Cancer Prevention - The Most Effective Diet and Habits to Reduce Your Cancer Risk Transcript

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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 Nathan Goodyear's passion for wellness began with his own 100 pound post college football career weight loss. He lost 100 pounds after college football.

That's huge. Doctor Goodyear is dedicated to disease prevention, disease resolution and to the wellness lifestyle through a solution based integrative medicine approach founded in science.

Doctor Goodyear received his Bachelor of Arts from Louisiana Tech and his Doctor of Medicine from LSU Health Sciences Center. He's board certified in obstetrics and gynecology and serves as the Chief resident Obstetrics and Gynecology at the University of Tennessee.

Doctor Goodyear is practice Integrative Medicine since 2006, and is a fellow in Functional and Regenerative Medicine, and served on the board of the American Functional Medicine Association.

Doctor Goodyear is licensed by the Arizona Homeopathic and the Integrative Medical Board in Arizona. He's also the medical director at An Oasis of Healing in Mesa, Arizona.

Doctor Thomas Loti, who owns an Oasis of Healing who is in Thailand most of the time, is also a part of this symposium. Make sure you go listen to that interview right after this one, or if you already listen to it.

I'm glad you're listening to this one as well. And you can find Doctor Goodyear at an Oasis of Healing and Oasis of healing.com. Doctor Goodyear, thank you so much for joining us.

Thank you Nathan. Thank you for what you do. It's my pleasure and my honor to have you here with such a prolific background of experience in in science, in integrative medicine and functional medicine.

And, you know, I think what you're going to share with us today, it's going to be really helpful on a lot of fronts. And, you know, I'd love to dive right in based on all your years of training in disease prevention, specifically, what have you found to be some of the top causes of cancer?

Right. We're talking about prevention. We need to know what we're preventing cancers and end result. Right. It's a symptom if you will. And so what causes it?

Well, you know, if you look at everything from a cancer perspective, you know, up until about 20 years ago, it was a purely somatic, a genetic mutation disease.

So basically you're born the cards you're dealt, it's like you're born to be six foot two. You're born to be four foot eight. Cancer is the cards you're dealt.

Now, what we didn't recognize at that point was that our DNA, our genetic code, was influenced by it was malleable. Now, you can't change the genetic code per se instantly, but you can change the genetic expression instantly.

And so things that were borne out through history about, you know, diet, exercise, activity, weight, all of these quote unquote, lifestyle manners that we grouped together as lifestyle changes.

What we've discovered here recently is what they're really doing is they're working in changing the genetic expression. So in terms of preventing diseases, you acutely said, is that a lot of the same therapies that we'll use in the treatment of cancer, obviously more aggressively, more targeted, we're going to use them to prevent cancer.

You know, perfect example is there was a study from this earlier this year, looking at three groups of people and their their basal body temperature. First was around, it was, civil war veterans.

Cancer Prevention and Genetic Expression

Then it was the mid 70s and then it was 2000. What they found in these three people groups, amazingly enough, they actually found a thermometer, some thermometers back from that, post-Civil War era.

And they were able to calibrate them and make sure they were accurate. But what they were able to find was that in these three groups, the basal body temperature of the adults decreased, decreased predictably consistently, but decreased from 98.6 degrees in the, post-Civil War to 98 degrees in the year 2000.

So when we talk about 98.6 degrees, the basal body temperature average. Well, that was correct 250 years ago. It's not today. So basically, lifestyle changes and all these metabolic things that integrative medicine talks about, they are the driving forces to prevent chronic disease like cancer, but they're also the driving forces to prevent other diseases like diabetes, hypertension, cardiovascular disease.

But they are also the means to attack, to work, to heal the body at the same time. So lifestyle choices like nutrition, like exercise, like stress, like hormones.

So thyroid, everybody talks about thyroid. But what I'm talking about here is how it actually generates heat through the mitochondria. And that's probably what we've seen over that 150 years, is that we've seen a decline in the basal heat production.

And out of that, we've seen a inverse increase in things like cancer. And in many cases, for example, mistletoe. Mistletoe is a treatment's been around for 100 years.

Standard of care in Europe, not so much here in the U. S. they just haven't read the science yet, that's all. But that therapy is a therapy born out of generating warmth and of generating heat.

When you look at what I think is one of the many very important answers to cancer prevention in cancer treatment, it's the immune system. And one of the cardinal symptoms of the immune system and its effects is heat production.

So lifestyle changes that we just discount. And look at him as a as it relates to being overweight or not. Those are the same ways that we can attack the prevention of cancer, but also the treatment of cancer.

So what you're saying is this is a first I've actually heard this, which is pretty mind blowing, is that our average body temperature since after you said the Civil War?

Yeah. It was yeah, it was, Civil War veterans has decreased by 0.6%. And that's directly associated with an increase in cancer risk. While it's decreased points 0.6 degrees, 0.6 degrees.

Yeah. Yeah. But it's a consistent decline. But when you look over that same time frame, what you see is an inverse increase in diseases like cancer. Wow. And what we know about cancer is that it's going to be associated with a lower metabolic rate.

It's going to be associated with a lower energy output. I mean, there's many different causes of cancer that have to come together like a 5 billion piece jigsaw puzzle.

But one of those is metabolic dysfunction. And how did that and mitochondria, you'll get lower energy and heat output. So I want to go into more depth in that in a moment.

But I want to go back to what you said earlier about genetic expression. Right. Because this is such an important thing, I think, for people to to understand because, you know, you have these oncologists that a woman has, BRCA one gene and they're saying, cut off your breast to prevent cancer, right?

Or they're saying, oh, you know, I'd you have a cancer gene. You're you're going to get cancer. And people have this thought that, oh, it's because it's in my family.

Oh, it's because it's genetic. But what the evidence actually shows at least what I found. And I'd love for you to expand on this and correct me if I'm wrong, but actually, most cancer is, you know, less than 3% genetic.

That meaning that 97% of cancer can all be related to lifestyle choices and, and, lifestyle habits. Yeah. I think the good way to look at it is it's really a, it's an assessment of how your genetic code and the expression of it is interacting with the environment.

That's in your body. When you talk about lifestyle, what you're really talking about is affecting the environment in your body. You know, when we talk about toxins and toxicants, we're talking about how they're changing the environment of the body and in the changing of the environment, the body with that context of a small percentage, that is actually genetic mutation, somatic, but that will vary from cancer type to cancer type, some of the earlier manifestation of cancer.

So maybe a a childhood cancer or a teenage cancer, you have a little bit more of a stronger genetic component. But most, you know, middle age and later adult cancer types, you're looking at actually a environmental, a terrain, a body change as a result of lifestyle over the years that interacts and changes genetic expression.

When you look at cancer, it's really interesting. Cancer is going to manipulate its environment for its own survival. It's like a parasite in a way. It behaves like it.

It's like a virus. In a way it behaves like it. But what it's doing is it's taking its environment and using its environment to feed itself and support its own survival in ways that it will do, that are through changing genetic expression.

So getting back to prevention diet, we all know that, hey, eat your vegetables. There's a study out there. They actually looked at what's called micro RNA.

So it's a small fraction of RNA which comes from DNA. They follow that from broccoli through the gastrointestinal tract. We're able to show that this actually gets into the bloodstream and turns on and off certain estrogen metabolizing genes.

So don't be surprised if you eat Twinkies and drink Cokes and eat Ding Dongs. If you start to look and feel like when we talk about food being, you know, soul food, really it's it's DNA food, but it's expression of your DNA.

So when you eat greens, we do a plant based diet here in an oasis of healing. When you eat a plant based diet, you're basically it's a love language with your genetic expression.

It's what it really is. And so it is intimate to the prevention of cancer and any other chronic diseases of aging. But it's also intimate and necessary in the treatment.

Well, we were emailing back and forth a little bit about today's interview ahead of time. And what are your responses to something I mentioned was immune system, immune system, immune system.

Right. And that's both in regards to people who have cancer as well as people wanting to prevent cancer. And you talked about plant based diet. Can you talk a little bit more about how the immune system plays its role in the prevention of cancer, and how the plant based diet supports that?

Yeah, I mean, when it comes to cancer, the way conventional medicine and I'm conventionally trained and it's really interesting when you look through the science, the science is what drives us.

Us practitioners to the natural. I mean, the science is what drives us there. It's not that we go there and we the science catches up with us. But when you look at what the body does, the body is created to heal itself.

The body is created to protect itself.

Immune System and Plant-Based Nutrition

And one of the key components of the body's ability to promote its survival is the immune system. The immune system is designed to protect the body against foreign invaders, bacteria, viruses, parasites.

But it's also designed to protect us against domestic enemies. And that's things like cancer. So when you look at the immune system, you most people have probably heard that, well, everybody has cancer cells.

Well, why do we not all have cancer? Well, it's because our immune system is identifying is tagging these cells and it's eliminating them when cancer develops.

The problem is that cancer co-op's that defense mechanism and uses it to support itself, actually turns the immune system on itself so that it can actually survive, thrive and spread.

It is key to the prevention and it is key to the elimination. I tell people that if you have the best answer for cancer is never get it, never get it.

Lifestyle changes. All of these things that we talk about are important and key to that. But even in taking those steps, we see people all the time come in and they just they go, I did all these things.

I've eaten healthy, I've exercised. But I had this stress, I had this, I had that. You can't live in a bubble. It's life. The answer there when you have cancer is the immune system.

It's not chemotherapy, it's not surgery, it's not radiation. Now you got a tumor that's impinging on a live vital organ. You got to do something. Okay?

But the answer is the immune system in prevention and in the treatment of cancer. So you mentioned already a little bit about the immune system's role in identifying and targeting and and basically removing these cancer cells.

Right. It happens a lot through the lymphatic system, also through, you know, our microbiome and so forth. And we've done a really great talk with, doctor Tom as part of this series, I encourage people to go listen to all about the microbiome, and its role in immunity and in helping to prevent reverse cancer.

But maybe we can talk a little bit more about how and which plants, are more effective. All plants. Right. Have some role. But maybe, in terms of a plant based diet, what do you guys teach your patients there?

At the center to help the body basically do its natural function of eliminating these cancer cells? There's a there's a lot of different plants, plant based therapies that can be used in diet.

Obviously, everybody focuses on things like curcumin, right. So first, you know, it's a spice. Actually been in irrigating medicine for thousands of years, actually turns off inflammation, but it does more than that.

In cancer, there's a very significant chronic inflammatory response that is turned on that never turns off. Inflammation is not bad. And I think that's really important.

I think as so many people talk about inflammation and cancer, they get lost that inflammation is necessary. If you've ever had a paper cut you understand why.

But curcumin comes in and really turns off this chronic. A Barrett inflammatory process. So there will be this genetic coding called NF kappa B gets turned on curcumin comes in there and turns that off.

But then as cancer starts to, establish itself, curcumin can actually be used as treatment. But as a prevention, it's key in controlling that chronic and out of control inflammatory process.

So it's great great great in prevention. But it's very effective in the treatment. How do you how do you take it. Do you. Because I've heard that like if you're taking turmeric for example, your body only absorbs often like 30% of their curcumin from the turmeric.

Is that accurate. And how do you have your patients take it? The bioavailability of curcumin turmeric is the source of curcumin. So it's a root, it's bioavailability.

Gastrointestinal is very poor just like vitamin C very poor. So you want to you want to dose it frequently. You want to do it aggressively and dose. And typically if you can get a lipophilic form that will help.

Obviously like the liposomal technology. Yeah it helps. But just like with vitamin C what you have to do is you have to dose frequently. When you look actually at the studies there's a lot of studies on curcumin and its anti-cancer effects.

But if you actually just take the dosing required based on the studies based on the weight, at one point in my career, I was giving people 32 capsules a day, just of curcumin, eight grams a day.

Wow is what the literature was showing was an effective treatment. So obviously there's limitations that the delivery method provides. So through the gastrointestinal system.

So what you can do there is just the best you can. What I tell people is definitely take curcumin supplements. If it's lipophilic that's going to help.

But just put it on everything. You have a salad. Just put curcumin all over it. So for me, I just put it on everything that I eat, everything tinctures, tinctures as well.

Because obviously if you overdo it on the capsules, you're, you're loading your, your gut up with all the plant cellulose capsules stuff too, right? Which is not ideal.

However, you can get it in. And the frequency, that's the other thing with it's poor absorption and bioavailability. It's just the regular delivery that you like five, five times a day or like, what does that look like?

Yeah. When I was giving these patients 32 pills a day, boy, that that upset their stomach quite a bit. I bet I had them taking that four times a day just so that they could get it in.

So they were taking eight capsules four times a day. I don't encourage people to do that, so please don't don't get me wrong there, but it's trying to get it in at a frequency that you can do that you tolerate.

But yeah, tinctures would be great too. Yeah. I have a, powdered tea that I make in the morning, and it's just powdered organic turmeric. Put it in and then I've got a liposomal CBD tumeric, combination that's really powerful.

Yeah. I love what you're saying. Just as many different forms as. Can I take it in some capsules as well, even though I'm reducing capsules just because.

Yeah, they're taking too many in general too. I tell people, just put it on your food or, you know, put it in your milk, not in the morning. You know, nut milk in the morning or in the afternoon.

So lots of different ways that you can do that. I prefer people to eat their medicine. Talking. Yeah. Talking to people that. Can you talk more about that? Because, often we find, you know, if we're trying to prevent cancer or even someone who has cancers, like we're often looking for that magic bullet, that one pill, that one treatment, that one thing, though, diet and nutrition is a lifestyle change, right?

It's like if you want to eat a plant based diet or vegan diet or raw food diet, like you have to learn how to do it and how to change what you're eating and also understand the underlying, principles of what actually makes that diet healthy for you or not.

So I know you guys have classes. You still have classes there with your patients. Yeah. How do you prove. Yeah, curcumin is just one of those. Obviously, the cruciferous vegetables, the Brussels sprouts, the broccolis.

You know, these are a mainstay in our diet. You know, Brazil nuts, selenium. People go, well, why the broccoli? Why the Brussels sprouts? Well, these greens turn off uncle genes.

Oh, people go uncle genes. I think I've heard that. That is when many cases in cancer, through this morph morphology and transformation that these cells will undergo, they will turn on these uncle genes in many cases, it's because it's an adaptation to its environment that is within the body.

So things like broccoli and brussel sprouts will turn these uncle genes off. They will also turn on what are called tumor suppressor genes. Roughly 70 to 80% of cancers are p53 positive cancer types, meaning that's a tumor suppressor gene that gets turned off.

But more than just interacting with the genetic expression, which end of itself is mind blowing, that what we eat is actually telling our DNA to express something or not.

It's actually looking at things like breast cancer and colorectal cancer. It's inner. It's interacting with the estrogen and hormone metabolism. I mean, everybody knows that as it relates to breast cancer.

And they go, well, I'll go take a I'll go take a capsule of them or into three carbon all. And those are all great. But it's like, you know, it sure taste a lot better if you just eat brussel sprouts.

If you just eat broccoli, cabbage. Those are the vegetables that will give you what you get in that damn and into three carbon all. But it just tastes better. Now.

The the problem then comes in when you have cancer. Is your stomach can't hold enough broccoli and brussel sprouts to give you what you need. But if you're talking about it from prevention, oh absolutely, that is the way to go.

But it's paramount in the treatment. We just typically have to add more on top of that. And and you're doing that through fresh green juice, through IVs, through what other forms.

Yeah, we still have the courses that we do every morning. Interactive with our patients. We actually have them prepare some of their own food. Of course, nutrition is key.

I talk to them about that or the natural part talks about that.

Curcumin, Cruciferous Vegetables, and Food as Medicine

People in the kitchen do that. We do some green juice every day. We want them do 1 to 2 quarts fresh, very important fresh. And then what you put in there is very important.

And then where we identify based on testing that they need extra support specific to their cancer type. And that's where we'll come in with very specific supplements or herbal extracts, tinctures to really take it to that next level.

But yes, we do do IBS as well with those where we need to, and we're indicated to just take it to a whole nother level. So what is, what does the science say about some of the most toxic foods that people should avoid if they want to prevent cancer?

Yeah, I think people inherently know. They know that if they drive 120 miles an hour on a windy road, that's not a

good that's not a good, smart move.

When if when it's snowing. Let alone if it's not snowing. Yeah. That's right, that's right. But, yeah. Because we sure don't get that here. But, people inherently know the foods that are healthy and those that are not.

It's interesting. We got we got a, a fast food hamburger sitting in our, in our didactic. So in our teaching room for our patients where they have classes every morning.

And it's been there for several weeks now. And so we're going to leave it there as long as it needs to stay there before it starts to degrade. But you can see the cheese, you can see the bread, you can see the meat.

It hasn't changed in two weeks. Oh my God, that is so that is scary. But that's not even food okay. But if it's if it grows out of the ground, if it's from the Earth, then it's it's something that's healthy.

It's. Our bodies were designed to interact with this, historically epigenetics our our jaw structure. All of this is born out of our surrounding environment, not just inside, but outside.

So if it grows out of the ground, it's from the earth. That's something that we need to be eating. And the more plant based we do, the better things. Like, you know, like I mentioned earlier, Twinkies, Ding Dongs, Cokes, looks throughout nature.

What do they drink other than water and milk at birth? That's it. What do we drink? No, no water. Coke, teas, everything else. So we are a product of nature, just as they are our product of nature.

And so looking at us and saying, well, we can not drink water and drink Coke and, and have, you know, wine every night and think that that's not going to affect us, but we're just playing ourself for a fool.

So look at, look at what animals do now. We're not, we're not, you know, we're not completely plant based, but for the treatment of cancer, I advocate that.

And I advocated for the prevention of it as well. But, you know, eat a plant based diet, the foods that are inherent that are going to lead to disease and cancer are going to be, you know, your fast foods.

It's going to be your, heavy red meat production, know, intake. It's going to be the sugars, the high simple carbohydrates, the trans fats, everything that we get through the TV, through the fast food restaurant, that's what we shouldn't be eating.

You know, I grew up on, you know, steak and potatoes in, in Bozeman, Montana. You know, we go hunting and fishing and, from that to actually eating a lot of fast food growing up as well.

You know, my mom cooked from time to time, but then a lot of times would be the McDonald's and Burger King and Taco Bell, you know, for lunch every day.

And, all of this fake processed food, which over time, you know, made me quite sick and unhealthy. And it was, right around the time my daughter was born, in 2009, 2010, that we decided to go to 100% plant based diet, we did 100% raw food for a year as well.

Because all the data, all the research and all my own internal experimentation and my own intuition and reasoning and so forth said, look, this is the best diet for living long and healthy.

And so since then, we've been we're not 100% raw anymore, but we've been 100% plant based, primarily vegan. And, you know, we're and now my son, my daughter's ten, my son is five, and my wife and all of us have been plant based, since that time and are healthier and, feel better, you know, sleep better, digestion issues, healed all kinds of things.

But someone who grew up in Montana, I mean, potatoes, you know, I hear this argument for paleo, this argument for hunter gatherer, this argument for. Yeah, but we're supposed to eat meat because our ancestors eat meat and maybe talk a little bit more about that and what the science tells us about eating meat.

Well, it's interesting, they say our ancestors ate meat and they did, not denying that, but they didn't sit on their, you know, backside for 8 to 10 hours a day.

They didn't, you know, they slept when the sun went down, they woke up and worked very hard when the sun came up. Yes, they had stress, but like a gazelle running from a lion, they either became dinner or they got away.

So the stress was short. It was intense, but it went away. So you can't look at that and say, well, they did this. Well, I'm sorry. The environment we live in is different.

They didn't deal with the environmental toxicants we have. So you can't you can't say, well, they did this. So thus we should be able to do this. We're having to counter all the other things that we deal with on a day to day basis.

You don't sleep well. Your melatonin doesn't normalize your immune system's compromised, your cancer rate goes up. Studies on, nurses working night shifts, flight attendants and pilots flying transatlantic flights.

We know that that is a key cancer causing agent not sleeping at night. Low melatonin. That's why we do high dose melatonin as a part of our therapies.

Well, when the sun went down for them, they would sleep. So they weren't dealing with that context. So we're trying to counteract all these other changes in our environment.

And that's really what the plant base and you're exactly right about the raw. And that's what we do for our patients when they come in here. That that plant based raw diet is to really very quickly to use these therapies as really medicine to counteract a, a dysfunctional a it is functioning body.

So we have to we have to push very hard. We can't just say, well, let's let's just reduce our red meat. Now we have to push hard. And our, our patients have come in here.

So the plant based diet is key. The raw is key. But it has to be taken in the context of the whole of the environment. You know, they weren't 350 pounds.

You know talking about food. You know, talk about fast food. In high school, I can remember I'd go with three of my my offensive line buddies. We'd go to McDonald's.

Hope I could say that. And they had 99 cent Big Macs. Right. This was when I was 16. Young and stupid. We buy for weighed down those puppies in about, you know, about 15 minutes.

But but you know when I got through and then and then you're is sick for the next two hours. Oh, I know what I was doing to my body, you know, but when I got through with football, because I played at about 292, two of the guys I played football with died within seven years from massive heart attacks. Wow.

And so I knew that I had to make a change there. And a move to the plant based diet was natural. Honestly, it's it was what I was craving. You know, people think that cravings have no bearing on your health status.

No, your body's going to make you go crave the things that it needs. So yeah. So the raw but the raw food plant based diet, it's interacting and countering all those other all that other crap that we're dealing with our environment that they didn't have to deal with.

So the argument is correct, but it's out of context. Yeah, I love I love how you presented that. And, you know, it made me think of a couple of things as well, is if you look at a lot of our ancestral communities that date back thousands, tens of thousands of years, you know, a lot of them, at least what our science is saying today is many

of them didn't live past 35, 45 years old anyway.

Fasting, Juicing, and Daily Prevention Protocols

So that's one takeaway, right, that I think we should learn something from. And if you were hunter gatherer at the time, there's not enough hunting, I think, to go around where you're going to be eating lots and lots of meat all day long, every day.

Right? Because it's really hard to hunt animals that run longer and faster than you do. Whereas gathering and even now, there's a book that Greg Braden wrote, that I read a few years ago called, I believe it's called Deep Truth.

And there's a, a scientific discovery in there of a new civilization, an ancient civilization that was newly found in the last, I believe, 15 years potentially, that is, dates back somewhere around 15 or 17,000 years old.

Was really fascinating about this. That has made me think more about and confirm more about, you know, yes, plant based diet is is the ideal diet for human beings.

They never found a single weapon or hunting tool of any kind in this quite advanced civilization that had built, you know, their own lodgings and, and they believed even were growing food and things like that, agrarian in 1715 or 17,000 years ago, which they believe, you know, until, until now are historians and scientists didn't believe that, you know, people didn't become agrarian and grow their own food.

And they were hunter gatherer until much later than that. So anyway, that's just a really, I think, just another confirmation validity to the point that you're sharing and history will teach us.

So much if we'll listen to it. I mean, it really does. And, you know, you brought up an interesting visualization I was thinking of, just like the average, adult male today, chasing a gazelle, you know, right on.

And I was like, yeah, our ancestors probably would have done a much better job. We would all end up with heart attacks. But they also did a lot of fasting.

And that's also a big part of what we do here. I mean, if there's a therapy that's more effective than fasting, I'm not aware of it. So but they did it because food sources weren't available.

There were famines, there were regular fasting just because of, you know, just because of crops, because of not available to, you know, access game that they were hunting or whatever.

So what we try to do also is reincorporate that component of diet into, their daily living. Now we'll use it very aggressively as therapy as well. I mean, for days and days on end, but you can't really do anything else there if that's all you're doing.

And I wouldn't advocate people to do water fasting without a physician guidance beyond just a day, because it can be incredibly hard on the body. But one of the things that they did not intentionally was that fasting and that also two, is incredibly powerful in helping the body to clean itself up.

Scavenger, get rid of all that junk and then renew itself. And it actually has a name called a tough cookie. But this is where the body just goes in, says I don't I just don't need this anymore to clean it up and get rid of it.

So it's like a good spring cleaning every, you know, every week or so. And that is critical to prevention in the treatment of cancer. Yeah. I was going to ask you what does an ideal fasting regiment look like for somebody wanting to prevent cancer?

Yeah, there's a lot of different ways to do that. If you've never been exposed to the process of cancer, I mean, I've, I hope nobody wants to be exposed to that, but, be exposed to the process of fasting.

I'd recommend people start off with just kind of like intermittent fasting. So taking, you know, about six hours of the day to put your eating in to 12 to 6 and then take the other remaining hours of the day and just drink water.

So I think that's a good way for people to start off and experience. If you can't do the six hours, you know, just, you know, so an 18 hour fast, then do ten, just find your happy spot and just slowly build your way up many different cultures.

Fasting is already a part of their environment. And so I can tell them, hey, do water fasting 24 hours once a week. All right, no problem. But if you take the typical American and say, I want you to do water fasting one day a week, they're going to go, well, I mean, don't eat anything.

So yeah, just drink water. All right. How is that healthy do that. So but yeah. So I recommend people start off in a prevention standpoint if they've not really used that, use it in the intermittent fasting and then build yourself up to a one day of fast a week.

Cultures have done this for thousands of years. They would water fast regularly as a part of religious ceremonies. And so build yourself to a once, you know, intermittent fasting to once it once a week, one day a week, and then build into, you know, once every 3 to 6 months where you do a three day water fast.

Obviously, I think it's important to have a doctor involved to make sure there's no unknown issues in your body, kidney dysfunction, etc., but you can really be doing some regular spring cleaning throughout your body.

By just doing that alone. Yeah, intermittent fasting is huge, right? And I think it's, I think the data is like, you know, 12 to 14 hours is kind of like minimum to start really getting the detoxification benefits and, you know, some of the ketosis benefits and so forth.

Right. But as you said, that can be really hard for people at first to go 12 or 14 or 16 hours. But try it as you're saying, like just start doing it, you know, we've I've been doing fasting and cleansing, for over ten years.

Well, 12, 13 years, 14 years. I've done all kinds of cleanses and fast and up to 21 days. And one of my favorite things I love to hear your thoughts on this is to go for a week or two weeks.

You know, kind of ten days, I find is like a sweet spot. But I've gone up to three weeks of like green juice feasting, right? So you're fasting from everything else, but have you got a patient?

You're, Have you been a patient here? I've been. I've been a student. Doctor Lodi and, student there. I've actually visited you guys this amazing, healing center and learned and I've learned a lot.

But. Yeah. So I love juice feast and green juice feasting. Yeah. Juicing is incredible. First of all, it's going to if your bowels or if you tend towards constipation, it's going to definitely help take care of that.

It's going to basically get the lead out if you will. But yeah, I think mixing in the juicing with the fasting. Oh, there's that is like, you know, people want to take vitamins.

That is like the, the ultimate vitamin, not just for your physical body, but for your soul. I mean, I drink a quarter every day. A quarter every day. That's right. Fresh green juice. Fresh green juice.

What are your favorite, what's your favorite recipes? Well, of course we have our recipe on our website, so go to our website and check it out. Little shameless plug there.

But I like to, Yeah, my wife's from Louisiana, so I like to spice things up a little bit. So I like to take that and add some jalapenos to it. So that's that's my favorite, recipe.

We got the little green apples, the cucumbers, the kale, spinach. And then I like to throw some jalapenos in that. And for me, that that extra spice. Sometimes I like to add some ginger in there, but I like things spicy.

So that's my that's kind of my favorite recipe. So fresh green juice every day. Intermittent fasting at least once a week. Work up to a one day fast, water fast or green juice fast every week.

These are all great, you know, and the other prevention protocol you've shared is a plant based diet. Right. Adding more and more fresh plants to your diet.

You shared a lot about turmeric, curcumin, adding that in higher doses, as we wrap up here, you know, what other maybe 1 or 2 kind of top prevention protocols would you recommend to people?

Yeah, these are going to sound oh yeah, I've heard that. But it's very important. Cancer is a state of dysfunction but also a state of deficiencies. Vitamin A, vitamin D, vitamin C, these three very powerful vitamins are always deficient in cancer.

Always. And so what I would say is make sure that your vitamin A, vitamin D and vitamin C levels are adequately supported in your diet and your lifestyle.

So obviously vitamin D get out and get in the sun. You're talking about our ancestors. You know, my, my father in law is 88 years old. He doesn't have skin cancer, and he worked outside all every day of his life.

He never had skin cancer. So we need to expose ourselves to the sun. But we also have to recognize that there's a limit and a time that we need to protect ourselves against that.

So vitamin D, vitamin A, you get that in your diet. So, you know, get that in your diet through the, you know, green and non green vegetables. Obviously you eat a plant based diet.

You're going to get all these vitamins there. You're going to get it get it by exposure to the sun. And then vitamin C cancer is essentially metabolic scurvy.

Your vitamin C levels are going to be depleted. And that is going to compromise your immune system. Just like with vitamin D. Well, it's really interesting.

If you look at the Covid issue, vitamin D and vitamin C have both been shown to be effective in counteracting the inflammatory response in the, the cytokine storm that happens.

That same process happens in cancer. That same immune burst happens in cancer. So vitamin D, vitamin C are critical. Obviously vitamin C, you get that through your diet because we don't make vitamin C our bodies cannot make it.

We lack an enzyme to do that. So we have to eat that in our diet. In a plant plant based diet, some fruits are going to help us to achieve that. But that's the thing.

You can't get those vitamins, those essential vitamins that you need from from animal products, right? You don't get them from meat. You have to get them from plants. That's right.

That's the foundation. If you look at it, the plant, it's like it's like the foundation of a home. And our body is the, you know, two story home. Well, what if you have a weak foundation?

It doesn't matter how beautiful that kitchen or second story balcony is, it's going to collapse. The foundation is that plant based diet. That's the foundation.

That's where all of these critical minerals, vitamins. We haven't even talked about zinc and selenium, how they are, what build our immune system, keep it strong so that our bodies can fight off enemies, both foreign and domestic.

Well, doctor. Good. Yeah. I just want to say thank you so much for sharing all this great knowledge and wisdom for us. Thank you for the great work you do.

I do encourage people to check out An Oasis of Healing. It is an incredible center. If you're looking for an integrative, truly integrative approach to not only transform your lifestyle habits, but maybe help a loved one through cancer, look them up in Oasis of healing.com.

Yeah. Doctor. Good. You're. Thank you. So much. Appreciate all that you shared with us here today. You bet. Thank you for the opportunity, Nathan. Yeah. My pleasure.

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.