



## **#636 Reclaim Your Health: How Trauma, Mitochondria, and Spirituality Intersect | Dr. Lisa Koche**

### **Dr. Wendy Myers**

Welcome to the Myers Detox podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical toxicity, the health issues caused by toxins, and more advanced topics in health. We talk about bioenergetics, anti-aging, and so many amazing things to help you get all those puzzle pieces for your health, so you can live your best life. Today, we have my friend Dr. Lisa Koche on the show, and we have just an amazing show. Dr. Lisa Koche is one of my favorite people and such an intuitive healer.

We're gonna be talking about her new book, *The Unwritten Prescription*, and all the things that she does to help her patients, give them insight, and empower them essentially to take control of their own health. So we're gonna be talking about mitochondrial health and some of the new research out there about how mitochondria actually produce energy and what you can do to optimize that. We're gonna talk about the four-part healing method that she has established, and how you have to address emotional trauma. You have to address infections in your gut health before you can really get into the peptides and all the biohacking and things that people do, because they're just not gonna work as well if cell membranes are messed up or your gut's messed up.

We are also gonna talk about regulating your nervous system and why that's so important. We get into a lot of different modalities of bioenergetics and spirituality, and how you can heal your body through consciousness, connecting spirituality, the tremendous potential there, and how that's her fourth phase of healing. It is healing your body by calling in God to heal you. So that's definitely something that I think a lot of people are missing in their health.

Our guest today, Dr. Lisa Koche, is an MD, a triple board-certified physician, a functional medicine and longevity expert, and a Quantum Energy practitioner. She's the founder and director of Spectra Wellness Clinic and Longevity Center in Tampa, Florida. She's an international speaker and Tony Robbins' lead physician for his Life Mastery Health program. Dr. Koche has lectured nationally and has been featured on numerous podcasts, radio and TV segments across the country. Specializing in anti-aging and biohacking through regenerative, traditional, and integrative medicine, Dr. Koche is a true seeker paving the way for access to unbiased science and medical freedom.

Her own experiences with childhood leukemia and heart failure from chemo have driven her focus on finding the root cause of diseases rather than merely treating symptoms. Dr. Koche has dedicated her career to cracking the code and making it simple for people to heal themselves and achieve peak performance. You can learn more about her work at [spectrawellness.com](https://spectrawellness.com). Lisa, thank you so much for joining the show.

**Dr. Lisa Koche**

Thank you for having me.

**Dr. Wendy Myers**

Why don't you tell us about the new book that you have coming out?

**Dr. Lisa Koche**

My book is coming out this year. It's called The Unwritten Prescription, and it is about filling in the gaps that we've all felt in the traditional medical system and how to help patients to bridge that gap.

**Dr. Wendy Myers**

What inspired the title and the message of the book?

**Dr. Lisa Koche**

We started out with a different title. I think Heaven Sold a lot of people who write books, but it was Sovereign Medicine, and it's the idea of empowering people that they can be their own highest versions of themselves and find answers, but they need to do it in a very intentional way. The feedback I got from the publishers was that a lot of laypeople who are just mildly interested may not understand that word. So, we reworked it back to this title that hopefully explains it in a broader path. And then we define sovereignty very much throughout the book and how it allows people to be empowered in their health journey.

**Dr. Wendy Myers**

Tell us about your past. I think your story is really compelling, where you survived childhood leukemia, and that brought you into becoming a doctor. Can you talk about that?

**Dr. Lisa Koche**

I just had this conversation this morning at an event where I was. People, it's a really exciting time, which I'm sure Wendy you're excited about too. More and more people are waking up. They know big pharma's not the answer. They know that something's been missing, they're a little suspicious or wondering if it's intentional. There's just some stuff happening, and a lot of integrative docs just got discouraged by the system they were in. The difference with me is that I got sick at 15. So when I was diagnosed with childhood leukemia, I was old enough. It was like a sweet spot for my age because I was old enough to ask questions. I knew there should be a reason why they were telling me I was sick. I didn't even feel that at the time.

My labs were abnormal, and I was also young enough that I wasn't indoctrinated. So when I would ask my doctors, well, why is this what happened? Why am I sick? I got no answers. I did what a lot of people do, and said, I'm gonna go figure it out myself. So I went to med school. I was lucky enough to have an interest in science and the

ability to get in, which is a lot harder even now to get in. But I went through that process, and I would watch as patients would come in and they'd present all their complaints, they'd get diagnostics or lab work and evals that didn't seem to answer their why either. I would ask, okay, I understand this protocol, but why is this patient sick? Why did this happen to this person?

I got the blank stare and the, 'this is just how we do it.' So that prompted me from day one to see I didn't poo-poo traditional medicine, which a lot of people do, and I don't agree with that. I took what I could from it. There are a lot of benefits there, especially if you're in an acute accident or you have something go on and there are some meds that are very helpful. I don't think doctors as a whole, I know they don't go into medicine trying to be corrupt or trying to over-prescribe things. It just sort of got hijacked at some point of the training. And so whenever that happened where it became monochromatic vision, we left a lot of gaps. And so that incomplete piece is what is unwritten in my mind. So that's what I'm trying to help people understand 'cause I've spent my whole career trying to fill those gaps

### **Ads 07:35**

And now a word from one of our sponsors. A big hidden stressor on our health today is something we're probably all staring at right now, blue light. From our phones, our laptops, our TV, our eyes and our circadian rhythm are constantly getting attacked. That's why I started using Bon Charge's blue light blocking products. Let me tell you, they have been a total game-changer. So I'm wearing the Maverick blue light blocking glasses right now, and they even come with their own prescription. So these are prescriptions, and that's what's prevented me from using blue light blocking glasses in the past because I wear prescription glasses for reading, and so I need a pair of blue light blocking glasses that are prescription.

Bon Charge's science-backed blue light blocking products allow you to mimic ancestral light sources from night to day. It is super important to use these products when the sun goes down, because when you are looking at blue light, you're basically communicating to your body that you're staring at the sun and you release cortisol and you suppress melatonin production so you don't sleep as well or it takes you longer to go to sleep, and that's just a disaster for your health long term. Trust me,

you will feel the difference when you start using these blue light black and glasses from Bon Charge. And right now, my listeners will get 15% off when you order from [boncharge.com](https://boncharge.com) and use my exclusive promo code, Wendy at checkout. The discount applies sitewide on all of their amazing products. So that's [boncharge.com](https://boncharge.com). You also get free shipping and a 12-month warranty as well. So go now and get this exclusive offer. That's [boncharge.com](https://boncharge.com) with promo code Wendy to get 15% off.

### **Dr. Wendy Myers**

One thing that's largely missing, that a lot of people have issues with, is energy. Everyone that's ill, they need energy to heal. For most people, their number one complaint is they have fatigue or brain fog, which is lack of energy. Can you talk about the mitochondrial medicine that you focus on? 'cause that's largely missing in modern medicine.

### **Dr. Lisa Koche**

1000% and it's fascinating because you would think this ancient bacteria that's been around for billions of years on the planet, the mitochondria were their own bacteria and they were somewhat hijacked by other cells to become to what turned into the initial humans, and they became what they call the power plant because they produce the most of our energy. So these organelles, which are a small part of insulates inside the cells. We have organs in our bodies, whether it's our liver, our lungs, we have organelles in our cells. And so inside ourselves we have our DNA, which is our blueprint for our genes and many other things, but the mitochondria is probably one of the most important besides our genetic makeup.

When you study them, what happens is the truth is we learned more about mitochondria or about the same about mitochondria in ninth grade biology that we did in med school. It was like we would learn about a few genetic problems with the mitochondria and that was about it. There was no deeper understanding until maybe about 10, 15 years ago. This is a rapidly evolving field that is still not even close to being unraveled or understood because our mitochondria have so many different things that they do. I don't know if you've heard about the dynamic mitochondria and how even their structure is not what we thought it was.

**Dr. Wendy Myers**

Oh yeah, please elaborate

**Dr. Lisa Koche**

So, we've taught, again with this typical picture of what looks like a kidney bean is what our mitochondria looks like. And it looks a lot like the plant's chloroplast, which is the plant's energy producing center. But one of the more recent things that we found out about our mitochondria, which blew my mind, is that they're actually dynamic. So that snapshot of them looking like a kidney bean is not. The easiest analogy is spaghetti and meatballs. So what they say is, if the mitochondria is stressed, especially initially when I first go through stress, it becomes like a meatball. And if you think about it, what fascinates me, and we talk about this in the book some, is I'm always fascinated by how our internal environment parallels our community and our world.

That brings in a lot of the spiritual work that I do, but a meatball looks like somebody in the fetal position. So literally the mitochondria and the cell to a certain degree as a whole, they locked down in. They're in offense or defense, but they're doing this offensive position so that they can protect themselves. It's like a country who locks their borders and they stop talking to their neighbors. They shut down 'cause they don't wanna infect, let's say it's a virus, they don't wanna infect the other cells. And that meatball, once safety returns, literally the mitochondria stretches out. You can see this on electron microscopy.

They stretch out and it's more like spaghetti. Who knew? I didn't know that they stretch out and they hold hands and they share resources. So they'll like, oh, my neighbor needs some electrons. Oh, I might need this. We don't understand this yet. We've just seen the beauty of it and we're trying to make sense of it.

**Dr. Wendy Myers**

There's also a connection between the mitochondria and the nervous system. Can you talk about how stress, trauma, and emotional suppression directly affect our energy production?

**Dr. Lisa Koche**

Oh yeah, it's huge. I've started because I'm like you. When you're a primary care doc slash integrative doc for 20 plus years, the most common complaint is I lost my energy. I'm exhausted, I have brain fog. I was also spurned. I've been obsessed with mitochondria because I had heart failure from chemotherapy when I was 20. So that's a direct insult to mitochondria. When you have a drug induced, obviously mine was extreme, but I've been searching for these connections my whole entire career. So their emotional stress and trauma is one very large component. And what happens is you can think of the mitochondria, so you can think of your nervous system, almost like the motherboard, where if your body's a computer, the nervous system is sensing inputs. So it's constantly sensing, are we stressed or are we safe?

The mitochondria does the same thing because the mitochondria was its own bacteria. So they maintain their own DNA. They maintain their ability to sense their environment. It's almost like the canary in the coal mine. If something's going on, they are going to trigger a set of responses like the meatball response where they shut down. So what happens is your cell doesn't know the difference between a virus, a chemtrail, or some toxin or emotional stress. And the emotional stress, the more I study it, is probably even more impactful than anything else 'cause we don't understand that it hangs out. It could be getting lost when you're two as a kid.

It doesn't have to be even extreme although most people have some level of trauma throughout their life and then they're not fully addressing it. They're living in survival. They're running their nervous system constantly, and the mitochondria is just saying, power down, power down. It's attack time here. We've got a conserve, a war's coming. That's what's happening at that cellular mitochondrial level and the ongoing trauma of financial stressors, parenting, toxic relationships, whatever your particular choice of trauma is, that is constantly going to drain your energy source.

**Dr. Wendy Myers**

I agree, it's such a huge factor that's completely overlooked by modern medicine. That's such a huge contributing factor to so many physical health issues and pain syndromes and things like that. Can you talk about the science behind why nervous system regulation is really the gateway to physical vitality?

**Dr. Lisa Koche**

So for me, this is continually being understood more and more. A lot came out around COVID time. There's a researcher in California, Bob Navio, that has coined something called the cell danger response. So he's put the science to this concept, which is CDR or cell danger response one, two, and three. One is that defense mode where the meatball is there. What happens when you're in cell danger response one is you're literally just trying to contain the stress so your cell membrane can become impermeable, which is not good for receptor response to hormones for your cell to cell communication.

So people are taking hormones and supplements and peptides, which are all exciting, amazing things. But if your cell membrane is in lockdown and your mitochondria are signaling mayday mayday, then this stuff isn't going to work. So that's another huge part of how I like to approach the work with patients. Because to go from CDR one to CDR two and then onto three requires a safety signal of some sort. So that may be knocking out your parasites, you may be doing your leaky gut, you may be working on detoxing and getting the mold out. That's all super important because guess what? At the cellular level, that's gonna be a threat that the mitochondria pick up on.

But if your nervous system and your mitochondria are also still picking up that you've self abandoned because you needed to just go fix everything 'cause you were on eggshells as a kid and you became a people pleasing accommodator, high achiever, which was me and like all my patients, then there's only so far you can heal. You're going to get to a certain place, but then that CDR transition between two and three is not gonna happen. We understand now that that nervous system survival limbic system overdrive prevents the cell signaling from going into a more healing response. And that's what's required for us to get all of our energy production back online.

**Ads 18:37**

I wanna take a minute to give a shout out to one of our sponsors, Tru Energy Skincare. They have an amazing serum that I am cuckoo about. I've been using their facial serum here for well over a year for a reason. This is just by far one of my favorite

products. It's very, very light. It's just a serum you'll put on under your moisturizer. And the reason I use it is because it's a frequency-based skincare. They have frequencies imprinted on this serum that improve collagen, improve elastin. Collagen is that support matrix in your skin that makes it look firm and juicy and we lose that as we age. That accelerates rapidly after we hit menopause. You lose 30% of your collagen within two years after menopause. I'm using everything I can get to improve collagen. This has over 2000 frequencies imprinted on it for skin nutrition, to help the appearance of your skin, the fine lines, the age spots, and it will smooth out the texture of your skin as well.

This has been my secret weapon that I've been using to improve my skin, look and feel healthy, like I said, for well over a year. And so, I'm not promoting this because they're a podcast sponsor. I'm promoting this because this is one of my secret weapons. I love this product and I use it every single night under my moisturizer. This has no toxic ingredients in it whatsoever. It has lots of nutritive ingredients as well. It's got fruit, enzyme extracts. It's got oat kernel extract. It's got oat beta glucans. It's got beach bud extract and it's got algae and chlorella in it as well. It has lots of great nutrition in this as well as the frequency-enhancing aspects of it. Any old product can moisturize your skin. That doesn't impress me, but the results you get from this are bar none, and that is why I highly recommend it. They have a very good offer for my listeners. Go to [trytruenergy.com/wendy](https://trytruenergy.com/wendy) and get a very special deal for my listeners.

### **Dr. Wendy Myers**

You mentioned earlier that you really can't separate spirit from modern medicine. Why can we no longer separate our biology from consciousness?

### **Dr. Lisa Koche**

I think there's a couple reasons and one is just the shift there. There's a transition and you can feel it on the planet where we're entering a time where the old way of being just isn't gonna work anymore. We've damaged enough of the earth. Somebody's got to understand the connection with nature, the connection with the planet, how we were supposed to live. And I think because of the computers, the remote work that

everyone gets lost in their phone, we're seeing more illness than ever because we're meant to be a connected species.

So that is something that, interestingly enough, I'm actually reading the Celestine Prophecy, which is from 30 something years ago

**Dr. Wendy Myers**

I read that so long ago

**Dr. Lisa Koche**

I never read it. You wanna do it again? Because I have been blown away by what that thing is talking about. It was so ahead of its time and was almost predicting this time of AI and all these technologies. We're here to help us free up a little bit so we can actually get back to connecting to each other because we're the planet and the sun and the plants in general and the trees, like there is enough energy there that we are meant to work with together and we're not meant to just take it from other people. And that's where I think humanity kind of got veered off to the left by mistake.

**Dr. Wendy Myers**

I'll have to read that book. I don't even recall what was in it. I read it so long ago. But I remember being very moved by it for sure. Let's talk about bioenergetics 'cause this is one of my favorite topics. This is something I use every single day for my health. I have multiple modalities of different bioenergetic software and devices and things that I use, and it's really the future of healing. Can you talk about that and how you use it?

**Dr. Lisa Koche**

I'm still incorporating. I'm obsessed as well. There's everything, as we know from things that help support voltage across our cell membranes to pulse electromagnetic fields to light therapy, which could be considered biogenic to sound therapy. I think if people are not yet bringing some of that into their world, they're really missing a huge chunk of healing, and for me, I was really lucky because I met a very gifted naturopath probably 20 years ago when I was having issues after I had

my daughter who helped me understand mold and the leaky gut and liver overload and chronic viruses and all the things that we learned in functional medicine. So I was kind of really deep down that path, but I was observing that patients were cycling back with the same issues.

They'd feel better for a while, but they would come back. And then, I got this call about 15 years ago from somebody who had built a device that was color music and vibration. It was an engineer and a lay person, and they built it for the lay person's daughter who had type one diabetes. They called a local university and said, look, we're reversing autoimmunity. We don't understand why we're putting people into a parasympathetic state and we really wanna get this studied. So here's a couple of people that had all the right intent that stumbled upon bioenergetics and all, and a lot of this frequency work.

They had all the beats in their music, like incredible stuff. And the university said, that's too out there for us, call Dr. Lisa. So they called me, I had no idea what they were talking about. I went to try this bed and you're in it. I'm so glad my dad came with me. It was in a warehouse and you're like in this coffin looking bed because again, this was back then. When he opened the door after the therapy was done, he started gagging. And he said, do you not smell that? I was like, not really. He said it smells like a medicine waist dump. It was chemo that was coming outta my energy field that I hadn't had in 20 years.

So for me, it just piqued my interest where I was like, okay, we don't understand the body. There is a vessel here that clearly has some chemical aspects. Everything I learned in medical school, all the things I'm learning in functional medicine, but there is way more. I started studying vibrational medicine and energy healing. I think now, like you said, we finally have a lot of different modalities. The frustration I have is we still don't have a lot of diagnostics. We have some, but just like we are throwing spaghetti at the wall. Using spaghetti analogy again, but with mitochondrial medicine, everybody's just taking everything.

I feel like that's what's happening in bioenergetics as well. So I look forward to the time where we have the ability to maybe dial that in a little bit more. But I like everything from charging plates to polarity resets. I have a lot of healers that do

hands-on energy work. One of my best friends is a blind healer who works with Chen, which is an acupuncture without the needles, and she's had to help my body.

When I got stuck, I found her at the right time. And she was teaching flows that you could literally do on yourself. So those are some of my favorite modalities, working with healers who understand the meridians and resetting like that flow and connection, and every day there's something else that's coming out, which is amazing

### **Dr. Wendy Myers**

There's so much amazing bioenergetic software and you can do scans of your body and it just continues to amaze me even when I'm using all these things. I've been using stuff for 10 years. My mind is still blown by what it can do

### **Dr. Lisa Koche**

It is and I'll tell you my opinion. We know a lot of people that get very nervous about things like 5G and EMFs and I agree they're a problem. I think the future down the line is the more aligned with your higher self and the more spiritually aligned that you can get. A lot of these things are gonna not be able to affect your body the same way.

### **Dr. Wendy Myers**

There's so many ways to protect yourself as well, like bioenergetic ways and using PEMF and different things you can do to clear the positive effects of 5G off your body. I mean the positive charge on your body and get that grounded negative charge. But let's talk about the role of consciousness and belief in healing. Can you talk about mindset and self-awareness and how that can shift biochemistry?

### **Dr. Lisa Koche**

So what I've seen, and I learned this, I did a two-year school for the healing and intuitive arts. I've always had a big interest in this. It was with a couple of shamans. It wasn't plant medicine, which by the way, I think can be helpful in some instances, but I also think it's highly overused for the wrong reasons, and can be dangerous. So I

always like to give a disclaimer to that. But these particular healers that I studied with were using more of our hands and the ability to go into a higher consciousness as healers and add that to whatever other modality we were utilizing.

So what I learned there about myself is when you look at early childhood and whatever your trauma is, and obviously some of mine was illness, but some of it's just your own parents, their control drama is what they call it in Celestine prophecy. But everybody's got their own things that they are dealing with. And what happens is very often the next generation comes in and they're more evolved than their parents. So to make it work in the home, it's almost like the soul bales from the body. So it's like, this doesn't feel good. I am gonna go find something over here. There's some patterns, they call it a lever, a merger where the soul literally will go and get busy elsewhere so it doesn't have to feel the pain.

It kind of leaves the body to fend for itself. This is how I view it. So we see that today with people just constantly scrolling that don't look up from their phone, people that overwork, people that have addictive behaviors to just about anything. But also like I said, people pleasing, type A. Overachieving people can often be absent. So they don't have to feel, and then what happens is they eventually, they get sick. And because the consciousness and the soul and the higher power connection is not in the body, which is the vessel, they try to learn how to bring it back.

It's almost like you dip your toe back in and it feels nasty. So it's like, oh, no way. I am outta here. So you easily go back into those survival protocols or actions that you used to make it. They're not bad per se, although addictive. Some of them are, but it becomes such an ingrained routine that you don't even realize your mindset is in survival. It's subconscious. A lot of what I love to do with my patients is explore, like what type of survival do you type personality slash skills do you think you hold onto and how do we get you back in your body? So I love things even like just a CGM, because that's measuring your glucose. Most people think of it as, I wanna look at what's happening with carbs and see if I need ketones and all and all.

That's great. I still love all that too. But there's something about just having a patient understand that what they're eating is like connecting to what's happening inside

their body. There's a device that I really like, called the Apollo. Have you heard of that one yet?

**Dr. Wendy Myers**

Yeah.

**Dr. Lisa Koche**

I don't love all these 9,000 gadgets necessarily, but that one I do because, even though it's EMF and Bluetooth, it's treating the patient and it's putting them back in their body through vibration. It's also not distracting them. So the psychiatrist that developed that device was treating PTSD veterans that couldn't be touched, and he researched, can I stimulate the touch receptor in the brain, which will indirectly stimulate the vagus tone. When I started working with this, he and I have had numerous conversations, but I've noticed patients being able to bring that consciousness back gradually a lot easier. They only have to wear it for like an hour a day.

**Ads 32:59**

Are you taking collagen supplements? Well, check this out. Our friends at Organifi have sourced the best collagen on the planet, and you can get it with 20% off savings today, too. So, what is collagen? It's the most abundant protein in our body. It's everywhere. It's in your muscles, joints, hair, skin, fingernails, everywhere. It's one of the fundamental building blocks of life. Your body uses collagen constantly to keep itself refreshed and repaired. But as you get older, especially as women who are going into menopause, you can lose 30% of your collagen within the first five years of menopause, and that starts in perimenopause as well. Your body just stops making as much of it, and you start losing it, especially as your estrogen levels come down. That's why consuming collagen is such a great idea every single day. It gives your body a fresh supply to keep working at its best.

It's not only good for your hair, skin, and nails, but it helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts too. Collagen is nothing new. It's one of the oldest supplements out

there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides and other chemicals that you do not want to be taking on a daily basis. Not all collagens are the same. It can come from many different sources and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors and they still charge you a lot of money for that. Organifi always goes the extra mile to ensure their quality is the best. They blend five collagen types from four different sources, and they taste and test until it's perfect. And then they go even further to test for things like glyphosate residue and other sneaky toxins that can get into the mix. After passing through all of these goalposts, it finally gets the Organifi seal of approval so you can rest assured it's the highest quality and non-toxic. I love that this company is a company that I can trust that their products will be safe and effective exactly as they say they will be.

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough. Now let's talk about saving you some cash as well. Here's what you do. Go to [organifi.com/myersdetox](https://organifi.com/myersdetox) and put in coupon code Myers detox to get 20% off. You'll save an extra 20% off by putting in my special coupon code Myers detox. So, like I said, collagen's one of those things that I take every single day. It's one of the most important parts of my anti-aging protocol, the things I'm doing to fight off the clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

**Dr. Wendy Myers**

I was sent one and I gave it to a friend of mine who had a lot of trauma and they just loved it. They just wore it all the time and just really felt like it helped a lot to kind of reset their nervous system and get better at self-regulation of their nervous system.

**Dr. Lisa Koche**

Absolutely, and that's just one example. There's many devices, but I think anything that brings a present back into your body, as painful as it may feel. There are a lot of spiritual disciplines that talk about this. So, there's a guy, David Gillam, that's bringing ancient principles based on Kabbalah, which people think it's religious, it's not. It's prior to religion. What he's teaching is every time you feel triggered, you need a pause. We've heard that before, but we are all so fast to go into the trigger. It doesn't break the pattern and you have trouble identifying it. So learning to just pause and ask, why is this in my movie? Why is this happening? What's the message for me? Be curious about what's happening.

I do believe the universe comes in, especially as people are ready to wake up when it's the right time for them with the lessons. I was just telling my sister, my niece, who's this gorgeous high school girl, got a little alopecia right in the middle of her head. She's gonna be fine. But I'm like, the universe likes to pick what they know you're gonna respond to. So it's like, for her, it might be that losing my hair, oh my God, I gotta fix my hair.

I saw somebody this morning. I went and did a magazine thing today, and the person who is helping with my hair could barely walk. Her back pain came out of nowhere. So it's like everyone that's listening to this has had a symptom that didn't seem to make sense. What if that's the message and the support of the universe that we just need to pause, understand it, sit in the pain. That's what's beautiful about my career in general. It keeps coming full circle because mindset, consciousness, the way to get through it is hormesis, which I've been talking about for years is the same hormesis that we do for mitochondrial optimization. We need to overcome this separation of soul and bustle because we have to sit in the pain. It's not fun

**Dr. Wendy Myers**

It's just tough. No, it's not. I have to be alone and just face, face the things you don't wanna face. So let's talk about longevity versus vitality that you talk about in the book. What are some of the tools and technology that actually make a big difference, like peptides or red light, hyperbaric hydrogen, things like that?

### **Dr. Lisa Koche**

So in the book, what I go through is the four phases of healing. What's interesting is not everybody goes through in the same order. So you and I both know the longevity bros and the people that are like deep in stem cells and peptides and all this great stuff, but they may have a completely dysregulated nervous system or the people that are obsessed with parasite cleanse all the time, and they never get to a phase where they're understanding longevity options, right? They're just trying to follow what trend they need to do to get this fixed, which very well may be needed. Or there's even the spiritual people who are meditating and trying to bring the things into being and they forgot to heal their gut or work on the parasites. So people come from lots of different paths.

The most important point I'll make here is there's an incredible amount of new things out there, whether it is a bunch of peptides like SS 31 and Motts that are mitochondria that can really potentially slow aging, reverse it, or different types of stem cell therapies. I'm playing with V cells, which are fascinating to me, which we can talk about if you'd like. This stuff is out there and it's exciting. I use a little bit of everything, but I think the most important part is to understand. My four phases are reclaim, which is reclaiming your sovereignty, but also so it's reclaiming your nervous system and all the backup systems that go with it as your foundations, and healing your cell membrane.

You really needed that reclamation first. So most patients that come in, we're still dialing in reclamation first, no matter if they're like a professional athlete or somebody who's just been from one doctor to another. And once we get that under control or as best as we can, sometimes we have to move forward and really work on the healing piece quicker than others. But if we can at least calm that nervous system down, then we can go into whatever they need next. So very often it's healing.

That's another phase. That's all the toxins and leaky gut and infections, the things that we learn a lot about in functional medicine. And then we get into performance.

That becomes the mitochondrial optimization that you're talking about and longevity. The biggest key in that category is to make sure that you've reclaimed and healed because your mitochondria are not gonna respond to these incredible therapies, whether, again, it's peptide stem cells, V cells, hormesis with red light and with cold therapy and PEMF. They're not gonna respond unless they've been stabilized with those first two signals. And then the last phase is transcend, which involves what we're talking about with consciousness.

### **Dr. Wendy Myers**

I love that. I think people don't realize how powerful they are to call in God, call in their higher power, call in Jesus, whatever you wanna call it to heal your body. It's incredibly powerful. I've had crazy stuff happening from meditating and praying and really profound healings in my body happened just from that. Of the things that I couldn't deny, I could not deny were happening.

### **Dr. Lisa Koche**

It's so beautiful because what I think my hope is, it's going to bring back peace on the planet because when people understand it's not religious battles, like there's not one religion that has it better than the next religion, it's basically the universe source, Jesus, God, the light. It doesn't matter who you choose to call it or what you choose to call it, it is that universal power of love connection and a higher source that when you tap in and trust and really keep your certainty and certainty beyond logic, which is like a knowing, that's when, like you said, these massive healings can happen immediately, which is so exciting because if we think about bringing that in along with all these incredible longevity tools we have, the sky's the limit.

And that's what I think Joe Dispenza is doing a lot of active research on. There's some mitochondrial testing being done at his retreats to see the power of that consciousness and what it does with longevity, with mitochondrial performance. And so we're gonna find out more and more over the next few years.

**Dr. Wendy Myers**

Let's talk about reclaiming sovereignty and becoming the CEO of your own health. Can you talk a little about that? I think a lot of people outsource it to other people. They outsource their health and all of the answers and all of the decisions to their doctor. I always advocate for people consulting with a team like a functional medicine, not just a functional medicine doctor or an alternative healer, or not just focusing on one doctor, your primary care physician. You only do what they say. You've gotta take some responsibility and do your own research and not just outsource it to everyone. You have to learn about your health and how to take care of it.

**Dr. Lisa Koche**

This is a fascinating question because I see the whole spectrum. So I'll have the typical patient who has outsourced it to their practitioner. That's kind of the old school way of like the doctor knows best and we've gotta do what the doctor says. I think that's fallen a little bit more away. Most people understand they want support from a practitioner, but many people have been manipulated, gaslit, and told their symptoms are not real and lots of nasty things or diagnoses that I don't even think are legit. They're getting labeled as something and then the patient owns it and then that brings its own set of problems.

So when I talk about reclaiming sovereignty, it's how do you understand, like, can you be so connected to yourself? So sovereignty incorporates everything we've been talking about. It's trust in your intuition, being able to know there's a higher source, being able to talk to a team, being able to question things. But it also means that if you, let's say you decide you disagree with something, standing on a soapbox about that, never wanting to step off of it. I see that a lot with influencers or people that are focused on one thing. It's like medicine and science is the art of evolution, things change.

I am the first one to be like, well that didn't work, or I don't know what's next, but it seems like there's some issues here now. So it's being able to have that conversation with your practitioner and have them actually listen instead of throwing their trauma at you. A lot of times the practitioner will throw their own trauma back onto the

patient. If they have never maybe explored any of this and they're scared of looking bad or they literally just don't know what else to do with the patient, that's where a lot of the problems came in. And now the access to knowledge is so easy with ChatGPT, websites and people that are providing these labs and other functional tests that it's almost gone too far the other way too.

So I see both populations who all have patients who come in. I actually saw a woman the other day in her thirties who she told me, all her friends are like, oh, doing everything, doing all of these things, right? They're doing functional health and they're putting all their supplements into chat. They've got it all figured out. Meanwhile she feels lacking. She feels way behind because she's not having the same results as them. I took one look at her and I do a lot of just intuitive tapping into the fields, and I'm like, you're way beyond energetically where they are. People are individual beings and what works for them may not work for you.

This is where I don't see computers replacing a healer that's really tapped in and can collaborate with their patient. So it is that journey into, where's the knowledge of my higher source? How can I ask questions? How can I tap in here into my sovereignty instead of just going into a somewhat hijacked brain, which can confuse us and get us out of what we thought was gonna be the right decision? I talk about the three principles of truth. It is one of the things I like to speak about, which helps people understand sovereignty. The first one is that something may be true, but that can be hijacked by agendas, right? So we all saw that in the pandemic. We've seen that with big pharma.

We've seen that in lots of places where as a human, as a patient, you may feel inside, like something doesn't feel right. You're seeing the disclaimer at the bottom of the commercial, but you are fed these agendas all the time. So you've just dismissed yourself over and over again. Principle number two is something may be true, but blocked by your own self-doubt, self-cultural programming, these types of individual things like you were saying that you haven't sat with 'cause it's too painful. That can lead to gaslighting yourself, which is probably the worst trauma there is, but it blocks that same thing of finding the sovereign path. And then principle number three, which is my favorite, which is something maybe true, but it's just not yet proven. And that's the art of medicine science.

Who knew we would find light receptors on cells? Who knew there were four phases of water? None of us. So what do we not know right now? And are you willing to be intuitive and question and curious and open enough to ask those questions?

### **Ads 50:22**

And now a word for one of our sponsors. If you cook with non-stick pans, there's a good chance that you are consuming plastic. It's not fearmongering. It's what the current research suggests. There's a 2024 study that showed that just one scratch from a Teflon coated pan can release thousands of microplastic particles into food during cooking, every saute, every egg, every healthy homemade meal.

These particles don't just exit the body. They accumulate in your arteries, in your brain tissue, and may contribute to hormonal imbalance to inflammation and cardiovascular risk. So there was one study that found a 4.5 times higher risk of heart attack or stroke in people with microplastics lodged in arterial plaque and others have identified plastic particles inside brain tissue itself.

This is why reducing daily toxic exposure wherever possible is such an important part of long-term health. And it's not just old or damaged cookware. Research suggests that even brand new non-stick pans can begin shedding particles from every use. This is one reason that I'm very, very mindful about the materials that I use in my kitchen. That's why I recommend the P600 ceramic cookware. I personally use these. The P600 is completely free from Teflon, PFAS and plastic based coatings. It's made with Swiss engineered, ceramic designed to be truly non-toxic. It heats evenly, it cleans easily, and most importantly, it doesn't add to your toxic load.

So reducing exposure doesn't require perfection. It's just about making smart upgrades where they matter the most. So, if cookware is something that you use daily, this is a very meaningful place to start. Right now, the P600 cookware is 50% off, and for a limited time for my listeners, you can take an additional 20% off by using coupon code Wendy 20 at checkout. Just go to [chefsfoundry.com](https://chefsfoundry.com), use the coupon code, Wendy 20. Your body and detox pathways will thank you

**Dr. Wendy Myers**

Yeah, and to try things that may not have hardcore double-blind clinical trials behind it, you know? There's a lot of things that I use that don't have double-blind clinical trials. I use rife. I use another software called Biogenesis and all these things that help me so much and there's no clinical trials. You can't go online and read research about it but some things require a leap of faith and just to try them to see what works. And if you get desperate enough, you will try anything

### **Dr. Lisa Koche**

I bring up things a little bit. I love all those modalities too. I also just talk about something super basic, which is communing with your vessel. Talk to it. Like if you have recurrent Epstein Barr, ask the virus. The virus has a consciousness, why are you here? What's the message? What can I do to help you move on? I don't need you activated right now. That sounds really woo and out there. What that's something we're gonna understand in 10 years, I don't know. But it sure as heck isn't gonna hurt anything. And then these other devices have been around for such a long period of time, like, how can we utilize things like right frequencies connection at a conscious level with our cells and pathogens that may be in our environment. How can we evolve beyond this in ways that we don't understand that the human's capable of healing that and just not just healing, like you said, longevity and slowing aging and potentially accessing skills and gifts that we didn't know we had access to.

You look in the Bible, like you said, they were living in the Old Testament to like 800, 900. So what is that all about? Was that just here, is that just bs? I don't think so, but I don't know. Right now it would be nice to make it like healthy people making it to 120, 130, which seems more and more practical every day with all these great tools we have. But I think if you don't also adapt the spiritual, conceptual, and obviously the bioenergetic side, it's not gonna happen.

### **Dr. Wendy Myers**

I love using bioenergetics 'cause it is very anti-aging and that's something I'm super focused on. A lot of people listening are very advanced in their health. They're doing all kinds of things for their health and they're always looking for that next level. The bioenergetics is just amazing and what you can use for detoxification and anti-aging and sending nutrients to your body via frequencies and just really interesting.

**Dr. Lisa Koche**

Yeah, I love that. Actually, because we don't understand, and it's probably gonna even take the place of a lot of the other things, everybody that we're all doing now, it's gonna move forward and I just heard a practitioner who found a way to put nutrients, get them attached to carbon so that they are more alive. Even just a basic look at supplements is shifting and that's bioenergetic, but it is the life charge behind things that, whether it's our soil, whether it's what we're getting off the trees, whether it is the frequencies of music, which I think are super fascinating.

A lot of times I'll get my information from a box of tarot cards, which sounds crazy, but there may be a message there. And this healer is suggesting this solfeggio frequency for inner truth. And then I turn it on and sleep, and then I notice the next day that stuff is happening sometimes too quickly. And then I'll say, can we slow this down for a second? There's different layers from the bioenergetic machines devices that are starting to get more scientific proof. We're doing a study right now with Lilac Q sending healing frequencies that protect from EMF that also help shift the cellular makeup inside. It shifts both the EMF frequency and the cell's response to it.

We're studying it in a double blind study. We're waiting for the results to come back using a mitochondrial test called me screen. We should have about 40 patient results back in the next couple weeks. But I can tell you a couple of my staff, it's double-blinded so they don't know and half was given the frequency the first month and then they switched off the second month, half was giving it the other way around. And we had several people who said, I know I was in the first group. Like they felt it. When we finally got the info, they were right. So we haven't seen the actual mitochondrial result yet, but we've seen enough to know that the patient knew.

**Dr. Wendy Myers**

Wow, that's fascinating. Let's talk about the central message of your upcoming book; healing is a conscious collaborative process.

**Dr. Lisa Koche**

The central message is that the prescriptions that are out there, it's everything. It's not black and white. Just because somebody writes a prescription is not bad, but they're also very incomplete. When you hear somebody online saying that there's no need for prescriptions of poo-pooing medicine completely, that's just as bad as the other way around. There is an intuitive sovereign place that you can be in where you ask the questions, you hopefully find the right practitioner and that could be any type of healer to help you navigate and send you to the humans maybe that are starting to understand that this journey is unique depending on where you're at.

You can navigate these four pathways of reclaiming and healing, performing and then transcending. I believe that's the magic to get to the level that we understand today, which could be blown away in another 20 years. What's not written yet, what is unknown and just making life a wonder again, let's wonder if we have cells that can shut down, like a country shuts its borders and then are in mitochondria that do that and then they shift into spaghetti that share resources with the community, which is what we do as humans.

To me, that's the big message. We are meant to be a connected, loving society that needs humanity. Not people that walk around, not saying hello anymore and staring at their phone. And that's unfortunately what we're teaching the young people. So I'm really excited 'cause we just opened our big center, an 8,000 square foot center because for me, and it's funny because I was told back in the day. You've been doing functional medicine longer than most people. You don't need to have all the annoying stuff of a brick and mortar. You need to be virtual. I was told that by so many coaches, or people that were big in my field. And as a doctor, I've had this weird, intuitive connection. Not weird, but I've been lucky enough since my diagnosis at 15, I knew I was gonna be okay, and I knew there was a purpose for me getting sick.

So I just learned to not question that. When people told me that and I sat with it, it was like, no, I'm not gonna give that up. I would love to reach more people. So I wanna build my online presence. I wanna write my book, I wanna do speaking, but I don't wanna give up this idea of human connection that's in person sharing energy. And here we are 15 years later and some of the same types of people are calling me saying, oh my God, you're brilliant. You have the only AI proof business. I'm like, okay.

But, I didn't do it for that, I did it 'cause I felt in my soul that we need humanity, we need community.

So we have space for groups and we're having a labyrinth where you can meditate. We're having a sauna that fits 20 people so that people can go back, the contrast therapy but also room for sound bowls and classes outside. That's in addition to all the other performance centers and different things that we have here. Yesterday I was giving a tour 'cause we just opened like a week and a half ago and there were two women sitting in the lobby. This is actually really funny that I did not know. So they were seeing my other doctor and my chiropractor and I was talking to somebody I talked about and then I just said, hi, I hope you guys are enjoying it.

It was probably a 50-something-year-old woman and like a 23-year-old woman, and they were sitting across this little seated space and they were like, oh, it's so beautiful. She was like, I know my mom knows somebody that knows you and are you, Dr. Lisa? I wanted to meet you.

I was just chatting with them. And then I said, well, I'm glad you like it because my purpose is to bring people back into the community and you guys, you're sitting here. I want you to be able to meet interesting people instead of just being on your phone. I think they were both like, oh God, now I'm stuck talking to this woman. I was happy on my phone, you know? But the funny part of the story was when I stopped talking and was saying bye, the young girl, the younger woman in her twenties, looks at the other lady and goes, are you Jennifer? And she's like, yeah. And then she's like, I didn't wanna creep you out, but I thought that's who you were.

I didn't wanna say hi 'cause I didn't want to, and I was like, see. The community's already beginning like, and then I just walked away. I was like, my work's done. So creating an intentional space for people to be able to meet always meant so much to me. So it's perfect timing for the book coming out too.

### **Dr. Wendy Myers**

That's great. I would love to come to it 'cause I'd love your work. I admire you so much and I'd love just that you're putting these cutting edge principles or like getting these

cutting edge principles out to people and getting the message out to people. I just respect your work so much.

**Dr. Lisa Koche**

As do I with yours. Thank you for having me.

**Dr. Wendy Myers**

So your new book is called The Unwritten Prescription. Why? Real healing starts within, so everywhere. I highly, highly recommend it. So you said it's coming out in December 2026?

**Dr. Lisa Koche**

Yeah, it's coming out in December this year. But we'll have pre-sells whenever the publisher tells me they're ready. But I'm very excited we're taking clips from it on our social media pages and being able to bring some of these concepts because the planet needs 'em now.

**Ads 1:03:29**

For anyone listening who really wants to detox their body, go to [heavymetalsquiz.com](http://heavymetalsquiz.com). I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at [heavymetalsquiz.com](http://heavymetalsquiz.com)

**Dr. Wendy Myers**

Is there a website for the book or where can people get it?

**Dr. Lisa Koche**

Not yet, but if you go to either Spectra Wellness, which is my clinic website, or Dr. Lisa, there'll be lots of information. Dr. Lisa is my Instagram and Facebook as well.

**Dr. Wendy Myers**

Okay, fantastic. Well, Dr. Lisa, thank you so much for coming on the show. I always love having you on. You've been on a couple of other times as well, so you guys can go check those out as well. Also very, very eye-opening and again, thanks so much for coming on the show.

**Dr. Lisa Koche**

Thank you for having me. I look forward to seeing you soon.

**Dr. Wendy Myers**

Everyone, thanks so much for tuning into the Myers Detox podcast. I'm Dr. Wendy Myers, and I love bringing you experts from around the world to help give you those missing pieces of the puzzle in your health because I want you to feel good. I want you to get the answers that you're seeking, and I hope this show has helped you do that. So thanks for tuning in.

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