Introduction and Guest Background

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

Doctor Eric Zielinski, formerly known as doctor Z, is the author of the national bestseller The Healing Power of Essential Oils. As well as the Essential Oils Diet.

Doctor Z has pioneered natural living and biblical health education since 2003. Trained as an aroma therapist, public health researcher and a chiropractor.

Doctor Z started Natural Living family.com in 2014 with his wife to help people learn how to use natural remedies like essential oils safely and effectively.

Now visited more by more than 5 million people every year, Natural Living Famicom is rapidly becoming the number one online source for biblical health and non-branded essential oils education.

Eric, thank you so much for joining us, brother. Well, you're welcome and thank you. This is an honor and a privilege. Loved chatting with you and we always seem to have something special between us.

Sharon and I I'm excited about this one. I'm going to be sharing something. Hopefully we get the chance to share something that I've never shared before in an interview, and we got a lot of good stuff to cover.

So I love your shirt. First a liar. Tell me, tell me, tell me what that means to you, man. You know, there's this wonderful acronym. I'm sure you've heard of it.

False evidence appearing real fear, F.e.a.r.. And, you know, when when the outbreak started. Fear gripped the world, and it is impossible. It is impossible to see truth when we're looking at through the lens of fear, which is the exact opposite of faith, which is the exact opposite of of hope.

You know, the Bible says perfect love casts out all fear.

Fear, Faith, and Immune Health

And when you see the lack of love, and when you see the hatred in you see the emotion that it came up out of this, this, this outbreak, this situation, this crisis is totally opposite of what we should be experiencing as human. So.

My wife got me this shirt. I'm like, I love it, I really do. It's a great talking points, great icebreaker when you walk out, when you go to the store and look at people, people like high five thumbs up.

Yeah, brother, I get it. Other people look at you like you're crazy, but it's like, you know what? Fear is a liar. And I would encourage us all, you know, regardless of where we're at in.

The thing is, you know, Nate, this is going to be airing 120, 21. People hopefully are going to be listening, watching this for the next several years, right?

If not decades. And that's a wonderful thing about internet. Regardless of where we're at, the effects of Covid 19 are not going to stop, and we are going to see the reverberations of this for many, many years.

And generations to come. It was cataclysmic. And so to go back to faith, to go back to love, to go back to truth is key. So it's my little it's my story and I'm sticking to it.

I love it. You know, we'll cover this subject in much more depth in some of our other interviews, but it's worth mentioning here is when we're talking about the immune system, what we're gonna talk about today, fear actually inhibits the immune system.

Whereas love, tranquility, relaxation, meditation, even, you know, the use of essential oils, some of the things that you're going to be sharing, upregulate the immune system.

So being aware of. Yes. Fear as a survival mechanism to keep us alive. You're hanging at the edge of a cliff, you're afraid to die. And you, you know, react instantaneously because your adrenaline shoots up and you're able to save your life or save somebody else's life.

Fear is useful for 99.9% of the rest time of our lives, like when the pandemic is here, or when a cancer diagnosis, when you receive that prognosis, or you're constantly thinking about your life ending or the fear of tomorrow, that fear is actually very detrimental to the immune system and increases our, our risk for chronic diseases like cancer.

So I love that, love that you're kicking it off with, with a great shirt. And, and I want to get into a little bit more about essential oil specific. I know that's your your specialty.

You have so much great information on your website, so much research and experience with it. What kind of experience do you have or people you've talked to or worked with or heard from who've had cancer and have used essential oils as part of their healing regimen?

You know, they're wonderful. They're wonderful for a number of reasons. And, you know, congratulations on winning the awards for your documentary. And like, we talked before, around the same time we came out with our documentary, Hope for breast cancer.

Essential Oils in Cancer Care

And if someone wants to see a truly integrative approach of how someone approached cancer, in this case, Angela Lima, approach stage two breast cancer, very holistically, but also medically in this integrative balanced approach, essential oils were part of it from the very beginning, all the way through to the very end, even till today.

And so the reality is we have to point out that there is no cure. And I think that's important because I get criticized a lot for even answering questions like I am in the way that I am, and I've been criticized and it this burns me up.

It really produces like an anger in me because of the lie, because of the fear that precipitates that, that leads someone to even make this criticism is that I, we, my organization, my wife and I have been openly criticized, especially in from people in the aroma therapy community for giving people false hope.

Just chew on that for a minute. Is there any such thing as false hope? Oh no. I mean, really, when it comes down to it. How can you how can you hurt somebody?

How could you try to take away any, any strain, any thread of hope when they're hopeless and in their mind they're, they're saying, well, there is no cure and you shouldn't mislead or misguide people.

And so someone might have false hope that they're doing something that might make them better. Well, maybe. But what about the well known placebo effect and the opposite, the nocebo effect that if you believe something will help it very well will help.

And if you believe something won't help, well, it very well will not help. It's called self-proclaimed prophecy, and it's very medically documented in the literature.

Well, there's that aspect. But what about the fact that we're trying to help people get through the day and we're trying to help people? It's what a doctor does.

This one, an oncologist does. Oncologists will give people hope, hopefully, and say, hey, here's what we hope will happen after we treat you. And so, Nate, I'm telling you, it burned me up when I first heard it.

It kind of shook me to the core that people were actually think there is such a thing as false hope. But the reality is, I've heard everything I've heard from the gamut that essential oils cured me.

Like people. Literally. It nothing else worked, and this helped. And I've heard the other end where, didn't do anything, but at least they help me sleep better at night.

And then the spectrum, from what I understand, there are virtually no contraindications. And that's really key. And in the story, hope for breast cancer and not to give a shameless plug.

But if I could give a shameless plug go to Hope for Breast cancer.com. I mean, we offer a free screening of the film to blessed people. It's our ministry and like like Nathan, we've we are an award winning documentary all over the world. International.

It will inspire you and hopefully will make you cry in a good way of hope. And, and and you hear Angela talking about how at first her doctor wasn't really supportive of natural therapies at all, and the knee jerk response from many oncologists is to say, no, don't do anything.

Don't even take vitamin C, especially don't take frankincense because we don't know what will happen if you're taking a chemotherapy or an immunotherapy or if you're on radiation, whatever it might be.

And so by virtue of ignorance, not stupidity, please respectfully ignorance not knowing. Most oncologists that recommend against do it based out of fear and based off of the fact that they don't have the control.

Well, I will counter that. And in our upcoming book, we have a book coming out, in fall, September 2021. I cover in depth, in depth what the research suggests about essential oils, and there are literally hundreds of studies now.

We have animal studies and vitro studies, cells in a petri dish and human studies all about the whole cancer experience. And one thing to say is that there are virtually no side effects and virtually no contraindications, as long as you're using them properly.

And in fact, some research suggests that using essential oils in conjunction with chemo or a medicinal therapy, aka the integrative approach, will actually help the medicine do better, perform better.

And we see that time and time again with other medications, because essential oils act essentially as a carrier helps with this wearability. It's very much like the liposomal technology that people see with their vitamin C and supplements now.

So all that to say is that it breaks my heart that I continually, continually get criticized. We were just talking about the Netflix documentary unwell that we were featuring, and the interviewer, like, challenged me.

And the question was in that she like, she was like drilling me. It was. So it was the hardest interview friend of my life. I mean, the whole scenario is like I'm sweating. I'm.

And I'm also so much funny, but I'm literally sweating because it's in the middle of Georgia. I'm sorry, in the middle of summer, in the heat of Georgia, 90 degrees outside, and the audio technician was so in tune with the sound, we couldn't have my air conditioner on in Georgia.

So the air conditioning in my house was turned off. I'm sweating. These are buckets. The intern the is like drilling me. And she's like, can essential oils cure cancer?

Forest Bathing and Nature's Immune Benefits

Like, what kind of questions that like, you're bathing me. Of course, if I say yes or no, I'm going to get criticized either way. So my answer was I'm, you know, like, that's what people want.

They want to get you. They want the gotcha moment. What my answer is and always will be. Well, you I know people that say yes like they literally say yes.

These are mega bloggers making billions of dollars on essential oils. These are people. My neighbors, my friends, my colleagues, people like, you know, and you meet at the store.

They claim that, yes, they helped and they some even claim nothing else, nothing else help but this. And next thing you know, I know have cancer. What am I going to say to that?

I mean, what am I going to say? But can I prove it now? I can't prove it. Has there ever been a clinical trial to evaluate a 100 cancer patients and give them no therapy and 100 cancer patients and give them oils? No.

No one would ever approve that kind of study. That would be a death sentence, and no one would ever approve that kind of study. So we're never going to see that research.

So the reality is this is a damned if you do, damned if you don't situation. But I'll tell you, when it comes to symptom based management, when it comes to helping people formulate, their own healing protocol, man, you better consider natural therapies like essential oils because they help.

They will help. And that's where you work with hopefully a solidly trained, integrative oncologist who understands and will support you to make these decisions so you don't have to go rogue like Angie in our movie, who kind of did things without her telling her oncologist.

Like how not this honest, but but how? What a shame that we can't be openly honest with our doctor that many people do things. And that's another thing we hear a lot from our community, Nathan, is that I don't feel comfortable telling my doctor, like, why is this person your doctor?

I mean, your doctor should be a confidant of sorts, like they are helping manage your life, your health. If you don't feel comfortable telling your doctor that you want to diffuse some frankincense, that's not the right person to be working with and so that's a really hard place to be for a lot of cancer patients.

But thankfully, because of the your work and the work of other people are mutual friends and doctor Tony Jimenez and Chris work and Ryan Stern and all of our mutual friends out there, time traveling, volunteer, all these people, we're creating more awareness that there are different ways of looking at the model.

I've got to say one, I absolutely love your passion on the subject, and I'm on the same page as you in terms of there's no such thing as false hope. But I've had the honor to actually meet and sit with and talk with and interview many people.

Since 2013, who are living years and years past their prognosis because they never accepted what their doctor told him. Doc said, you have three months left to live.

Do you have an end stage cancer? You could be dead in a month. They said there's no hope for you. There's nothing we can do. And those people who live well past that prescribed expiration date always have one thing and multiple things in common.

But one of the main things in common that I found is they don't accept that, that prognosis, they don't accept it, which means they still hold on to hope that there could be a solution.

There could be a way, there could be a possibility. And more often than not, they do find things ultimately and typically through an alternative or an integrative approach that actually not only helps them live longer than that, expiration date, but live a much more quality of life.

So I love that you brought that subject up because it is so critical. I also do want to say Doctor Thomas Lodi, who's a medical doctor, in Arizona, a colleague and a friend of mine worked with for many years.

One of the things he says in my documentary, cancer, the integrative perspective is there is a cure for cancer, and that cure is the immune system. And when you understand the immune system, and we'll cover that in more depth in some other interviews. Exactly.

What do you mean system is how it works, all that. So make sure you go watch those interviews during the symposium. But, he says, you know, the the immune system is a cure for cancer.

And, without getting into the why of that, let's let's talk a little bit about essential oils and their impact on the immune system. What are some of your top essential oils that that you love, that you found, create the most benefit for the immune system.

And, and what are their effects? What do they do? And which ones are they? You know, most, most essential oil companies have their immune boosting plants.

And typically it's a combination of oils that work very well synergistically together, to promote immune function, to help reduce inflammation to target pathogens, including viruses and bacteria and fungi.

And in these for us, you know, since we don't promote one brand over another, if you're looking to create your own immune boosting blend, you use equal parts.

We recommend equal parts of clove bud, cinnamon bark, eucalyptus, lemon, orange, rosemary. And that's it. Clove bud, cinnamon, eucalyptus, lemon, rosemary and the wonderful thing is this is a beautiful blend to diffuse.

You can ingest it properly if you're using it with gel capsules. Now be of course be careful. Of course, if you're using any sort of, on any sort of medication, especially blood thinners, because clove can interact with blood thinners and cons people.

I mean, it's a blood thinner in its own right. So you don't want to hemorrhage. I mean, there's a lot of things that you need to consider before you just start taking oils, like medicine.

But topical application is relatively safe for everyone. You know, we have all the little tips and tricks and how to do it on our website safely. But in essence, aromatherapy as a whole.

And this is where we were talking earlier. Before we get on, the concept of forest bathing comes into play. And I want to I want to, I want to read something from the book, my book that's coming out later this year, because it was so impactful to me, and I don't want to misquote, so bear with me as I read a couple notes here, because on April 15th, 2020, again, this is the heat, the middle of the lockdown.

We all remember this, right? We all remember what was going on. You might not remember what you're doing, but you're pretty much at home. Wherever you were on April 15th, everyone around the world was home. Now, when most Americans and the world were under shelter in place and quarantine restrictions due to Covid 19, an MD medical doctor, Roger Schultz, doctor Roger Schulte, he has a pretty, pretty cool face, a pretty cool YouTube channel.

And he posted his coronavirus pandemic update and he had several. So this was update number 56. And I caught this guy I can't on in the sky because a colleague said, hey, have you seen this?

I thought of you. I'm like a chiropractor who I haven't talked to in a lot of years, said, hey, when I watch this, I thought of you. Doctor Schultz. Update was what is forest bathing in?

Can it boost immunity against a virus? So it was a fascinating concept. And introducing this, this, this idea of forest bathing, which is an ancient Japanese practice of simply being in nature.

And so the word and I might mispronounce it for folks that speak Japanese, please email and correct me the phonetic pronunciation so I don't mess this up again.

But to me it looks pretty simple, Lee said. Shin rin yoku Shin rin meaning forest yoku, meaning bath. So that refers to immersing yourself in the forest atmosphere, enjoying nature, forest bathing.

Now, now this. Interesting not to be confused with hiking or any sort of exercise. The key to shin ren yoku is to connect with nature through your five senses, right?

So it's considered a bridge between the human experience and the natural world. Forest bathing exposes us to the natural natural volatile organic compounds aka essential oils, because that's what essential oils are.

They are the readily evaporating compounds that emit from plants, trees, leaves, roots. And so when you put your nose into a rose, you're smelling particles that literally interact.

Physical particles that are microscopic literally interact with your your nose and stimulate the olfactory system to trigger responses to your limbic system, which is your brain, your primal brain, your memory, your mood, your emotions.

So when you go out in nature, these active chemical components emitted by plants and flowers, they help you stimulate naturally immune function. So this is what Doctor Schulte was talking about.

There were three studies in his presentation. It's it's wonderful. Again, go on YouTube and check it out. What he found was he was measuring immune function by increasing the quantity of natural killer cells.

Lifestyle, Adaptogens, and Daily Healing Habits

And this is something that many people, especially in this summit, are going to be highly in tune with regards to cancer and killing cancer. And what they found was that people that were stuck in their home sheltering in place from quarantining, and that there was a natural suppression of natural killer cells and white blood cells, aka your immune system because of the air that you're breathing.

And they compared this with people out in nature, and they found a resounding increase. And again, these people aren't doing anything but just being and just inhaling the volatile organic compounds, just sitting down, just relaxing, just just enjoying one two hours.

And yes, there is a meditative component to that. Yes, there is a relaxing component to that. So that's when they test it like, hey, let's go put the same people in a room and home indoors, but let's diffuse pine and tree essential oils and see what happens to them.

They found a similar yet dampened increase in natural killer cells and white blood cells. What does that mean? You know, as much as I love essential oils being not nature's better, and we see that time and time again, as much as natural as essential oils are, they're still manmade.

You're not going to find like, if I go get my bottle here, you're not going to find a pool of lavender in a lavender field. You're going to see lavender flowers, of which you're going to have to get 3 pounds of the lavender flowers to distill to get one in a bottle.

So you have this manmade substance that we steam distilled. It's highly concentrated, and it gives you a fraction, a strong fraction, but it gives you a fraction of the benefit of what it is to go out in nature.

And so what we see is time and time again, when people go back to I believe and I call it God's country, going back to the creation, going back to the original design.

That's why eating in the way, eating all natural foods has to be part of a, you know, a cancer prevention, cancer

killing lifestyle. But I thought that was interesting because this opens up the door.

It's not just this immunity blend. It's not just the oils that we know can reduce inflammation. It's essentially what do we see out in nature. And a lot of it becomes intuitive.

And who would have thought that pine and cypress and Douglas fir and all these other woodsy kind of oils are vervet. And you look at sandalwood, see the word, and everyone always talks about frankincense.

Why? Well, I mean, really, why do we talk about frankincense? I mean, quite frankly, because of marketing. I mean, there has been a resounding effect to sell frankincense because of network marketing companies.

Nothing wrong with that. I love frankincense, and this part of like, the whole Christmas story. It's fun. It's exciting. Right? But the reality is there are umpteen other oils and I would argue and say every single oil that is safe because some aren't like, you're not going to use rue or wormwood, some oils just aren't really safe for human consumption, or you shouldn't be around people.

But all because again, you can get an essential oil from anything. You can get an essential oil from grass, for crying out loud, right? You don't want that stuff when you get an essential oil lemongrass.

I take that back. It's a good one, right? But when you get your list of essential oils that you can commonly find in the market today and go to any your favorite essential oil supplier, every one of them will have a positive effect on your body.

Every one of them will help you in one way or another. And this is the key, Nathan. And this is something that I cover heavily in my upcoming book, is the concept of harmonization.

And what I want to help people get out of is this there's an oil for that mentality. There's a supplement for that mentality. There's a food for that mentality.

Yes, we can eat tumeric or curcumin or something because we know it will have like an anti-inflammatory response. But why in what we see is that instead of using an oil to produce a desired physiological response, like instead of using an oil to lower blood pressure, or to lower blood sugar, or to trigger the body to produce what's known as apoptosis, you know, triggered cell death in cancer cells.

What we see, what essential oils do because they are adaptogenic. And I don't know if you have any other speakers talking about adaptogenic herbs, these herbs, these roots, these spices, these plants.

Nature helps your body adapt to its environment. It creates homeostasis. It's literally in the literature that talk about essential oils helping create homeostasis in the body.

They harmonize the body. So that's why one day you're freaking out and you're just beside yourself. Had a hard day at work argument with your wife. You just got a bankruptcy notice or whatever might be your route.

You're at your wit's end. You get out your lavender and lavender just because of the, again, your factory system working with the limbic brain. It helps produce good, healthy, happy hormones.

It helps stimulate the parasympathetic system, get the rest, and calm. But maybe the next day you're really lethargic and you're like, just kind of down the dumps, you know, and, and you want a little boost, you could use the same lavender and it will produce an exciting effect.

Is that a contradiction in terms? No, because we see through a adaptogenic science Adaptogenic herbs Adaptogenic essential oils, which all of them are, will give your body what your body needs at that moment.

So what we see is we see. An infinite possibility when it comes to herbalism and essential oils, to help someone experience a healthy, disease free, abundant life.

That's why the research is quite predictable when it comes to determining how people respond to natural therapies. Now, don't get me wrong. In clinical trials, for example, one eight Sydney oil is a chemical that is rich in eucalyptus, is rich in one eight Sydney it's a chemical that, is extremely anti-inflammatory.

It is, you know, one of those things that will produce, more often than not, an anti-inflammatory response. So you test eucalyptus versus several other oils.

All of the oils will have some sort of positive effect, but other oils will be stronger than others. And, you know, we're also looking at clinical trials that have very much variables to it.

And our bodies are in flux. Our bodies are changing all the time. And so a lot of this, quite frankly, is we need to choose based off of oftentimes intuition based oftentimes where we are at emotionally, mentally and our bodies are in constant flux.

We're in constant change. So this is really, really hard for Western people to appreciate because we've been indoctrinated with the Western medicine protocol of you're sick.

Here's an antibiotic, the same antibiotic. The last 25 people in my office just got. We're used to that mentality. We're not used to customized healthcare.

We're not used to doing work. We're not used to looking at and be like, well, let me do some trial and error here. And one of the reasons why I'm so appreciate your work.

And, you know, this global cancer symposium is that we're hoping to give people the tools that they can move forward to customize their own plan, realizing that things change.

And sometimes in a matter of a moment, things change. So with that said, yeah, there are a list of essential oils that we know that are rich in antioxidants and typically put, the citrus oils are rich in antioxidants, and we know that certain oils are extremely, antimicrobial.

The lemongrass, oregano. I mean, some studies have shown that says as potent as an antibiotic, right. Clove is another one that's anti-microbial time.

So we have little strategies. But ultimately, though I want to encourage people you almost can't go wrong. You almost can't go wrong. And what I really want to see people do is when we're looking at immune function, we see a number of factors can dampen immune function.

And one thing that the whole world just experienced and we are going to feel, and we haven't even felt the significant ramifications yet. And this isn't a doom and gloom prophecy.

This is fact. This is fact. The hyper sanitation that this world has experienced because of the 2019 crisis, because of Covid 19, in 2020 crisis. We're going to see reverberations of this over sanitation for generations to come and over sanitation is directly linked to dampened immune function, and you can see it in late stage Alzheimer's and dementia.

I mean, there's a direct link. So one thing that I see and I encourage people is to do it yourself DIY like more than ever, when when everyone was rushing to the stores to get hand sanitizer because they're freaking out.

Because again, what were we told? What were we told to do? Stay away from people, mask up, wash everything, and hand sanitizer like that was the protocol for the world.

You didn't hear about anything else completely. Anything else about the immune function. And we weren't even told about what those things do to hurt the immune function, like hyper sanitation, because what these sanitized products do, intimate antibacterial products do these hand sanitizers do they are because primarily they're filled with poisonous ingredients.

They're filled with chemicals. They trigger an inflammatory response in the body, and the body doesn't really know and doesn't care whether it's a virus, a bacteria, or a chemical.

It's to know that something's dangerous. I mean, that's how just to become just get real simple here. It doesn't care if it's a pesticide, if it's a GMO.

The body's a sugar, right? It doesn't care. So when you're drinking a soda pop, studies have shown that your white blood cells will be utilized for up to two, three, four hours just to metabolize that sugar, which puts you at susceptibility for infection or other disease.

Again, it looks at sugar as it looks like any other toxin. So we just need to live this lifestyle as much as possible. And that's why I encourage people do it yourself.

Do some essential oils now and that's why it's wonderful. The sky's the limit. And I mean again this we offer this stuff for free and we have hundreds, hundreds of recipes for free on my website.

Go please go to Natural Living family.com natural living family.com. If you want any sort of idea where to start and just start making your own hand sanitizer, it's super easy.

Start making your own hand soap. Start making your own dishwashing detergent, whatever it might be, and you'll find that you'll start to feel better, and you'll find that it's subtle.

But the more you kick out the chemicals, especially the ones that you inhale, you know, the ones that are filled with with the bleach and the chlorine and the artificial fragrances that have been linked to cancer and Alzheimer's and dementia and autoimmunity and chronic inflammation.

So that's where I really see the biggest bang for our buck is it's a complete lifestyle approach. Yeah. Thank you so much, for sharing that. I think it's one of the most important topics that needs to be, you know, proliferated today.

I mean, I certainly, am guilty of, you know, adopting early on that kind of Western medical mindset of it. When I entered the natural health field 15 years ago of looking for the one supplement to fix this problem or that one, or to fix this problem or that one.

And it wasn't. It was through trial and error, trial and error, experience, education, information, lots of interviews like these, lots of experience of failure and so on and so forth until I finally realized, oh, it's a lifestyle.

It's not a one size fits all. It's not a one pill to reverse your acne, or one essential oil to reverse your cancer. It is a lifestyle, and I love that you bring that up.

And you know, I try new things all the time. Both as an athlete and as someone who wants to live a very long, healthy life. So I'm always trying new things to regenerate my body, recover from training, sleep better, all these different things.

Hope, Persistence, and Closing Advice

For those two goals in mind, living long and healthy and, really taking my mind and body to its highest potential. And so I'm doing 8 or 10 or 12 or 15 things a day, and I try a new product or a new, like, I'm trying these energy, patches right now.

They're supposed to help with inflammation, right? They're all natural. They're infused with, certain kind of energy of 200 words and supplements. And, and it's so interesting because someone might try those for a day or week and go, oh, I don't notice anything and stop using it.

Someone might try an essential oil. I actually have them running in my diffuser right now and might try and go, oh, I didn't notice anything. You know, I tried it for a month and I didn't notice the difference.

The thing is, as you stack all of these things on top of each other, as you're building your integrative approach or holistic or your natural approach to health, longevity and healing, you're stacking, stacking, stacking, stacking.

Some things might make a 1% difference. Some things might make a 5% difference. Some things might make a 10% difference. The biggest takeaway here is a lot of things.

You're not going to notice a big change right away. Some things you might, many things you want. It's the a cumulative effect. It's the cumulative effect of going for us bathing on an ongoing basis.

We you and I were talking offline a moment ago. My family and I do it all the time. We call it camping. We go to the mountains for 2 or 3 days. We turn off all our technology.

We go barefoot on the earth. We lay on the ground. We meditate under the trees. We sit under the stars. We sit next to the fire and get into that meditative state.

We go to some hot spring pools, natural up in the mountains, and we sit and relax for an hour, just bathing under the the mountains and the trees and the sun.

Literally forest bathing. And it's so rejuvenating. It's so rejuvenating. But we don't do that once a year. We do that, you know, five days a month, and then we go to the mountains, other days, and we go in and spend time in the mountains hiking.

And then we'll sit next to the stream for a half hour, just sitting there quietly, peacefully, just bathing. And and that healing energy that you talked about from Doctor Schultz when he reported, and my point in all this is that it's stacking these things.

If you're going to add essential oils to your regimen. One, continue learning more about it. Go to Natural Living family.com, download the recipes, get doctors these books, learn more about the efficacy, the safety, and the usefulness of the various essential oils.

Educate yourself and then experiment. And and utilize things in a way, you know, always start. I always suggest start small with things and build over time.

Make sure you don't have any reactions to certain things. Make sure you're you're feeling good about it. But start small. And if it's feels good, you know you can do more and more and more and more.

And that's true for that nutrition, exercise, etc.. You don't want to start working out three hours a day if you haven't worked out in two years, start with ten minutes a day, 20 minutes a day.

Right. So anyway, I just want to, really hope that everyone tuning in, one has gotten a lot out of this interview from from doctor Z, which I have. I want to reiterate the the, top six essential oils for enhancing immune system, reducing inflammation, even though there's hundreds, maybe thousands, the top six that Eric mentioned, which is clove but cinnamon bark eucalyptus lemon orange and rosemary.

Right. So diffusing them, using them in different ways, learning how you can use them internally and so forth. Natural living family.com. Educate yourself more there as well.

And then do that on top of this whole listing lifestyle approach to health and healing. So doctor Z, I want to thank you so much for your time. For all the great work you do for staying strong through, you know, this crisis we've all been going through and being a, a leading health voice in this vast field of confusing noise and continuing to pierce through that and reach people's minds and hearts.

I appreciate you for all you do. And I want to ask you, is there any final closing thoughts or something you want to leave people with in terms of maybe something that, you wish more people knew about essential oils that, they often don't know, or maybe just some words of inspiration or hope.

Yeah, I talked about, I mean, really, you're not going to hear many people talk about the adaptogenic nature and the harmonization nature of oils. And I want to reiterate what you said.

I mean, you almost can't go wrong. You almost can't go wrong. Be led by your budget, be led by convenience, lowest hanging fruit, go out and you know, and if you need some support and go to our website, we we guide people on how to find a good brand.

You know, because there are several other companies, there are some companies to buy, but get a starter kit, start with 1520 bucks and get a couple of oils and and see and experiment and go.

And don't get discouraged. You know, you mentioned the cumulative effect is that, you know, oftentimes we'll hear people say, well, this wasn't working until I stopped.

And that's when I noticed the changes when I stopped doing something. You know, it. If we are honest with ourselves, we will realize that it took us years of damage.

It took years of foolishness, bad decisions sometimes to get to the situation that we're in. And I could speak to that. Battling chronic health issues.

It took years to develop. So it's going to take some time to get out. And that means that oftentimes when you're going natural, especially the changes are subtle, the changes are subtle, but you have to trust the process.

Like Doctor Norman Vincent Peale once said, you know, you throw your heart over the bar and everything else will follow. So I would encourage you to really put your heart into it and really believe.

And when you use an essential oil, when you drink that green smoothie, when when you spend time in prayer, meditation, walk into it and reinforce, even say, I'm doing something good for myself right now.

This will help me like manifest it. Remind your brain, quit that stinking thinking. Don't have doubt, don't have fear. Have the hope and the faith and the trust that what you're doing is going to help.

That right there is how it will get you halfway through to the finish line, and then you continue and don't give up. And, you know, it's almost cliche.

Cancer is not a death sentence. We've heard that over and over again. But it's so true. You're not a victim of your genetic lottery, regardless of what disease or illness that you're trying to prevent or or or treat.

And so my hope and prayer is always is that you and your family will truly experience an abundant life. And the resources that you need to do so are readily available.

And so thank you for inviting me on this global cancer symposium. And and I can't wait to see what the other speakers are going to say, because this is a wonderful, wonderful event for people.

Yeah. Thank you so much. This was this was great, doctor Z. I mean, you shared a plethora of knowledge and I appreciate all you do. So thank you again.

And and I want to thank everyone for tuning in to the Conquering Cancer Summit. Please share this with friends and family. Together we truly can make a difference for the future of humanity in ending the cancer pandemic.

Thank you and I wish you ultimate health and happiness. Be well.