Cancer Prevention Is The Real Cure Transcript

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Cancer Impact and Changing Statistics

20 years ago, when I stood up in front of clinical conferences, I would ask a room of 500,000 or 1500 people. How many of you in this room have been directly impacted by cancer at that time, over 20 years ago?

I would see maybe 20 or 30 hands go up in that room fast forward today. I have to actually change the way I ask that question. When I ask the same group of people, 500,000 1500 people at a medical conference, how many of you have not been directly impacted by cancer?

I have to look far and wide and scan the entire room to find just a select few hands in the air. A lot has changed in a very short period of time. Why do we get cancer and is there something we can do about it?

There are still powers that be that believe that cancer is just a disease of the aged, a disease of bad luck and a simple Russian roulette, and that you are entirely powerless and what you can do about it.

I'm here to show you otherwise, but we have to first talk about the bleak statistics. Okay. And why you do not want to be one.

Rethinking Cancer as a Process

So to date, one and two men and one and two women will experience cancer in their lifetime. 40% of all women between the age of 40 and 50 already have microscopic breast tumors, and 50% of all men between age 50 and 60 already have microscopic prostate tumors.

And virtually 100% of all people over the age of 70 have thyroid cancer. These are statistics that can be shocking, and you might start to look at them.

Okay, well these are 40, 50 and 60 year olds. This is in fact more of a disease of people of a certain age. But then you look at the newer data coming out in the last few years.

This article from spring of 2024 asks the question, why are so many people getting cancer and what does the data say? What's more interesting to me, what's baffling to me is that they don't understand and that they are asking, not asking the right questions.

In fact, they're still trying to blame this on a genetic issue. And this is something that I we as an over 100 year experiment of looking at cancer as a genetic disease, and yet it has failed us.

This theory, we have to look beyond that. So we need to start asking different questions, to expect different answers, to do something about it. So today, good old, Hippocrates from way back when talks about the fact that we don't go to bed one night without cancer and wake up the next morning with it.

This is something that accumulates very insidiously over time. In fact, research shows that we've had a tumor on board for likely 7 to 10 years before.

It's big enough and loud enough to capture our attention, and that the research work of people like Dr.

Terrain, Toxins, and Metabolic Drivers

Lawrence LeShan suggests that six months to two years prior to you knowing you have a cancer ring process going on, you have some significant event and illness and injury, a trauma, a loss, some major stressor in your life that just kind of added insult to injury that made this express.

So that's what we want to start to look at, is how do we unpack the idea of what is cancer and what can we do about it. So where we start is a concept of the terrain telling the story.

If you want these slides, I'm happy to share them with you and you can reach me for my contact. The end of this presentation. But one of the things here on this slide is a hyperlink to the Terrain Ten Survey.

So you can start to assess your own terrain, to understand your own risk factors and head things off at the pass long before they're big enough and loud enough to capture your attention.

The terrain, much like the very landscapes of our planet. And just as fertile soil yields abundant crops, a balanced internal terrain promotes vibrant health.

But if neglected or disrupted, this terrain can become inhospitable, paving the way for diseases including cancer. So what influences our terrain? Everything from the food we eat to the breast we breathe.

all of these things shape our internal environment. And in our modern world today, we face the onslaught of toxins that go beyond anything our ancestors have ever experienced.

Folks, look at that article about why do so many young people have cancer? I just kind of want pull this up for them to take a look at and sort of have them go, Yeah, I wonder why.

Hard to know what I'm highlighting here for all of you. Is these the big Ten that are highlighted in yellow? These are the ones that even standard of care says are known carcinogens.

All of these, by the way, are categorized as known carcinogens by IARC, which is a third party, research consortium on all things carcinogenic. And so all of these I have listed here come right out of their database.

But the ones that are highlighted are even what popular standard of care in colleges says are problematic. And yet this is basically insidious in our entire environment.

So with that, you know, like people saying to me things like, gosh, I was healthy until I get can't got cancer. First of all, I want you to realize that's literally an impossibility.

You could not have been healthy to have a cancer expression. You can get healthy with cancer, but you were not healthy when cancer took root. All right.

So this slide also depicts a lot of other drivers. Okay. So wondering about your metabolic health.

Prevention Through Essential Health Determinants

Is your hip or your hip. is your waist bigger than your hips? Do you utilize a lot of endocrine disrupting chemicals by spraying the weeds in your garden with life estate, by drinking out of plastic containers, by handling plastic or seeds?

Do you still continue to eat foods that are harmful to your microbiome, or to your immune system just because you like them? Are you still eating a lot of inflammatory seed oils?

Are you living in front of screens? Are you eating far too much carbohydrates? Are you virtually never outdoors in natural light? Do you even know when the moon rises or what?

what pattern the moon is in at the current time? Do you know your blood pressure, your blood sugar, specifically your insulin? Do you know your vitamin D levels?

Do you use certain things in your life to medicate? So sex, drugs, alcohol, sugar, shopping, TV that help you tune out the pain in your life? These are drivers that impact our metabolic health and our oncological state.

So what I want you to understand here is cancer is not a tumor. It's a process. It's not unavoidable. Bad luck. It's a symptom of an underlying imbalance.

And just simply removing it through means of surgery, chemo, radiation, targeted therapies will not remove the process that produced the tumor. In fact, standard of care will often, as you saw in the statistics, 70% recurrence rates, 300% brand new secondary cancers in the future, same standard of care can often negatively impact the terrain, making it even more vulnerable to a future cancer process, and that this process really does manifest slowly.

And for many, many moons. Your body knows how to deal with it knows how to warn it off until some amount of accumulated stressors push you into a cancer that's big enough and loud enough for you to hear, okay.

And so where do we start with this? We start by asking why. And we start by asking what? What's in your bucket? What is contributed to your overall load that makes you vulnerable?

We'll dive into these deeper topics of the terrain ten and other discussions throughout the summit. But this is where you start. You start to get curious and you start to inquire.

So what are we want to start with? Overall, prevention is making sure our essential determinants of health are addressed. Do you know the air you breathe, the water you drink, the soil in which your food comes from?

There are loads and loads of, websites that you can actually know what Superfund sites you live near, what's in your city? Water, what's in your air quality.

You can know what industries you live near to know what your toxic exposures are, so you can start to do something about this to ward off and protect your family and yourself as best as you can.

What do you eat? Do you know your where your food comes from? Do you know your farmer? Do you know the quality of the food? Do you know what's in the food is as close to source as possible.

Do you know how to rest? Do you know how to play? Do you know the cycles of nature and the world around you? Do you know the time of day of sunrise or sunset?

And do you watch them? Do you know the cycle of the moon or the life cycles of the planet and of yourself?

Resources, Summit Topics, and Closing

Do you know the environment in which you live, and the foods that grow in that climate? And what season they're most prolific in? And what kind of natural forces are you exposing yourself to on a regular basis?

These are the things you want to start to evaluate for yourself and your loved ones is what are those essential determinants and what can you do to improve upon them?

This is where my version of the CDC comes into play. Circadian rhythm. Diet and community. Far, far, far beyond us talking about the center of disease control, the real center of disease control is getting these essential determinants in order.

So you're going to hear from a ton of brilliant, brilliant, lectures this week over the summit. And what I want you to know is you're going to hear everything about, the type of water you're drinking, the light exposures you're having, certain supplements, nutrients, off label drugs, certain hot or cold therapies that can impact your health.

Certain dietary interventions, exercises, breathwork, the use of things like mental health support, fasting. These are the types of things you're going to learn all throughout the summit that's going to help you both prevent, support, treat cancer, as well as have good survivorship after a cancer diagnosis.

And finally, just to leave you with a few of my favorite resources, this is sort of the Dr. Nasha's "Top 10" And these are the things I incorporate pretty much on a daily basis.

If not at least on a weekly basis. This is for you to take home and start to see how many of these things you or variations of this same. Do you and your loved ones incorporate on a regular basis and start to challenge yourself on making sure you are getting most of these into your life, into your body, around your body on a regular basis.

So with that, you can dive a little bit deeper into the book's Metabolic Approach to Cancer, which goes into deep detail about all of these drops in the bucket, if you will.

You can also learn a little bit more about some of the therapies that are going to be talked about over this week through the Mistletoe Book and the Future of Integrative Oncology.

You can also learn more from the amazing people we interview on the Metabolic Matters podcast, and you can follow us and see what we're up to with metabolic training, sort of health, where we're on a mission for actual prevention of cancer, not just the treatment and support of just some of the amazing interviews.

I've had the pleasure of working with many of these names you will see on this summit, many of these names you will likely know of, and many of these names you don't yet, but you should.

And finally, if you want to learn more about how you can take control of your own health or help those that you care about do the same, you've got many ways of reaching out to me.

Thank you and be well.