Podcast Introduction and Guest Welcome

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Welcome to The Functional Edge. I'm Dr. Julia Ward, and this is where science meets real-world strategies for living healthier, sharper and stronger. From uncovering hidden environmental toxins to unlocking peak performance and mental clarity, we cover it all.

Ready to take control of your health and thrive? Let's dive in. Okay, welcome to the Functional Edge podcast. I'm your host, Dr. Julia Ward, medical director and founder of Balanced Body Function Medicine.

Today we're honored to welcome Dr Jim Roach to our show.

Dr. Roach's Journey into Integrative Medicine

In this episode, Roache is going to be sharing his insights on alternative cancer therapies and natural holistic health and offering expert guidance to help you navigate your health journey with the latest advancements in functional medicine.

So stay tuned for an engaging conversation that promises to empower and inspire your path to wellness. Welcome, Dr. Roach. Thanks so much for inviting me to join your show.

Yeah. So can you tell us a little bit about, I guess, maybe you can just describe your journey as a physician and, you know, as one that integrates science, spirituality and deep healing and kind of what sparked your interest to look beyond conventional medicine.

Well, my life started out very conventionally. I went to Duke undergraduate, the University of Kentucky Medical School and residency in Tallahassee, family medicine, and did 20 years of conventional family and medicine.

And then I was approaching 50 years age and wanted to see how long and how well I could live and decided that while I passed my boards in 2000, that my kids were out of the nest.

So I decided to start reading every medical journal that I and was attracted to Andrew Wiles nutrition and health conferences out in Arizona. And after a couple of years, he did a conference in New York City on botanicals.

At the time, Newark City wasn't particularly attractive. I said, why would I go there? I'll never use herbs in my practice. But my intuition said to go and I listened to my tuition and that's transformed my life.

Ended up meeting Donnie Ants and he's the top botany medicine expert in the country. I've studied under him for the last 17, 18 years. He's had and still is perhaps the best cancer healer in the country at this time.

he knows more than most oncologists, for example, even with regards to chemotherapies that are considered. I've attended or hosted 60 national integrative health conferences not associated with drug companies, and you learn different information.

And so I have applied that. I put in 20,000 hours of study and research. So for about 2005 to 2020, I was glued in front of the computer reviewing research, somewhat of a nerd.

I backed off a little bit on that, but that's transformed my life and the outcomes that I've seen using these approaches. Have just totally blown me away.

I didn't realize these outcomes were possible. Now, I also company there in Texas. Spectra cell labs, our time consultant for 10 years. So gained expertise in micronutrients as well.

And then the conference, this was also at Texas. The American Board of Integrative Holistic Medicine had a conference there outside of Austin, and I got to meet Dr.

Robert Anderson, who headed that. And as I was circling the campus there, He started telling some metaphysical stories that just blew me away. And at those conferences, they taught energy medicine and quantum physics.

So that opened my eyes and that led down a whole new pathway. When in about 2011, I had a patient share a spiritual near-death experience, and I started quizzing patients.

Quantum Physics, Consciousness, and Healing

That opened up an immense area that I now apply to my office practice. It's, you know, I could have retired three years ago from a financial perspective, but I love what I do.

And no one else is really, at least in my area, achieving the outcomes that we achieve with the approaches we use. So, yeah. That's wonderful. Yeah. Well, how do you explain the connection between quantum physics and healing?

For instance, How do concepts like the double slit experiment or E equals MC squared relate to health? Well, it's really foundational, which obviously very few patients understand that.

It was 1905 when Einstein said MC squared energy equals mass. 120 years we've had quantum physics, yet most doctors and scientists still don't grasp the significance of that, but it was 60 years ago when the double slit experiment came around.

And with that experiment, you take a barrier and make two vertical slits. and you take a photon and the photon will go through one of those two vertical slits and make a mark on the wall.

That's as someone is observing. If no one is observe, what happens? The whole wall lights up. And why is that? It's not a photo going through, it's waves that are going though and they go though both slats and mark up the whole walls.

Now if you a video recorder and videotape it, You see a single mark on the wall. If you take the battery out of the video recorder, but put a tiny battery in to make a little red bleep to look like it's being recorded, what happens?

The whole wall lights up. In other words, those waves know when they are being observed. They know when there's a battery in the video recorder and when it's not a bad video.

In other words, they have a consciousness and awareness. And if waves have an awareness, then everything, you know, the chair I'm sitting in has awareness now, hopefully not the level we have and not at the love of what I consider the creator, which is far, far greater than that.

But everything is alive. That is foundational with that think of an atom with the nucleus. one inch in diameter and

the diameter of the atom one mile wide.

So we were literally 99.9999999 percent hot air. And that's very important because every thought we're generating waves. If we're having positive thoughts, that penetrates readily our extremely porous body.

If were having negative thoughts that likewise, and those negative thought are very detrimental to our health, the positive thought is very healing to health.

And in fact, it's my belief that if we can have positive 24-7, then we could heal essentially any disorder. with that, but the trick is how do you do that?

You know, the great athletes, if they want to win a race, what do they do? They visualize winning that race. So I teach my patients when you wake up in the morning, you know say your prayers, set your intentions, let the universe know exactly what it is that you want.

And the universe, the creator wants to provide that for you. You know, we're just surrounded by possibility, just by waves. And we generate that reality by observing those waves and by what we speak and what hear.

That's what helps generate the reality from the possibilities with that. So I tell my patients, you know set your intentions, say your prayers in the morning before you go to bed at night.

What Nicholas Tesla did was that he, with each one of his intentions he wrote it down three times first thing in six times in the middle of the day and nine times at the end of day.

And that's how he manifested was through that process. I tell patients to make an anger list of everyone they've been angry with their whole life and send love to those people every day, I tells them to forgive three people everyday and maybe ask for forgiveness as well.

Ten things you're grateful for each morning, ten different things are grateful each evening. If we have a negative thought, we may have 17 seconds to cancel that before it snowballs into second and third.

So maybe out loud say cancel cancel or in your head and then move out of your Head and into your heart space your heads supposed to solve problems like changing attire and acquirer But it's not supposed get tangled up in emotions.

That's the heart's venue the hearts about love and peace So if you take some kind of chest belly-breast move to your and into your heart space, those emotions fade away and then move into a space of gratitude.

You know, we have indoor lighting, We have into plumbing, and we had climate control. We didn't have any of that a hundred years ago. So we almost have to invent reasons to be unhappy these days.

Yeah. Can you share an example of how you've seen this play out in a patient's health journey? Well, you know, the very obvious. You know there are two ways to heal, right?

There's the physical ways deal with medicine, with nutrients and so forth. But then there's an energetic way of healing, Right? That's you get a good prayer warrior, a group of people praying, You can have miraculous, instantaneous healing because really the whole universe is energy.

and the basic unit of the universe's energy. So things can happen instantaneously because of that. And obviously, healing in that realm happens much better.

I remember one of my small lung cancer, small cell lung cancers, those very aggressive cancers and actually had a student then who was with me and I pray with most of our new cancer patients at the end of visit if they are open to doing that, And she said the most beautiful prayer in association with that.

Now, I didn't end up seeing that patient back, but her boyfriend or excuse me, her ex-husband was a Vietnam vet and he came by my house every week asking questions.

And so I was giving advice. And we were using my botanicals along with conventional approaches. Things initially weren't working out. But then combining immunotherapy with my approaches and whenever the oncologist wanted to do steroids, I said no.

And whenever oncologists wanted a new opportunity, the last step said, no, And of course, no little debbies during chemotherapy treatments and so forth.

And so along with botanicals that I gave, you know, turmeric's basic vitamin D and big doses with vitamin K2 and many others. She lived three years when the oncologist had never seen a small cell lung cancer patient live beyond one year.

Wow. Well, and she never stopped smoking. You know, did that prayer help in that healing process? I'm sure it contributed to that. Do I see instantly healings in my office? I don't see that, but you know I understand quantum physics.

I know that the power, you, know every thought, every energy used in the universe is going to generate a response. Every action generates a reaction and if it's a positive energy you're sending out, You're always going So that was the first thought that came to my head when you mentioned that.

You talk about the God gene and the dream gene. Can you explain what these are and how they influence our spiritual or intuitive capacity? So I've been practicing now, if you count my residency for 47 years.

And so that's given me a chance to connect the dots with patients and particularly over the last few years, I made some interesting connections with that.

Energy, Prayer, and Patient Healing Stories

I find that most of my patients, you know, female patients are the ones that I see primarily because they, we're living in an estrogen dominant world right now because we process foods which promote estrogen dominance.

BPA in plastic water bottles promotes estrogen in fat cells. We convert testosterone to estrogen. And all that higher estrogen increases extra one-button globulin, which binds up your testosterone, reducing free or available testosterone.

So really, the whole country right now is, at least 80% of the country, in my experience and opinion, is 80 percent estrogen dominant with low free testosterone associated with that.

And it turns out, you know, if you look at the genetics tied in with, that the COMT gene mutation is involved. The VAL158 med-med. is involved with metabolism neurotransmitters, right?

Dopamine, norepinephrine, epinephrin. So with that mutation, you have a good on switch and not a get off switch. So, with gene mutation you don't metabolize, detox as well, and you do not detox estrogen as you well.

You do no detox other toxins. Those individuals are prone to burning the kennel at both ends and burn out, chronic fatigue and fibromyalgia is an endpoint with it.

Since you dont detox, if you get anesthesia it's going to linger in your system. longer. These individuals are very caring. They give and give, and don't feel appreciated and have any resentment tied with that.

You tell them almost you can tell almost instantly because they tend to be dressed perfectly. They have a serene smile. Uh, they have voluminous, perfect handwriting and notes and so forth.

Very kind of OCD characteristics, which, you know, You and I are in that category too. You know we cross the T's and dot the I's or workaholic and always have more projects.

And at night, we're trying to sleep, and our brain is spinning with that. That's all a part of that gene mutation associated with it. But these individuals, if you're on the zygote, these women have either known from the day they were born about the reality of divinity or by adolescence, almost 95% of the time, they have a knowing in our power.

You know, that's a gift. Guys don't generally get that gift or that knowing or awareness, but that is very powerful. And they're very intuitive. so they read your energy instantly they know whether you're positive energy or negative they stand next to you and they'll know a lot more about you than you would ever want them to know they have almost x-ray vision of course their mother's intuition is extremely powerful you know if their child's getting into trouble it's instantaneous you don't understand thought there was nothing faster than the speed of light, variety of the theory of relativity.

But yet there is something confusing he couldn't explain, which was what he called spooky behavior at a distance. If you take a particle and split it in half, and one half goes to one end of universe, the other half the others in the universe.

Any action on one-half particle instantaneously acts on the other, have particle the others in the universe. In other words, we all are instantly connected.

OK, that's very potent. And so mother's intuition falls in that category. You know, if your child's getting into trouble, it doesn't matter whether it's the next block or the side of the world, you know that instantly.

And the fellow won the Nobel Prize in 2022, quantum entanglement. That's what that involves. So that explains how the universe is all connected instantaneously.

And that also kind of explains that there's no such true thing as space, because it's all just right here. is another way to think about that. So these, and I speak particularly of women because they have more of the estrogen dominant aspects associated with this than the men do.

I'll get to the man in a second. But they're also empaths. They get around negative energy. they don't do well around their energy, they may walk into shops and say, we've got to get out because that negative They're highly sensitive individuals.

They are sensitive to foods, sensitive odors, maybe sensitive light to noise, sensitivity to electromagnetic fields, and sensitive mold. If they get a tick bite, they're going to have more of a reaction as far as Lyme disease tied in with that.

Remember, they don't metabolize estrogen as readily, so they have female issues. They get fibrocystic breasts, ovarian cysts, and they get premenstrual symptoms.

What are those? Anxiety, panic, obsessiveness, phobia, sleep disturbance, irritability, carbohydrate craving, swelling, breast soreness, tenderness, migraines, heavy periods, cramping, bloating, brain fog, aches and pains, joints and muscles.

They get into gallbladder disease as well. And estrogen promotes autoimmune activity, all autoimmunity. It's not just lupus. Every auto immune issue is driven by estrogen.

The antidote, ironically, is testosterone. which few rheumatologists understand, or immunologists, understand. They think that anything that boosts the immune system is going to boost autoimmune activity.

And that's not the case at all. Some testosterone strengthens the system, but dampens auto immune activity, so everything you do to block conversion of testosterone desgin is gonna help every single auto-immune disorder.

And the one at the top of the list for me is vitamin D. Vitamin D in males, for example, boost testosterone 20 percent. And I tell my male patients because that's all they hear is testosterone.

You know, days you want to have more estrogen, skip your vitamin in those days. In days, you won't testosterone, take your Vitamin-D on those things. Fish oil, the days when you wanna shrink your testicles, get your fish oil.

Whenever you're gonna grow your testsicles. Take your official and then hear that. So balancing those hormones is really key. 80% at least need more of that free available testosterone and less estrogen tied in with that.

So if I meet a patient and in her history she has history of allergies, guess what? I know another 30 things about her pretty much.

God Gene, Intuition, and Hormone Balance

That list that I just went through 2530 things nearly all of those are going to apply. If they've had all bladder out. Guess what? Nearly all those 25 or 30 things over insists if they are sensitive to electromagnetic fields.

So it gives you an immense amount of information to be able to connect those dots and as well as manage them with that, because there are a lot of nutrients.

I mentioned vitamin D and fish oil, but turmeric helps block aromatase. Zinc blocks aromatase and copper has the opposite effect. promotes aromatase increasing estrogen levels, resveratrol, quercetin, selenium, vitamin B2, green tea, all of those modulate hormones in a favorable way.

And all those not only block aromatase, but they block 5-alpha reductase. Right? The conversion of testosterone to dihydrotestosterone. Which is exactly what you want.

You don't want to block aromatase and switch that over to dihydrotestosterone five to ten times stronger than testosterone associated with the acne rosacea.

Melpidrin here allows hair growth in unwanted places and men prostate problems with it. Now, going back to Mel's just briefly with God gene. They don't metabolize dopamine as readily and therefore dopamine promotes growth of prefrontal cortex, IQ part of the brain.

So these men are actually a little bit smarter with that gene mutation, but they aren't necessarily happy. Again, particularly the women, and but even the men, you know, if they're homozygous, they've been in fight or flight every single day their whole life.

They didn't know what peacefulness is. They've never experienced that. They're gifted in terms of their intuition, in the terms they're knowing of divinity, but they are burdened with this baggage of being in firefly continuously.

Being estrogen dominant growing up for female, that can attract negative energy. If you experience negative, your adrenaline kicks in. Bingo, it's PTSD because you can't metabolize it.

That's C-O-M-T, right? So PTSD is characteristic. So I tell all these women at their first face, I say, listen, you know, the religion that I belong to have been a part of in order to be forgiven, and you have to forgive.

Right. It's not that someone else deserves it. First of all, if you forgive yourself and then you give others again, not because they deserve it, but you to get rid of that yoke of unforgiveness.

To live in the present, not live the past. And not the level, I forgive you, but you're still a jerk, the a level of grace where if I grew up in your shoes I might understand how that happened.

You'd be surprised how many women tear up and say, are you psychic? How do you know all of these things? But these are all connected and it gives you an immense tool in managing these extra-indominus situations.

Yeah, so that kind of leads me into the next question. What do you think is like the biggest mistake practitioners make when they're approaching hormone therapy?

Well, not considering all the involved hormones, I think, is the big mistake with that. And I, think a lot of people think of estrogen dominance just in terms of estrogens and progesterone.

Yeah. You've got to consider the testosterone with the picture. And so, you know, I have great success in terms of managing premenstrual symptoms. Eighty percent of the time I can fix PMS with an herb called Vitax, which acts identically to progesterone.

And I prefer to use a botanical to the progeterones, though the Progesteron is OK as well. And I have patients either just empirically say day 14, start progesterone cream, say 20 milligrams, twice a day at lunch and at bedtime, or the Vitex, one twice-a-day at those times.

And then around day 21, bump up to double that amount. In day 25, go to triple that number. Then 48 hours after Venti starts, then stop that. For 80%, that works beautifully.

for calming, relaxing, neutralize those symptoms. But 20 percent of the time it goes the opposite direction and seems to promote estrogen. So instead of preventing breast soreness, it can cause breast orness.

Instead of being relaxing it, can kind of stimulation. In that situation, I actually throw the Vitex or progesterone away and substitute a nostal vitamin B8.

which is an excellent hormone modulator. It dampens estrogen and dihydrotestosterone. In those situations, I give a thousand milligrams every eight hours, maybe the first week, two thousand, the second week three thousand and four thousand.

Anistole at four-thousand every 8 hours has been shown to work as effectively as SSRI antidepressants for anxious depression. So between those two strategies, generally one of them will work.

The other thing that I do is I give rhodiola rosia in that second part of the menstrual cycle. And actually, I will typically, and it depends on the sizes of individual and how wired they are, because if you give it rodiola by itself, it can wire, particularly thin, smaller women.

But if give with Vitex or progesterone or an Ostal, then that balances that. So, for example, you can start rhodiola, say 250 milligrams, on day eight, 30 minutes for breakfast, and around day 15 bump up to 500 milligrams and then stay on that until 48 hours after the period starts.

And that takes care of the brain fog. That manages that beautifully. And the way it works, it boosts all the neurotransmitters, but particularly dopamine.

Again, IQ part, the focus part. So it's a terrific combination. I use rhodiola with ADHD. Works beautifully for those kids as well. One caution I would mention that I've learned, my wife actually taught me this, is that progesterone relaxes muscle.

And so if you snore at night and you take progesterone, guess what? That's going to relax those muscles and that can put you into sleep apnea. So that's a real caution with that.

And also, I think of pro gesterones as a precursor to cortisol. So those with rhodiola, you know, if you're bipolar, it can make you manic. It's a little bit drying.

I think those are the two key things. And for me, I find that if continuously it stops working over time. So I like to use it either three weeks a month or five weeks, five days per week with you.

You have such an extensive knowledge of botanicals. Really impressed. What are your go to botany for optimizing

brain health and resilience? Yeah, so obviously rhodiola.

And rodiola is the one that convinced me that herbs are not placebos because it takes all of 30 minutes for ridiola to kick in and have an effect with you.

In the very first dose you take, you better take it the first thing in the morning because you'd take at mid-morning, it's going to keep you awake up half the night.

It lasts all day long. The neat thing about it is there's not really a drop off. You know, if you drink coffee after four hours, You kind of crash. you see a little carnivine, after 4 hours you're going crash, But with rhodiola, it lingers on and you drop down naturally and it actually reduces your sleep requirements as well.

So you jump out of bed better in the morning. That's a priority. I wrote a book, Brilliance, and I have a thick metal section about nutrients, botanicals and other things that optimize brain health.

For example, I also have hand out called BDN, brain derived neurotrophic growth factor. And I've a list of 40 different You know, nutrients and herbs that promote BDNF, i.e.

that promotes brain growth, right? So there are all kinds of ways to promote braingrowth. It's really exciting. For example, lion's mane, you know promotes B D N F and nerve growth factor.

So turmeric promotes bring growth by two different mechanisms as well. And so for me, I take maybe 100 supplement pills most days, or 100 different types of supplements most day.

It's not because I like to take pills, but each herb has hundreds, if not thousands of beneficial nutrients. And if they promote brain growth, which one am I going to leave off, right?

Right. So that's a dilemma. I want to offer my body a cornucopia nutrient so it can absorb what it needs. What it doesn't need can pass on through it.

And I realized again, my little OCD and taking a lot of those, but it's served me well so far. How about peptide therapy? Have you used that? That's not an avenue that I've pursued.

For different reasons, it's a little more expensive route. I don't know enough to really comment much, but I would say, I think of it a bit like amino acids.

You know, if you give it one amino acid, that's going to suppress other amino assets, right? So they're going be positive effects, by suppressing other ones, would it create negative effects?

Yeah. So if know what you're doing and can accommodate for that, then great. Yeah, so I know a lot of people are achieving good outcomes with that. Yeah, yeah.

So in your view, how do botanicals interact with the energy or consciousness of the body beyond just their biochemical effects? Well, remember, everything is alive.

So plants have a native intelligence with them. Think of them in that regard. For example, with turmeric, there's curcumin, everyone talks about curicumin.

That's one that's been researched. But people have learned how to make money off curucumin by affecting the absorption process with that. Right. If you have the chemical from a plant that has a beneficial effect to it, then it likely has a toxic effect with it as well.

And then there's evolutionary pressure to evolve a second chemical in the plant to neutralize the toxicity of the first one. So plants tend to have built in antidotes with them, right?

So I don't like so much to use just the single chemical derivative of a plant. I like to you and it's fine to used curcumin, but I always want to us it with the turmeric as one And I even had my own organic Dr.

Roach product that is 700 milligrams of turmeric with 100 of the C3 curcumin, for example. So you can call that intelligence.

Botanicals for Brain Health and Resilience

Of course, the very more obvious things, I don't know how far we would want to delve into this, are with psychedelics, right, ayahuasca. You know, does ayahuasca have a spiritual quality to it?

I don't think it would be very difficult to argue against that for people who've experienced that. So ayah was a more obvious presentation. But think of all plants as having a consciousness and awareness and are service oriented, if you wish.

Yeah. You're not afraid to explore unconventional topics like near-death experiences, transformative spiritual events, and even extraterrestrials. How do these fit into your understanding of health and healing?

Well, I guess it was about 2011 when my first patient mentioned about her spiritual near death experience. She was in a car accident and she was out of body up above the car looking down at herself.

And she in was a blissful state. she felt wonderful. And then she came back in body and got mad about it, right? She didn't want to go back to the body.

And after that, she became mission oriented and focused. She told me, I'm not afraid of death anymore. I thought, what do you mean? Here I've studied my whole life, 23 years of education, 20 plus years in clinical experience to learn how to save your life.

You don't care whether you live or die. That's kind of interesting. That'd be kind nice to not fear death. And then what if I could teach my patients they didn't need a fear of death?

I thought, well, what a preposterous thought. I can never do it. But I do exactly that now because I've now had one hundred and five patients with spiritual near death experiences.

Again, they report the other realm is more real in this realm. There are different variations of it, but the themes are the same. You know, they don't fear death afterwards.

They fill in the presence of a divine source, and they come back more loving, caring individuals with that. And they become more intuitive after that, the more spiritual near-death experiences you have, You become so, for example, with my new cancer patients, I point out to them that my spiritual near death patients say the downside for you is ultimate bliss.

Right. So that's the worst that is going to happen is you're going end up in a blissful state. You're gonna be fine. I'm working for your family. They want to keep you here.

but you're going to be fine. And that's key because in cancer, the single most important thing is peacefulness. They did research with mice, they implanted mice with breast tumors, and they stressed one group of mice and the group that was stressed had a 30-fold increase in metastases.

When they gave the drug propranolol to block adrenaline, that prevented most of those metastes. So that's the single most important thing that we need to accomplish quickly with our new cancer patients.

And of course, oftentimes when they go into the conventional medical system, see the oncologists, you know, the fear of God is put into them immediately.

Those are not generally spiritual, peaceful places in one test and another test, and so forth. Right. Hopefully those patients will come to me first so that I can get them spiritually and understanding.

I use a lot of inositol. Inositil IP6 is the one that's been researched both in prevention and management of tumors. That helps keep them in a peaceful state, as well as those anti-tumor activities with it.

And in lot patients, I actually do use propranolol in low doses. For example, today I called in prescription of pro-prinol 10 milligrams, one to two, four times a day for a pancreatic cancer patient that came to see me last week from Ohio.

And so for many of these tumors, propranolol makes a big difference.

Near-Death Experiences and Spiritual Healing

And you know the patients that I'm talking about, what I call CMT++ patients, where they're really wired and so forth. If those individuals have cancer, then they are the ones that need the pro-pranalol.

You know, it's used in Hollywood for stage fright, right? It's great for anxious depression. So her2new is particularly associated with peacefulness. I remember my mentor, Donny Yance, sharing a story that he had a patient, a woman who with breast cancer, got in an argument with her husband for her to new blood level.

Now, monitor those, you know, went way up. And then she went on a three day silent retreat that came right back down. Yeah. I found that in my her two new patients, when I use propranolol and when those hurting markers go up, the pro-prinol will bring it down and get them in a much more peaceful and happier place because they don't like to be.

Can you just explain what the her too new markers are? Sure. So a lot of individuals are familiar that when you get a breast cancer diagnosis, that it's put into the category of is it estrogen receptor positive or negative, progesterone receptor, positive, or a negative.

And then the third one is HER2NU. It's now ERBBB2, I think. But HER 2Nu is the easier way, to remember that. And the standard one is the ERPR positive, HER2 negative.

And those have the best outcomes. In most postmenopausal women, 90 percent of them fall into that category. But if you have a HER 2 new, that's a more aggressive marker and more important to jump on quickly in terms of management.

And there are some simple, you know, olives and olive oil, for example, are favorable in that situation, chamomile tea, because the apigenin content is a particularly good one to use with that.

Tocotrienol, spandau, yohannicol or some others. That's one. Those hertenew cells are more friable. They're more prone to breaking loose from the primary tumor and causing metastases and even going to break.

So it's really key to keep those patients in a peaceful state to that from happening with them. Absolutely. OK. So you speak of miraculous cancer cures.

Can you share a story that stood out to you, something that defied conventional expectations? Well, I had a new patient come in last summer. In 2017, she was diagnosed with stage four cervical cancer and her approach was the Gerson's therapy.

She did juicing for 90 days and did coffee enemas three times a day for ninety days. And the end of 90 day, She was cured with that. And I'm sure a lot of guys would say, well, I'd rather be dead than do coffee.

But actually I had a patient in yesterday, again, a pancreatic cancer patient, and he had been very reluctant about that, but he finally did. And he said, thank you.

That's the best thing. I've been recommending it to all my friends, coffee enemas. Yeah. You know, particularly when you have abdominal pain or having abdominal related tumors are especially beneficial with that.

Someone who presented my conference about 15 years ago, whose wife at stage four breast cancer was sent home to die. They'd done all the conventional things, radiation surgery and chemo and so forth.

And what they decided to do was 11 day fast, followed by a 10 day. Fast and he read positive energy literature to her 24 hours you awake and while she was asleep over those 21 days, the end of 21 day, she as well.

OK. There's a spiritual healer outside of Cleveland, Ohio. He's been around for decades. I actually went to visit him last year. His name is Isam, I-S- S-A-M.

Last name was Nima, N-E- M- E-H. You can get on. And he does a Path to Faith broadcast, maybe weekly, that you can go on to. and he's achieved some spiritual healing.

he has had two near-death experiences himself. And again, the more of those you have, they're more intuitive, more capable, you're tuned in to higher power.

And so, he has had success. You don't have 100 percent success, certainly with that. But he's had many healings with it. With my patients, up until a few years ago, I said, well, double or triple the outcomes.

I think at this point, It seems that outcomes are even better than that often. I had stage four Hodgkin's lymphoma. She I still have her as a patient.

she'd had chemotherapy for three years. And finally, the oncologist said you're going to need to get stem cell therapy, you need a bone marrow transplant.

I said, nope, not going there and came to see me. She got on a comprehensive protocol and she got my herbal cytotoxic protocol along with that. That's my most aggressive protocol.

But then she also, at this point, I was beginning to introduce some ivermectin. in the treatment management. So we started to run some ivermectin. She had questions about phenbendazole.

I can't recommend that officially, but I did educate her about that. And she chose to start on phenbedazol. But she went back in for a follow-up scan about six weeks ago, and her tumors had essentially evaporated.

The oncologists were speechless with them. That's great. Yeah. So in cases like this, what role do you believe intention, belief and spirituality play alongside with the physical treatments?

Well, you know, really, that's critical. You have to believe that you can get well, and you have want to get. Well. And you don't have. To get wild. It's OK to transition if you if that is what you want.

Your soul is going to survive for an infinity. that based on, as I mentioned, a thousand patients with transformative spiritual events and others. And when you hear those experiences two, three, four times, you think, oh, that's interesting.

When you here those a 1000 times and they reinforce one after the other, we haven't gotten into transformative spirits events. But these what I'm referring to, their premonitions and tuitions, out of body experiences, voices, visions.

that don't talk about harming people, right? If it says go out and kill somebody, then you go see the psychiatrist, and you need to be in a mental hospital, but if you get positive messages, loving messages then that's completely different with that.

You hear voices, visions, dreams with meaning, seeing and sensing spirits with it, these stories are just incredible.

Just incredible, that led to my first book, God's House Calls, it has over 200 of those stories.

in it. And then my more recent book, Brilliance, has some more of those stories. But the stories will make you stand up on your arms with that. My wife has been my scribe and has heard so many of these as well.

That changes. changes your practice, changes the lens you look through and looking at patients. So, yeah, if you want a positive outcome, you need to be telling these cancer patients, visualize your youngest grandchild graduating from college, and smell that, taste that.

Elaborate on that as much as you can, because the more you create that image, the More you're creating that reality happening, right? Plan for vacations five, ten years down the road.

Because you're helping to create that reality because we're just surrounded with possibility What determines what becomes real is what we think what?

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We say what here? Just wonderful. Yeah, if you could leave our listeners with one insight about healing that you feel the world isn't talking about enough What would it be?

Well, I really think getting spiritually grounded is the single most important thing with that, because particularly in these days and times, the world is chaotic.

There's a lot of fear out there. And that's the offset of a healing scenario, this chaos and fear and the opposite of love. And so I encourage my patients to I think we're here to evolve into an understanding of unconditional love 24 seven, evolve in this situation of gratitude continuously and being authentic, opening that third chakra and speaking our voice.

And that's not speaking judgment. But we learn a lot here on Earth and we are supposed to share that wisdom. We're not supposed keep it a secret. So share our knowledge, share your information, and share love.

And practice saying a kind word. Practice smiling to everyone you meet because we all are connected. We all instantly connected and so it's kind of like the golden rule.

It's the simple way to think about it. Do unto others as you would have them do unto you because guess what? We are all in this together and maybe we are.

maybe that is us that's being impacted when we say something negative. Yeah, absolutely. And what advice do you have for practitioners who want to bridge science and spirit in their own clinical work?

Well, there are a lot of good conferences out there and certainly, you know, functional medicine conferences is a good first step for me. I have been in conferences, I did attend all of those and tremendous amount of knowledge and information there.

There's some others out here as well. there's the Academy for Integrative Health and Medicine. That's a great conference. If you're open minded, they're even, you know, Paul Anderson has some good naturopathic conferences that you may want to look at.

And my mentor, Donnie Yance, has a botanical medicine program that can sign up the Moderia Center for Natural Healing. But if you want learn about botanic goals and it gives you such more There's such more ammunition to deal with illnesses with.

Yeah. Again, it's it. The other thing is to comprehensive testing. You stop just looking at CBCs, CMPs. I think as much as anything, D-diamond fibrinogen are important levels.

And I'd think the single best way to protect against heart attack and maybe a stroke is systemic enzymes, and I use natokinase. For example, research showed with the equivalent of 5,000 units of nato kinase, you do it on Nipsey's stomach, doing that daily resulted in a 66 to 95 percent reversal of carotid atherosclerosis.

dramatic and simple thing you can do, put your arm under your spouse's neck tonight and see how long you could leave it there. I could only leave there 15 minutes before it starts 15 seconds before I start falling asleep.

And now that I do my night of kindness and leave in there, 15, 20 minutes until she jerks it away. So that's a good simple way to tell how your circulation is doing.

And with my cancer patients, I've been treating for 17, 18 years. These are high risk people. So number two, circulation, four-fold high-risk for heart attack, stroke, 10- fold high risks, thrombophilia, pulmonary emboli.

Comprehensive approach. I've not had a single patient that I can recall following our program that had heart attack over that 17, 18 year period of time.

So, you know, heart disease is preventable. It's so much fun to learn these strategies and apply them. it makes the practice of what we do so, much more enjoyable.

Open your mind, open your eyes to possibility. Absolutely. Well, this has been thoroughly enjoyable. Thank you so much for being a guest here on this podcast.

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