Autoimmunity & Cancer: Lessons from Treating Cancer Transcript

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Introduction to Nathan Crane and the autoimmune-cancer connection

Welcome back to the Reverse Autoimmune Disease Summit. Everybody of course is the 4.0 iteration, the autoimmune detox. And I am delighted to introduce you, if you have not already run into his work, Nathan Crane, who is an award winning author, inspirational speaker, plant based athlete, event producer and 18 times award winning documentary filmmaker.

Nathan's the founder of the panacea community, creator of the Global Cancer Symposium, and director and producer of the documentary film Cancer The Integrative Perspective.

He's also the Director of Strategic Relations at the center, and as the assistant director of the PBS series Ageless Living. In 2005, at only 18 years old, Nathan began his health, healing and spiritual journey, eventually overcoming a decade of brutal teenage addiction, house arrest, jail, and challenging times of homelessness to become an international author, filmmaker, and speaker dedicated to health, healing and conscious awakening.

Welcome to this series, Nathan. Doctor Kisha, thank you so much. Thanks for having me. Really excited to be here with, your audience tuning in. You know, I was, recently on the cancer symposium that you put together the Integrative Cancer Society.

And I would love to. I know this is the autoimmune detox. But these things are related, and I want to take us on a journey of autoimmune disease and the cancer connection.

And this idea of toxicity and how this shows up in our bodies. And I know when I was looking at your website before our interview, looking at your work, you talked about, I think there was something in there that said what cancer really is.

And I would love for you to do a little synopsis about that. Absolutely. So, you know, I think it's a good place to start with what diseases? Right. Because as you said, there are a lot of commonalities, and I can share some of those commonalities between autoimmune disease and cancer and why this is really important to understand.

Whether you have cancer, you have autoimmune disease, or you have both. Right? Because there's actually, not only commonalities in cause causation, but there's also commonalities in solutions.

And there's also higher risk of cancer if you have autoimmune disease and vice versa, which a lot of people don't realize. Right. So that information, you know, we can get into not only the causes so we can eliminate some of those causes from our lives for for your tuners tuning in but also get in solutions, practical things you can do, some you may know of and some you may not.

Right. So when we look at disease in general is big bucket of disease. Right. So here's how I look at disease. I look at it as the analogy of of a tree.

Right. Let's say an apple tree or an orange tree or you pick your favorite fruit tree.

Disease as imbalance: the tree analogy and blue zones

Right. And basically the reality is disease is common today. But it doesn't have to be normal. It does not have to be our normal. I wrote a article about this years ago, that we live in a society where we normalize disease.

We think, you know what? As you age, it's a part it's a normal part of aging is to get some disease right, or two or 3 or 4 diseases. And the reality is that doesn't have to be.

It may be normal and our current society may be common, but it doesn't have to be normal. And the proof of that is when you look at blue zones and you talk to people who live in blue zones, when you find those for people that are unfamiliar with that term.

Yeah, yeah. So so blue zones are the some of the places around the world that have been studied more recently, in the past few decades, where people live the longest and healthiest with the least disease.

Right. And so we're talking people in their 80s and 90s and even a hundreds, you know, these places often have the most Ontarians who live on the planet, people 100 plus who have in many cases no diseases whatsoever.

Right? And they don't live the perfect lives. And they're, you know, they still have some things you might you know, you might question or you might, you know, really that's how they live.

But the reality is there are these pockets of people and culture. When you go and study them. Like my friends over at the Art of Anti-Aging have done and done a great documentary series about, I'm sorry, not the Art of anti-aging.

That's Brian, the Human Longevity Project. So, yeah, Jason Prall, who's, who's a friend and colleague of mine, and and I know we'll have to talk about that for, like, a couple of times and ask him, so what are those commonalities?

Right. And really basically the reality is, without getting into all those details, the reality is in our higher potential of being human beings, disease is not normal, actually normal.

Our potential is to live 80, 90, 100 without drugs, right? Without pharmaceuticals, without conventional medicine. In many cases, without disease. Right.

Happy healthy living. Long live. So that's our potential. And that's kind of the framework we want to build this under is a disease is common. But it doesn't have to be normal. Right.

And so these blue zones you study the people well they move all the time. They they don't always eat the exact same foods, but the foods they do eat are not processed. They're not chemicals.

They're not filled with high sugars. Right? They have great relationships, are connected to the Earth. They, you know, more things we can get into as we get into solutions.

But just to give your audience a little bit of an idea, they live much closer to earth, much closer to living from the space of coming from their heart.

Right? They're connected to their local community. They have happiness in their lives every day. They move every day, sometimes walking a mile, two miles, every day.

They're not going to the gym and working out like we have to nowadays, right? To to get our movement in, in many cases, you know, they're moving, they're picking up boulders, they're working in the garden, they're hauling water, they're doing things and they're happy and they're interacting with without disease.

They're intergenerational is another piece of that. Absolutely. So again, we can talk more about it. But I want to share about, you know, this analogy of of a tree.

Right. So the big blanket of disease, whatever disease it is. So if we look at a tree, I really compare a tree to the human body. Right. How do you make a tree thrive to live to that potential of living without disease?

Well, number one, it needs a few key things, right? It needs clean air. It needs clean water, and it needs clean nourishment. It needs nutrients, right.

And so it needs an environment that is conducive to the thriving of that tree. And so when it's getting the right nutrients from the soil, the the bacteria that's in the soil, the, you know, the the leaves fall, the fruit fall, the animals

die, creates compost, it nourishes.

It's the soil. It's the nourishment, the food, the supplies, the nourishment to that tree so it can thrive. Is that clean air coming in without the pollution?

It's the you know, I was in Mexico visiting my wife's family, and, you know, you're in the jungle where we were away from the city, but near a major road where lots of vehicles drive by rain, lots of semi trucks, lots of cars are driving every single day.

And you're in the jungle and you're like, wow, this is the most pristine, beautiful place. But you look at all the trees and they're just covered with this black soot, right?

It's just as black like the you can wipe the black off. What is that? That's the pollution coming from the vehicles. And yet these these trees, even in this polluted environment, are still able to thrive because they're resilient, just like the human body.

Right. That's how we can go decades with totally polluting our bodies, our minds, our emotions, even our, you know, suppressing our spiritual expression without having any diseases really show up until 30 or 40 years later, 50 years later, which is what often happens.

Right? Because the body's super resilient, even if we're polluting it like crazy. But you give it that clean air, you give it that clean water, it's not polluted.

Well, that tree with the right nourishment is going to thrive for decades and decades. Right? Producing so much fruit, producing, you know, the self-sustainability it's going to grow big giant branches is going to be healthy, right?

And that's the potential of the human body. But what happens when it doesn't get the nutrition it needs, when it doesn't get the clean water, the clean air, the environment that it needs to thrive, well, then it starts to suppress its potential and it doesn't grow as big number one.

Number two, it may start to get some actual diseases, you know, some infections in the tree. And you've seen, you know, entire forests wiped out because of infections, right?

Because of disease in that forest, because those trees were not healthy. The environment was not conducive for them. Right. And it may even stop growing a branch.

Right? The branch may die completely.

Cancer, autoimmune disease, and shared immune/inflammatory roots

Die to conserve energy within the core of the tree, to keep it alive, to keep producing, you know, energy for its main potential, which its main potential is, is producing delicious, healthy fruit for, you know, whatever beings on the planet want to eat it, right.

But it's also cleaning the air and it's supporting the microbes. And it it lives in a very collaborative environment. Right. So it'll do everything. My point here being is that the tree, just like the human body, will do everything it possibly can to keep itself alive.

And that's what cancer is. Cancer like a tumor, for example. That's what a tumor is. I should say a tumor is your body wrapping up these malignant cells to try and keep your body alive.

So people who have a tumor, for example, feel like I need to get this cut out of me as quick as possible because it's bad. It's bad. Right? And often the oncologists will also, you know, encourage you to remove it as quick as possible.

But what you don't realize is that tumor is actually prolonging and saving your life. So it's not necessarily horrible and you need to remove it right away.

It's actually been forming in your body for years, and in some cases, decades. So it's actually preventing your body from dying. Just like that tree may cut off its own branch, it may stop sending energy to a branch so that branch can die off to conserve the energy to keep the rest of the tree alive, your body does the same thing, and that's what cancer is.

So when we look at, all disease in general, right? It is. It is a tree or a human body that is not getting the nourishment and the environment that it needs to thrive.

And when it does, that tree thrives and your body thrives. Right. And so that's the key is learning. What are those things that are causing the infections to happen that are causing the inflammation to happen, that are causing the immune system to attack the cells within the body?

As an autoimmune disease that are causing your body to produce more cancer cells every single day, then your immune system can remove, right? And so figuring those things out will give you the foundation you need for healing, for health, and for longevity.

You know, the same can be said about the current virus that we're all talking about today. There's a seems to be a forgetting that our virus is part of our microbiome, which is we are 45% viral.

And if we go in and start killing one thing that's trying to give us information about our global right interaction with our innate immunity, with the global innate immunity, where we're just so narrow in our scope, we focus on the tumor and we focus on the disease.

We focus on the virus instead of this overall picture of imbalance and what needs to happen. And so this is a really beautiful way of putting it. And I love the picture behind you because of course, you know, that's that's actually what we need to be looking at is a more expansive picture of what's happening, rather than narrowing in on this one thing and then wanting to kill it.

So there's always this thing about war on everything and autoimmune diseases. War within your soul, right? I fought cancer and I beat it. I always go, there's a definition for autoimmune disease, right?

Being at war with yourself, there's actually no winner. So I love the way that you put that. It's it's really beautiful. So finding solutions then for where this imbalance is coming from.

Yeah. So let's talk a little bit about you know, the commonalities right between autoimmune disease and cancer. Because a lot of people that'll help lay the framework, the foundation.

So when we get solutions that'll make more sense. Right. So some of the most common things that we can identify between our immune disease and cancer is one, they're both immune related.

Right. And people who don't know a lot about cancer. Right. I've, I've been in the natural health field for 15 years. I've been, specifically focused heavily on research, interviewing the top world leading experts.

You know, dealing with cancer in my own family, my grandfather passing not from just cancer, but from the conventional treatment of chemotherapy and radiation from cancer.

That kind of set me on this path. You know, eight years ago. So, so 15 years in the health field and eight years dedicated to cancer, right. And learning everything I possibly could about it so I can help not only my family, but everybody else who I come in contact with.

So we don't have to be afraid of it any longer. And what you find out is that cancer is immune related, just like autoimmune diseases, right? Autoimmune is really the immune system ends up attacking, you know, healthy cells

in the body, which the the science is now showing us.

That's primarily due to gut permeability, right? Leaky gut toxins, you know, the leaking out of the intestines and then the whole thing that happens. I'm sure you have a lot of experts speaking on that.

We don't have to get in the science of it. But, but the cause of that also is, you know, toxins, unhealthy diet, unhealthy lifestyle, you know, this, unhealthy environment and so forth and causes, yes, unhealthy thoughts.

Exactly. That causes that gut permeability, that allows, you know, this, mechanism to happen. Well, cancer is the immune system weakened, right? Which, through surfaced through, DNA damage and cell fermentation.

Right. Also that happens due to toxins and unhealthy diet, unhealthy lifestyle and unhealthy thoughts. Right. Stress, anxiety, depression, chronic fear.

So they're both immune related, very similar. Now the function is different. But again, they're both immune related. Just like Covid, just like this virus, just like this pandemic.

It's immune related. If you have a strong, fully functioning immune system, you have nothing to worry about with any virus. I feel so confident in that.

For myself, my family, my colleagues, our community, the problem is most people dealing with autoimmune disease, cancer or any chronic disease do not have a fully functioning immune system.

So yes, having some sense of concern about, you know, having, being infected with any virus, of course there is, cause for concern there, but the focus should be on the immune system, right?

Not on, you know, hiding ourselves away. And this is my personal opinion. You don't have to endorse this for your summit, but not hiding ourselves away, locking ourselves inside which houses are full of more toxins than outside, in most cases wearing a mask, being in chronic fear, suppressing the immune system.

You know, lathering ourselves and, you know, heavy chemicals that suppress the immune system. Even worse, those are not real solutions, right? Real solutions are things that are going to enhance your immune system.

They're going to support your body's ability to heal. So the second thing that, autoimmune disease and cancer have in common is they're both inflammatory, right?

They're both based in inflammatory conditions in most cases. Right. Many autoimmune diseases, can lead to chronic inflammation in the body. Well, what happens is chronic inflammation in the body is you get this DNA damage and repairs is constant thing.

So you get damage repair damage repair damage repair. And what happens is that creates this opportunity for cancer cells, to start to, to grow and proliferate.

And over many months and years of that damage, repair, damage repair, damage repair through chronic inflammation that leads to cancer. Right? So they're both, in many cases, inflammatory related.

The third thing that that makes them, you know, really, the third commonality between them is that they both have similar effects from conventional treatments.

Right. And whoever takes conventional treatment, it's totally fine. I don't tell people you don't have to do conventional treatment or you shouldn't or anything.

That's an individual choice for each person. Right?

Core causes and the case against meat and dairy

But the reality is some medications used to treat autoimmune disease can actually lead to cancer. They've been proven to cause cancer. And many medications for autoimmune disease only treat symptoms right.

But they don't cure the disease. They don't cure the underlying cause. They are a management system that actually can even cause cancer down the road.

Well, the cancer drugs are basically the same thing, right? Many cancer drugs and cancer treatments today. Chemotherapy, radiation, even surgery in some cases destroyed the immune system.

And many of these drugs and treatments also can destroy the gut and the lining in the intestines, and which will open the door for not only more cancers, but then open the door for autoimmune disease down the road.

Right. So the correlation between these two is so significant. And so here's the fourth kind of important piece about this is that some autoimmune diseases actually put you at a higher risk of developing cancer.

So if you have our immune disease and you're concerned about cancer, the reality is, you know, any inflammatory bowel autoimmune disease, for example, it causes chronic inflammation.

And we know chronic inflammation can cause cancer. So that's one one example. Another example is you know, I found a study where like if you have rheumatoid arthritis, for example, and you smoke cigarets, you have a 40% higher risk of developing lung cancer than those who smoke but don't have rheumatoid arthritis.

And there's lots of these studies now. It's the information is becoming more and more clear between the links between the two. Right. That you know, autoimmune disease is is a can be a precursor to cancer.

And so these commonalities are really important to understand. And so because the causes are so similar. So let's talk about some of those causes briefly.

I'll just go through them quickly. And then and then if you want to focus on maybe a couple of core causes, we could we could talk about a couple of core causes.

And and also you know, solutions. Right. Because really, when I was interviewing for my documentary cancer, the integrative perspective was a five year project.

Right. And, Doctor Sunil Pi, who's an integrative MD, you know, he really helped to consolidate the core causes of cancer into six core causes. I call these the six core causes of cancer.

Right. Because if we were to list out every cause, we'd have hundreds, maybe thousands. But you can really compile all those into six. And those six are inflammation, which we talked about.

Right. Elevated blood glucose is number two. The third is environmental toxins. The fourth is stress. We talked a little bit about that. The fifth is unhealthy diet.

And unfortunately today there's so much information and misinformation out there about the diet that people are so confused and don't know what to do.

So here, you know, it's like I've looked at the hard science on this and interviewed the leading experts at work, hands on with thousands of patients every single year or two.

And I'm pretty sure you're going to say the carnivore diet is not an anti cancer diet. Oh no. I was going to promote the carb. Right. Is it that is it that the one that's going to, heal cancer?

All right. I'm being facetious. Facetious. Please know that that was sarcasm. Everybody. So the first one is unhealthy diet and the sixth is lifestyle behaviors.

Right. So here's the reality. Many of the solutions for cancer, they're also the same solutions for autoimmune disease. So that's a great thing. If you have autoimmune disease and cancer, you have an immune disease and you have a higher risk for cancer or you have cancer and you're one to avoid autoimmune disease or you're trying to heal one or both, right.

You have a family member, you want to help many of these. So whatever these solutions you do specifically for cancer will support autoimmune and vice versa.

That's a beautiful thing. So talking about meat and dairy, the carnivore diet for example. Right. So since since the year 2000 well let me back up a second.

The number one solution, that I want to talk about today. And there's a lot of solutions, but let's, let's focus. Number one is, is you got to reduce chronic inflammation.

We know these are inflammatory conditions. We know chronic inflammation causes cancer exasperates cancer. It makes cancer grow. We know chronic inflammation you know is is both a cause as well as a and then yeah of auto immune disease right.

So we know we have to address it now. We also have to address what's causing that inflammation. And we know for a fact scientifically, no matter what, these guys are riding in the carnivore diet.

And people I've even interviewed who are supposed to be health experts in disagree with me on this. We know for a fact, when you look at the hard data, the decades of scientific research, the major meta analysis that have been done, for example, from the year 2000 that that have looked at hundreds of studies, for example, and thousands of thousands of people.

We know that meat is a significant risk factor for cancer, meat and dairy animal products now, primarily red meat is even higher risk, but actually all meat. Why?

Because it causes inflammation in the body, right? Meat, for example, produces something called TMR. Oh right. And that's from carnitine. And carnitine is found in animal tissue.

And it is not an essential nutrient for human consumption. We do not need it to survive. We do not need protein from meat to survive. There's not a single human being that needs meat to survive.

Let me let me rephrase that. Doctor Joel Furman, who's a medical doctor that's worked with thousands and thousands of patients, hands on, helping them to heal and prevent and reverse all kinds of chronic diseases by changing diet and lifestyle.

He has found less than one out of 100. Right? So it's not even 1% less than 1% of people who, when he switches, to a plant based diet, their body has a hard time initially, not forever, initially, assimilating plant protein.

So what he might do for a short time is give him some fish and eggs while their body, heals itself to adapt, to assimilate that plant protein. Those are very small cases.

Once in a while. And, you know, you got to test and find out has nothing to do with the blood type. The blood type, you know, thing has already been massively debunked.

The blood type diet, it's been totally debunked. If you look at the hard science on that, every single person on the planet can thrive in a plant based diet.

But you have to know what you're doing. You have to know, some people will say Twinkies are a vegetarian diet. They are Cheetos, right? Does everything.

You can be vegan and is totally unhealthy. So unhealthy. It's not about being vegan, it's about the foods you put

into your body. That's the biggest takeaway here.

And we do know for a fact I'm talking. So let's talk cancers. Talk inflammation. We know that meat and dairy causes inflammation in the body through TMO, through AG EAS right.

These are reactive molecule reactive molecules that are that are found in, animal products. For example, we know that the blood levels of ages correlate to markers of inflammation such as your C-reactive protein, your CRP, right.

Your tumor necrosis factor, all these things that are leading to chronic inflammation in the body, we know that saturated fat, which is found primarily in meat and animal products, also, not only increases inflammation, but it shows that, you know, studies that have high saturated fat, dietary intake immediately increase.

It increases inflammation and oxidative stress on the body. You know, oxidative stress on the body produces more cancer cells, right? Because it results in a restriction of blood vessels, increase in blood pressure, all these things.

I mean, we could go on and on, increases triglycerides in the blood. It it does all kinds of things. Now the worst culprits and this is so let me frame this first by saying this is absolutely 100% true for this facade.

We've been taught about grass fed, you know, free range organic. Yes. Those are a better choice if you absolutely will not change from eating meat. No problem.

I will never judge you totally. Fine. Yes. When people say a better choice is grass fed, free range, organic, absolutely. It is a better choice. We know that processed meats, cured meats, you know, lunch meats, salamis, these kinds of things are actually known carcinogens.

We know for a fact those cause cancer. We know for a fact they're incredibly unhealthy for your body. Even more so. So, yes. Fish, chicken. You know, if it's, wild. Caught all that stuff.

Yes, it's going to be healthier for you, but absolutely, it still does.

Anti-inflammatory eating: plants, greens, berries, and herbs

All of these things I just talked about and does increase inflammation in the body, does increase triglycerides, does increase Aids, does increase GMO's, all these things we need to avoid increasing when we have cancer.

So it's not just coming for me. It's from every major medical doctor that I've interviewed who works hands on with thousands of patients. They do always encourage their cancer patients to go on to 100% plant based diet.

Massive diversity in those plants. Really important. We could talk a little bit about what that diversity should look like. Or as much plant based as possible.

We know some people just will never stop meat and dairy. I grew up in Montana hunting our own deer, fishing, right? Meat and potatoes like that's how I grew up.

But I also grew up really sick. You know, I had the fortune to get to really destroy my body early on and get sick early on. So by the time I was 18, I was ready for a massive change.

Right. You talk a little bit of in my bio, right? I was addicted to drugs and alcohol as a kid growing up. I was homeless on the street at 15 years old, eating hamburgers at Burger King and McDonald's and Wendy's and, you know, eating really, really bad food.

By the time I was 18, I mean, I was almost dead, literally was mentally, emotionally, spiritually dead. And my body was dying. So at 18, I made a drastic change in my life.

I moved to California. I started my whole life over and I decided to learn everything I possibly could about getting

healthy, being healthy, you know, taking care of myself.

That's been a 15 plus year journey now. And so I know what it's like to be sick. I know what it's like to be unhealthy. You know, it's like to not have energy.

They have digestive issues, all that stuff. And now I know what it's like to be the opposite of that as well. And that's the hope I want to give people, is that when we clean up our diets right, we got to get rid of the things that cause inflammation, meat and dairy.

We got to get rid of the fried foods. We know those are carcinogenic. We know that they increase inflammation crazily. We got to get rid of the processed foods, the stuff that's made in laboratories and stuff that is not real food.

Right? We need to get rid of that. We know we have to reduce carbohydrates if you have cancer and in many cases even autoimmune disease. Yeah, right. And I'm not promoting a ketogenic diet here specifically, but higher healthier fats avocado, coconut oil, these kinds of things.

Coconut oil is a saturated fat. But it's got, medium chain triglycerides in it, which actually contradict the inflammatory aspects of saturated fat. And, creates an anti-inflammatory and a healing response within the body.

So that's why people go, oh, yeah, all saturated fats bad. No. Saturated fats from animal products are bad. But from like coconut oil, things like that, they're not bad for you, actually.

We want to also research shows that, you can get a 25% reduction in high sensitivity reactive protein by reducing your carbohydrate load. So when you hear Nathan say plant based, that does not mean pasta.

But, you know, we're not talking about beer and we're not talking about pasta, and we're not, you know, talking about French fries that, you know, you have to reduce that kind of carbohydrate.

Also, in addition to what he's talking about. Yeah, it's so important. And, if you have cancer, you need to reduce fruit to, you know, fruits, super healthy apples, bananas, these things.

But because we know cancer thrives in a high index, it thrives on sugar. It can also here's the thing people don't realize about cancer. Cancer can adapt.

So that's why a keto doesn't necessarily always work for cancer. Because cancer, there are some cancers that actually thrive on ketones. There are some cancers that, will thrive in a low sugar environment.

So even though we know glucose is the number one fuel source for cancer, cancer can adapt and thrive on at least three different fuel sources that we know of, maybe even for now.

Right. So it's not necessarily like, oh, I have to go total ketogenic or have to avoid carbs hundred percent or whatever. No, it's finding the balance.

It is reducing those carbs, not carb, not being a blender full of fruit for what's going on, or juicing a ton of fruit. Please don't use root. Yes. Yeah.

You know, if you know all about it, do not juice for do not use for your mainlining sugar. It's going up your nose. You know I, I you know, I thought I was on a super healthy diet and I have been.

But the reality is even I, who is an athlete who I, I'm an athlete. I train hours a day, I work out hard, high intensity. I'm burning tons of, you know, I don't know, my body's probably 7%, 8% fat right now.

Potentially. I don't have extra fat on my body. I burn those carbohydrates. But I was eating too many carbohydrates and actually was getting digestive issues, right?

Candida overgrowth, parasitic overgrowth, those kinds of things when you have too many carbohydrates. Because I was doing things like honey, which was like healthy sugar, right?

The reality is, yeah, honey is like a medicine. You take a tablespoon once a week. Sure. You get the medicine. You're you're adding it every day in your tea like I was.

Well, now you're overloading on sugar. I mean, 17g of sugar in a single tablespoon of honey is insane. And this applies for maple sirup to everyone. Please add maple sirup and agave and all these things.

You know, you're better off getting rid of all processed sugars whatsoever. Don't even do honey. Don't do maple sirup. Don't do agave. None of them switch to something like stevia leaves, right?

The powder, even the the tincture ones. The dropper you can get, it's usually filled with vegetable glycerin, and vegetable glycerin is going to affect your body like sugar, even though they don't have to put sugar in the label.

And I like your mug for it too. Without beer with your towel and xylitol just the pure. Yeah, the monk fruit is another great option. But again, you know these things are better, like in powder form where they don't have any vegetable glycerin added. So.

So get rid of the sugars. Don't drink fruit juice. You know, you do want to reduce sugars. You do want to reduce carbohydrates. Because then the cancer doesn't have its main fuel source to thrive.

But in place of that you want to add green vegetables, green leafy vegetables. We know cruciferous vegetables have tons of research on their healing potential, not only for the gut, for autoimmune disease, right, but for cancer specifically.

Right. These are things like bok choy and, you know, you want to have kale and spinach in your diet and you want to have, you know, even radishes. And yes, you can do carrots, but again, carrots tend to get higher on the carbohydrate index.

So less carrots, but all your green leafy vegetables, collards I like juice. The stems of the broccoli and like juice in the morning. And then I eat the flower.

It's with their fiber and everything later in the day in a different way. So, you know, you can you can juice these lower glycemic index green that have a lot of juice in them in the morning and then eat the rest.

I like 12 cups of veggies a day for my people like myself. Right? And I'll juice half of that and then. But you gotta make sure you're not having pure carrot juice like, exactly.

If you do juice, make sure it's only green vegetables. Right. You could put one carrot in there. You could put a beet in there, but have lots of cucumber and celery and kale and parsley.

Ginger. Hugs. Turmeric. Turmeric. Cilantro. Cilantro. Talks are right. Pulls heavy metals out of your body.

Stress reduction, sleep, fasting, and medicinal movement

So you know we talk about this for all day long. But let me just get through the so so natural anti-inflammatory diet. Number one. Number two add in, you know herbs and spices and things as we talk about turmeric curcumin by as well.

Yeah. Which is frankincense black pepper. These things that are proven to reduce inflammation leafy greens, berries are a great source of antioxidants and vitamins.

And they're much lower on the glycemic index and fruits. So swap out fruit for blackberries, blueberries, raspberries. Don't eat dried berries or dried cranberries or dried raisins because they don't have nuggets of sugar

and fiber or their water content.

So you're just getting pure sugar again, right? These are things like it's most people we don't think about because we haven't been taught this information.

You gotta go through the ringer off and to get it. But hopefully everyone here is taking notes and they're, you know, getting some, some good takeaways here.

So number two let's go to number number one reduce anti-inflammatories I know we've you know only got a short time left. So I'm have to go through these really quick.

Number two you've got to reduce stress. Right. And why do we have to reduce stress. Well we know the parasympathetic nervous system versus the sympathetic nervous system.

We know for healing both autoimmune and cancer. We need to be in a parasympathetic state as often as possible, which means when you're in parasympathetic, your immune system up regulates your adrenal system, down regulates, which means your cortisol levels decrease and your, ability for immune system to get rid of the cancer cells and to heal the gut and to do what it's designed to do to help your body heal, activate.

And so how do we get in parasympathetic as often as possible? Well, good quality deep sleep, 7 to 9 hours every night. I did a whole talk on the sleep summit coming up all about sleep and cancer, specifically the science, the data, the the.

I looked at a ton of research for that and really to boil it down 7 to 9 hours every night of good quality sleep. But during the day, we have to reduce our stress or anxiety.

Our fear has some great ways to do that. Meditation, qigong, you know, yoga practice, breathing practice. Yoga nidra is a great thing to do, you know, is, afternoon meditation, nap experience.

You know, if you were. Well, I kept meditating. I start meditating and fall asleep. Great. You get a nap. That's even better, because now your body's healing.

When you're napping, right? So adding in 30 minutes during the day minimum, but also other stress reduction practices. Going outside for a walk in nature, you know, reduces stress.

Going and sitting and watching the waves if you're near the ocean or sitting and watching. I love watching the sunrise in the morning. Drink a cup of tea, reading, you know, good information, like all the things you can do.

Turn off the news. You know, the news just puts you in constant fear and a constant state of sympathetic nervous response, where now you're adrenal systems kicked on, your body's pumping cortisol, your immune system shuts off.

So when your adrenal system's on, your sympathetic activated, it actually shuts down your immune system. So now your body can heal. And that's the biggest takeaway here.

So we've got to have these stress reduction practices in our life every single day. And the more you can do the better. Just put it that way. How much should I do?

As much as you possibly can. Right. So let's talk about the third one here. Time restricted. Eating right both for autoimmune and cancer is is so beneficial.

We know that the less food you eat, the longer you live. That's pretty clear in our science now. And it doesn't mean starving yourself. It just means not overeating.

You know we know that when you have more fat on your body, you are more prone to diseases like autoimmune

disease, heart diseases, cancer. Right. So we've got to get that excess fat off the body.

And we do that by reducing our caloric intake as well as adding in more movement practices. But also the quality of food matters. And one simple thing you can do is time restricted eating.

Intermittent fasting. Right. I've been doing this, most days lately. I stop eating at 8 p.m. at night. I don't eat again until 12 p.m. the next day, but during the window.

Now, why do you do this? Well, autophagy. You increase your body's ability to remove, you know, excess waste from the cells and dead cells and all that.

What you need when you have any disease. But it also reduces inflammation and it allows more time for your body to heal. You know, I used to eat, a meal at 10:00 before bed, and I'd wake up at 7:00 and eat breakfast.

There's no time in there for my body to heal. There's no time for my glucose levels to actually, you know, reduce. There's no it's like my insulin is always spiked, right?

Because I'm always eating. Well, if that's your problem too, that's a simple fix. Two weeks of time restricted, eating. And after two weeks, it's like the body adapts.

You're burning fat now in the mornings, and it's easy. You're not hungry? I do have tea. I do use me sometimes a little bit of stevia in it or maybe a little bit of coconut oil.

I don't always do 100% strict with just water. I do in the mornings. Take some herbs first thing, some enzymes, right? Some probiotics, some herbs too.

Like that time you give your body a chance to rest, but you're also putting in some things that aren't going to spike your insulin but still allow your body to heal, which are like some probiotics, some, you know, healing herbs, things like that.

The moment you put carbohydrates in your body, though, you're taken out of the fasting state. So there's some great books on it. You can do more research on intermittent fasting, on time restricted feeding, but for autoimmune and for cancer, this is an absolute must.

And it's actually easy after you get into a routine. After a couple of weeks, I yeah, yeah, I'm a little bit more quick for what you do. 10 to 6. Yeah.

Do you do. Oh. So you eat. No 10 a.m. to 6 p.m.. Okay. So you have an eight hour eating. So then, that way that night time, you know, that 2 or 3:00 the morning when the liver and the lymphatic system, there's nothing else for them to have to focus on.

You know, they can really focus on cleaning you out. So it's so, so valuable that you're doing that. I mean, and the later you eat, the less time your body has to heal when you're sleeping, which the purpose of sleeping is for healing, right?

You talk about spiritual mental, emotional stuff as well and sleeping. But physically that's your time to heal. And if you eat too late right now, your body, it takes at least two hours for your body to kind of go through its initial digestive stages and for the insulin to start to lower and all that stuff.

Right. So minimum you should stop eating. You know, men, a bare, bare minimum is two hours before bed, but 3 to 4 hours as you're doing, four hours is even better, especially when you're dealing with any chronic disease.

Yeah. And I just say the fourth one, the quick bonus here, we'll offer this as kind of a bonus is what I call medicinal movement. You have to move every day.

You've got to flush the lymphatic system. You have to get the, you know, for cancer, your immune system finds the malignant cells, the damaged cells, the cancerous cells sends them to a lymphatic system.

Your your nodules on lymphatic system have T cells and B cells and cancer killer cells that are killing those cells and trying to remove them from your body.

Your lymphatic system is removing waste and toxins from your body, your lymphatic systems doing everything. It's your waste management system in the body.

And it's number one pump is movement. You have to, you know, move the body to flush the lymphatic system out. So critical. And you have to do it every day.

If you're not moving. And you know, we don't have time to go into the four core aspects of medicine movement. I have a whole module on this coming up in July, on my masterclass called Becoming Cancer Free.

But basically it's a combination of strength training, balance training, some hit exercise training. And even for someone who who can't do high intensity at first, there are ways to do that safely and effectively.

That don't injure yourself. And, in cardio, you know, cardiovascular training. So you have to be doing a combination of this. This number might scare a lot of people.

The minimum amount every day should be one hour. That is what our U. S. Department of Health and Human Services physical activity guidelines for, Americans, right, recommends for substantial health benefits to reduce the risk of chronic diseases, including cancer.

We need to be moving the bodies in these different ways at least one hour per day, 5 to 6 days per week. If you're not doing that, you're missing out on all the incredible benefits that, what I call medicinal movement has for your body.

So get a personal trainer, you know, start to learn how to do some of these other types of movement. Yoga is great. Qigong is great. Jogging. Like, you know, I do online stuff everywhere.

I mean, you know, you just pull it up on YouTube and you've got a trainer in your living room, so holy smokes, look up. You're going in it at home, you know, dental in the health club.

So I put together an online community called Health and Healing Club. You can check that out. Health and Healing club.com. We are putting in medicinal movement routines in there all the time that people can do gently for back pain for, you know, moving the body gently for especially if you're have low energy, it's going to give you more energy.

If you are overweight, it's going to help you to lose weight. If you have chronic disease, you lymphatic system is not flushing very well. It's going to help you flushing lymphatic system.

And the more you do it, the better you're going to feel, right. So, Nathan, I know that we, you and I have, we have to call this. And I could talk to you for another many hours.

I know you have a, detox e-book that you've put together for our followers. That is a free gift. And so we're going to point everybody to that. And I so appreciate you spending the time.

Closing remarks, resources, and final encouragement

And again, Nathan Crane has a really beautiful website that we will point you to that has many different resources on there. And thank you so much for the work that you're doing.

Absolutely. Yeah. Thank you. Doctor. Keisha, so the website you can just go to Nathan crain.com. You can get to

our Health and Healing Club from there.

You can download the detox e-book from there, which has a lot of great resources for you to how to start embodying more of what we're talking about here, to help your body to heal in the way it was designed to heal.

So Nathan crain.com. And that Keisha, again, thank you so much for having me. I know we could probably talk 2 or 3 hours on this. Really I just want to thank all of your audience.

So last thing I want to say to everyone there is hope. If you have cancer, you have autoimmune disease. There is always hope. There are always solutions.

There is always the potential for you to experience your higher level potential of health. I want you to walk away knowing that there are so many people, thousands of people who have reversed, even even up to stage four and stage N cancers using natural and holistic approaches.

And I know people are reversing autoimmune disease every single day, so there's lots of hope. But you gotta educate yourself. You got to continue learning from the experts and summits like this.

And, and, you know, I hope to hear from you in your own healing journey in the future and wish you all so much health and success. Thank you. Thank you so much.

And okay everybody, until next time, be well.