



Pillars of Health: from healing to performance and beyond

Laura Frontiero, FNP-BC interviewing
Lisa Saff Koche, M.D.



Laura Frontiero, FNP-BC

Welcome back to restore your mitochondria conversation. I'm your host, Laura Frontiero. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love. Today my special guest is, Dr. Lisa Koche Hi, Lisa, welcome to the summit.

Lisa Saff Koche, M.D.

Hi, thanks for having me.

Laura Frontiero, FNP-BC

Yes, I'm so excited. I'm having you come here because you are an expert in cellular health. You're an expert in performance, brain, energy, biohacking, all of it and we're gonna bring this down to a deep cellular level today. And let's introduce you to our audience. You are a Triple Board Certified physician, Founder and Director of Spectra Wellness Solutions, owner of Lit Labs Performance Center, and lead physician and speaker for Tony Robbins Life Mastery Health Program. Just, wow!

Lisa Saff Koche, M.D.

Yeah, thank you. Thank you.

Laura Frontiero, FNP-BC

Yeah, this is so good. Now, you have decades of research and your own personal medical journey that led you to formulate a complete healing plan for the human body. You started the



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

underlying cause rather than the symptoms and you specialize in antiaging and biohacking through regenerative, traditional, and functional medicine. So excited to have you here.

Lisa Saff Koche, M.D.

Yes, I'm excited to be here with you. Thank you so much.

Laura Frontiero, FNP-BC

Can you start by just telling us how you got interested in the importance of mitochondria anyway because I have a feeling you were talking about mitochondria before it was popular to talk about mitochondria.

Lisa Saff Koche, M.D.

I seem to have that trend. I'm about 10 years ahead of the curve every time. And I literally thank just the universe and my journey every day because I was gifted, as I like to call it, with childhood leukemia at the age of 15.

Laura Frontiero, FNP-BC

Oh, my.

Lisa Saff Koche, M.D.

Yeah.

Laura Frontiero, FNP-BC

Wait, wait, stop, halt. I know you and I didn't know this about you.

Lisa Saff Koche, M.D.

Well, now you do.

Laura Frontiero, FNP-BC

Now I Know.



RESTORE YOUR

**Mitochondrial
Matrix** SUMMIT

BOOST YOUR energy. FIX YOUR health

Lisa Saff Koche, M.D.

And it leads right into mitochondria. So I went for camp physical, I was feeling totally fine and they pulled me outta class 'cause my hemoglobin was seven and then eventually through bone marrow biopsy found I had the childhood form of leukemia called ALL. So, I had to start chemotherapy and all three years; 10th, 11th, and 12th grade with a wig and a fat face from prednisone-

Laura Frontiero, FNP-BC

Oh, my God.

Lisa Saff Koche, M.D.

All of it. But I honestly did pretty well considering I was never even hospitalized and it wasn't until I was going into my junior year in college. So I still managed to graduate on time, very high in my class, got into a great college, was about to enter my junior year, went for my first ever pap smear because all the way through high school I had to be on the pill chronically and all of that so I didn't go till I was 20. The gynecologist found a mass in my ovary thought it was a cyst and when I woke up from the anesthesia they said it was actually leukemic cells that had hidden from the chemo.

Laura Frontiero, FNP-BC

Oh, my gosh.

Lisa Saff Koche, M.D.

And instead of going back for my junior year at Emory in Atlanta, I found myself at Sloan Kettering in New York City starting chemotherapy again and that was right when all my hair had grown back. So that was pretty devastating. Went ahead and I was very blessed 'cause my uncle had a condo there we were able to, my parents were able to take turns with me. They wanted me at the best place for relapsed hidden, they call it hidden sanctuary sites where the cancer cells can hide from chemo. So it was not ever a technical full relapse but I had to go through chemo again. This was back when bone marrow transplants were just getting started so they kinda debated about that but decided just to go chemo. And after about the second round, I

woke up in the middle of the night gasping, I was in Adriamycin which is a really rough chemotherapy, I was in Adriamycin induced cardiotoxicity with an ejection fraction of 20. So that-

Laura Frontiero, FNP-BC

Oh, my gosh.

Lisa Saff Koche, M.D.

Yeah, that happened when I was 20 and it really set my path even more because at the time I had a young heart, and so for your listeners, a normal ejection fraction is about 60 to 70. They say low normal is about 55ish. So mine was down really low and they put me on some medication. They, obviously, stopped that particular chemotherapy. But I was very blessed because my uncle who was a podiatrist sent me Carnitine and Codeine, this was again back, we didn't know much about supplements back then. I didn't really... My parents just were freaked out they had a sick kid we were going the traditional medicine route because we didn't know anything else, this was 25 years ago. And those supplements came in the mail on autoship.

So I took them and I don't know if it was the combination of the supplements, being a young heart, or what it was, but I recovered to an EF of about 50. So finished my chemo, still managed to get into an amazing medical school thought I wanted to do pediatric oncology. My first interview for med school, the guy said, "Are you sure you wanna do that? Don't you wanna do something different?" And I sat there in front of him and was like, you're right. I wanna prevent this. I wanna prevent anyone ever having to do what I just went through 'cause there were times when it was every three weeks, I was either getting a bone marrow biopsy or intrathecal spinal injections of methotrexate, which is a chemo into my brain.

So I had decided to go the complete other route and I joined cardiologists trying to prevent cardiovascular disease. So I was building my practice inside there, studying things because I had just always asked why. I didn't understand why I got sick. I made it my mission to try to figure that out. And as I went in with them to try to prevent cardiovascular, I stumbled upon functional medicine, started studying nutrition, started asking questions, started treating people. I formed the first ever gastric bypass center at the hospital where we did a lot of nutrition and psychology to get patients through surgery. And then I would watch them crash with their adrenals, and

their thyroid, and they'd get exhausted. And that pushed me even further into getting a fellowship in AFRM and studying functional medicine at that point. So that was kinda what turned me on to integrative medicine that brief part of the journey and, specifically, mitochondrial. I was able to get pregnant, which nobody thought I could 'cause I had one ovary, five years of chemo. And I did well, got pregnant did well. They were worried about my heart at the end it gave out a little bit just from the volume overload and they were watching me and I was taking different supplements that are good for mitochondria since chemotherapy predominantly damages mitochondria. And when I had my daughter, between the first bout of heart failure and pregnancy, I could run a 15K. So I was still like really pretty good shape.

After my daughter, it went down a bit and I could only run a 5K. So that's kind of how I could see my cardiac reserve. And it was somewhere between my daughter and my son, and they are eight years apart, where I started studying. I was really paying more attention to the mitochondria and I got exposed to them through learning about the ketogenic diet, which I studied before everybody talked about. I studied it about 10 years before. And the reason why I got so excited about the ketogenic diet was because it was actually, I think, Dr. Mercola interviewing Dom D'Agostino who is one of the keto experts about the keto diet and what it does to mitochondria. And first, I was like taken aback because this guy's talking about these fascinating things. And then he said, "Well, at my research institute at the University of South Florida," which happens to be 10 minutes from my house, "we are studying the impact of this diet on mitochondrial health." So I was like, wait, he's right here.

And then when they said, "Well, you know, ketogenic diet can actually trigger not only healing of current mitochondria that may be suffering but it also triggers mitochondrial biogenesis." Which I'm sure people listening to the summit know about. But at the time, nobody knew about. Like I didn't know it was possible. I thought it was like, you are dealt your cards and my amount of mitochondria had been trashed with five years of chemo and my patients with medications or poor diet or chronic stress and then you were just kinda stuck trying to take care of the rest of 'em. So when I heard you could make nuance, I was in. So that's when I started using the ketogenic diet myself but also reaching out to the researcher and going to his lab and seeing what he was doing. This is right back in the beginning when they were first playing with exogenous ketones and I was involved in trying some of them, we did one of the first initial



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

studies using exogenous ketones in a patient population which was interesting. So I was taking a lot of things, I stabilized my heart for a while. Unfortunately, after my son was born and I was able to get pregnant at 40 with one ovary, five years of chemo, and no fertility, he had to be delivered under general cardiac anesthesia. So my heart gave out again. So each time I've been challenged and I've had to find ways to repair my mitochondria and then I could share it with my patients.

Laura Frontiero, FNP-BC

My experience of you is the energizer bunny, honestly. I mean, I know you personally, I spend time with you at retreats and masterminds and you are full of life, full of energy. I never would've guessed that you've been through all of this. And this is just a testament to the possibility of mitochondria regeneration because you wouldn't show up the way you do in life if you hadn't been able to correct your health.

Lisa Saff Koche, M.D.

100% and I think it's been, that's why I say I was gifted. Honestly, I believe that in my soul. I was gifted because the universe did not want me off my path. It didn't want me dabbling in another career it was just, and every time I've kind of gotten comfortable with treating something and having good results, I would have to learn something else on my body. And then it would be like, oh, now I'm supposed to bring this to everybody. Oh, okay, now it's peptides. Now, I'm playing with stem cells. All of, you know, different steps along the way, it's mostly been through my own journey until I finally said, hey, can we learn some lessons without me having to crash. But you're right, my energy at this point in my life I blow away, one of my sisters is 12 years younger than me, and they're always just kind of like, "What is going on with you? You have so much energy." But I have a positive outlook. I'm appreciative for my life. I'm fascinated with what I'm learning. And I judge my true resilience with my capacity to run still. Since the more recent trauma, which was only five years ago, I have not been able to run, I can only walk run and I'm just starting to get my stamina back from that as well with some other new techniques.

Laura Frontiero, FNP-BC

Well, you do know the techniques. I mean, your whole center is centered around you help people with bio-elevating, bio-optimizing, biohacking, anti-aging, regeneration. So what treatments



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

have you seen that are the most impactful on mitochondria function? What should our audience be looking for in their practitioners in their area? What should they be doing?

Lisa Saff Koche, M.D.

Well, I think the first step is to know that this is not taught in medical school, and I'm sure you guys have discussed this through summit. But we learn about mitochondria in biology class and we know more about it there than we do coming out to practice. So the first thing would be, finding out if the practitioner has any kind of knowledge. And the good and exciting part is that at this point there's definitely things that people can do at home so this doesn't have to completely be physician driven. But if you can find somebody where you have access to knowledge, somebody who has the knowledge base looking at... I like to describe like mitochondrial function, adrenal, thyroids, and hormones as being almost like legs on a stool of vitality and I find that they all play off of each other. If your adrenals are overly stressed out for whatever reason or you're menopausal or andropause and those are really suffering it's almost like it requires more energy so the mitochondria also burn out faster, they're not detoxing as fast and these organ systems and endocrine systems are not able to hold up. So I do always recommend people look at the whole picture. So you wanna make sure your practitioner is fully versed in all things functional and that they at least have a little bit of knowledge of the supplements and or pathways that would help in optimizing mitochondria.

Laura Frontiero, FNP-BC

Okay, great. So what are some things that people can do at home? And if you can share, what are some of the things that you use in your clinic?

Lisa Saff Koche, M.D.

Absolutely.

Laura Frontiero, FNP-BC

I know you have devices and, you know, yeah.



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

Lisa Saff Koche, M.D.

So I would say the most basic is a quick story, my daughter was studying for an exam and she asked me to quiz her. So I usually say, "Please don't be history. Please don't be history." And then she was like, "It's science and it's mitochondria." This was like about two years ago. So I was like, absolutely, I'm in it. I'm studying that anyway, let's go. So she hands me the packet and the first 10 pages are about the leaf. So I'm like, really, you said this is the mitochondria. And she's the one who looks at me and she goes, "Mom, the mitochondria and the chloroplast are exactly the same, what is the problem?" And I was like, oh, and I kind of looked at it again and I'm like, that's weird. And I just put it over here. And I said, "That's important, I don't know why. I'm gonna come back to it later." I have all these different file cabinets in here. So it's about six months later, I'm driving listening to a podcast with this neurosurgeon who's done a lot of research in light therapy. And he, I don't know if you know, Dr. Cruz is his name, but anyway, he's talking about how he was impacted by being in the OR all the time and the fluorescent lights and all the EMFs and how he had trouble with his weight and brain fog and all the classic mitochondrial related issues and that he was able to study these pathways that showed how light impacts the human mitochondria. And then he said, people wake the, you know what, up the mitochondria, the chloroplast are exactly the same. And I was driving.

Laura Frontiero, FNP-BC

Like your daughter's paper.

Lisa Saff Koche, M.D.

Exactly. And I was driving, I still remember where I was driving and I was like, oh my God. So if anybody was next to me in the car, they would think I'm a crazy lady 'cause I was just like, oh my God, I knew that it's gonna come back. So I think your viewers can take this to a pretty basic level which is, what does a plant need? Like how does a plant thrive? Because a lot of these things are exactly the same. So you need to be grounded 'cause you get your nutrients, in our case we can get electrons from the earth, so grounded and connected which also helps you be calm. The sun, especially early morning rays, which are very helpful for mitochondrial optimization and that's what I tell all my patients to get outside before 10:00 AM and ground, so barefeet in the earth and just let the sun in their eyes without sunglasses or contacts because Dr. Cruz was able to isolate a lot of these pathways that go through the actual human eye and you don't wanna stare



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

at the sun, you wanna just be outside. So the light, the grounding, and then the water. So different studies on how different phases of water can help the mitochondria work better. So making sure that your water is charged or you throw in a little bit of fruit which helps with that fourth phase of water that's a gel-like consistency that actually charges the mitochondria even more.

Laura Frontiero, FNP-BC

Charged water, talk a little bit about that.

Lisa Saff Koche, M.D.

Well, water holds charge which is really hard for a lot of people to understand because it looks like just this flat liquid, but it's actually alive. And if you're observer or your attendees haven't seen any of Emoto's work, have you seen his crystals at all? Okay, so this is fascinating for everybody that's listening. Look up Masaru Emoto, E-M-O-T-O. He is a Japanese scientist that did a lot of work on what happens to water in the crystal and nature of it. And what he proved was that water actually is sensitive to music and to sound because it's alive. So he has pictures of crystals where he spoke lovingly to the water and the water shows these beautiful crystals. Then he spoke, the other half of the group, negatively like I hate you, you're stupid and it looks like an absolute distorted image so-

Laura Frontiero, FNP-BC

Back to energy, energy is everywhere.

Lisa Saff Koche, M.D.

It's back to energy. And a lot of the energetic interface is at the mitochondria. So that's what's really interesting in tying it together 'cause the mitochondria is all about energy. And since we know the mitochondria work their own bacteria, they are sensitive and they respond to thoughts. Because, again, if you're a bacteria living on the planet by yourself before humans kind of engulf them, you have to be able to survive so you have to sense your environment. So it's in that also kind of interestingly connected to the plant. So water and the words for the water but also the words for the mitochondria themselves, the energy can be charged. The water can be

charged. And there's something, most people think there's only three phases of water; the liquid, this gas and-

Laura Frontiero, FNP-BC

Vapor.

Lisa Saff Koche, M.D.

I mean, sorry, and vapor. Sorry, ice is solid, then the liquid, then the vapor. There's actually a fourth, which is called the fourth phase of water. It's a gel consistency and it actually conducts the electrons faster. So it's really simple. There's a very good book if people wanna dive deeper called "The Fourth Phase of Water". But what your listeners can do right now is literally if you grab a handful of fruit, so you can grab like a handful of blueberries or I use fresh lemon, actually the fruit creates at its juncture with water an area of this activated electrons that is called the fourth phase of water that will help fuel the mitochondria a little bit more.

Laura Frontiero, FNP-BC

What a cool side note.

Lisa Saff Koche, M.D.

Yeah, total cool sign note and a really good book. It's complicated, like where all the electrical stuff is complicated but it's fascinating. I think it just proves the fact that there's so much that we still don't understand 'cause if we can take a liquid that we thought was dead and start studying it and realizing that it has another phase we didn't even know about, that's pretty cool. So that basic stuff about paying attention to your water and there are devices and ways you can charge it. Actually, I've got this cup right here it actually charges the drink that's in it. So there are all kinds of hacks that you can do to get the water optimized. In the office and in our biohacking space, we use light therapy for sure. I have about four different devices using light. So one is the standard red light panels, which definitely help with all things mitochondrial. They have photo receptors, so literally receptors that respond to light and those will allow more ATP production when the right light comes in, especially red and near-infrared and the early morning rays. Then we have a device that puts three different wavelengths of light under the tongue and that's red, green and blue, which do different types of things. So again, predominantly for mitochondrial



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

red is going to optimize, but then blue helps with inflammation, and green can help being antimicrobial. So that is a device that used to be IV , it now goes-

Laura Frontiero, FNP-BC

And I'm assuming under the tongue because this is very vascular and a very easy way, the bloodstream is right there, it's a close location to getting the light into the bloodstream?

Lisa Saff Koche, M.D.

Yeah, they had a way of doing it in an IV manner but they found that the sublingual is so much easier and it just takes a 20 minute treatment. So that's been really interesting device that I've been using for infections and chronic-

Laura Frontiero, FNP-BC

I'm trying to visualize that. Anytime I put something in my mouth you like drool. You drool for 20 minutes.

Lisa Saff Koche, M.D.

Well, it's kind of like, I'll show you 'cause it's right here in my drawer. It's pretty small. Yeah, it's right here. The adapter that you use it's not bad, it's only like this.

Laura Frontiero, FNP-BC

Oh, that's easy. You can actually swallow and your spits not coming out. That's cool.

Lisa Saff Koche, M.D.

Yeah, it's not bad. So that's another light device. I also have a bed that is color, music, and vibration and this one has crystals lined up with the chakras. It has frequencies that match the light. You can change the color of the central light. And that in and of itself is another 10 year ahead of its time device. The company ended up, the FDA went after them, unfortunately, because the FDA has done that for light before.

Laura Frontiero, FNP-BC

They claimed that it helped with X, Y, and Z and the FDA said, nope.



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

Lisa Saff Koche, M.D.

Yes.

Laura Frontiero, FNP-BC

Next time in Tampa I'm gonna come lay on your bed.

Lisa Saff Koche, M.D.

You have to because this bed it's kind of magic. And so that's another... People with chronic pain, insomnia, people with PTSD, people with shingles and it stops the outbreak. So that device is pretty amazing.

Laura Frontiero, FNP-BC

And you have that in your clinic, right?

Lisa Saff Koche, M.D.

I do, that's that's in my clinic.

Laura Frontiero, FNP-BC

And people like, "I have to go to Lisa's house to lay in her bed in the clinic." And can go there and, you know-

Lisa Saff Koche, M.D.

Take a little nap and get regenerated. Actually, if you wanna hear something cool about that bed, the guy who built it was using it for type 1 diabetes because the investor's daughter had type 1 diabetes. And they were putting these kids in here and it was helping their autoimmunity plus it was balancing the parasympathetic and sympathetic nervous systems. So the first time I went out there, luckily, and I'm always a renegade and I'm always interested in new things and they had called the university to ask, tell them, "We've got this device, it needs to be studied. We would love to do a trial with you." And they said, "That's so fascinating but it's too weird for us, call Lisa." And they gave them my number. So, luckily, my dad decided to come with me the first day because it was in a warehouse. Anyway, I get put in this box with these two guys.



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

Laura Frontiero, FNP-BC

He didn't want you to disappear.

Lisa Saff Koche, M.D.

Yeah, so my dad's there. Well, when they go to open after an hour of being in there, they started gagging. And like, literally the guy was like and then I could smell it. He said, "Do you smell that?" And it was literally chemotherapy. So it was a lesson to me 'cause I had not had chemo for at least 15 years.

Laura Frontiero, FNP-BC

Your chemo, it was coming out of your cells. It's kind of releasing.

Lisa Saff Koche, M.D.

It's coming outta my cells because it was hitting the energetic part of my body. So the light, the vibration, the music was almost like full body acupuncture without the needles.

Laura Frontiero, FNP-BC

I hope you had some binders on board because that could have dropped you.

Lisa Saff Koche, M.D.

Yeah, it didn't for whatever reason I think, because it just for, I don't know, it cleared some things and it woke me up to say, we don't understand anything because I was just like, I've been detoxing my body, I've been doing all this functional medicine stuff, You know, I know my labs are... Like I had no idea that would still come out energetically. And then I had a couple of cases of even alcoholics that had been cleaned for years feel like almost like they were having DTs.

Laura Frontiero, FNP-BC

Wow.

Lisa Saff Koche, M.D.

So that pushed me to study energy a little bit more and that kind of started me on the path. So that bed, the red light, the under the tongue light. One of my other really favorite things is a



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

device that does singlet oxygen. And it's basically water that gets activated by light and it breaks up the oxygen so it's a little bit more hyperactive and it can dive deeper into your cells and into your mitochondria. So that one is respiratory. You just breathe it in, it's vaporized. Let's see, so those are probably the big ones besides cryotherapy. And so, cryotherapy, I'm guessing some people may have spoken about but what the impact of the cold has on mitochondria. And I love talking about hormesis.

Laura Frontiero, FNP-BC

We have a lot of talks on hormesis, so we've already written covering hormesis. So I wanna pick your brain about some other things. Everybody listen to the talks about hormesis on this summit, there's a couple, but I wanna talk about brain and performance. So I work a lot with high performing women and big thing, and it's like you work with your own self, right? My favorite client is the client that mirrors me. So I'm a high energy go, go, go person. And when my brain isn't performing well, it affects my productivity. It affects my output in the world. It affects my vision in the world. So what do you have for therapies for brain? And then I wanna show you one I have, 'cause I have a device right here.

Lisa Saff Koche, M.D.

Awesome. Okay, the number one thing that I have found through my career for brain is actually not a device, it is a specific type of chiropractic adjustment.

Laura Frontiero, FNP-BC

Oh, cool.

Lisa Saff Koche, M.D.

Yeah. So another long story about how it presented to me, but the bottom line is this is a technique for C1, which is your atlas. So C1, atlas, orthogonal, who cares what it's called, but it is a very specific type of training that a chiropractor has to have. And what happens is that the joint gets measured within one, 100th of a degree. All the software like kind of analyzes it, it determines the angle and it is a sound wave that you use, percussive sound wave, to tap C1 back in. So what I have found is because it's so much more precise and anybody that's listening you should never have your neck manually adjusted ever. It is not safe, in my opinion, because there's



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

too much going on right here that is valuable real estate. It just takes a slip of a hand and it's also almost impossible to get the precision lineup with a manual adjustment. This is a way to do it that is, again, very precise, no risk because it's the sound wave will make everything vibrate but it's not gonna shear anything. And I have literally seen such dramatic improvement in brain function. I've seen people have to adjust their glasses because they're seeing better. I've seen people have plantar fasciitis, which is obviously the bottom of their feet, get it fixed just by doing that simple adjustment.

Laura Frontiero, FNP-BC

And what's it called?

Lisa Saff Koche, M.D.

It's called atlas orthogonal. So it's a type-

Laura Frontiero, FNP-BC

Atlas orthogonal.

Lisa Saff Koche, M.D.

Yeah, and it's the type, a lot of people may say they do this technique. There are people who use activators to tap it in this particular one it's sort of in a little known field of chiropractic.

Laura Frontiero, FNP-BC

And so is it a device that they use to bounce sound waves so they're not using a activator?

Lisa Saff Koche, M.D.

Correct.

Laura Frontiero, FNP-BC

Thunk. Thunk.



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

Lisa Saff Koche, M.D.

No, they're not doing that. So it is still a thunk but the one that we have is a little bit bigger. It's actually almost looks like it's part of the bed. And then you you get the patient very positioned and then it taps in right behind the ear and then everything flows and connects. And I found, again, from a brain perspective that to be huge plus from a kind of spiritual self work side, I don't know if you've talked about that at all, but people that are working on themselves and meditating and stepping into that next level, very often it will knock C1 out of alignment because it's the gateway between energy field and vessel.

Laura Frontiero, FNP-BC

So, what will knock it out of alignment?

Lisa Saff Koche, M.D.

Their work.

Laura Frontiero, FNP-BC

Oh, their work.

Lisa Saff Koche, M.D.

Like clearing a lot of old trauma, that type of thing.

Laura Frontiero, FNP-BC

Okay, clearing trauma. So do you know anybody in Southern California who does that?

Lisa Saff Koche, M.D.

We will get like, yeah, I will get you a couple of names for sure.

Laura Frontiero, FNP-BC

Okay, cool.

Lisa Saff Koche, M.D.

I have my chiropractor constantly feeling out for people.



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

Laura Frontiero, FNP-BC

What else do you have for brain? What can people do?

Lisa Saff Koche, M.D.

Yeah, so I would say that's number one. And then obviously red light therapy brain tap we use a lot of just systemic IV therapies but also I just got trained on these cells, stem cells, where you can direct the cells to the brain. That's the thing I'm most excited, but I'm just now gonna be starting to do that treatment.

Laura Frontiero, FNP-BC

And what about what people can do at home to support their brain health? What would be your best recommendations to do in conjunction with the things they can get at a practitioner?

Lisa Saff Koche, M.D.

Yeah, I think it depends on how significant, but like devices, like what you have, where you can actually do red light therapy.

Laura Frontiero, FNP-BC

Look at this.

Lisa Saff Koche, M.D.

Yeah, are you loving that?

Laura Frontiero, FNP-BC

It's a Weber medical.

Lisa Saff Koche, M.D.

Yeah.



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

Laura Frontiero, FNP-BC

And it is check it out. Oh, it's unplugged right now, I can't. But this whole thing is red laser and it's amazing. I do it twice a day. I have been on point for the last week that I've been doing it really faithfully. It's been amazing.

Lisa Saff Koche, M.D.

Well, I will tell you from a brain perspective red light, for sure. So I don't have that particular device yet but we have a photo stem, which is for the face, which is incredible for like collagen and wrinkles. But what I found is incredible brain benefits too, because it's right there.

Laura Frontiero, FNP-BC

Yes.

Lisa Saff Koche, M.D.

So the red light, face. And then the singlet oxygen that will clear my brain almost immediately. And some different new supplements that I'm playing with. There's one called C60, which I don't know, I know we had it at the conference.

Laura Frontiero, FNP-BC

We have them on the summit. So definitely find that lecture because it's in here. What is the name, I can't think of his name right now the... I'll figure it.

Lisa Saff Koche, M.D.

Yeah, Kenneth.

Laura Frontiero, FNP-BC

Ken.

Lisa Saff Koche, M.D.

Yeah. There's a couple of products that I found that definitely help with brain function. I do think the conversation would not be fair if we didn't mention estrogen. So, hormonal therapy in general, if a patient doesn't have or they're gonna get in trouble in terms of memory and

processing time. Cryo from for a quick fix to clear the head and really get you focused you're gonna be going into a talk like a lot of my patients, if they're high performers. You know, it only takes three minutes to go and cryo and then you feel really very focused for the rest of the day. Probably those are the big hitters at this point for brain.

Laura Frontiero, FNP-BC

Yeah. So good. So good. Brain is where it's at. Okay, so anything else you wanna share? We're coming up on the end of our talk. We could keep going and going. So last words, Lisa.

Lisa Saff Koche, M.D.

I think if I could just get anybody to understand one thing, it would just be that wherever you are starting today if you are a high performer you've tried a lot of these things already, or you are just starting out that mitochondria is where you need to pay a lot of attention, understanding that pulling out things that are aggravating, bringing in things that it loves, but also really understanding the emotional connection to it is gonna help you go to the next level. And truthfully dietary interventions, which I'm sure you've had tons of talks about between fasting and modified keto or pure keto all the way to some of these newer things that are coming different types of stem cell therapies and peptides. So there are a lot of great peptides for mitochondrial function. I think as a guide for people that are getting started, I always assess where you are right now because you don't wanna go spend money on peptides and stem cells if you still have leaky gut, your hormones aren't balanced, and you're not eating clean enough.

Laura Frontiero, FNP-BC

We have a peptide talk, Kent Holtorf is with us, integrated peptides. So we do have a peptide talk too.

Lisa Saff Koche, M.D.

Right, but I'm just making the point, you don't wanna go do all of these things if you're still in the healing phase. Like get your grounds, you know, get yourself stable, get your gut heal, get your hormones balanced, get your thyroid balance, get your adrenal supported, work on stress, work on chronic infections. Those things all damage mitochondria. Yes, there's peptides that can help you on that journey of healing and all of that. But in my opinion, you can get that stuff healed



RESTORE YOUR

Mitochondrial Matrix SUMMIT

BOOST YOUR energy. FIX YOUR health

and then your mitochondrial optimization whether it's light therapy, supplements or cold or whatever it is you wanna do is gonna be that much more impactful.

Laura Frontiero, FNP-BC

What I'm hearing you say is get your house in order before you add an addition to it?

Lisa Saff Koche, M.D.

Yeah, before you add that cool addition, which is like how high can we go? Like how much can we perform? I mean, I'm not quitting. I've decided I'm gonna run at least a half marathon as I continue to heal myself. So I will keep you up with all the newer things I find on that journey.

Laura Frontiero, FNP-BC

You're amazing. Thank you so much, Lisa, for being here sharing your wisdom and thanks for what you do in the world and tell us where we can find you. Tell our audience where they can get ahold of you. I know you have a brand new online program launching plus you have your physical location in Florida where people can come in and I'm sure people fly in from all over world to see you.

Lisa Saff Koche, M.D.

Yeah, absolutely.

Laura Frontiero, FNP-BC

Where are you?

Lisa Saff Koche, M.D.

So my physical location is in Tampa, we have the clinical office. And then I have my biohacking center called Lit Labs. My brand is all about how to get lit. And then I'm also starting my eight week course in the next month or so. So that will be available on my website, which is spectrawellness.com and dr.lisakoche.com. Dr. Lisa Koche is my Facebook and Instagram.

Laura Frontiero, FNP-BC

Amazing. Thank you, Lisa.



RESTORE YOUR

Mitochondrial Matrix **SUMMIT**

BOOST YOUR *energy*, FIX YOUR *health*

Lisa Saff Koche, M.D.

Thanks for having me.

Laura Frontiero, FNP-BC

You take good care now.

Lisa Saff Koche, M.D.

Okay, you too.

Laura Frontiero, FNP-BC

Bye.

MITOCHONDRIAL.DRTALKS.COM

Copyright © 2022 Restore Your Mitochondrial Matrix Summit