infusions with vitamin C. and after the third infusion I walked out of the garage, opened my car door, and I went, “Oh my god that doesn’t hurt.” And it was the first time in over two years I remembered what it was like not to be in constant pain. Now when I got to learn more about this stuff. And that launched my study of functional medicine and getting the body what it needs. So far we good? Should I continue?

**Alexander Bear:** Haha! Yeah, sure, go ahead.

**Dr. Michael Bauerschmidt:** It takes me twenty minutes to say hello. OK so I went home and I Googled I.V. Vitamin C. I found this place called the Riordan clinic in Wichita, Kansas and they’ve been doing vitamin therapy for thirty years or so. So I went out there to learn what they had to say and. I went. Geez I could do this and I asked them, “What else do I need to know.” So what you need to learn is chelation therapy and they told me to go learn at ACA<. So I went home I signed up for ACAM and started going all of their conferences. They had two conferences a year at the time. Now we’re down to one lot of competition out there. But never missed a conference for the next still haven’t for the next eight years and learned a lot about functional medicine. Once ‘d figured out how to balance hormones and really how to help people guide people with nutrition. I said, “OK I’m going to bite the bullet.” And I mortgaged my boat and I hung up my shingle in Fort Lauderdale, Florida and said, “Come see me.” And it’s just been that boat ever since.

**Alexander Bear:** I hadn’t mentioned this for that’s where I met you originally and I remember just writing you a letter because I was interested in learning about functional medicine integrative medicine and within a few days you called me back. I said, oh wow you know you’re literally right down the street so it worked out perfectly. Thank you. But I learned a lot in a few months I was.

**Dr. Michael Bauerschmidt:** Well you know after I started functional medicine, I gave up on the idea of being you know internationally recognized universally loved and independently wealthy and decided that I really what I really wanted to do was to change the face of medicine one patient at a time. And that’s really what this has given me the opportunity to do. And where I have the chance to

educate someone about functional medicine whether it's a student interested in just going to figuring out what it is it's all about or someone who is you know who unfortunately for a lot of people. I'm a doctor of last resort. You know there are like I was back when I had after the infection. Nobody knew what the heck to do with me other than give me more pills and so thank God for Mark Rosenberg and that and the Riordan and all the other folks that I've learned from over my years and I'm always anxious to let other people know about this and which is this is just another way of doing. So thank you for helping you fulfill my purpose.

**Alexander Bear:** Well, thank you. And I'm aware that you just moved down here to South Carolina. It's beautiful is actually out in the water with Coastal Expeditions. I have to give that sound bite to Kevin my friend who works over there. A great company, we went out at sunrise. Kayaking tours is a lot of fun.

**Dr. Michael Bauerschmidt:** When you tell me, I gotta get a number! I mean I'm still looking for things to do here.

**Alexander Bear:** So, you moved into this new home and I was wondering you know it's obviously not it looks like it's been here for some time we didn't just build it yesterday, being someone who's so passionate about environmental medicine, what are the things you considered when you moved here and what can you do about VOCs, and all these acronyms that I don't even know if they mean anymore. So what do you do about that when you're moving in a home?

**Dr. Michael Bauerschmidt:** Well speak about moving into this home in particular. You're right, it's over twenty years old but it recently had been redone by the previous owners and what struck us when we were walking through touring it, we noticed the paint cans and in the garage and they're all no V.O.C. paint and there were hardwood floors throughout the first floor of their carpet. There was carpeting on the second floor carpeting and the first thing, carpeting is just a pollutant sponge and so you do not want any carpeting. And worse, the carpet padding in your house because that gives off all kinds of things like formaldehyde and holds the dust particles which is what mold toxins and V.O.C's and semi volatile V.O.C.s, these and all the other air contaminants that are present in the home and also blow in from the outside they attach to the dust that's how they get around. So you know, get rid of the carpet! So you've got hardwood floors throughout upstairs as well that's one things we did before we moved in and you

know the thing we did is even though Charleston is actually rated fourth in the country in terms of water quality. We're having a granulated activated charcoal filter for the entire house and then a reverse osmosis filter for underneath the sink to get rid of the water pollution and then we have a variety of air filters throughout the home. And. I'm going to digress here a little bit.

**Alexander Bear:** That's fine.

**Dr. Michael Bauerschmidt:** Because this is this is really kind of the crux of the matter for me. People that are listening may want to take out a pad and pencil because there's going to be a little math. But if you if you consider for a moment. What are the sources of pollutants in the air? You know pollutants in our environment. I'm not talking about chemical companies but how the how do the pollutants come in contact with us personally. And you figure, well, there is about sixty mLs, there are a couple of tablespoons a day in terms of hair products and lotions and toothpaste and stuff you rub on your skin or wash with probably, ninety mLs for women forty-five M.L.'s for guys so figure sixty's kind of an average for everybody. Sixty mL's isn't much. But then you figure OK if you took all the food in the day and put it in the Cuisinart's and blended it all up. You'd have a couple of liters of today and. See another. So now you get two thousand and sixty mLs. Everybody should probably be drinking about two liters of water a day. So water pollution, and you know on the water even if Charleston with the number four rated water in the country. There's a lot of things that aren't tested for. I remember in residency we say you know we ought to be putting Valium in the drinking water. Well I got news for you folks! Now Valium is in your drinking water and so are the beta blockers and the cardiac meds and everything else that your neighbors are taking are ending up in your water supply because they are not filtered out by the traditional filtering methods and things. So that, plus the fact that, you know, in order to have water safely consume, because of bacteria and things they put chlorine in the water. Or worse, chloramine. When you take chlorine or Chloramine and mix it with the organic products in the water you create these things called trihalomethanes. So it's like that.

Chloralboromomethane, methane-dibromochloralmethane, bromoform, and chloroform. And chloroform if you recall was an anesthetic agent that they use that was discontinued because it was toxic to the liver. Your liver is the number one thing you need to get rid of toxins in your body. So here you are double duty on it. So, about the water filter. You know it's only two liters. Now comes the hard

part: the air. You can't stop breathing. Bad outcomes they're all the time.

**Alexander Bear:** Haha! Yeah.

**Dr. Michael Bauerschmidt:** But you figure, depending on your activity level you're pushing twelve to sixteen thousand liters a day of air in and out to your system. So now your kind of up there in terms of, you know, exposure. Clearly, air pollution is the biggest problem. Now get back to the house in a minute. So let's consider this for a minute: if you use had one part per million contaminations that's all you were exposed to in the course of a day, one part per million. You would have already had the equivalent of about three hundred thousand times one of your thyroid hormone levels. Just with one part per million of anything in your system because one part per million is actually one milligram per liter which is, you know, actually a thousand micrograms per deciliter. And if you do the math. How did you end up with three hundred thousand of the thyroid hormone level to one part per million? Now, if you just had one part per million and everything you're exposed to. Now, you're at sixteen parts per million. And that's seventy-eight million times higher than some of your basic hormone levels. So, how does your liver get rid of all that in the course of the day? Eventually, you know, it's not going to keep up yet and that's when you develop this stuff called chemical sensitivity. And the chemically sensitive. They're the folks that you know they kind of avoid going into the candle store. Forget about walking into Bed, Bath, and Beyond. You know, that as they walk in there or the new home smell or the new car smell gives them a headache or nausea those folks are really really sick. They're really toxic because what does happen is the V.O.C.'s what the bring a bottle again it compounds. These are evanescent and these are anything with aromas or fragrances like your Glade Air fresheners in your plugins loaded with these you'll see them and they are hormone disruptors big time and they also can't be stored in the body like pesticides and herbicides and heavy metals which will hang out in your liver and kidney in your brain and other places. So here's your liver. Imagine a liver is a factory and it's there to churn out X. amount of stuff a day. And you're already running three months behind in the production schedule and now here comes a supervisor and he says hey I got this rush order I need it tomorrow. What's the liver going to do? You know the factory floor workers are going to go, "Yeah you and yours buddy!" Not happening and that's what you and your body responds with headaches or nausea or vomiting or whatever it is that happens get you. So we're back to the indoor air pollution

because you know in the air quality is your biggest thing. You are indoors most of the day between the office and the home. Very few people have the benefit of working outdoors all day unlike some people I know... Some people say across the table from me.

**Alexander Bear:** Haha! It's only a week at a time. It's pretty nice spring water and yeah always being outdoors in a National Forest.

**Dr. Michael Bauerchmidt:** So, that's the ideal job! So at any rate. So the indoor air pollution is really your biggest risk. So what do you do about that. Well, you get some good air filters. And what's a good air filter was a combination of hepa-charcoals. You can throw in an ultraviolet light if you're worried about bacterial things or mold spores. Although U.V. light doesn't work that well on the mold spores tend to be inactive until they're activated again which is why mold is such dead mold is actually worse than live mold. So because you can't kill the stuff it's already dead but it still has all the antigenic activity to put your body into an immune frenzy.

**Alexander Bear:** Yeah.

**Dr. Michael Bauerschmidt:** So a good air filter is what you need. There's lots of them out there. I.Q. Air is Probably the best known is a very slick Swedish model when you get all kinds of different filters systems for you V.O.C.s and semi-volatile V.O.C's. and for the chemically sensitive and everything else I have one from foustco.com They make a perfectly good filter just not as sleek and elegant looking has the I.Q. Air. Americare air is another good company out of Canada You need some good air filter system, you need to get rid of your carpeting, you need to get rid of the glade air fresheners. You need to quit work cooking with Teflon. Teflon is extraordinarily toxic.

**Alexander Bear:** What did you say before about it being like a canary in a coal mine?

**Dr. Michael Bauerschmidt:** Well you take a canary and put them near your stove while you are cooking with Teflon, well, the canary is going to die. The reason they use canaries is because their metabolism is so fast a little bit of toxin effects them much quicker than it does us. That's why they were used to detect



poisonous gases in the mines. So, go ahead and breathe the poison! Not for me, get rid of the Teflon. Laundry detergents, fragrances, anything that says fragrance is loaded with V.O.C.s. Vinyl shower curtains, semi volatile organic compounds, the older they are the more toxic they are. And AstroTurf you know you have the backing on the inside of the you know wash your clean your feet off where you can, get rid of it! The backing on that is usually old tires so it's all petroleum products. And you soccer moms out there, if your kids are playing on AstroTurf, find 'em another field. It's just not good. And then you get into your seafood and I love seafood but there are certain seafood I won't eat-any Atlantic salmon is loaded with – don't don't get, the only safe salmon to eat is Alaskan wild caught. Yeah you're still going to have some mercury but not as bad as you will with the farm-raised stuff. You know any farm raised fish-out, because what they do is they take the fish. The bait fish that are already full of mercury but that's they chop all those up in only those and mix it with and that's their pellets so they're force fed Mercury basically whereas the wild caught stuff there. They may eat some of those same fish but they also may eat crabs and crustaceans and maybe some algae and so their food source is varied. So they're not as toxic very little in this world anymore that's not going to cause some kind of problem our best shot is avoiding it. So avoidance in the home: clean air, air filters, clean water, buy organic as much as possible because don't even get me started on the G.M.O.. That will be another twenty minutes. All right. Briefly on a G.M.O. as I got it. I got to give this out here to. Professor Searalini Ph D. in France. Did a really interesting study and he looked at, nine different... There are three fungicides three herbicides three pesticides. And he looked at them and looked at them as the active ingredient alone and the active plus inert ingredients and... Round up was the classic round up by itself. They said all round up is safe. They won't kill you. Glyphosate won't kill you. And in the one to two percent solution they're talking about it won't. It's not terribly toxic at that and the there was some press a while back about the guy the vice president for Round up in France and someone that was vice president was offered, the said glyphosate is safe, and offered him a glass of round up and he said well you say go and drink it. He says, "Are you crazy this is round u!". Because when he did the test the round up would say but when you mix it with the so-called inert Ingredients, three hundred thousand times more toxic. When they do the rat studies on this stuff they don't look at rats for a period of two years which is a normal lifespan of rats they look at them for three months and one of those studies they said, "Well see they they had this round of stuff you know this round up chow. And then they had a regular child because

they put extra round up in the in the chow with the rats. And then they gave them regular chow. Well the chow also had round up in it and they said well there's no difference in the in the in the reproductive tumors in these two sample sizes. Well that's of course not! They both got round up. The other guy's got a whole lot more and they only looked at over three months they looked at him for two years none of the other rats made it two years. So. It's just you really have to read the studies and just be aware of anybody that says something is safe unless you can see the study that was independently done, never by the study from the company. That's like going to the used car dealer and the guy had checked it out myself. It's fine. Drive that one down the block see how far you get.

**Alexander Bear:** It's great to have discuss that. In my research and passion about it, I've seen that pretty much every medical doctor or someone who's insightful or researchers see how this, even peer-reviewed journal articles can be overlooked, and that and that's what our safety standards are based on. It's wonderful that you highlighted that now. Even though we're told it's safe it's not necessarily say you have to actually look at the studies.. There's all these imperfections and these and confounding variables in the studies that they just kind of ignored for the sake of bringing a product out then can make a lot of money.

**Dr. Michael Bauerschmidt:** And even if even if the answers are independent and there can they seem to be independent in their conclusions you know like there was a classic one testosterone causing heart disease. Yeah and the guys in the study looked really good except when you went through their numbers, they didn't do their numbers right. They didn't you know you look at their table with the numbers you look at the tables the numbers in the conclusions and they didn't match. Sometimes people will interpret their own data to make a point. So it gets really confusing.

**Alexander Bear:** So how do we know what's safe and what's not safe and we can't even trust the journal articles?

**Dr. Michael Bauerschmidt:** I mean peer reviewed is safer. But it depends on who peer reviewed it I mean this is a this is a classic thing. Again one of the going back to the round up thing in Dr Seralini's work there was an article published for his theory. The three guys that wrote it were supposedly independent but they had all received sponsorship from Monsanto. So it's really when you look at the study

you got to look at who funded it. You've got to look at who ran it interpret the results with a grain of salt. I mean if you've got somebody that has even medical schools the drug companies come and say listen I'm going to give you six hundred thousand dollars to run this study on my new drug, or two million or whatever the number is. The drug companies aren't going to run the study. You know the dean of the medical schools got a business to run to. You know it depends on your patient selection and so there are so many things that go into a properly controlled study and you know but the important thing is who funded it because there are as there were there were seven studies the flu meds and only three of them were published. And they were all in favor of the drug the other four were against it but somehow they never hit the press. You know all these things you've got to you've got to look at it because if you if you look at studies that are independently published or that are independently run independently published with no financial overtones with them at all, fifty percent of those get published. If you have a positive study sponsored by a drug company seventy percent of those get published. Something tells me something is not quite right there.

**Alexander Bear:** Yeah. If you don't mind I want to ask you about, so you talked about glyphosates and these things accumulate in our bodies. You talk about ways we can prevent that from happening in the future with air filters, water filters, taking carpet out of homes things like that. What do we do when all of that is inside of our bodies? How do we get glyphosates and all that out?

**Dr. Michael Bauerschmidt:** Interesting question and this is this is what I've spent a great deal of time on and this is really what I want to. My dream practice is yet to be realized and getting close to getting closer, but the big problem with with getting toxins out of the body is getting them out of the cell. You can take all the extra supplements you want; you can do all the dietary cleanses you want. The problem is these toxicants, because everybody thinks that the blood is a continuous flow system. You know heart to the aorta to the arteries of the arterials to the capillaries to the venous side back to the heart and whole cycle repeats itself. It don't work that way. There's this little sphincter at the end of the arterial just before it enters the capillary, and it opens and closes to let the blood spurt into the capillary bed. And it may change may open and close every few seconds every few minutes. The reason it's there is to give time for the oxygen in the nutrients that are in the blood to diffuse across a capillary membrane get in the interstitial space to diffuse across some of the cells let the cells. You know use

what they need, dump out what they don't need, so it gets back into the capillary bed on the other end and then can get back to the heart to the liver to be you know to be dumped. The toxins will cause that that arterial, the sphincter, to spasm. So it's like closed. And it opens only irregularly, if at all. And so the area where you have the highest concentration of toxins is the area that's also being robbed of its ability to get the nutrients and actually didn't need to get rid of them. So you can take all that stuff you want, the train is bypassing the station. You know they rerouted the highway and you are no longer on the transit list. And so what you really need to do is to reverse had arterial or spasm is the only there's a few ways you can do it: hyperbaric can do it, breathing oxygen can do it, exercise with oxygen therapy can do it. I like this thing called the Live O2 system. Because it's altitude contrast. And when you do this altitude contrast, this is the work of doctor Von Ardenne out of Germany. And he demonstrated that, well a couple of things, number one, well I got to digress here again for a minute. As we get older, our bodies lose the ability to exchange oxygen between the lungs and the pulmonary vasculature, to the point it will drop a percentage point on our oxygen saturation every few years. Considered to be one of two points every decade after age thirty. Well the first thing he showed was that just after one treatment using altitude contrast, he could reverse that and turn the clock back on people ten to fifteen years. Then he went on within the separate study to show that the arterial spasm, that can be reset in as few as fifteen treatments and that effect can last two years or longer, if not permanently.

**Alexander Bear:** With fifteen treatments?

**Dr. Michael Bauerschmidt:** Yeah, fifteen with fifteen treatments, or around that depending on you know where you're at. Yeah and the difference is the altitude contrast. Fifteen minutes with the altitude contrasts, and by that I mean you just you're just getting your heart rate up to one seventy minus your age. So a guy like me. I don't have to get it up very high. But you get up there and then you just and you're breathing one hundred percent oxygen at this point. Because of how it's set up when you just flip a switch, and it and it changes the oxygen source to the equivalent of twelve to fifteen thousand feet of altitude. And just hold that there for fifteen to thirty seconds you switch back to oxygen and that's enough to make that sphincter spasm let go because of the low oxygen concentrations delivered. You might notice being a little short of breath. But what your arteries are doing is like they're open and wide open. The nitric oxide levels go through the roof and

cause all this tremendous vasodilatation and that's what resets this thing. So fifteen minutes with the Live O2 is equal to five hours in a hyperbaric chamber is equal to six hours with exercise with oxygen therapy and is equal to thirty-six hours you sit around breathe an oxygen through a mask.

**Alexander Bear:** That's incredible!

**Dr. Michael Bauerschmidt:** So that's how you get the stuff out of there and then you've got the issue of OK now some of this stuff like the semi volatile organic compounds and the polycyclic aromatic hydrocarbons which are basically your car and diesel exhaust, those particles are too big to get into the venous side of the capillary bed. They have to get picked up by the lymphatics so your lymphatics can get plugged up pretty easily. Which is why I do live O2 fifteen minutes and people twenty minutes on a thing called a Juvent which is a micro impact platform. This is different than a jiggle plate. Totally different. This is the ONLY the machine out there that will keep you at no more than point three G.'s in terms of force and between thirty-two and thirty-seven Hertz, and all the studies in terms of osteoporosis and lymphatic drainage and everything else of all been done in within this very narrow parameter. It will keep you there for twenty minutes, it will move those toxicants out. THEN you have all your supplements and your nutrients and you know the ideal world is then you go sit in the infrared sauna for thirty to sixty minutes and go have your green drink or whatever your favorite supplement package is I have my own but. And really if you really want to get rid of the toxins you've accumulated over your lifetime, this is the way to do it.

**Alexander Bear:** And that brings up a point in my mind. I know, well first I'll say I used to shadow you and sometimes people would come in and they couldn't necessarily afford these things we kind of talked about it earlier. What do those folks do, is there any way or do they just kind of something out?

**Dr. Michael Bauerschmidt:** Well, you know it's interesting because you know and the practice in Lauderdale It was it was a cash based practice I couldn't spend an hour with you and take the twelve to twenty dollars insurance company was going to pay me for you know, that was a two-thousand square foot office and five employees and my own mortgage to worry about. But Wendy actually noticed, my wife noticed sooner than me because I'm a softie. You know, if you can't afford it, we can try to figure something out. But she said you know life is all

about choices. And people that come in with their you know with their Gucci bag and complain about the cost of the offices and she just kind of you know it's all about choices. And but there are and I know that there are people who just can't afford it and I mean avoidance is the best thing in the world and good nutrition is the second but in terms of reversing that arteriolar spasm. The only four things I know of that will do it are what I mentioned: the Live O2, exercise with oxygen therapy, hyperbarics, or just breathing oxygen. And just don't have any other I mean you can you can help minimize, you can slow your progression. And you can get rid of some of the stuff but the really deep down in there for a long time. It's tough to get rid of and until you start doing that. It's it's it's a hard hard thing to do. But you know the Live O2 and if you just did a Live O2, the Juvent, and the sauna, you'd have about a ten-thousand-dollar investment. Totally. But you would be set for the rest of your life. You know it's well you know if I can figure a way to you know and a couple of these companies will work with the lab to do that if you get any kind of credit rating. They'll you know they'll say you put it just some amount down and then you can put payments out over one to two years and you know no interest. So. It's not a they're not impossible to get it's just I wish there as an answer for everybody but. Avoidance is the premier thing you know start with the water filters, get the air filter, you know eat clean food and see how you feel. If you're not if you're still feeling bad after that then you really have to consider spending and spending more money. Yeah wish there's another way around it. This is that or elect somebody to Congress that was going to do something about the environment.

**Alexander Bear:** If you don't mind, Mike, haha, it's so hard for me to do that! I'd like to switch gears here and ask you a personal question, if that's all right.

**Dr. Michael Bauerschmidt:** Go right ahead.

**Alexander Bear:** So you are obviously someone who's really passionate about what they do you have a strong purpose and I know you you know the first challenge is getting in that accident and you talked about how you overcame that and it seems like no matter what obstacles are put in front of you. I don't know if you mentioned this I don't know if you want me to mention this but you've moved quite a bit you know recently.

**Dr. Michael Bauerschmidt:** Yeah, yeah.

**Alexander Bear:** You were in Kansas, you were in California and here in Charleston you came from Florida. You know you went to school in Ohio. You've been everywhere and those are for not really talk about the details of you've had to move. You know what will keep you from saying you know maybe I'll just that's OK You know there's there's mold here and that's that's you know I'll be alright or... what keeps you motivated to not not ever give in to or not ever compromise and say you know I got to continue to follow, you know, what I believe in and keep learning. So where does that drive come from?

**Dr. Michael Bauerschmidt:** That's a really interesting question. And you know I think it goes back to when I had the accident, well actually it goes back to when I was actually seventeen years old and I was diagnosed with ulcerative colitis. You know and at the time there wasn't much anybody can do about it other than use steroids and a drug called asulfodine which is basically an antibiotic. And I was one of the lucky few or unlucky few that had what they call a fulminant episode I was diagnosed in December and in July I was in the hospital fighting for my life. And the doctors are telling my parents if I don't have surgery I was going to die. And I just but I had to agree to it and I just could not imagine having a disfiguring surgery where they take out my colon and I'd have to wear a pouch. Seventeen years old and you know, 1971, that just wasn't happening. And there's a fellow down the street that came and he had had Crohn's disease, a similar kind of disease, and he had to have colectomy and he showed me that there really was life after that. And I agreed the surgery. Finally, after the odds are now sixty-five to thirty-five against me surviving. I was I was a hot mess. You know I was I got out of the hospital and I was ninety-eight pounds soaking wet and I was one big pimple from all the steroids and yeah you know, looked like a death camp survivor. Got through that and kind of just said OK, life is, there's a reason I'm here, and then after the accident, I, I always thought I would get carried out of the ER one day in a box. And I had the accident and knew I couldn't go back to the ER and I really lacked purpose and could not I was really lost for a while. And the drugs didn't help. And my wife, being a very wise woman, one day just kind of got fed up and and said, "Here are three names call one of them," The names of three life coaches; and I went to see a she was it was having to be a physician internal medicine doctor that had transitioned over into a thing to help other doctors recreate their lives. And I went to see her and I ended up getting certified as a life coach.

**Alexander Bear:** Sorry that I didn't mention that one.

**Dr. Michael Bauerschmidt:** Got certified as a life coach and then I did a Leadership Program with coaches training institute. And it was a phenomenal experience, it was a ten-month program. Actually you might like this! It was a ten-month program. You don't have to be a coach to take it. But it was it was really an eye opener and in terms learning some very valuable lessons in life and how to, and from that I was able to recreate a purpose, and that was to change medicine one step, one patient at a time. And so I've always held to that. To that core value. Now, you mention my moves, while I moved from Fort Lauderdale sold the practice there to create an environmental medicine practice in Kansas where there was already an established practice and they were looking for more physicians and they were very experienced in nutritional therapy but not necessarily in environmental. And I got there and you know thinking this was going to be the best job of my life. And unfortunately the circumstances were such that they had a mold issue and I got sick from the mold and I could not continue to work there. Because the type of mold they had was not the type you could remediate. But anyway, so I ended up in California where they had a compounding pharmacy who would the owner's wife was an environmental scientist. As a Ph D. she understood all the dangers but she could not do anything about it. So I thought this would be a great a great partnership and go out there and a couple months later unfortunately she passes away from ovarian cancer. So I'm kind of like the patient flow dried up rather instantaneously and you know here I am and so I get a call from a recruiter one day that mentions a rather entrepreneurial fella in Charleston, South Carolina looking for a functional medicine doc with a little grey in the temple. Thank God they didn't mention hair on top of the head. Probably would have lost that job. But so while we're focused on hormone development and and building, and fixing hormones particularly for men but we're going to men and women and also have an I.V. nutritional center. So many of our hormone problems stem from environmental illness. So whereas in California. I was left with trying to explain Environmental Medicine and why it was important to people. I now, they're going to come to me with a specific problem this environmentally related. I'm going to fix that problem and also teach them about environmental medicine. So it's really I still get to do what I feel called to do just the circumstances are different. So how do I keep going? I still want to change medicine one patient of the time; I still would love to be internationally



recognized independently wealthy. And, you know, get to be you know, to me sixty is middle aged and so you get to be middle aged. And you start to think you know the alternative isn't all that appealing. I keep going because I had the opportunities to sit on my butt and not live my purpose and it doesn't work very well. And so you know for folks out there that seem to be stuck and seem to have hit that wall is I would just invite them to recreate themselves and develop a purpose and there's lots of people out there that can help. You know, you can teach them meditation.

**Alexander Bear:** Really?

**Dr. Michael Bauerschmidt:** And actually you know this is it's a great place to start just to quiet the mind and let the dream present itself. The other ways as a hire a life coach and then see what it is out there for another just to sit back and say you know what really makes me happy and build your life around that happiness. You know, here I am sitting in a beautiful home in a wonderful neighborhood with all with a spring fed lake and you know and the ocean is five miles down the road, and you know beyond my wildest dreams, and never thought it could have happened. So you know in a way I am independently wealthy and even though I don't have the money in the bank. So you know I just you just get up every morning with that you know being true to what it is that. Your purpose. You know find that purpose and be true to it and life will take you where it needs to go and that's where I've developed the two rules in life. The other thing that keeps me going. Two rules in life: number one, abandon all hope of having a better past. Can't fix it, can't do anything about it. Don't go back and say, "Well only if I would have done this back then." It doesn't work because there's no guarantee that doing something different ten years ago would have resulted in anything better now and chances are just as good it would've been worse. So let it go. And the second thing is everything always works well perfectly, just not how you expect it. And you just let life happen. Other people call living in the present.

**Alexander Bear:** Thank you for answering that, it was a wonderful answer, and I think it will help a lot of people. The whole podcast, this information is profound, and we scratched the surface of what you actually know as you know obviously, it would probably be a thirty-day straight podcast if we talked about everything you knew. But, for the sake of the podcast, we will keep it to a reasonable time so

people can listen to it. And to wrap up here and I just want to ask you, where can people get in touch with you. What do you, what are you working on now, because I know you have the clinic going by I don't know you said it was...

**Dr. Michael Bauerschmidt:** You know we haven't really haven't actually opened yet we had kind of a soft opening we're not going to be open for you know start the advertising program till November.

**Alexander Bear:** Perfect timing!

**Dr. Michael Bauerschmidt** So the boss really wants everything in in place before we open which I admire. But [www.lowcountrymale.com](http://www.lowcountrymale.com) is the website you can contact me there through [info@lowcountrymale.com](mailto:info@lowcountrymale.com). That is probably the best way to get in touch with me. I hesitate to give out my personal email.

**Alexander Bear:** Its uh... I'll put it in later! Haha! I understand.

**Dr. Michael Bauerschmidt:** And if you'd really like to learn more about functional medicine or find a practitioner like me near you, go to [www.acam.org](http://www.acam.org), that is ACAM.org. On there, you will find a physician link. Put in your zip code and a mileage range, and any practioners who think like me will pop up on your screen.

**Alexander Bear:** Thank you so much, I hope to have you on another time.

**Dr. Michael Bauerschmidt** Sure, like I said its part of my purpose in life to educate people and change the world one patient at the time. One Person at a time.

**Alexander Bear:** And I thank you for bringing me into your home in beautiful Mount Pleasant, South Carolina. It's a great great place.

**Dr. Michael Bauerschmidt:** Lets go grab our fishing poles!

## OUTRO

**Alexander Bear:** Thank you so much for joining us on this episode of The Modern-Day Superhero Show. If you enjoyed it, don't forget to hit the subscribe button on iTunes, YouTube, Stitcher, or wherever else you may be listening to this show. If

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Thank you again for listening to this show and I hope you have a wonderful day!