Introduction and Dr. Vu2019s Background

There may be a teeny tiny tumor, they don't pick up on a PET scan or a CT scan. So you have to maintain that whole lifestyle and this is the way that you live going forward.

Now I know we talked about hormones, you asked about hormones. That's another aspect of balancing our energy. We know that when our hormones are off, we're off as well.

And we know that our hormones are very important for our brain health, cardiovascular health, bone health, immune health, all of that. And unfortunately, women's hormones have been vilified by conventional medicine, right?

You have estrogen-positive cancer, so we've got to shut off your hormones because that's what's causing the cancer. Well, I disagree. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Today's episode was previously recorded on the Pain Solutions Summit that I hosted. Hi, Dr. Pollack here again. And today I'm joined with a very special doctor.

Dr. Veronique Dassault-Ney, did I say that right? Very good, yeah. French background, but I'm sure you get all kinds of other pronunciations and you could tell us what you would prefer to be called.

And I'm also going to ask you then to please introduce yourself, what you do, what you're known about, anything you published. So please, thank you. All right, so most people know me as Dr.

V. My name is Dr. Veronique Dessonnier. I'm the founder of breastcancerconqueror.com and the co-founder of My Breast Friend. Now, how did I come to be known as the breast cancer conqueror?

Well, if we go back all the way to 2004, I was in my 23rd year of practice as a bioenergetics chiropractor. And I was in the shower and I was doing a breast exam and bam, you know, felt that lump that changed my life forever, you know, professionally and personally.

And what went through my mind at that moment was how could somebody like me develop breast cancer? I mean, here I thought I was doing everything right.

You know, I ate right, exercised, hung births, you know, you name it, I was doing it. And yet here I was facing a lump in my breast. So that brought me down the path of research, what allowed the cancer to show up, because I know that cancer is just the symptom, it's not the cause.

And I had to really look at my lifestyle and look at some of the pieces of the puzzle that I was missing. So as I was creating my protocol, I chose to do everything outside of conventional treatments.

I realized that there were certain things that needed to be addressed. And so I sat down with pen and paper and said, okay, what do I need to do to get well?

And so that's how I came up with my system. It's a registered trademark system called the Seven Essentials System. Each of those steps, if you follow, you never have to fear cancer or any disease for that matter.

So that's how I ended up sharing my story in a book called Heal Breast Cancer Naturally. It's Amazon number one bestseller in five countries and just have really enjoyed helping women.

My team and I have coached and supported women in the 60 countries now and we do everything virtually and we

guide women through that healing process because so many women when they're diagnosed with breast cancer, they think right away, bald head, sick, and I'm gonna die.

And so we're here to change that, create that paradigm shift, and you don't have to fear breast cancer if you understand what it is and what it isn't, and then you have a large measure of control on how your body responds to healing.

Now, you have a professional background, right? So tell us your professional background as well, please. So chiropractor by profession, I graduated in 1979, long time ago.

So I've been in the wellness industry for 40 some years now, 43 years. And, you know, I went into chiropractic because I knew that, or I came to understand that our body is an intelligent miracle that allows it to heal.

We cut our finger, you know, we don't have to think of anything, the body automatically heals. So it's designed to heal. And with chiropractic, we understand that the nerve system commands controls everything in the body.

So if there's impedance or subluxation in the spine, that could prevent the cells and the organs in receiving all that electrical information that the brain is sending to all the different parts of the body.

So it started that way and then came to realize that nutrition was very important and hormones and emotional wounds and all these things, you know, kind of came together into that Seven Essentials system.

How did you come up with the Seven Essentials? It wasn't all of a sudden landed in your lap, right? So how did you evolve? Yeah, it was kind of a download, honestly.

You know, I just sat there with pen and paper, you know, as I was going through my first healing journey. And I just said, you know, instead of being all over the map, I said, what is it going to take for me to cover all the bases and to really get well?

The Seven Essentials Healing Framework

and to reverse this you know this cancer in my body so as I went through that checklist just started writing things down and I realized there we go this is everything it covers everything and you know over the years as I've listened to other doctors lecture and wonderful lectures on you know oral health and how important that is or you know the immune system or balancing your hormones or detoxification all these different things But I felt like somebody needed to put it all together so that it's all in one place because, you know, this, you know, my process covers everything, everything from, you know, food, detoxification, emotions, you know, which we can get into.

But it's so important to make sure that you. address all the issues because if you leave out one piece of the puzzle, your body will not heal optimally.

All right. Well, thank you for that. That's a journey that's fairly common as well. And obviously you've expanded or changed your emphases probably over time as well, especially after you got notified that you had something else happen.

So interesting, yes, so five years, let's see, so no, three years into my public persona as the breast cancer conqueror, I was coaching women one-on-one, working from sunup to sundown, not practicing self-care, sucking all this breast cancer energy.

I just knew something was wrong. I mean, I started having the pain again, same area of the left breast, wasn't sleeping well, hormones were just exhausted.

And sure enough, you know, blood work, ultrasound, all these other things showed, you know, that cancer came to visit again. I mean, I created the perfect storm for it to show up.

And through that second healing journey, I realized, I mean, we're talking, there was nine years difference. This was 2015 from, you know, 2006. So nine years, a lot had changed in the natural world of healing and split around cancer.

So I had a lot more tools, a lot more things that were available to me, and I really dove a lot deeper into each of the essentials compared to the first time around.

So you expanded on each of them. Yes. All right. Would you mind going through the seven? We're not going to spend a lot of time. People can get your book and go to your website and they could do a lot more in depth, a deeper dive.

But for now to entice people. Okay. Let's go through your steps, please. Give them a little, a little. Snippet. So essential number one is to let food be your medicine.

And I think your listeners for this summit are aware of that. There's so much information. And in a nutshell, there's no one size fits all. We're all individuals.

So I do recommend some Genomic testing, genetic testing to see what foods would best support your weaknesses, your genetic weaknesses. Making sure that you check your blood sugars so that you're not insulin resistant, that you're metabolically flexible.

eighty percent you know you want to eat eighty percent raw mostly organic as you can clean protein if you choose to eat protein and just incorporating a whole foods lots of vegetables i don't believe that plant-based is the only way i really feel that some people need some some good protein i'm one of them so it's you know you have to find out what works best for you All right, so the thing about nutrition too is that a lot of these, there are probably some foods that are particularly helpful as a preventative for cancer, but also in terms of helping augment the healing journey as well.

Yes, so cruciferous vegetables, specifically for women with breast cancer, broccoli sprouts, high on the list because it's very high in sulforaphane, which is a nutrient in the sprouts.

and that turns on over 200 genetic switches in your body. Looking at trace minerals, making sure you're getting some seeds and nuts that are sprouted, ground flax seed, you know, all these lots of greens because they're high in chlorophyll and fiber, fermented foods, you know, there's a lot of foods that you can benefit from.

Raw is important as a family physician, holistic family physician. I used to tell folks regularly about blood sugars. And even though you're eating raw organic, but you're putting it on the grill, or you're steaming it, what does that do to the food?

Definitely changes the structure of the food and you're not getting those live nutrients, as many live nutrients right here, you're cooking your food.

Are you tired of living with chronic pain? Medication only masks the symptoms, but real healing starts at the cellular level. I'm Dr. William Pollack, the leading expert on PMF therapy.

Paul's Electromagnetic Field Therapy is a science-back, drug-free solution that helps reduce pain, speed up recovery and improve overall health, right from the comfort of your home.

Take advantage of an exclusive 10% discount on DrPaul's.com PEMF systems. visit drpauluk.com, that's D-R-P-A-W-L-U-K.com, to register and claim your savings.

This limited time offer is available only to registered listeners. Don't miss your chance to experience the benefits. Terms and conditions do apply. Don't just manage pain, transform your health.

Visit drpauluk.com today and let's get started on your healing journey together. Yeah, you're not getting the same

benefit from the powders either that you do when you're eating the raw food.

Absolutely. One of the most important factors, and I don't know if you're going to get into this, is also the blood sugars. So if you eat raw food, you take an apple, it has the same amount of sugar in it.

a raw apple, and you bake it. It's got the same amount of sugar in it. What's the difference then once you bake it? Much more concentrated. And it also gets released much faster.

Yes. Because in the raw state, it's released slowly as the body digests all that fiber and the sugar releases, and so you don't spike your blood sugar levels.

But when you take a carrot, and you put it on the grill or you boil it, not only does it have nutritive changes, but it also has this sugar releasing problem.

Nutrition, Blood Sugar, and Toxic Exposure

And what's the problem with sugar? I'm not sure. Right. We know that sugar feeds cancer and if you have spikes in your insulin and you become insulin resistant, you're turning on specific pathways like the mTOR pathway that can turn on cancer cells.

So it's very important to be metabolically flexible. So we always encourage our clients to get their HbA1c tested. their fasting insulin, their morning glucose, and then we always encourage them to start checking their blood sugar, just like they were diabetic, to see what foods may be spiking their sugar.

Yeah, if you're not checking, because people are often, even though you have a really good diet, you're doing all the right stuff, and your A1C is still 5.8 or 5.9, There's still something that you're doing wrong, right?

Too high. Yeah. That's way too high. And that's the spikes. Your food may be good, but that's why I go back to the point about cooking raw vegetables or boiling or grilling.

You're releasing those carbs and therefore you're spiking your sugars. Yeah. All right. Well, now do you go into metabolic stuff? Do you go with the blood sugar along your steps?

Yeah, definitely. Well, that's part of essential number one. Then we move to essential number two, which is to reduce your toxic exposure. And that looks at toxicity on a global scale with all the EMFs that we're exposed to.

It looks at what you have in your yard, as far as fertilizers and chemicals that you use. Bring it into the home. What kind of chemicals are you using in your home?

There's hundreds of chemicals that are endocrine disruptors and will stimulate aggressive estrogens in the body if you're not careful. And then of course, anything you put on your skin is absorbed directly into your bloodstream.

So really making sure that you're using clean products that are non-toxic and that they're also good for the planet. So we talk about that. We talk about how to detox the body.

I mean, no matter how clean we try to live, there's still some toxicity that we're going to be exposed to. And so we encourage the sweating, which is really, really important to get those heavy metals and those chemicals out of the body.

Coffee enemas, liver flushes, colon cleanses, yeast, you know, find out if you have any type of pathogen like yeast and viruses and bacteria that may be lingering in the background, which is that's going to keep your immune system suppressed.

we get into the cleansing aspect of detoxification. You don't do it once, right? Oh, no. It's a lifelong process. And when you start off, if you've never done any cleansing, and even when you start changing your products,

sometimes your body may go through a detox reaction.

And so it's something, yeah, I mean, to this day, I still do copy enemas. I still get in my sauna. I still live in a clean environment and, you know, don't put anything toxic on my skin.

And there are lots of those, aren't there, like the shampoos? Everything, yeah, all the chemicals that are commercial grade. I mean, everything from triclosan, which is very, very carcinogenic, the sodium lauryl sulfate, the parabens, which is a preservative, but it's a hormone disruptor and it can really stimulate estrogen production in the body.

How do you get rid of the estrogen? That's a very good question. We talk about balancing our hormones in the next section, balancing our energy. Want me to get into that?

All right, well, I'd like to make a point about the toxicity. I think a lot of people beat themselves up on that. What did I do wrong? What did I do wrong?

The problem is that every baby is born today has over 200 toxins in their bodies already. And where did the baby get those from? The mom and the environment.

Mom. So moms already have it. So if your baby's born with it, and then your baby is 25 or 26 years old now and has a baby, how do you get rid of the 200 something things that are in your body when you were born?

Can we do a complete clean? Can we do a complete cleanse? It's literally impossible. I mean, even if you try to eat organic, the farmer next door may be using glyphosates, the rain, the soil, all of these things.

We can't live in a bubble, and this is what I encourage our community. It can be overwhelming for some. I can't do it all, but it's, It's recognizing we live in a toxic world, but giving your body some relief.

is better than not giving it any relief. You can't expect perfection. So it's an ongoing process. You're really never gonna be done. Absolutely. What do you think about?

I'm not that familiar with chelation. Heard anecdotal stories from my patients. Some of them have used it and they've seen benefits from it. So I can't really speak on that subject.

And chelation, it can be tricky as well. And you really do have to see somebody who's skilled at it. You can do a hair mineral analysis. You could do urine studies as well to see what kind of toxins you're putting out.

You may have to be poked. You may have to have a chelation session to see what comes out of your body. Have you ever heard of zeolite? Yeah. Do you recommend zeolite?

I've taken it off and on. I haven't, you know, really studied it enough to say, you know, the, again, what I've read shows that it can bind heavy metals and help excretion from the body.

But then a lot of other things can do that, like modified setraspectin as well, so. There's a form of chelation that I like especially, if you don't mind my sharing, and that is zeolite, the nano zeolite.

Okay. There's one particular brand, there are others, but there's one particular brand I use, it's called ACZ Nano. And the reason I like the Zeolite is it's a safe form of chelation, because not all forms of chelation are, quote, safe.

That's why you have to work with a professional to do this. The nice thing about the zeolite, the nano zeolite, you can spray the back of your throat.

It's absorbed into your bloodstream. And zeolite basically is lava rock dust. And that little lava rock dust molecule, it's a nano-sized molecule, is a swiffer.

It's got a strong charge. And therefore, it's gonna attract other strongly charged molecules like the heavy metals, like the insecticides and pesticides.

So what happens is that those small molecules, the other small molecules, latch into that zeolite cage, it's called, and that's it, they're locked. And because it's nano-sized, every time it filters through the kidneys, it gets filtered.

Every time it goes through your liver, it gets filtered and gets dumped out into your gut. And because it's nano-sized and locked in, even if it re-enters back into the body, it's still locked.

So this is a form of attrition. This is like erosion. If you use it, you're going to be continually sort of dealing with these molecules in your body and then just excreting them without any risk.

Good to know. Well, that's, again, something that I've learned across the many years of doing the same kind of work as well. Right. All right. What's the next step?

Number three, and this is right up your alley, is to balance your energy. So we are one billionth physical matter, the rest is all energy. And so how do we balance that energy?

Well, there's several things that you can do. Chiropractic is one of them, we talked briefly about that. Acupuncture deals with the chi energy in the meridian, so that helps to, you know, bust up those energy blocks in the body.

Massage, and then of course, PEMF, pulsed electromagnetic frequencies, which this whole summit is about that. And as I was going through my second healing journey, that was one of the tools that I added to my healing toolbox because I recognized the importance of rounding and really getting those frequencies were so disconnected from the planet.

We know the earth is one big magnet. that gives off wonderful frequencies, and we're wearing shoes outside, we're driving cars, we're living in homes with cement floors, so we're very disconnected from that healing potential.

So as I did my research, I chose to get a mat and a smaller pad, and I really felt it calmed down my body. it made a huge difference in how I felt physically.

And we know that inflammation is the foundation for all disease. And PEMF is very good to decrease inflammation, decrease stress in the body, increases oxygenation, stimulates the immune system, increases circulation.

So it had so many benefits.

Energy Balance, Hormones, and Emotional Healing

To me, it was a no-brainer to really add that to my healing toolbox. And that's, again, an ongoing strategy. It is, absolutely. It's something that you continue to do even though you've been told there is no evidence of disease.

Women often walk away and they think, oh, I'm cancer-free. I can go back to my old life. No, you can't because there's still circulating tumor cells. There's breast cancer stem cells.

There may be a teeny tiny tumor. They don't pick up on a PET scan or a CT scan. So you have to maintain that whole lifestyle and this is the way that you live going forward.

Now I know we talked about hormones, you asked about hormones. That's another aspect of balancing our energy. We know that when our hormones are off, we're off as well.

And we know that our hormones are very important for our brain health, cardiovascular health, bone health, immune health, all of that. And unfortunately, women's hormones have been vilified by conventional medicine, right?

You have estrogen-positive cancer, so we've got to shut off your hormones because that's what's causing the cancer. Well, I disagree. If there's an imbalance in hormones, it can, and if you're exposed to a lot of xenoestrogens or chemical estrogens that can drive the cancer.

And if you have a problem with methylation or metabolism of your estrogens, that can be problematic also. So it's not just a blank statement, your hormones cause cancer, because that were the case every 20 year old on the planet would have cancer.

I factually going back to that point that you made about the ongoing need to work. Personally, as much as I'd like to tell women or anybody with any kind of cancer that now you're cured, right?

And oncology plays a funny game saying that if you're five years out, you're cured. Again, that's a funny game. From my perspective, we're doing a disservice to people with cancer by telling them that they are survivors.

So when you are told that you're a cancer survivor, then you say, okay, well, I'm done, right? So part of my mission, and I know that's part of your mission too, is that you're never done.

If you have heart disease, or you have liver disease, or you have brain disease, MS, the whole list goes on. Any chronic condition is basically from that point forward a chronic condition.

And that means that you have to treat it like a chronic condition, which means you have to constantly be dealing with it. And the good thing is, but whatever you do to deal with it chronically is also going to help you in many other ways.

And you'll never know what you prevented, right? And some people like yourself, when you start to back off or other stressors come into your life, then things start to creep in that you're not aware of and you have lost the advantage of that lifetime survivorship vigilance.

I totally agree. Yes. It's the lifestyle going forward. I mean, cancer changes your life, and it's a gift. It's a blessing. It's a transformation that you make, and not just physically, but mentally, emotionally, spiritually, all aspects of life.

All aspects. In fact, actually, when I started doing holistic medicine as a family doctor, as a former family physician, and I worked in the conventional medical world for years.

I was on the faculties of a number of universities. And I said, this is insanity. And my patients started doing much better when I started doing holistic medicine.

they left the office smiling. But they came into my office when I was a regular doctor, nobody left smiling. And you got all these other interventions, you take all these medications and they make you sick and they don't really make any difference in the long run.

Your body was designed to heal, but illness, chronic disease, stress, injury and time can slow that process down. What if you could restore your body's natural ability to recover, recharge and feel its best?

The key to healing is giving your body the energy to repair itself. PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best.

For decades, I've studied this technology, worked with hundreds of medical professionals and helped thousands of people reduce pain, regain energy and take control of their health.

However, not all PMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com. That's P-R-P-A-W-L-U-K.com because real healing starts at the cellular level.

Right? For a significant difference, at least. So what we're doing functional medicine, what we're doing is much more important generally and will improve survival.

So let's go back to the hormones for a second. I did a lot of hormone replacement therapy and I totally agree with you that the hormones are given a bum rap.

From my perspective, I'll tell you why. Hormone replacement is given a bum rap. From my perspective, it's because they're synthetic. They're not bioidentical.

And because they're synthetic, how does progesterone get developed in a lab? How does progesterone get put into a hormone pail? The chemists go at it, right?

And they tweak it. They say, oh, let's add this molecule, let's add that molecule, stick this way, add that. And what they do is when they design it, they think they designed it right.

They throw it against the wall and see what sticks. And say, if it looks like a duck, quacks like a duck, it must be a duck. But the problem is it isn't.

So even a small tweak to a molecule is enough. The testosterone and estrogen are not very different as a hormone. They're very similar, surprisingly very similar.

So small changes to an estrogen can turn it into a progesterone or turn it into an androgen acting agent. And so most of these synthetic progesterones are actually androgenic.

And because they're synthetic, we don't do blood tests on them. We can't do a blood test on a synthetic progesterone. There's no blood test. I can measure your progesterone, right?

Because it's biological. It's a bioidentical to what you do. So we have this problem. It's all alien stuff. Even Premarin, which is basically a pregnant horse mare's urine, So why do we keep horse mares pregnant to get their urine?

And we know there's three estrogens, right? Estradiol, Estriol, and Estrone. So which of the three is the bad guy? Well, they all go to a bad girl, I would say.

Right. I mean, they all work together, right? Our hormones are good, and the estriol has a protective effect. You know, the EQ ratio that Dr. Lee came up with, you know, years ago, that's one thing that I really monitor.

And making sure that your estrogen-progesterone ratios are balanced, because estrogens like the accelerator, progesterone's the break. And if, you know, you're too estrogen-dominant, then that can trigger some cancer issues.

So the one that I think that I've seen that probably creates the most risk is actually the estrone. Estrone. And that's what horse mare's urine, Premarin, 90% estrone.

Wow. How much estrone do we make in our bodies? Women. I can't say we. I can't include myself. But estrone is only 2% to 5% of the total estrogen in your body.

So that's, again, another synthetic sort of craziness to overload the body with estrone. And that does increase the risk. Have you ever heard of a Dr.

Zava? I don't think so. No. And Dr. Li as well. They're buddies, actually. Dr. Zava runs a hormone lab. Oh, ZRT. ZRT labs. Yeah, yes. OK. So I know. Yeah.

So Zava has done 30 years of research on breast cancer, decades of research on breast cancer. And if you go do a search on the internet about progesterone, it's almost impossible to find a study that talks only about natural

progesterone.

They consider all the artificial progesterones, progestins, progestogens, all the literature considers them progesterone. So it's completely confusing.

But they're not, they're artificial, they're synthetic. So Dr. Zava says that progesterone, Dr. Lee does the same thing. Says that natural progesterone, which your body makes, is in many ways anti-cancer.

Yes. Right? So that's actually protective. And women who are taking biodeficient hormones and all you do is just take these natural progesterone. You're already giving yourself some protection and you're still balancing.

Yeah, yeah, totally. Oh, I'm glad we're in agreement there. There we go. Survivorship and hormones. So again, what we're saying is don't be afraid of hormones, but be afraid of synthetic hormones.

What you should be getting is the bioidentical. Yeah, totally, totally. So essential number four is to heal the emotional wounds. And I think if I were to start over, I would put that as number one because I firmly believe that 90% of the healing occurs between your ears and in your heart.

So we really dive into that aspect. By helping women to understand the power of their beliefs and their thoughts. We, we encourage them to read specific books like you are the placebo, the art of healing by Dr.

Bernie Siegel, you know, all these books that really help you to understand that your belief in your thoughts, you know, Bruce Lipton, right. If we. If we project or if we think that our body is not going to heal or if we live in fear, our thoughts are literally going to affect those genetic switches.

And so it's very, very important to get clear about, you know, a thousand percent you believe that your body has the ability to heal and to start releasing some of this internal conflict that you've probably had since you were a child.

since 95% of our thoughts are subconscious. All that imprinting that happened between the time you were conceived till five years old, you're running those programs in the background and you're reacting.

You're not really living as a mature adult. You're still reacting to those childhood wounds. So we encourage women to look at those childhood wounds, you know, teenage and young adult.

What's happening in your life now? You know, are you in abusive relationships? Do you abuse medication or drugs or alcohol to numb the pain? You know, so there's a lot of factors.

and really encouraging women to learn to nurture themselves, nurture that little girl, learn to love yourself, forgive yourself, forgive others. These are, you know, all aspects of healing the emotional wounds.

What about spirituality? Extremely important. Yeah, that's part of the healing journey because for me, there was definitely, I mean, for everyone who's faced a diagnosis with cancer, you face your mortality.

and you start asking the questions. What is there after this? Why did all these things happen? What's going on in the world today? So really connecting with your Creator and really coming to understand that the physical patterns that we have are just skimming the surface about what our future holds eternally.

I learned a long time ago as well, I'll talk about that, is that women who, this is, I forget the name of the book right now, one of the original books are early, early books on breast cancer and survival.

And they found that women who do two years of counseling, and this applies to anti-cancer, not just depressed cancer, but it applies especially to this.

They discovered it, and it's a radiotherapist actually, discovered that women who do two years of psychotherapy

after they're diagnosed have a 35% higher survival rate than women who don't.

Now, why would you want to do psychotherapy? because it helps to clear those negative patterns. It helps you to recognize your imperfections and to be okay with them.

You face those fears, you face those demons, and you release a lot of stuff that you're carrying that's causing that internal conflict in your body. Can't agree more.

Can't agree more. And you don't have to be crazy. No. You don't have to be Looney Tunes. You don't have to be deficient in any way. This is a natural human condition.

And so what happens is what you start dealing and processing, especially under some help, under some professional guidance, then you will be, you will over that period of time, over that two year period of time, do much better.

So this is a form of grief therapy. You're now in grief, you have to be. Yeah, minimal. And it takes about two years for grief work to work itself through.

Nevermind whatever else is going on as well in general in the background. Yeah, so there was talking about studies there was an 11 year study done on women with breast cancer specifically and they found two things they found if They had community support and they learned to manage their stress.

They had a 75% decreased risk of dying from breast cancer. I mean, that's huge So just those two things that's critical over 11 years. That's impressive.

Yeah What about meditation? Meditation, that's definitely part of it.

Biological Dentistry and Oral Health

Getting into the relaxation response every single day, getting that parasympathetic response because that's how your immune system's going to function better, you're going to digest better, oxygenate better, because we're living, you know, with the pedal to the metal, we're in that fight or flight.

So we, yeah, we talk about meditation, visualization, heart math app, checking heart rate variability, all of that. All right, now you are jumping to go to the next one.

So let's go to the next one. Number five, biological dentistry. So what does that mean? That means that when you work with the biological dentist, he understands that your teeth are living organs that are connected to your other organs through the acupuncture meridian system.

So you have to look at your oral health two ways, you know, the chemical assaults, which have to do with the mercury fillings and the, you know, the nickel, the aluminum, all the heavy metals, you know, those are metalloestrogens.

They'll mimic and stimulate estrogen in the body. And they're just very toxic and your toxic affect your digestive system. all of that. You have to look at gum disease because women, postmenopausal women who have gum disease are twice as likely to develop breast cancer.

So that's a huge issue. Root canals. Root canals are like dead organs in your body. They're dripping toxicity, no matter how aseptic they try to make it, there's always a pocket of anaerobic bacteria that's suppressing your immune system.

Cavitations, cavitations are infections in the bone and that was one of the big discoveries that I made in my second healing journey. discovered I have four cavitations and so had that cavitation surgery and it's an important aspect of healing.

It's an infection in the bone that needs to be healed and interestingly two of them sat on that left breast meridian so no coincidence there, right? And so energetically if you have a hunk of metal or root canal or a cavitation that's going to affect that specific meridian and we see that time and time again, right?

There's a connection between the meridians in the front top teeth and the bottom two that affect the breast meridians. So if women can't afford to clean out their whole mouth, always start with the breast meridians first and then slowly chip at the others.

Yeah, that's fantastic. The teeth are extraordinarily important. I've seen some amazing stuff, amazing work done with cavitations and removing them and cleaning out the bones.

And it's actually very difficult surgery to do. You can't just go to any old person to do cavitation surgery. You really have to do it through a biologic dentist or at least an oral surgeon who is very skilled also.

You have to persist and persist and persist because those bones have tiny little sacs to them. They're air sacs. They're like air sacs almost. And you can have a pocket hidden that's not obvious.

And you have to open that up and drain it, get rid of that infection that's in that sac. And it can be very tedious work, but it's very important work, as you say.

Yeah, very important. Then a biological dentist will know to use ozone. And the best way to find those cavitations is through the 3D beam bone scan, because that'll give you that panoramic view.

And there's not too many dentists or surgeons that are really adept at doing this kind of work, but they're getting better and better over the years. So that was number five.

Number six is healing your body with therapeutic plants and herbs and supplements. It's basically hundreds and hundreds of different nutrients that can improve your immune system and kill cancer cells.

In my book, I've got over 700 references to PubMed that shows studies to back up everything we're saying. If you start basically with just nutrition, for example, basic immune essentials would be like vitamin D, making sure your vitamin D is optimal.

Women come to us, their vitamin D level is in the teens and the 20s, and their doctors never say anything to them. So we try to get them up closer to 80. to make sure that their immune system can be beneficial and work for them.

Vitamin A is also very essential because vitamin D and A have that synergistic relationship. Magnesium, also important for those three to work properly.

High dose vitamin C. Zinc, selenium, those trace minerals, very important. And then you can get specifically to boost the immune system, you can get medicinal mushrooms.

products that stimulate the mitochondria, like poly-MBA and anti-inflammatory substances like curcumin. The list goes on and on. There's literally hundreds of different supplements that we can go through our list and recommend, depending on their budget and depending on what they're going through.

You have that list in your book. Yes. Yes. Can't list everything, but there's a long list in there as well. A good place to start. And you may have to pick five or 10 that you start with.

You're not going to start with 40 or 50. Exactly. And it's good to rotate. And this is something that our coaching program does. We help women create a specific protocol based on their needs, And we always pulse it.

We don't put somebody on something for six months, but we try to change it up every month, sometimes every week, depending on how chronic or acute their situation is.

And there's ways to test to see which nutrients are most effective for you as well. All right. Then lastly, number seven, I call it early detection, being very proactive, but it also deals with your healing journey and looking at tests outside of conventional treatments.

So if we just start with monitoring your breast health, of course, we know that during the pink month, there's a lot of pressure on women to get mammograms.

Supplements, Early Detection, and Breast Care

And I'm not telling women not to get a mammogram. I personally have never had one. But, you know, there's a lot of controversy now about mammography and the increased radiation risk, the compression, you know, all the problems it can cause.

With dense breasts, it misses almost 50% of the tumors that are there. A lot of false negatives, false positives. But if you choose mammography, back it up with an ultrasound.

We also talk about thermography. which looks at the infrared heat coming off your body to see where the inflammatory patterns are. It's not gonna diagnose cancer, but it will give you an idea about the physiological changes going on in your tissue.

And again, back it up with an ultrasound. Then you can also think about a breast self-exam. We've never really been trained to do a proper exam, but there's tools out there now, which I left my model out, but it's a model called My Breast Friend.

which has been used by the Mammacare Foundation for decades to teach physicians how to do a proper exam. And so now we've made that model available to women so that they can learn the normal geography of their breast tissue.

And then blood work. Make sure your vitamin D levels are optimal, as I mentioned. Look at your inflammatory markers, because that can tell you a lot about what's going on in your body.

If your C-reactive protein is high, for example, Studies have shown that the higher the number, the poorer the outcome is for survival when it comes to breast cancer.

So really monitoring your inflammatory markers. Of course, you know, use your traditional markers as well. Thyroid panel, very, very important. And now there's so many advances in detecting cancer at an early stage.

I just did a test called the gallery test from, I think, the Grail company. They can detect over 50 different kinds of cancer in the bloodstream by looking at the circulating cancer DNA patterns in the blood.

So very, very fascinating technology. We also recommend a company called RGCC. also known as the Grease Test and I've recommended and used it for over eight years and it's seeing tremendous results with it.

They filter your blood, look at circulating tumor cells, the stem cells as well, then they grow those cells in the lab and then they drip basically different substances, 50 different natural extracts, 50 different chemotherapy agents and they'll see what the die-off is.

And depending on the percentage, then the higher the percentage, the better those products will work in your body. So fascinating work that, you know, we're seeing some great advances in that department.

All right. So let me ask you a question that could be controversial. Okay. Have you read Dressed to Kill? Dressed to Kill? Yes. About the bras? Yeah. So what do you think about that?

Totally agree. I don't wear underwire bras. If anything, I wear a lot of sports bras when I'm around home. It just makes total sense because you're blocking the lymphatic drainage of the breast, you're compressing the breast,

and you're attracting more EMFs with those metals and those wires to your breast tissue.

So I totally agree. And I think physiologically, it also makes sense. And I was going to go back to a question, and it relates to that question. is that the stagnant lymph in the breast is basically inflammatory cells that are sitting there.

Yes. Right? So you need the lymph to move. How does lymph move in the body? How do you get lymph to move in the body? Only with physical activity. Massage.

Yeah. Right? And activity. So what causes the breast lymphatics to move? Bouncing. Right. Right? Cooper's ligaments. So when the breast bounces, you're actually, in a sense, milking the breast.

You're milking the lymphatics of the breast. So that becomes important. And I think the underwire is important, but I don't think it's as important as allowing the breast to basically bounce when you walk.

I think that's the key. So my recommendations usually have been once you get home from the office, Right? Free yourself. Right. Right? Because the more your breasts balance, and I think the bigger the breasts, the more important that is.

Right? Because it's harder with bigger breasts to get an adequate amount of lymphatic movement. So what about breast self-massage? Extremely important, yes.

And we recommend there's a lot of good oils that can be used in conjunction with that, that can help. I use a, it's called the Healthy Girls Breast Oil, and it has a combination of different oils specifically, you know, to help cleanse the breast and stimulate the breast and, you know, always move towards, out towards the lymphatic system.

Right. Circles, different circles in each breast, right? Right. because you got to milk off the lymphatics. That should be done probably with every shower, ideally.

Yeah, every night, Fargo to bed. It's my routine. Do you mind if we go back to energy? You basically do magnetic warfare, so tell us what you do, why you did that, and what kinds of results or benefits you're seeing from it.

Well, I recognized when I was going through my second healing journey that getting grounded and getting those frequencies were very, very important in healing.

I mean, I knew about PEMP, but I hadn't really looked into it. So I did a lot of reading, a lot of research, and I came to the conclusion that this would be an important aspect of any healing journey or any type of issue.

And so I happened to choose the company out of Israel, Curatron, and I think they have a different name in the US, you said? It's called PARMEDS. And I started using it on a consistent basis.

You know, I would use it every day and it came with a little pad. So I would do a separate session on the breast tissue with that pad. And it really, it really made a big difference for me because it was so relaxing, helped me with my sleep.

decreases inflammation. It was just an instrumental part of my healing. And I still use it. Take a power nap. You know, I lay on it. Very good to help relieve pain.

I'm very athletic, play a lot of tennis. Really helps to get that circulation going and to increase oxygenation to those sore and tight muscles. So your system happens to be called the PowerMed's home system.

And there are different kinds of PowerMed's devices. with different levels of intensities. And one of the reasons I was very interested in chatting with you, because you are a user, you have the experience with it, is that even though we can't categorize it as energy medicine, in a sense, it's really not energy medicine from a, and many people look at it from a frequency perspective.

But one of the key mechanisms of magnetic fields in the body is as the magnetic field is passing through the body, which it does complete, body does not stop the magnetic field.

But as it's passing through, it increases the production of charge in the tissues. It increases the production of ATP in the tissues. It increases stem cells of the tissues, natural healing stem cells.

It increases circulation, anti-inflammatory. So it has all these different actions, all from that charge being produced. So again, it's not energy, same as, say, for example, laying on our hands or reiki or that kind of energy healing.

So it's actually a physical therapy. It's a form of physical therapy. And the key really is getting the intensity right. So one of the things I heard a doctor from Northwestern speak about breast cancer stem cells.

So what percentage of women at the time of initial diagnosis of breast cancer have stem cells in their bones? I would guess and say 100%. Well, it may be 100%, but Dr.

Max, his first name is Max, he says that studies show he's 40 to 60%. Okay. Because what's the most common cause of death in breast cancer patients, people with breast cancer, women?

Recurrence and metastasis. Metastasis. And that happens how many years after the initial diagnosis? Anywhere from two to 10 years, 20 years sometimes.

Even 10 to 15 years. So that's why you think you're done. Right. Right. And then those stem cells start to wake up. What causes stab cells to wake up?

Stress, low energy, the charge of the cell is going down, mitochondria is changing. And inflammation. Yeah. Inflammation. And there's a blog on DrPollack.com about adenosine.

PEMF Therapy and Closing Advice

And there's also a section in the new book, Supercharger Health with PMFs, about the adenosine receptor and how it's important for the adenosine receptor to give the cells, the bones, 15 gauss.

And so you have to get the right PMF system. If you're talking to somebody about a PMF or somebody's pushing you into a PMF, which is really what's going on out there, if they're pushing you into a PMF, ask, what's the intensity of this system?

So remember that research now on the identity receptor says it's gotta be 15 Gauss at the identity receptor. So that means it's gotta be 15 Gauss deep into the body.

If it starts out with only one gouse, what benefit are you getting? It's gonna make you feel better because what they do is they stimulate the acupuncture points and meridians.

So everybody feels good. That's good. That's a good thing. But it's not doing the healing work. So if it's doing energy medicine from an acupuncture perspective, then I consider that energy medicine per se and not healing per se.

So very important and people can find out more obviously on our website DrPaulup.com. Do you have any parting thoughts or comments or questions? I would just say if anybody out there is on a healing journey with breast cancer or if they've been newly diagnosed, it's very important that you give yourself the time to reflect and figure out what you're going to do to heal your body.

There's no need to fear. Even though you cut out that tumor, you've had radiation or surgery, whatever you've done, you still have to address that root cause.

And when you address the root cause with all the things that we've talked about today, your body will respond

beautifully. And there's that whole transformation, as I mentioned, not just that physical one, but that emotional mental and spiritual transformation that occurs and you end up on the other side a happier and much healthier you.

Whole body, whole person. Yes. Veronique, let's show your book again, please. Yes, Feel Breast Cancer Naturally. You can find it on Amazon. And your website?

BreastCancerConqueror.com. And you can find us on Facebook and Instagram and all kinds of free information there. Well, I really appreciate you sharing your wisdom and knowledge and experience with us and with the audience.

And they know how to reach you if anybody has that need for themselves or somebody else in the family. Well, thank you for sharing my message of hope.

And I appreciate so much the many years and decades that you've spent helping people to improve their health and all the research that you've done on PMF and how important it is to really create our healthy bodies.

And integrate it with everything else that everybody needs to do as well. Unfortunately, it can't be the only tool. Thanks again. Enjoy the rest of your day.

Thank you. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

For more insights and strategies, subscribe to our podcast and visit our website, www.doctortalks.com. Stay connected, stay healthy, and join us next time on Doctor Talks, real talks from real doctors on the issues that matter to you most.