Introduction and Dr. Roachu2019s Background

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.

And when they gave the drug propranolol to block adrenaline, that prevented most of those metastases. 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 oncologist, know, the fear of God is put into them immediately. Those are not generally spiritual, peaceful places in one test into another test and so forth.

Hopefully those patients will come to me first so that I can get them spiritually and understanding. Okay, welcome to the Functional Edge podcast. I'm your host, Dr.

Julia Ward, medical director and founder of Balanced Body Functional Medicine. Today, we're honored to welcome Dr. Jim Roach to our show. In this episode, Dr.

Roach is gonna be sharing his insights on uh 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, uh I guess, maybe you can just describe your journey as a physician and, uh 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.

I 20 years of conventional family medicine. And then I was approaching 50 years of age and wanted to see how long and how well I could live. decided that while I passed my boards in 2000, my kids were out of the nest.

So I decided to start reading every medical journal that I could. 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 um on botanicals.

And at the time, New York City wasn't particularly attractive. And 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 intuition. And that's transformed my life. I ended up uh meeting Donnie Antz. And he's the top botanical 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 now, attended or hosted 60 national integrative health conferences not associated with drug companies. And you learn different information.

Yeah. And so I've applied that. 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. 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. I also, company there in Texas, Spectrocell Labs, I was a part-time consultant for 10 years, so gained expertise in micronutrients as well.

And then at 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. At those conferences, they taught energy medicine and quantum physics.

So that opened my eyes and that led down a whole new pathway. So that opened my eyes and that led down a whole new pathway.

Quantum Physics, Consciousness, and Healing

When in about 2011, I had a patient share a spiritual near-death experience and I started quizzing patients and that opened up an immense area that I now apply to my office When in about 2011, I had a patient share a spiritual near-death experience and I started quizzing patients and that opened up an immense area that I now apply to my office When in about 2011, I had a patient share a spiritual near-death experience and I started quizzing patients and that opened up an immense area that I now apply to my office practice.

You know, I could have retired three years ago from a financial perspective, but I love what I do and oh no one else is really, at least in my area, achieving the outcomes that You know, I could have retired three years ago from a financial perspective, but I love what I do and oh 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. ah Well, how do you explain the connection between quantum physics and healing? Like, 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. 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 observing, what happens? The whole wall lights up. And why is that? It's not a photon going through. It's waves that are going through and they go through both slits and mark up the whole walls.

Now if you take a video recorder and videotape it, what happens? 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 make it 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 there's not a battery in the video recorder.

In other words, they have a consciousness, an awareness. And if waves have an awareness, then everything, know, the chair I'm sitting in has awareness.

Now, hopefully not at the level we have. and not the level of what I consider the crater, which is far, far greater than that. But everything is alive.

And 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 99.9999 % 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 we're having negative thoughts, that likewise, and those negative thoughts are very detrimental to our health, the positive thoughts are very healing to our health.

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

But the trick is, how do you do that? 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, 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. 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 we hear.

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 we hear. That's what helps generate the reality from the possibilities with that.

So I tell my patients, 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 the morning, six times in the middle of day, and nine times at What Nicholas Tesla did was that he, with each one of his intentions, he wrote it down three times first thing in the morning, six times in the middle of day, and nine times at the end of the 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 tell them to forgive three people every day and maybe ask for forgiveness as well. 10 things you're grateful for each morning, 10 different things you're grateful for each evening.

And 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 head's supposed to solve problems like changing attire and acquirer, but it's not supposed to get tangled up in emotions. That's the heart's venue.

The heart's about love and peace. So if you take some kind of chest belly breath, move out of your head 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 indoor plumbing, we have climate control. We didn't have any of that 100 years ago. So we almost have to invent reasons to be unhappy these days.

Yeah, 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 two ways to heal, right?

There's the physical ways to heal with medicine, with nutrients and so forth. But then there's the energetic way of healing, right? That's you get a good prayer warrior, a group of people praying, you know, you can have

miraculous, instantaneous healing because really the whole universe is energy and the basic unit of the universe is energy.

So things can happen instantaneously because of that. And obviously uh healing in that realm happens much better. I remember one of my, I had a small lung cancer, small cell lung cancer, those were very aggressive cancers and actually had a student in who was with me and I prayed with most of I remember one of my, I had a small lung cancer, small cell lung cancer, those were very aggressive cancers and actually had a student in who was with me and I prayed with most of I remember one of my, I had a small lung cancer, small cell lung cancer, those were very aggressive cancers and actually had a student in who was with me and I prayed with most of my new cancer patients at the end of visit if they were 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 uh boyfriend, or excuse me, her ex-husband was a Vietnam vet, and he came by my house every week asking questions.

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

And so 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 the oncologist wanted to do new, last, I said no. And of course, no little debbies during chemotherapy treatments and so forth.

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

and she never stopped smoking. So, you know, did that prayer help in that healing process? I'm sure it contributed to that. Do I see instant healing 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 to get a positive energy response. So that was the first thought that came to my head when you mentioned that.

Near-Death Experiences and Spiritual Healing

eh Yeah. 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 can 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've made some interesting connections with that.

um I find that most of my patients, female patients, are the ones that I see primarily because 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 exome and body globule, 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 % estrogen dominant with low free testosterone associated with that.

And it turns out, 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, epinephrine.

So with that mutation, oh you have a good on switch and not a good off switch. So with that mutation, oh you have a good on switch and not a good off switch.

So with that, gene mutation, you don't metabolize, you don't detox as well, and you don't detox estrogen as well, and you don't detox other toxins. gene mutation, you don't metabolize, you don't detox as well, and you don't detox estrogen as well, and you don't detox other toxins.

So those individuals are prone to burning the kennel at both ends and burn out chronic fatigue and fibromyalgia is an endpoint with that. Since you don't detox, if you get anesthesia, it's going to linger in your system longer.

These individuals are very caring. They give and give and give, and don't feel appreciated and have any resentment tied with that. They have a divine understanding.

If you're homozygous with that gene mutation, what I find, and these are, you tell them almost, you can tell almost instantly because they tend to be dressed perfectly, they have If you're homozygous with that gene mutation, what I find, and these are, you tell them almost, you can tell almost instantly because they tend to be dressed perfectly, they have a serene smile, they have voluminous, perfect handwriting and notes and so forth.

uh Very kind of OCD characteristics, which you and I are in that category too because we cross the T's and dot the I's and work all, I can always have more projects.

uh Very kind of OCD characteristics, which you and I are in that category too because we cross the T's and dot the I's and work all, I can 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 that. these individuals, if you're homozygous, 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.

That's a gift. Guys don't generally get that gift or that knowing or that awareness. But that's very powerful and they're very intuitive. 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. know, if their child's getting into trouble, it's instantaneous.

know, Einstein thought there was nothing faster than the speed of light, right? The theory of relativity. But yet, there was something confusing he couldn't explain, which was what he called spooky behavior at a distance.

If you take a particle, Split in half and one half goes to one in the universe the other half the other in the universe any action on one half particle instantaneously Acts on the other half particle the other in the universe and all in other words.

We all are instantly connected Okay, that's very potent and so mother's to intuition falls in that category You know if your child's getting into trouble it doesn't matter whether it's the next block through the other 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.

It's not all. It's another way to think about that. It's another way to think about that. And I speak particularly of women, because they have more of the estuarine dominant aspects associated with this.

than the men do. I'll get to the men in a second. But they're also impass. They get around negative energy. They don't do well around negative energy.

They may walk into shops and woo, I've got to get out because of that negative energy with that. They're highly sensitive individuals. They're sensitive to foods, sensitive to odors, maybe sensitive to light, to noise, sensitive to electromagnetic fields, sensitive to 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. And remember, they don't metabolize estrogen as readily, so they have female issues.

know, they fibrocystic breasts, ovarian cysts, they get premenstrual symptoms. And what are those? Anxiety, panic, obsessiveness, phobias, sleep disturbance, irritability, carbohydrate craving, swelling, breast soreness, tenderness, migraines, heavy periods, cramping, bloating, brain fog, aches and pains, and joints and muscles.

Okay, they get into gallbladder disease as well. And estrogen promotes autoimmune… activity, all autoimmune activity. It's not just lupus. Every autoimmune issue is driven by estrogen.

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

And that's not the case at all. So testosterone strengthens the immune system but dampens autoimmune activity. So everything you do to block conversion of testosterone deskine is going to help every single autoimmune disorder.

And the one at the top of the list for me is vitamin D. Vitamin D in males, for example, boost testosterone 20%. And I tell my male patients, because that's all they hear is testosterone, say, know, days you want to have more estrogen, skip your vitamin D on those days.

And days you want testosterone, take your vitamin D on those days. Fish oil, the days you want to shrink your testicles, skip your fish oil. Whenever you want to grow your testicles, take your fish oil.

And men hear that. oh Balancing those hormones is really key. % 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. That list that I just went through, 25, 30 things, nearly all of those are going to apply.

If they've had the gallbladder out, guess what? Nearly all of those 25 or 30 things over in cis. 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 a lot of nutrients I mentioned vitamin D and fish oil but turmeric, you know 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 of those not only block aromatase, but they block five 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 10 times stronger than testosterone associated with the acne, rosacea, malpiter, and hair loss, hair growth, and unwanted places, and men prostate problems with that.

Now going back to males just briefly with the uh and guide gene, oh 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, particularly the women, but even the men, if they're homeless, I can say they've been in fight or flight every single day their whole life.

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

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

That's COMT, right? So PTSD is characteristic. So I tell all these women at their first visit, I say, listen. You know, the religion that I belong to, have been a part of, in order to be forgiven, you have to forgive, right?

You know, the religion that I belong to, have been a part of, in order to be forgiven, you have to forgive, right? So it's not that someone else deserves it.

First of all, you have to forgive yourself, and then you forgive others, again, not because they deserve it, but you have to get rid of that yoke of unforgiveness to live in the present, not live in the past.

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

And you'd be surprised how many women tear up and say, 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. So that kind of leads me into the next question. uh 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 biggest mistake with that. And I think a lot of people think of estrogen dominance just in terms of estrogen and progesterone.

And I think that's, you've got to consider the testosterone with that picture. And so, you know, I've had great success in terms of managing premenstrual symptoms.

80 % of the time I can fix PMS with an herb called Vitex, Chase Streetberry, which acts identically to progesterone. And I prefer to use a botanical to the progesterone, though the progesterone is okay 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. And day 25 go to triple that amount. then 48 hours after events, starts and stop that. And for 80 % of that works beautifully for calming, relaxing, neutralize those symptoms.

But 20 % of the time it goes the opposite direction and seems to promote estrogen. So instead of preventing breast soreness, it can cause breast soreness instead of being relaxing.

can cause stimulation. So in that situation, I actually throw the Vitex and or progesterone away and substitute inostal vitamin B8, which is an excellent hormone modulator.

It dampens estrogen and dihydrotestosterone. In those situations, I give 1,000 milligrams every eight hours, maybe the first week, 2,000 the second week, 3,000, then 4,000.

Inostal at 4,000 every eight 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 rosea in that second part of the menstrual cycle. And actually, I will typically, and it depends on the size of the individual and how wired they are, because if you give rhodiola by itself, it can wire particularly thin, smaller And actually, I will typically, and it depends on the size of the individual and how wired they are, because if you give rhodiola by itself, it can wire particularly thin, smaller women.

But if you give it with Vitex or progesterone or an Ostal, then that balances that. So for example, you can start rhodiola, say 250 milligrams, 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.

Hormones, Botanicals, and Brain Health

IQ part, the focus part. So it's a terrific combination. I use rhodiola with ADHD. Works beautifully for those kids as well. And 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 a progesterone is a precursor to cortisol. So I think if you have yeast issues, that can maybe magnify yeast issues as well.

So those are the two. With rhodiola, if you're bipolar, it can make you manic. It's a little bit drying. oh I think those are the two. Key things. And for me, find that if you do it continuously, it stops working over time.

So I like to use it either three weeks a month or five weeks. I mean, five days per week with you. you have such an extensive knowledge of botanicals.

I'm really impressed. I'm really impressed. So what are your go-to botanicals for optimizing brain health and resilience? Yeah, so obviously rhodiola.

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

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

lasts all day long. There's not, 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.

take a C. l. carnitine, after four hours you're going to crash. But with rhodiola, it lingers on and you uh drop down naturally and it actually reduces your sleep requirements as well.

But with rhodiola, it lingers on and you uh drop down naturally and it actually reduces your sleep requirements as well. But with rhodiola, it lingers on and you uh drop down naturally and it actually reduces your sleep requirements as well.

But with rhodiola, it lingers on and you uh drop down naturally and it actually reduces your sleep requirements as well. So you jump out of bed better in the morning.

So that's a priority. And 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 a handout called BDN, Brain-derived neurotrophic growth factor. And I have a list of 40 different nutrients and herbs. that promote BDNF, i.e.

that promotes brain growth, right? So there are all kinds of ways to promote brain growth. It's really exciting. For example, Lion's Mane promotes BDNF and nerve growth factor.

For example, Lion's Mane promotes BDNF and nerve growth factor. Turmeric promotes brain 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 days, not because I like to…

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?

So that's a dilemma. I want to offer my body a cornucopia of nutrients. It can absorb what it needs. What it doesn't need can pass on through. And I realized again, my little OCD and taking a lot of those, but it's served me well so far.

And how about peptide therapy? Have you used that for brain? not an avenue that I've pursued. For different reasons, it's a little more expensive route.

uh I don't know enough to really comment much, but I would say, I think of it a little bit like amino acids. uh I don't know enough to really comment much, but I would say, I think of it a little bit like amino acids.

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

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

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

That's one that's been researched, because people have learned how to make money off curcumin by affecting the absorption process with that, right? But if you have a 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. like to use, and it's fine to use curcumin, but I always want to use it with the turmeric as well.

And I even have my own organic Dr. Roach product that is 700 milligrams of turmeric with 100 of the C3 curcumin, for example. oh you can call that intelligence.

oh you can call that intelligence. Of course, uh very more obvious things, I don't know how far we would want to delve into this, are with psychedelics, right?

Ayahuasca. 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.

Yeah. ayahuasca, more obvious uh presentation, but think of all plants as having a consciousness and awareness and are service oriented, if you wish. ayahuasca, more obvious uh 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 and looking down oh at herself and she was in a blissful state.

She was in a car accident and she was out of body up above the car and looking down oh at herself and she was in 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 in body and after that she became mission-oriented and focused and she told me, I'm not afraid of death anymore.

And I thought, what do you mean? Here I've studied my whole life, what, 23 years of education, 20 plus years of clinical experience to learn how to save your life.

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

And I thought, wow, what a preposterous thought. I could never do it. But I do exactly that now because I've now had 105 patients. with spiritual near-death experiences.

Again, they report the other realm is more real in this realm, and there are different variations of it, but the themes are the same. Again, they report the other realm is more real in this realm, and there are different variations of it, but the themes are the same.

They don't fear death afterwards. They fill in the presence of the divine uh source, and they come back more loving, caring individuals with that. They fill in the presence of the divine uh 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, the more intuitive 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 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's going to happen is you're going to end up in a blissful state. So you're going to 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. Yeah. 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.

And when they gave the drug propranolol to block adrenaline, that prevented most of those metastases. 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 oncologist, know, the fear of God is put into them immediately. Those are not generally spiritual, peaceful places in one test into another test and so forth.

Hopefully those patients will come to me first so that I can get them spiritually and understanding. I use a lot of inositol. Inositol 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 a lot of patients, I actually do use propranolol in low doses.

For example, today, I called in a prescription of propranolol 10 milligrams, one to two, four times a day for a pancreatic cancer patient that came to see me last week from Ohio.

For example, today, I called in a prescription of propranolol 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. And so you know the patients that I'm talking about, what I call the CMT++ patients.

where they're really wired and so forth. oh If those individuals have cancer, then they're the ones that need the propranolol. It's used in Hollywood for stage fright, right?

It's great for anxious depression. So, her2new is particularly associated with peacefulness. So, her2new is particularly associated with peacefulness.

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Now, I'm under to those. went way up and then she went on a three day silent retreat and it came right back down. And I found that uh in my HER2Nu patients when I use propranolol, when those HER2 markers go up, the propranolol will bring it down.

And I found that uh in my HER2Nu patients when I use propranolol, when those HER2 markers go up, the propranolol will bring it down. It'll get them in a much more peaceful and uh happier place because they don't like to be constantly marked.

just explain what the HER2NEW markers are? Sure. So a lot of individuals are familiar that when you get a breast cancer diagnosis, that it's put into uh the category of is it estrogen receptor positive or negative, So a lot of individuals are familiar that when you get a breast cancer diagnosis, that it's put into uh the category of is it estrogen receptor positive or negative, progesterone receptor positive or negative.

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

And those have the best outcomes in most postmenopausal women. 90 % of them fall into that category. But if you have a HER2NU, that's a more aggressive marker and more important to jump on quickly in terms of management.

Cancer Care, Peacefulness, and Integrative Protocols

are some simple, 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, tokatrianols, bangdoye, hannikal, or some others.

tokatrianols, bangdoye, hannikal, or some others. That's when those HER2NU cells are… They're friable. They're more prone to breaking loose from the primary tumor and causing metastases and even going to the brach.

So it's really key to keep those patients in a peaceful state to keep that from happening with them. absolutely. Okay. 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 90 days. And at end of 90 days, she was cured with that.

And I'm sure a lot of guys would say, well, I'd rather be dead than do coffee enemas three times a day. 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 to all my friends who coffee enemas.

But particularly when you have abdominal pain or have abdominal related tumors, coffee enemas are especially beneficial with that. had someone who presented my conference about 15 years ago, whose wife at stage four breast cancer was sent home to die.

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

And what they decided to do was an 11-day fast followed by 10-day fast. And he read positive energy literature to her 24-7, while she was awake and while she was asleep over those 21 days.

At end of 21 days, she was well. There's a spiritual healer outside of Cleveland, Ohio. He's been around for decades. I actually went to visit him. last year.

name is Isam, I-S-S-A-M. Last name is Nima, N-E-M-E-H. He does a Path to Faith broadcast, I think that maybe weekly, that you can get onto. He does a Path to Faith broadcast, I think that maybe weekly, that you can get onto.

And he's achieved some spiritual healings. He's had two near-death experiences himself. And again, the more of those you have, the more intuitive, the more capable, the more you're tuned in to higher power.

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

oh With my patients, up until a few years ago, I said, well, I double or triple the outcomes. But I think, at this point, it seems that outcomes are even better than that often.

I had stage four Hodgkin's lymphoma. I still have her as a patient. oh She'd had chemotherapy for three years. And finally the oncologist said, you're going to need to get stem cell therapy.

need to get bone marrow transplant. said, nope, not going there. And came to see me. She got on a comprehensive protocol and she got on my herbal cytotoxic protocol along with that.

She got on a comprehensive protocol and she got on 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.

But then she also, at this point I was beginning to introduce some ivermectin. in my treatment management. So we started her on some ivermectin. She had questions about phenvendazole.

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

She went back in for a follow-up scan about six weeks ago, and her tumors had essentially evaporated. She went back in for a follow-up scan about six weeks ago, and her tumors had essentially evaporated.

The oncologist was speechless with them. So that's a more recent example. Yeah, so in cases like this, what role do you believe intention, belief and spirituality play alongside with the physical treatments?

Well, really that's critical. You have to believe that you can get well. You have to want to get well. And you don't have to get well. It's okay to transition if that's what you want.

Your soul is going to survive for an infinity. And I don't say that lightly. I say that based on, as I mentioned, a thousand patients with transformative spiritual events and others.

oh When you hear those experiences two, three, four times, you think, that's interesting. When you hear those 1,000 times, they reinforce one after the other.

And we haven't gotten into transformative spiritual events, but these, what I'm referring to there are premonitions, intuitions, out-of-body experiences, voices, visions that don't And we haven't gotten into transformative spiritual events, but these, what I'm referring to there are premonitions, intuitions, 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. Yeah. You need to be in a mental hospital, right? If you get positive messages, loving messages, then that's completely different with that.

your voice's visions, dreams with meaning, seeing, sensing, spirits with that, and these stories are just incredible. your voice's visions, dreams with meaning, seeing, sensing, spirits with that, and these stories are just incredible.

your voice's visions, dreams with meaning, seeing, sensing, spirits with that, and these stories are just incredible. Just incredible. And that led to my first book, God's House Calls, that 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 your hear stand up on your arms. Sure. With that, my wife has been my scribe and has heard so many of these as well.

And that changes, changes your practice, changes the lens you look through in looking at patients. yeah, if you want a positive outcome, need to be, I tell these cancer patients, visualize your youngest grandchild graduating from college, know, smell that, taste that, elaborate yeah, if you want a positive outcome, need to be, I tell these cancer patients, visualize your youngest grandchild graduating from college, know, smell that, taste that, elaborate yeah, if you want a positive outcome, need to be, I tell these cancer patients, visualize your youngest grandchild graduating from college, know, 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, 10 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 we say, what we hear. uh So, 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 opposite of a healing scenario, chaos and fear. It's the opposite of love. so I encourage my patients to, I think we're here to evolve into an understanding of unconditional love 24 seven.

so I encourage my patients to, I think we're here to evolve into an understanding of unconditional love 24 seven. uh evolve into a situation of gratitude continuously and being authentic, opening that third chakra and speaking our voice.

That's not speaking judgment, but we learn a lot here on earth and we're supposed to share that wisdom. We're not supposed to keep it a secret. So share our knowledge, share our information, share our love uh 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, functional medicine conferences is a good first step for me.

uh The IFM conferences, I did attend all of those. A tremendous amount of knowledge and information there. A tremendous amount of knowledge and information there.

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

oh And my mentor, Donnie Yance, uh oh And my mentor, Donnie Yance, uh oh And my mentor, Donnie Yance, uh has a botanical medicine program that you can sign up the Medaria Center for Natural Healing.

But if you want to learn about botanicals and it gives you such more ammunition to deal with illnesses with, again, the other thing is do comprehensive testing.

But if you want to learn about botanicals and it gives you such more ammunition to deal with illnesses with, again, the other thing is do comprehensive testing.

Stop just looking at CBCs, CMPs. I think as much as anything, D-dimeridifiberidogen are important levels. And I 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 natokinase, oh you do it on an empty stomach, doing that daily resulted in a 66 to 95 % reversal of carotid atherosclerosis.

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

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

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 risk.

thrombophobias pulmonary emboli, so I'm monitoring their D-dynamic fibrinogen levels. Comprehensive approach, I've not had a single patient that I can recall following our program that's had a heart attack over that 17, 18 year period of time.

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.

yeah, 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 and appreciate it so much.

me. Yeah.