Dr. Leigh Erin Connealy, M.D. - Cancer Prevention and Early Detection 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 Leanne Cornelius treated over 47,000 patients. By this point, she's Lee. She leads two medical centers, including the largest integrative medical clinic in North America.

The offices offer a vast array of services for men, women, children, including the latest in cancer therapies, nutrition, weight loss, and so much more.

Even though they specialize in helping people with cancer, they actually work with and help people dealing with all kinds of chronic diseases. Okay. So, and she has just an incredible team, that support her with this beautiful mission.

Doctor Cornelia is a prominent leader in the field of integrative medicine. She utilizes the best of all sciences, including conventional, homeopathic, eastern, and modern medicine.

She's the medical director of the Cancer Center for healing, as well as the center for New Medicine. You can learn more about her and her work and her team and all her great, resources at her website.

Kenny Lee, MD, its CEO, and then Eli Kenny Lee, M. D., dot com. Doctor Keneally, thank you for being here with us. Thank you for having me. It's my pleasure, Nathan.

Yeah. It's always, a joy and a treat to get to talk with you and learn from you and and just feel. I mean, we were just talking for a few minutes, you know, behind the scenes.

And to feel your passion, your love, your commitment, your dedication to helping patients. You know, you just told me it's a must.

Cancer Prognosis, Fear, and Mindset

It's not a should or, maybe or, for you, it is a must to really help people regain back control of their health. And I think that's what makes you so incredible at the work you do, and be able to help so many thousands of people dealing with something that can be incredibly scary and frightening, like a cancer diagnosis.

So thank you for that. And and the first question I want to dive into is really just the main topic of this, interview, which is how how is it even possible, you know, for someone, dealing with cancer?

How is it possible for someone to turn a cancer diagnosis around from a death sentence, right, to a life of purpose, a life of vitality, and even potentially a life of a lot more joy?

Yeah. So that is the the real quandary here, because, as you know, you and I both know and anyone listening that cancer is probably the scariest diagnosis you can get.

I mean, there's probably nothing more, but the top three diseases are our heart disease. But people don't get really scared. It maybe jolt them a little bit, but I notice that, yeah, once they get the diagnosis and get things tinker off, they like, okay, I'm going to make these changes.

And they're very systematic and organized about it. But when people are diagnosed with cancer, which is the second leading cause of death, over 1600 people die.

Day of cancer. They're they're they're absolutely in shock. They're in a, you know, it's like a terrorist feeling. They're in fear. They're just getting the diagnosis is unbelievable trauma.

And because when they're told the diagnosis, they're kind of just casually told by a doctor could be the oncologist. It could be the primary care, it could be a surgeon, it could be any number of practitioners in their journey telling them, okay, you have cancer and, you know, you have, I had a patient the other day told me that a year ago, she had two cancers in her life.

There's a reoccurrence of one of the cancers she staged for and on Christmas Eve. Because it's Christmas time. The doctor told her, okay, you have cancer.

You have, six months till it. Well, first of all, no doctor ever learned in medical school or training how to give an expiration date. So I tell people, none of us know how to really predict the future.

So let's not plant that seed, because what they have learned is once you tell a patient that they have three months to live, six months to live, a year to live, or I can give you two years.

It's a self-fulfilling prophecy. And so we never want to tell a patient, one year, a disaster or two. This is really difficult. Number three, this is a cancer diagnosis.

It has a very poor prognosis. Oh, you have whatever months to live. We never want to do that because we know if you look up spontaneous healing, there are thousands of people that have tragic diseases and cancer, and they have completely spontaneously healed.

So how did that happen? Well, it's interesting when you go to oncologist and that happens, they go, oh, well, you probably never had cancer to begin with.

Well, no, I had a biopsy, I had scans, etc. or you know, they just chalk it up to some miracle and, you know, that's right. It's a miracle. Have a great day. Right.

Yeah, exactly. Never understand. Why do doctors do it? Why do doctors give that kind of prognosis you have? Well, because that's a good question. Because they learn through their training that okay, this cancer, let's take pancreatic cancer because pancreatic cancer is a pretty serious cancer.

And, they just know from history. But if you're know from history, it's like you have a child and they happen to be disabled. And if you treat them disabled, they become more disabled.

Whereas if you treat them like normal, it's amazing how they become because this has been studied. So. So the more you treat people as normal and as capable and, you know, completely powerful in their destiny, then that's how they become.

So we can't we can't we can't do that. It's just like when kids have trauma as a child, we know how that trauma affects them later on in life. And we know that now.

So the first seven years of your life is like powerful. And the average person doesn't know what happens really, in the first seven years of your life, because you can't a lot of us can't remember that.

But there's a recording, a record player playing, and then once they do the work, the emotional self-reflection, self-examination of their life, then they start saying, oh my goodness, I just had no idea how that was affecting me.

Because we live in our subconscious, not in our conscious. So if we start living in our consciousness level, then we can deal with life, whatever it brings us.

And so doctors have learned. But what I have learned in 34 years is that I will tell you very simply, the patients who have decided to be happy, if they decided that cancer is a blessing and not a curse, that they do better.

The angry patients, fearful patients, stress patients, they don't do well because we know for a fact that stress, whether it's fear, anger, hatred, all the negative emotions, they shut down the immune system, so they shut down your circulation.

They absolutely increase metastasis.

Patient Healing Stories and Integrative Care

They increase the migration of the cancer. So we we have to address with every patient, no matter what the label, no medicine gives you what they call a diagnosis and the diagnosis, whether it's hard disease, cancer, autoimmune that I always tell people there's two cardinal rules.

Do not become the diagnosis. Do not own the diagnosis in the word crisis is danger and opportunity. So it's an opportunity for you to learn and master whatever that label is, but unravel that label so you can become you have a you can make a stage for cancer and get them into stage zero by doing all the work that we are talking about in this symposium.

And so, and it has to be and then the other thing is patients can coexist with their cancer by putting the cancer in checkmate. All right. They may not have perfect scans, but they are feeling phenomenal.

And their quality, their health span, not their lifespan but their health span is amazing. I know because we hear it every day. And we we tell the patients, tell us, oh my God, Dr.

Tequila, I haven't felt this good in 25 years because they were leading a lifestyle that was causing and, and, and, you know, contributing to their illness.

So everything is about the environment of every cell in our body, just like this. Like all the biologist in the past, you know, Louis Pasteur said, oh, it's the bug that's causing it.

But now we've learned it's the terrain, the terrain of what the cells are. What is the terrain? The terrain is the blood in the plasma and the fluid floating in each cell.

And we have trillions of cells. So whatever you're thinking, whatever you're eating, whatever you're doing every day is creating this healthy terrain.

It's like chicken pox. Like, let's say there's an outbreak of chicken pox and there's ten people exposed. But I get it. But I don't get it. The difference is the terrain, the patient.

And so or like, there's an outbreak of flu at the office. Okay. Not everybody gets it. Some people get it and some people don't get it. But it has to do with the terrain and the terrain.

We have the conductor of the cells. The conductor of the cells is all the thoughts. You're having. Thousands and thousands. I forget what they say, 7000 thousand thoughts a day.

And I always tell people, if you're going to have thoughts, they might as well be positive thoughts. And then they'll say, well, oh my God, did this happened and that happened.

And everybody I'm, I have things happen to me all the time. So it's but it's how we process it, how we receive it and how do we turn that unfavorable experience or that conflict into a resolving peaceful state?

Because life is dynamic, it's not going to be. I tell my kids, I go, life is not a jelly roll. It is never a jelly roll. Every day there's probably something happening that is not okay.

It's not favorable, but it's how do we respond? How do we adapt? How do we develop resiliency about the situation and how and how do we turn this into a positive?

So if something somebody is really mad and angry at you, send them love. If you you know, if you send them love, peace and joy. The three most powerful energetic words are peace, love and joy.

And so we have to give ourselves that first and then send the person that you're angry at. Send them peace, love and joy and understanding. Because what you don't, you're eating the poison, right?

Exactly. You know, I, I love the couple of things that come to mind from what you just said, that I think we're really powerful. One, you know, you said put your cancer in checkmate.

And it made me think of the metaphor of, okay, we're playing chess with cancer, right? But you're also playing chess with your life. And if you if you've ever played chess, you know, if you're brand new, you're a novice.

You know, you're maybe trying to figure out one move at a time. Yeah. That's not an ideal way to play chess, right? If you're, you know, a casual player and you start getting better and better at it, you might be seeing three moves or five moves at a time, and you're seeing different ways of of moving.

If they do, that means I'll do this. But I have this strategy I'm working towards over here, and I still have this strategy. And the end result, the end strategy is checkmate cancer and checkmate.

Right. Which is right. Removing cancer from your body. If you're really, really advanced, which I'd say, like you and your team and all the work you do at your centers, you know, you're looking at eight, ten, 12, 20 moves ahead and you're and you're calculating all the different, you know, potential, attacks and potential downfalls.

And you're looking at how to protect and how to advance and protect in advance. But what's beautiful about that metaphor, I love that you brought that metaphor up, because if you do play chess, it's not like you're playing football, right?

You're not like a or boxing. You're not like attacking to kill, kill, kill, kill. Right. It's not it's not like the metaphor. We're going to war with our guns and we got to kill everything, which is the thought and analytical.

Exactly where it's more like you're focused, you're clear, you're peaceful, but you're also so focused, so committed. Right. It's not intensity. It's not.

Oh, we got to kill it. It's no, I am so there's no distractions. That cheeseburger will not distract me. That's right. You know that fear from the television.

I will not let it distract me. I have one main focus, and that's what I'm focusing on. And I think that's so powerful for mindset. You know what we're talking about here, which is really mindset.

It's emotional intelligence, emotional health as well as tapping into a deeper spiritual connection and reason for the cancer. You know, you said that, you know, one thing is, don't you tell your patients you should never become the diagnosis and you should never own the diagnosis, right?

Which is like, don't walk around with this, with this mindset of, oh, I have cancer. I can't do that or no, no, I'm sorry, I have cancer. Or it's just like you put cancer in front of everything you do and it prevents right in your life. Right.

And I'd say that so. So I'd say step one. Right. Step two is really, you know, don't believe your prognosis. If you were told you have three months or six months left to live, it's like, don't believe that, right.

Discount that completely. And so maybe share some stories from patients that you've had that you know, did these things and they and they started practicing more compassion and love and forgiveness and these important emotional qualities we know are not only spiritual qualities, but also are scientifically proven to help our bodies heal.

And your patients that did not accept the prognosis, that did not become their cancer diagnosis or own it. And then they healed, you know, maybe share some stories, some some ways that these folks were able to do this.

Right. Well, I'll give you a couple of examples. In November of last year, I had a young lady, 29 year old, called me from Nashville, and she had been diagnosed when she was 25, already gone through surgery, chemo, radiation, her cancer all came back and it was everywhere.

And so the doctor told her, you have a couple months to live, I can give you some chemo, but I don't know how much it's really going to extend your life.

So she called me in November and and it ended up coming back, so I did. I did a phone consult zooms on her to say, okay, let's talk about your life. I always address stress.

I always address entire lifestyle, okay? Because I tell people there's natural laws of the universe. We all must follow the laws. I didn't make them. I'm just the messenger of them.

So patients don't get upset at me. But I said, we have to follow these rules and laws. Just like when you are driving, you go to you. You go to school to learn how to drive.

And there's rules, right? And then when you break the rules, you get a ticket or an accident or whatever. So you can't go say, okay, I'm just going to run every stop sign today and see what happens.

No, you would never do that because you're going to be endangering your life primarily, but a whole bunch of other people and a hot ticket, etc.. So the body is the same way.

We have to honor and respect the laws and rules of our body, and if we don't, there are consequences, unfortunately. So if you eat sugar every day, then there's going to be a problem with that.

All right. So so we I did that. So then I put her on specific supplements to change the environment, etc.. And I talked to her about her stress because she was going through, very serious marital issue.

So she came here at January in a wheelchair, 85 pounds. She's really tiny, weak as a kitten and then sweet. Obviously she did all the treatments, she did low dose chemo, etc.

all the support of treatment. She did the emotional work. I tell people you can't pass go with any illness unless you do the mental, emotional, spiritual work.

I give every single one of my patients healing affirmations. First visit I said, this is what you need to talk to yourself every day. And there's like 30 of them on a page.

And I tell them, you've got to do this several times, the more the better, because there's something called the molecules of emotion. This was discovered by Doctor Candace Pert that the you become what you think about most of the time.

So because we weren't taught how to program ourself early on, which is one thing would be wonderful for us to do is to teach our kids meditation and teach them how to say, I am wonderful, I am beautiful, I am talented, I am smart.

That's how they're going to think. So what we have to teach our children, just like we have to teach our children how to love, how to exercise, how to eat, etc.

and so, so anyway, we started her protocol. We did hyperbaric oxygen because her hemoglobin is low cancer loves low oxygen. We did the emotional work. She did the cleansing.

She did the low dose chemo. Well, in August we did a repeat pet Pet scan and she got a clean Pet scan, which is literally I told her I did tell her, you are a miracle.

Wow, this is wonderful. Whatever.

Mental-Emotional Healing Tools

She had lots of people in Nashville at the church that she was attending. It's praying for her because she's a young girl and even here at our office, we had a lot of young girls working here, and they're like, oh my goodness, this like, this could be me.

So it it it really shocked and astounded my staff because here you have this young person, but this young person did the work and she had all the support.

We all have to have support. We all have to have a community around us, whether it's our family, whether it's friends, whether it's psychologists, whether whatever it is, whatever you find, but you have to have people who are just disseminating positive vibrations to you on a regular basis.

They can't be saying, oh, what? What kind of decision are you making? Are you crazy? How do you know it's going to work? You can't be negating your journey because it'd be like saying, okay, I'm going to run a I'm going to run a race today.

I probably I'm not going to win. Well that that's terrible programing. So I'll do it. And then the lady I just saw, and she is probably in her late 60s, has a history of two cancers.

They came back, because we didn't change the environment and the terrain. And so she said, doctor Connolly and they told her, this is the lady on Christmas Eve, told her of you have six months to live here it is now, one year later, we're Christmas.

I just saw, in the past week and she goes dirt healing. But I feel fantastic. I feel 25 years younger than I've ever felt. And I talk to her about being in checkmate with the cancer, that we can coexist with our cancer by just doing the things that nourish, strengthen and heal our bodies.

And it starts here how we think now. We have had to do a lot of work with her mental, emotional because she had strength. And there is an a patient I don't know that doesn't tell me why they got the cancer.

Okay. If you say, well, why do you think this happened? They will tell me, well, this happened so forth. I had a yoga master come in yesterday and he is been teaching yoga for literally probably 35 years.

He's amazing. Guy's amazing. Anyway, he owns a yoga center, a big yoga hotel, basically. And so he told me yesterday, he has stage four prostate cancer and he's had it for years.

And he said to me, he said, you know that feeling? I think I really know why I have cancer. And this is I've been seeing him for years and he's never talked to me like this.

And because I always talk to every patient about the mental emotional because you can't you cannot heal Nathan unless you do this work. You can't. Okay.

And this is what people don't understand that the head is connected. The body. You know, a long time there was a separation that the head had nothing to do with the body. Literally.

But we know that the this is completely reflective of the rest of our body. And so anyway, this can you just cannot deal with your diagnosis if you don't understand.

But you know why, where, when and how created this perfect storm for you to get cancer. So anyway, he told me ten years ago, because, you know, cancer has about a ten year timeline from one cancer cell to tumors about ten years.

He said to me, you know, what happened is we opened the pearl, which is the yoga hotel, and it's just been very, very, very stressful. He's because he it's interesting because when you have prostate cancer, you use testosterone

blockade.

And he goes, but doctor can elite testosterone is good for you. Like it's great when you have normal testosterone levels. I said, you are right. And that's what a lot of the studies are showing is when do guys get prostate cancer?

They get prostate cancer when the hormones change. Right. And so because as we age, you get the pausing of the body. And in men their testosterone levels drop.

So we had a long talk. And he's not doing things that build discussion naturally. Right. There's like right of conception for men that when you turn, you know, your 40s, 50, 60, 70 is that you're just not going to generate testosterone anymore.

And it's a total, you know, myth because they're right in their 70s, they're doing the natural things that correct generate the social. They're not gonna generate the same amount as a 25 year old, but they still know, but they're going to do adequate levels.

Right? Exactly. Yeah, exactly. So, in any body, any professional that the patient is seeing and they're not addressing your entire existence, there's no way we can properly take care of you.

We know the holistic system from head to toe is how we have to address every single patient. All right.

Mindset Shifts and Radical Hope

And if we're not as practitioners, whether you're a doctor, a therapist, I'm a naturopath. I don't care what kind of health practitioner you are and you're helping people, you must address the entire system.

And a lot of patients are very frustrated out there because they go to their doctor and they go, well, does diet matter? No, diet doesn't matter. Just eat whatever we want.

Well, I have never read a book that it says, you know, the most the number one book written today are on eating right, because that's what we do every day.

And everybody's looking for different, you know, methodologies of, of how to lose weight or how to whatever. Okay. And there is no book that says you can just eat whatever you want.

So and there's, there's how many thousands and thousands and thousands of books written for years. So, so we we know that. And the doctor is saying that that is not what the science says.

Okay. So and then if they don't address the actual lifestyle of the person because they've done studies and found that lifestyle is the single biggest determinant of getting cancer.

Right. And so our lifestyle is how we live every day. So we have to do an examination. We have to help the patient do an examination of their sleep, water eating, exercise, sunshine exposure, stress, etc.

that it's the whole to all the pillars of life and healing. And so if you don't address that, that's why there's just no drive through surgery, chemo or radiation.

You know, that's what we've been doing for a very long time. I'm not saying that someone might not need surgery, someone might not need chemo, and someone might not need radiation.

They may need that. But you have to address all the magical biochemistry miracle of the body. You must. Because, for example, if you have elevated sugar, we know that elevated sugar, just like with the virus that's going around that those people have a predisposition to very serious complications of the virus.

But cancer's the same way when you have elevated blood sugar. We know through Auto Warburg's work he got a

Nobel Prize that that cancer thrives on sugar.

You have many more receptor sites for cancer cells for sugar than you do a normal. So many more. That's what a Pet scan as a Pet scan is. They eat sugar, radioactive sugar, and the cancer cells light up.

So we know that sugar cannot be helping us and that we have to get off sugar completely. We have to completely eliminate it not just for cancer, but just to have good functioning, optimal system.

So and and and doctors, I see patients files from all over the world and they rarely do a blood test called the hemoglobin A1 c. The hemoglobin A1 C is a reflection of your sugar over 90 days.

We know that keeping the blood sugar enhances your life span. We know that because David Sinclair's done all the work on anti-aging. He's a scientist at Harvard.

We know that your immune system works better. We know that there is less damage to heart disease. Every disease is improved by controlling your sugar.

So, it's it's very it's very disheartening out there because our patients every day tell us that the doctor has intimidating them and fear them. But that's not a doctor's job.

Doctor means to teach. We need to be teaching our patients how to get well. And that's what we try to do. And I tell people I can't do it in one visit.

It takes many visits to master the balance of the human mind and body. Yeah, it's so true. I mean, I love, you know, how you just went into detail on, you know, really the holistic approach, the integrated approach. Like we got to look at everything and treat everything as an entire system, right?

We are human beings, right? We're not just human. We're not just being. We're human beings. And we've got to treat all of it mental, emotional, physical, spiritual.

And you had mentioned earlier that, you know, stress, with stress is really a downplayed word for fear, for anxiety, right, for depression. But everyone experiences some level of stress.

Some people significantly more than others. Right. And so, you know, you said it's number one with your patients is you've got to work on the mental emotional.

So what is your what's your go to solution. What's the number one thing you recommend and you do for your patients in helping them, you know, heal and transform mentally, emotionally?

Yeah, I want to share that with you. Because the number one thing I do is I personally talk to the patient. And then second of all, I give them the healing affirmations because that's something they can start immediately with this how we talk to ourselves.

Because let's face it, if we haven't learned this and I didn't learn this early in childhood, I didn't learn this in medical school. I learned through this through my own trauma and drama.

Okay. And so which is quite a bit of things. And we won't talk about that right now. But that's how I learned because I wanted to understand, you know, all these things came into my pathway that awakened me to this, to this whole way of taking care of a patient.

But the number one thing we use besides that is something called a box. Box is the Latin word for voice. So we have the patient put on a headset, put their hand on a cradle that transmits their energy, and the brain is mapped up on the computer.

And it tells the practitioner who's doing a box, they have to be trained. What is the patient's number one, two, three

things. It could be abandonment, not feeling worthy, not deserving to be healed, and etc.

there's all the different things that can be happening. So the practitioner turns that unresolved emotional conflict and resolves it and goes through with the patient through an exercise.

Yes, you can have a psychotherapist there. There are good therapist that can work through the cancer diagnosis, and they've proven that if you if if you have an understanding and you work through with the patient and understand their their trauma and drama, that they they know that they heal better.

It's been proven in studies. The thing about seeing a therapist is we want the patient to get well very soon. So therapy takes a long time. I know I personally have done therapy.

It takes some. It takes a long time to reveal and peel the the layers of someone's life, whereas Emacs very quickly addresses it. And in five visits there is a lot that's been resolved and turned around.

Yes, it may take more. It may take, you know, because some people, like you said earlier, have had more. So, so we and we'll address those and then we need tune ups in our life.

You know, we we just can't take care of something one day. We a lot of times another specific thing, you know, you may have a child die. You may have a parent die.

You may have something happen at work. So you may need a tune up of something. But just like you, just like you practice on your health. If you want to lose weight, for example.

And you know, let's face it, we lose weight, gain weight, lose weight, gain weight. So that means we need a tune up there too. So. So we're like I said earlier, life is dynamic, it's ever changing, and all kinds of things are happening to us.

And those things don't have we have to look at it. Things don't happen to us. They happen for us. And so we have to say, how is this going to help me?

How is this experience going to help me? And so you can I remember years ago, Nathan, I oh, goodness. I was going through some things that I think I had when I got married.

First and I married my father that I didn't have. And so anyway, I was going, getting ready to separate from my husband of seven years and three children later, and I was listening to tick, Not Hot now.

Tick not. Hahn is a very famous Vietnamese Buddhist. He's one of my favorite people that I've ever listened to my life. And it was how to turn negative seeds into positive seeds.

And that is really the true essence of life, is how to turn everything negative into to be a blessing for yourself and someone else. Yeah. So beautiful, so powerful.

And it's so true. It's really it's it's a, it's a mindset shift of what you mentioned earlier, which is, you know, is life happening against you? Is it happening to you without you having any control, you having any direction, you having any say in the matter, right?

Or is life happening for you? Are these learning opportunities or these awakening moments? You know, you know as well as anyone. And, you know, I've been interviewing, you know, cancer conquerors.

I don't say cancer survivors and or cancer conquerors and thrivers since 2013, I've done hundreds of interviews with not only, you know, world leading experts like yourself, but people who've actually overcome cancer using, you know, these holistic and integrative approaches.

And one of the most common things, every single person who we would call a cancer conquer, right, told me was,

you know, cancer is the greatest thing that's ever happened to me.

I'm always like, at first I was shocked as well. Why? How? You know, I'm talking to someone over here who says cancer is the worst thing that's ever happened to me.

My life sucks. I am just in so much pain. This is the worst thing and I'm totally feeling having compassion for that person.

Closing Remarks and Resources

And here's someone, literally. And this is my volunteers at a conference that I did years ago that you spoke at. Right, Diego. And and then here's someone over here, same diagnosis, saying it's the greatest thing that's ever happened to me.

And I said, okay, so how what's that difference? And it's always a difference in mindset. It is, you know, cancer's a blessing. It's I've learned from it.

I have learned even if this person hasn't reverse cancer, I have found it has totally transformed their life because they say, you know what? It's made me realize what's important to me in my life that I've been missing.

I'm now spending more time with my family. I'm I stop that job that I hated and just started focusing on what I want to do. I started taking better care of my health and eating better.

As you know, when you eat better, you exercise, you work out daily. You feel better, right? So you have more energy. Your pain gets decreased, your life becomes so much more enjoyable.

And that's the common theme, you know, is, is exactly that. It's that mindset of what is this for? How can I learn from it? What's this diagnosis here to teach me, and how can I utilize it to turn?

As you said, it's not Hanh who I also love, who is just such a beautiful, compassionate, wonderful teacher. How can I turn this seemingly negative seed into something that's positive, that could sprout into, you know, a beautiful tree, a beautiful, experience for me, even if you only have a few years left to live.

Right? Even if you're at towards the end of your life. But how do you turn those last years of your life into some of the best years of your life? And that's that is my mindset shift right?

That is right. Well, you know, the lady Kelly Turner, who wrote the book radical Hope. And it for this symposium, I want everyone to go listen to that.

It's an incredible interview. But yeah, right. And so she talked she interviewed patients all over. And the top two things were mental emotional, spiritual peace.

And resolution. And so yeah, you can do the eating part the coffee enemas, liver cleansing, etc. but you must must deal with what is going on in your head.

You become what you think about most of the time. So true. And I think that's such a beautiful place to to to end our time together. Today I want to say thank you so much, Doctor Akinyele, for the great work you do.

I know you're so committed to your patients. You're even seeing patients on Christmas Eve and holidays and weekends. And I know you're just like you know, going around the clock to help save people's lives.

And I just want to honor and commend you for that. And thank you. And I want to encourage people to to go to Trinity's website. Camelia, md.com. You can find out, you know, you can connect with her through her centers.

You can set a consultation appointment. I highly encourage you to get her book. She's got great resources and

products and services and everything that, that you can need, you know, and really, as she said, focusing on number one, mental emotional healing, you can do that at her centers, with her and her team as well.

So again, Cornelia m, the CEO, and then Eli Cornelia, MD, Adcom again, Dot family, thank you so much. Thank you for having me. It's always 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.