## Introduction to Donna Gates

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.

So Donna Gates is the international bestselling author of The Body Ecology Diet Recovering Your Health and Rebuilding Your Immunity, as well as the Body Ecology Guide to Growing Younger, Anti-Aging wisdom for Every generation.

For the last 25 plus years, she has been on a mission to change the way the world eats. In 1994, Donna introduced a powdered blend of stevia to the US, and it has since become the safest and most popular natural sweetener in the world.

She pioneered and championed foods like young coconut, kefir and coconut oil, and even coined the phrase inner ecosystem to describe this network. We now know of microbes in our gut that we know of as a microbiome.

She also began teaching about the long forgotten health benefits of fermented foods to provide the diversity needed in a healthy gut. She's truly been a pioneer in this field for nearly three decades now.

You know, over the past 25 years, Donna has become one of the most respected authorities in the field of digestive health, diet and nutrition. In 2013, she completed an advanced fellowship with the American Academy of Anti-Aging medicine.

And Donna's extensive research and dedication to learning help her stay ahead of what's coming in the field of health and nutrition. And her latest bash is nutritional genomics, which, she'll soon launch a training program that you'll learn more about her website is Body ecology.com.

Make sure to go visit that website for great resources as well as, products and supplements and nutritional, therapeutics. Body ecology.com. Donna, thank you so much for joining us here.

Thank you very much for even asking me to be on this summit. But also, you know, the topic that you asked me to do, Neath. And I was really grateful that you you said, let's talk about Candida, let's talk about parasites, because, you know, first of all, there's not that many people that know.

I mean, they know about it. I think everybody knows about it, but at a very shallow level. So this is a great opportunity for me to, share more information than most people know.

So thank you for that. Yeah, I'm excited for the the depth of, information that we can go into in this in the short time because you, you're able to take, you know, decades and even, you know, centuries of information and really consolidated down into, you know, hopefully this next 30 to 45 minutes together to help, really help people understand a lot more about health and healing.

So, you know, as, as we kind of start out here, you've clearly been a pioneer in the health and healing field and natural health field for more than two decades.

And, you know, I'm really curious what was it that led you on this path of really wanting to uncover and discover some of these secrets is deeper, you know, unknown.

Secrets, if you will, to health healing and and anti-aging. Ron, tend to be pretty passionate about things when I'm

interested in something. And I actually got sick, like a lot of people do, and I was going to stay that way.

So I started I even as a little kid, I had a feeling that diet mattered. Like somehow what we ate tied into how we felt. So I was always kind of had my antennas up looking for, you know, this person's sick. What are they eating? And so on.

But and I even went to college to study to be a dietitian, but found out that was not what I wanted to be at all. You know, just their way of peace for the most part, if you have.

At least they were in those days and I got sick, I took antibiotics, and then I took birth control pills, which is very common. Most women, many women do take antibiotics for the broken out skin and then get on birth control pills also often for skin.

And I created candidiasis, but I didn't even know what that was. And it would be a long time before I did. So I tried everything, you know, to every diet out there and many, many supplements.

And, you know, I learned this, I learned this earlier in this. But, it was really when I met Judge William Crook that I realized that that's what I had.

I had a yeast infection. And he was a wonderful man. Really went out there and, you know, did a great job in waking people up to the fact that there's this infection called candidiasis.

He and Orient Trust, they discovered it. And I remember he wrote a book and I, I was at a natural products expo, and I had this good fortune to sit out around this fountain and talk to him for a while, all by himself, just the two of us.

And I remember him saying, we do not believe there's a cure for this. And I thought, well, there has to be. I'm going to find it. So I had all this training and food.

I was macrobiotic for ever, eight years. And so I thought there his. So he had a diet.

## How Candida and Parasites Relate to Cancer

He has his own diet and I do that diet. But it wasn't quite there. And so I thought, well, I'm just going to take everything I know and start all over again.

And so that's how the Body Ecology Diet book came about. That book was actually written to overcome a yeast infection. Nobody knew much about yeast back in those days.

And so but over the years, our understanding of yeast, has increased greatly. But what's frustrating to me is that you can do an organic acid test, which many, many, you know, health care practitioners do, and you'll constantly see there's one marker a C, see the organic acid test has markers for mold.

And in yeast, mold and yeast are both members of the fungus family. But they're different. So the organic acid test does have a marker for that. But and doctors see that over and over again.

And I've even had doctors say to me, every single person that comes to me with an organic acid test, I see a ravenous. So it must be wrong. It's got to be a mistake.

And they just kind of discount it. They shouldn't because it's a really and serious infection. And I actually created a PowerPoint to make sure that, I covered some of the most important points to help people see that tie in with cancer.

I would even go as far to say often Candida causes cancer and causes cancer patients to die. So I think it's a it's a it's a conversation that needs to be had more health care practitioners need to understand the seriousness of a can

of candidiasis.

And anyway, so I have a little PowerPoint prepared. Yeah. Thank you. Do you want to go ahead and open that up? That'd be great. And I just want to as you do that, I kind of want to, expand upon what you just said.

You know, I was out at the cancer center for healing with doctor Lee Aaron Neely, who's, actually presenting partner with this global cancer symposium.

Oh, I know her. Yeah, I, you know, medical team. Her senior physicians and and all of her medical staff who see thousands and thousands of cancer patients.

And, you know, they have multiple tests in multiple rooms with with multiple different types of doctors, from nature paths to doctors of natural medicine to medical doctors, to even chiropractors to their they have all these different tests.

They're always looking for parasites and candida and and different ways bio energetically and, you know, all different kinds of testing to to search for it because they've, they found basically across the board from what I heard, you know, and I haven't seen their 50,000 patient case studies, but just the anecdotal information I got from it, from interviewing and asking questions from these different doctors there that just about every patient they see that has cancer also has some parasitic or Candida infection.

And that's 100% when I was and you know, you know, anything one way you can tell that when they do an autopsy and they open up the body, they see it in there and everyone.

And this has been true for a long, long time. Children with leukemia, for example, I actually literally have a magazine, that talks about it's a cancer magazine, oncology.

And they talk about how every single child with leukemia has candidiasis. And anyway, there's a cause. There's a cause a candidate's actually playing a critical cause and why they anybody gets cancer.

Yeah, yeah, I know we'll get into some of the details of why is also we'll get into details of what people can do about it. Right. So yeah, definitely.

Yeah. So if you want to go ahead with your PowerPoint screen. Yeah. Okay. Here we go. So, so yes. You know, candidiasis and parasites, cancer, they're all connected.

Like you, we have parasites in our gut, and we have a lot of parasites in our gut. People have no idea the kind of parasites or how they mix together.

One thing people don't understand is the length of the small intestine. So it's 20ft ish, you know, like it's varies in people. But if you look at across the room and try to imagine ten, 20ft, imagine all that curled up inside of you.

So for about every inch and a half or two inches or so, it's got to turn. And so we get a lot of, you know, in small intestine and even layered on top of each other.

And so as we eat throughout our lifetime, we might think we're going to the bathroom, but not everything is coming out. And so things begin to grow, you know, accumulate.

And then parasites is the perfect environment for parasites. And they reproduce. So you, you know, you it is a serious thing to take care of parasites.

And I have recommended colonics. I know Doctor Connolly, is also a big one. She has clinics at her center there, of course. And so, if you do the clinics properly so that you're actually beginning to get, you're actually working on the colon, but the material in the small intestine is beginning to come down.

You'll begin to get large clumps of parasites because they're living in a biofilm. And when those live people completely change, I mean, their body reshapes or cellulite goes away.

They're either far happier. Literally, their personality changes. They think better. So parasites are bad. And every once in a while I hear people say, oh, we need some parasites inside of us.

Well, the body will adapt to some, but, as we get older, they're just more and more and more inside of us. And it is another factor, as you know, why do we age?

Why do we, So. So why do we get sick? Why does the immune system become weak? So there's no question parasites and candida are both playing a role. And so the the candidates doctors properly pronounce it Candida candidiasis.

But people say candida. So I'll say that so it can be systemic, it can be in the gut or it can make you when someone has cancer, it's both. It can be both or definitely it's systemic.

So when it's local it can be in your ears. You can have your infections that are fungal, yeast uses in your ears. There's a lot of research showing that sinuses are very often yeast.

And then you of course, women get vaginal yeast infections and, of course it's in the gut, but also even in the skin, like if you have toenail fungus, for example, you know, it's showing up on your toenail, but it's, it's, it's in your body.

So it's not just a local toenail problem. So nin nin will have jockeys, you know, they're I see that a lot in young men, because they're out drinking a lot of alcohol for example, they're having sex.

If the woman has a vagina infection and he has a yeast infection in his genital area, they are passing it back and forth to each other. And then, usually young men and women are not eating too well.

They are out partying and drinking and all just keeping it alive. Never having any idea that they have a yeast infection. If you, one of the things I noticed in working with babies, they're they're born with it today.

And one sign of that is cradle cap, which is kind of kind of like dandruff. And baby dandruff is another sign of reused infection, too. And and the reason for that, for the cradle cap and for the dandruff is a biotin deficiency.

Yeast depletes certain nutrients from the body. Biotin and taurine are two, ones that are depleted to nutrients, and they do this so that they can survive every living organism, first and foremost ones to survive, has very effective ways of of surviving.

So what is Candida? Well, it is, as I mentioned, a member of the fungus family, along with mold. And but they're different. They're not the same thing, but they're both fungus.

And, so the way they work or the way they do their damage is both of them are producing metabolites. They're producing toxins. The mold, for example, produces microbe toxins.

Aspergillus is a type of mold that produces glo toxin. And Glo toxin suppresses the immune system. They have very amazing, clever ways to suppress the immune system so they can live, because it's really up to your immune system to get rid of.

Candida produces your toxin also to suppress the immune system and about 79 other bad toxins, basically. But it also produces acid aldehyde, which is a big deal.

I'll explain why in a minute why they're acetaldehyde. So, so much of a problem. But how prevalent in it is it? Well, you know, if you look, it'll say, well, maybe 25% of the population has a yeast infection.

To me, that is way off. I think most people have a yeast infection today. And, you know, around maybe. Well, it's

really had to do with the, antibiotics we started at some point.

I know my kids are, were born in this, seven early 70s. And when they were babies, doctors and pediatricians were just giving antibiotics out like, candy.

And so they get sick and then they get well, and then they get sick again and get well. So they had a lot of antibiotics. I mean, that's not exactly how I grew up.

You know, I grew up, you know, throat my mom would take me to the doctor and antibiotics and I'd get better. And a few months later, sick again and same thing.

It was just this, you know, this, ever revolving door of antibiotics, antibiotics, antibiotics, and it really, you know, messed up my system growing up.

So I, you know, that's created years and, yeah, it created a yeast infection. So, so to me, that created a yeast infection. Oh. The antibiotics, they kill the good bacteria in the gut.

And then what's left over are. Yes, they are normally present in the gut anyway. But when there's no other bacteria to hold them in check, they they become pathogenic.

They grow tentacles, they bury into the side of the mucosal lining. They create a whole lot of infection in the lining of the gut. And then they as it becomes the gut lining becomes permeable.

And they just move right on through into the body and become systemic.

## Origins of Donna's Health Journey

So eventually, you know, doctors and started waking up thinking for a couple of reasons, you know, we're creating yeast infections. And also these, these bacteria are becoming more and more resistant to the antibiotics anyway.

So they, you know, there's they're more mindful, I think, about giving babies antibiotics. But a lot of times the parent insists on it. You know, your child screaming with an ear infection.

Somebody comes in with a really painful urinary tract infection and they'll give them, bacteria. They should test, because if it's a yeast infection, you need an antifungal.

If it's a bacterial infection, say, causing a urinary tract infection, then yeah, you can use an antibiotic. But we, you know, it's just it's just rampant until today.

So I would say it's my opinion at least when people are not well and they come to someone for help, they have candidiasis. And you should just assume they do.

You're better off assuming that you do so. Every child that I've ever worked with, by the way, there's one point where I had a program called Bedrock Body Ecology Diet Recovering our children.

They were the first children to start ever recover from autism. So I had a lot of parents, a couple thousand parents and practitioners at one point. And I talked to many, many, many.

We got lots of feedback. And, every one, every baby is born with, with the yeast infection, which is another factor in why they have autism. Moms have it too.

So a high sugar diet is a major reason why we have, you know, like, for example, you would have had the antibiotics and then you probably would have eaten sugar.

Your mother would not have known to take you on a low carb, sugar free diet. And then pregnancy is actually very

much contributing to candidiasis. I think I have a slide that explains that better.

And we don't have strong immune systems. We have weakened immune systems for lots and lots of reasons. Most of all, I mean, one major reason is because we have this, I mean, we're supposed to have this microbiome in our gut, I used to say, in our ecosystem because no one had invented that term yet.

Years ago, I was the first one to start talking about this world in our gut and how critical it was for immunity. Well, we know 70% of the immune system is is in the gut, basically in the gut associated lymph tissue.

So we don't have a healthy gut. So we don't have a healthy immune system. Stress is just always prevalent in our lives today. And we all are under stress.

And then a lot of women take the birth control pill. And that makes things worse because the birth control pills makes a woman estrogen dominant. And then if you are taking, as I mentioned before, antibiotics, but even other drugs like steroids, not incels, and if you're an alcohol drinker, you're going to be creating candy that in your gut, in your body systemically.

So for women, because of their estrogen, the way it fluctuates and all in their progesterone, their hormones make it much, much more difficult. But as I mentioned before, don't exclude babies and men.

They may not, you know, complain about it. You know, one of the most common things even Hippocrates talked about thrush. Thrush, in babies thrush is, I use infection in the mouth.

I've seen that in many people with cancer. Please watch for that. Because if you've started going through chemo, radiation and so on, your immune system is seriously suppressed.

You once and you get thrush in your mouth, you have candida, and it makes you far more at risk for dying. So a good doctor, the cancer doctors should know to give you a prophylactic before you even do the chemo.

Anyway, I've dealt with that before. So. Candida mold, parasites, they're all connected. They're all related. I mean, they're all part of why we get cancer. And.

And really, it's because they've got the toxins, and those toxins are damaging the DNA. Now, this is another thing I see all the time. No one talks. We all are talking about genes and DNA now, but people aren't talking about damage to the DNA.

That's the cause of cancer. If you damage your DNA, cancer is going to happen. So, I think that's kind of well known in the world of genes and DNA. And they know that DNA damage causes cancer.

You don't even have to argue with that. So what happens when these, when the cell in the DNA inside the cell is damaged? It will, it'll kill the cell, or it becomes a mutant misbehaving abnormal cell, which is what we all know.

Cancer is now getting back to that acetaldehyde. That molecule secreted by the yeast, it's a now very bad, there's a lot of research on this at all the hype.

Because, when you drink alcohol, you produce acid all the right. So for all these people that are alcoholics, there's a huge amount of research unanswered all the time.

You can spend 2 or 3 days just typing it out and all the hype, looking at all the research that comes up. But, people don't realize that candidiasis candida produces around a hide, and it's a very dangerous toxin that causes cancer.

Now, if you have cancer and you go and you get go through chemo and radiation and all, you're going to, that alone suppresses your immune system and the acetaldehyde suppresses your immune system.

But I highly recommend that people look into us at all to hide it. Yes. It's so terrible. It is just what we're body

creates when we have when we drink.

But now what if you have yeast in your body 24 seven producing acetaldehyde, causing cancer? It causes all kinds of other problems. It affects the brain very much.

You know when someone gets drunk, how they their brain is clearly changed, their behavior and all. Well, the acetaldehyde. That's why people can get a yeast infection and literally feel drunk, or even act drunk because of the acetaldehyde.

So it's a major player. I mentioned that there are more than 75 other serious toxins being produced by the by the yeast, including Clio toxin, which is produced also by the mold.

And then now we have these genes in our body. We have obviously many, many genes in our body. And some genes are specifically there to, repair the damage.

But there's a lot of reasons why those DNA repair genes aren't working. If your immune system is weak, they don't work. If you've got this chronic inflammation in your body because you have a systemic infection like candidiasis, mold or whatever, that inflammation created by the infection, that alone, keeps us DNA repair genes from working.

So you can. So they're they are causing the damage to the DNA, and then you can't repair them with your DNA repair genes. So we make a lot of free radicals in our body superoxide, hydrogen peroxide and so on.

And they ammonia is a big one there actually. Keep their damaging the DNA and at the same time they're damaging the repair genes. So, so there's a whole lot of a lot of those I get frustrated because people always want to talk about heavy metals and polluted air and chemicals and everything, but people never talk enough about the toxins that our body's producing all the time.

They're called endogenous toxins. And I, I put them up on the screen superoxide, hydrogen peroxide, ammonia and the genes that like, for example, the aso DG is supposed to come along and negate the superoxide toxin.

It turns it into hydrogen peroxide. Another gene comes along called catalase C8. It turns the hydrogen peroxide into oxygen water, which is good, and glutathione, which is good.

So, looking at the genes is another, gene genetic variants, the genes not working properly is another reason our DNA is not able to, the the repair genes aren't able to work very well.

So when there's, when the cells damage, here's what it can do. It, it it can either become senescent, which means it kind of goes into the suspended state.

It's a toxic cell, but it's not dead. But it's not alive either. Or it can commit suicide, which is what you want it to do. That's called apoptosis, or it becomes a tumor and you get that unregulated cell growth.

So I think you can begin to see the picture here of how this ties together. I just wanted to add right here to that because, you know, this is so important for people to understand that, you know, we know chronic inflammation directly causes cancer.

It is directly causative of cancer. And and we know when you're really explaining in so much detail, you know, can candida and parasites cause chronic inflammation in the body.

So we know there's a directly correlated causative effect between, you know, parasites and eat in your body and cancer. Right. It's it's just absolutely.

It's very I mean, because, you know, inflammatory, response is continuously happening within the body. And, you know, the interesting thing, Nathan, is that I still constantly bump into people that act like cancer is a mystery, you know?

Well, how do you get cancer? And then I'll tell them in that. Oh, no, no, no, it can't be that. But so, you know, this way, this segment and this kind of information is so important to get out because if you know what causes it, you can fix it, right.

So absolutely right about this chronic infections, I think that they're way under, you know, looked at and appreciated and also after, let's say you have Lyme disease or candidiasis, you think you've gotten over it and or the Lyme disease.

It looks like you've gotten over it. For many, many people, there's inflammation that continues long after you address the issue. And I'm seeing that with Covid 19 long haulers.

Yeah. They got you know, the the the virus looks like it's gone now. But this inflammation never calm down. And they're getting all kinds of symptoms based on that.

So it's called unresolved inflammation. It's an important new area of research. And that's going on as well. Now you know so we have these DNA repair genes.

But one of the most important group of them are the search genes.

## Candida, Mold, and Systemic Infection

There's seven of them. Sirt one and three are especially well known for anti-aging. You know, if you can keep those genes, the gene 1 in 3 working well, you're going to age more slowly.

And so they do so much more than you think. They they are also controlling apoptosis to get rid of that, you know, so the cell will die as it becomes more toxic and useless, basically.

They control inflammation too. They control the immune response. They control the circadian rhythm clocks in the body, and they control how the cells respond to stress, to.

So a rich couple of supplements that are real popular right now are is in aging. Plus you know that or and then but also I like to tell people to take niacinamide which is B3, a form of B3 that's the precursor to NAD or Nadp+.

So that's B3. And so taking a lot of niacinamide, like two capsules three times a day is smart, particularly if you're an alcoholic. If very often helps alcoholics stop drinking.

And, but also resveratrol, which we've all heard a lot about, those are really important supplements for these genes, which are then can control all these other functions in the body.

Now, how do you make your sirtuins work better? Well, autophagy, which means that you're going to go to sleep, you're going to get into this state of deep sleep, and then the body starts to, kind of recycle the valuable part of the cell and use it over again and get rid of what?

The part of the cell that's not useless anymore. That's called the tough veggie. And then calorie restriction and which is hard to do, but time restricted feeding is not hard to do.

I didn't know the term time restricted feeding, but I've been doing it for many, many years. Partly because in college I didn't have any money. I could put myself through college and you know, I didn't go out and have breakfast in the morning and I really don't like breakfast, so I won't eat until about maybe, you know, noon, 1130, 12 1:00 some very most of the time.

So. And then I'll finish certainly eating by two, 8:00. So that's a long window of time when you're not eating. That's time restricted feeding for me, that's about an eight hour window where I do eat.

And then the rest of the time I'm not eating. You might not be able to wait, you know, eight hours might be too hard

for you to do, but it's incredibly important thing to do for actually getting rid of these infections and controlling this chronic inflammation.

This, unresolved information is just like everywhere you look. Time restricted feeding is playing a positive role, especially in any aging. Now, if you are eating what are called foods with polyphenols in them, like, well, dark green leafy vegetables, olive oil, dark chocolate.

Curcumin is an amazing supplement. I think everybody should take curcumin, ginseng, ginger. And in the dark, berries, those are all shown to, improve the health of the sirtuins.

And then coffee and tea also have, are rich in polyphenols. They may or may not be good for you. Explain why in just a minute. But so I think that curcumin, DHEA, zinc, melatonin even has been shown to make these sirtuin genes work better.

So, you know, there's a website I was even going to send people to, similarly. And I put it up on the screen here, it's SIM Lancome, and he has a whole paper, whole article on how to increase it to one's for longevity.

That's an important article to read, because he really explains what the what situation genes are and how to repair them. And also, I think people really need to learn that it's not something we're being taught now, getting more to precise.

There's nobody that doesn't have them. You might say, well, I'm not seeing them. You don't see them because they the again, as I said it and scientists is really long.

That's where they are mostly you can easily have them in the colon. And if you do colonics you can wash them out fairly easily. You know in a few sessions you can get them all out of the colon for five, six sessions, but not out of the small intestine.

And that's where they're really living. And reproducing, and that's where they're secreting their toxins. Now, you know, the small intestine is also where, when we eat our food and the food gets into the small intestine, it it gets absorbed up into the body.

So imagine how you're absorbing those Fierstein toxins constantly 24 seven also. So they do need to be gotten out. And I have a special way that I like to teach people about colon therapy, where they there's another whole long talk in itself, which I know we don't have time for, but that's the best way to get them out with a type of colon therapy that, yeah, the water goes in, it stays you you want to fill up the colon even though you would maybe let's say you do in a clinic, doctor community center.

So you want the colon therapies to put the water in very, very, very slowly so you don't feel it going. And so then it's going to move around any material that's there.

So of course the person is going to really need to release and you release that material. But then you keep filling up, adding more water. And the goal is to completely get the colon filled up.

Well, a lot of quantum therapies don't do that properly because as soon as the client says, well, I want to release, they open up. Don't knob, and then everything flows out.

But the well done clinic did do it properly. You only let out the release. That's ready to come out at that moment, and then you start filling any more water because your goal again is to get the entire colon filled up and then all this soaking starts to occur.

Ten, 15 minutes into the clinic, you start releasing all this material way over here. The small intestine is designed to open up and let things out when the colon empties, so the small intestine can release a lot of toxic substances in the middle of the clinic or during the clinic.

But if you start to soften so that, oh, that soaking soaks. So it's up in this, the material up in the small intestine is that soaks and starts to drop out down into the colon and come out of the body.

Then the parasites can't stay there anymore. So when you get to that point during when you're starting to do clinics and then this black, sludgy stuff comes out for a while, that's when the parasites start coming out.

And I have a picture, that my favorite colon therapist that I've known for years, who's done thousands of clinics. He takes pictures all the time of what come out of people.

So I got him, talked him into giving me one. Yeah, he sent me a whole bunch. I picked this one. So this is what's inside of people. Isn't that unbelievably just gross?

Disgusting, shocking. And that's what people feel when they start to see this stuff come out. They're like grossed out. Also relieved to get it out of them because it completely changes everything about their health.

So yeah, parasites are big, biofilms are big. They're living in there together with a group of them. This one really wasn't one of the best. When I've got somebody sent me, which can easily see the parasite inside.

But this one's pretty impressive. You know, I was I was just in a, one of the doctors over at, the Cancer Center for healing, and, you know, they, he was telling me he had a patient recently who had no idea that parasites.

Right. And they did one of the bioenergetics scans that they use there, and they can identify through frequencies what kinds of parasites? The patients have.

They don't even have to do stool samples or anything like that anymore. They give you, nutrient frequencies. So I thought was fascinating. I said, well, how accurate is it?

How do you know it's actually working? And all this, they said, well, the results from the patients. So they had one, you know, so the patient found out through this scan that they, they had parasites.

And so he put them through the treatments there. And within 24, 48 hours that, patient went home, felt like they had, you know, a little bit of diarrhea or something.

They went to go, you know, release in the toilet and they, they thought, you know, okay, I just pooped out, you know, regularly. And they looked down, they saw a three foot tapeworm in the toilet.

I have I've heard these stories, you know, within a couple of weeks, that patient all of a sudden they lost. I can't remember exactly like 8 to 14 pounds.

They felt so much better. They, you know, they had this inside of them and had no idea that it was causing all these problems in their life. I mean, it's just faster. Yeah.

I could send to I have he sent me over a good number of tapeworm, pictures. You have to see it to believe, you just can't believe that's inside of us, because there's not a lot of, you know, signs or symptoms.

Except, like you said, you're you're you're angry and frustrated and depressed, and, your body changes shape, especially cellulite, like women. Appreciate this.

If you don't get rid of them, you've gotten in these clinics, you've gotten rid of yourself, you permanently gotten rid of the cellulite, too. So they're causing big problems, and I wish more people would focus on them.

There are herbs. I'm sure people are sitting here thinking, well, what about the herbs? Well, yes. Yes, a lot of times I was sending people to and Louise Gettleman's, do you think of her name or communicate?

She's got a really good parasite cleanser, but, that's good too, but I, I wouldn't ever recommend anybody go on a

parasite cleanse using herbs without at least doing enemas, because, like, we have a great product for.

But, dissolving biofilms. And it's comes with a special form of magnesium to sort of the just keep moving things out. But some people, their peers like movement is so weak, they or there's too much gas and bloating, they don't eliminate the dissolve the biofilm with all the parasites and things inside of it.

They're not getting it out. So I think it's really, really important to, do clinics for animals with, at a time like that. I've also found how would you time those together?

Would you just be doing your, you know, different parasite cleanse, for example? You can do you know, they're usually cycle on and cycle off, right. Usually every couple weeks or a few weeks you're on and then off a week because they, you know, hatch and all of that. And you might take it for 30 days or 60 days or 90 days, depending on the protocol.

But would you what would you recommend people do in terms of colonics? In addition to any kind of cleansing they're doing? You do a colonic once a week.

Are you just doing it simultaneously with the cleanse? A couple times a week? Yeah. What do you recommend there? Well, I've seen people starting a parasite cleanse, and on day two they've started getting sick.

So I would say that by day two, you should have, you know, the clinic scheduled. Or if you're someone who has a clean board, which is a very nice tool to use, if you can afford Colonics, you can set a clean the board up in your home.

It's a board that when it does, it has a splash guard on it and a hole. And that sits over the toilet. And then they're made of fiberglass. So you usually send people to a company called Collins Collar and z.com collar Ancon.

And the other end of it is sitting on a chair that you move up to the toilet, and then the person just gets on their, their, you know, their bottom goes to where the splash guard is.

And then there's a bucket that'll sit on the back of the toilet. Or you could hang it on the wall. But anyway, that is five gallons of water. So you're getting a nice cleanse to use something like that.

I highly recommend to put a the two together, the, the colon cleansing with the parasite, destroying the parasites because they don't necessarily die, they just become disturbed, particularly if you're using a biofilm buster.

Ours is called the echo oxy. So. And you start to dissolve that wall that they live in this fortress. And then they're vulnerable. They're vulnerable to that medication that you're putting in there.

So the three, the biofilm buster, along with the herbs that are killing them, parasite, are certainly at least disturbing it and then rinsing it, starting that process that you're moving it on out to.

That's an ideal combination to do those three together. Beautiful. So can you cure Candida? This is a really big question. I mean, I had to bring this up because I sat there with Doctor Crook years ago and he said, we don't think this can be accurate.

And I thought, oh no, you can. I'm sure there's an answer. I'm going to find it.

## Toxins, DNA Damage, and Aging Pathways

And I've actually come full circle and I would say, no, you can't cure can't candidiasis, you can't. And so you can manage it, but you can't cure it. And, and and so how do you manage it?

And why can you not cure it? Well, first of all, it's very, stealth. Like it can become a big issue. And then it's, escape the immune system. It can go from its dangerous form where it's forming tentacles to go back to a harmless form,

just like that.

So the immune system can't even detected. Anyway, it it was naturally present in our body anyway, and it's so easy to turn it from a harmless form into a pathogenic form that at any time, for the reasons I mentioned, the antibiotics, the stress, you know, and so on that I talked about in the beginning for any of those reasons, it can now become pathogenic.

So I agree with Doctor Krook. You can't get rid of it, but we have to be able to control it. And there's a way to do that. So, the you diet is the most important thing.

And this isn't just true for candidiasis. This is true for mold. Lots and lots of people right now are suffering from mold. Again, the organic acid test will tell you if you have, yeast and mold in the digestive track, with these markers on the test.

So that's a good way to test for it. Even if you don't have anyone to test you, you should do this because chances are excellent you will respond very well within any Candida diet.

At the same time, you must build the immune system, and that's where the gut comes in. 70% of the immune system is in the gut, so you've got to do them together.

You've got the diets, got to starve out these because nothing lives. If it's starving, it will die. The die off is an uncomfortable period. Sometimes people feel absolutely wonderful in the beginning because they're, eating right and everything, but then you start to die and you can feel very, very sick unless you do the cotton therapy, too.

So to me, that's another that should have been on that slide right there. It should say diet, rebuild the immune system and cleanse the colon. Anyway, so so diet's key and the diet has to be, totally not have any sugar in it whatsoever.

And, you know, years ago, people were real into raw foods and they were doing juices with beets and, carrot juice that so much sugar. And I was thinking, oh my gosh, everybody's just really think this is healthy.

And yet they're feeding, this is sugar. There's a lot of sugar. Sugar, fizzy sugar feeds cancer. You will die if you continue to eat, you know, eat the sugar and feed the cancer.

So that's a muscle. I'm sure everybody that's been on this, some of this that you've interviewed. So far, I'm sure everyone has said that repeatedly, but I've learned over the years to kind of fine tune the diet even more.

And of course, the diets all outlined in the book I have called The Bunny Country Diet. But, over the years I've learned more. We've all learned more.

So one of the things we know is the yeast make oxalates and oxalates are these they're in plants. They're never any animal proteins. I think that's one of the reasons people are feeling good on these high animal protein diets is because they're avoiding plants, and the plants do have poisons in them.

And if you don't have a healthy gut, you're going to start reacting to those plant poisons. While oxalates are these tiny little crystals, microscopic, tiny little crystals in the plant that when the insect comes along and eats the plant and tears of their cheese.

So they avoided if we didn't have oxalates in the food, and the plants and the insects ate all the plants, we would never have evolved. I mean, we wouldn't be here.

So it's a good thing. And nature puts a bacteria in our gut called also bacteria from engineers, which is wiped out by antibiotics. You know, that little bacteria, is one and only job is to eat oxalates.

But when he's gone. And for he often becomes the one of those missing microbes. And he never comes back. Now

you have nothing eating, getting rid of oxides in the gut.

So they get into the body and they cut stones. So I'm a big believer on, avoiding high oxalate foods and I don't know, I mean, there's so many healthy things we're eating today.

Chocolate and soy, fermented. So it's okay, like miso soup. But, you know, people that are vegetarians and eating a lot of soy, they're getting a huge amount of oxalates.

You may or may not know that you're creating oxalate stones in your body, because a lot of them are going into the bones, weakening the bones. Bones are where our stem cells are produced.

They go into the lungs, they can go into the brain. They can go into the eyes, into the muscles. They go everywhere. And you don't always feel them. But many people do.

And they come across as pain, joint pain, muscle pain and eye pain. The organs are a big, big problem in the autism community. But why? Because of the yeast.

The yeast are producing oxalates. So again, the higher ups it is, you almost can't. I mean, there are some foods that are low oxygen. That's a good place to start.

But you know, a lot of people say don't just drop all the oxalates and go into no oxalate diet because you'll get what's called the oxalate dumping, which is very uncomfortable.

Also, where a whole bunch of your the oxygen dumped in your bloodstream. And then now you've got all these symptoms again, the pain for example. Well, there are certain foods like chocolate which is super popular, all the nuts and seeds that people are eating, especially the popular ones like almond and cashews, almond milk, cashew milk, sunflower butter is a low oxalate, pistachios or lower flax seeds or lower chia seeds are super high, so you want to look up the list of high oxygens.

And please stay off the high oxalate ones. And then that's going to be a big, big difference in how you feel and how you ultimately get well. Now a whole lot of people are dealing with histamine.

It's another really popular thing out there. Somebody with a histamine problem has a gut problem, and they have a yeast problem. So that's important too.

So you can also go look up the foods that are super high in histamine and avoid those. The highs are the highest in inverse. But some of the high histamine fears well, they'll always tell you avoid fermented foods.

Well, here's what I like to say about that. First of all, for some fermented foods wine, beer, kombucha. They're super high knees and you definitely want to eliminate those.

But I've been teaching people to eat fermented vegetables for years, and our vegetables, the way we make them, are high in a bacteria called Lactobacillus plantarum.

Plantarum actually degrades oxalates and is degrades histamine. So it's a good bacteria to put in the gut. So if you're eating a small amount of fermented vegetables with like two Bacillus plantarum, you can't put that in the same category as the kombucha or the wine or the beer.

So, you know, you just we do that all the time. We like, lump all these foods together into one category and say, okay, void all of them. Well, you know, if you start off by avoiding all things, all the high histamine foods, including the fermented vegetables, maybe for two weeks, then you can lower than that.

You know, it's like having a bucket, as people often describe it. And you've lowered the amount of, you know, the histamine, and then you can add a little bit more back in.

You can have a small amount. That small amount should be the fermented vegetables with the plant serum to control the histamine. And then so one of the things the yeast are doing is they're taking amino acids like for example, they will take arginine and or anything and they'll convert it into something called purchasing, which is a gut toxin.

And then they'll take, tryptophan and convert it into another, product called indica, which is all indications that you're not digesting protein. So the diet has to be very, very mineral rich, dark green leafy vegetables, even sea vegetables.

If you can work those in, take minerals, put minerals in your tea and water and things that you're drinking because you're gonna alkalis. It's important to a place because as long as your body's acidic, these should keep on growing.

And so a really, really big believer in cruciferous vegetables and they help with that estrogen excess. That's fueling the yeast infection as well. Now so those two amino acids that I was talking about, the endocrine that comes from tryptophan, which is a protein meat, or you can take a supplement.

So don't take tryptophan. You're better off taking five HTP or taking the melatonin, if that's why you're taking it. The future setting, comes from the yeast converting, arginine and or anything into producing the name alone tells you it's putrid.

Sin is like a toxic, you know, template in the gut. So one of the things because of that. But ecology does not recommend a high protein diet like paleo or carnivore.

A lot of people do keto, which is supposed to be, you know, you're getting your fat, you're getting your energy from fats, but they'll do it with a lot of protein.

You don't want to do that at the time that you have yeast. And mold, maybe later on down the road. But again, because we know what the yeast are doing, converting these amino acids into these toxic byproducts, not a high protein diet.

So I usually have said for years, 80% vegetables, 20% animal protein, not high protein. So I mentioned earlier, time restricted feeding. I like for people to have one large meal a day, then smaller meals.

They can take a protein shake like we make a great one, delicious one that has its kind of probiotic protein shake. But, that can be one of the meals.

And and ideally, if you can make it work for you, have your protein mid-day. You'll sleep better at night if you don't have protein, late at night or less thing at night.

So there's oh go ahead 8020. In terms of the yeah, 8,020% of that 80% veggies towards animal protein. Now, I know a lot of people you know, especially a lot of health experts in our field, really focusing on trying to do things that help people.

Advance in their own, lifestyle. Right. So many people won't give up meat. They won't give up if they want. It's like they just absolutely will not give it up.

So it's okay. Reduce it. Right. Reduce the amount of intake. We know that, you know, excessive animal product consumption absolutely is linked to cancer and higher risk of cancer.

Good point. Right. Authenticity. It's an acidic food. Your vegetables are alkaline in that you want that ratio to be more like 80% vegetables a little bit of a soup.

Make sure you digest the protein. That's another issue. Huge problem. A lot of people are not digesting protein. Undigested protein creates another toxin in the body called ammonium.

I actually did a podcast for Mary Witten on ammonia because no one talks about ammonia. I don't think Uri even really got how important it was. But we're we're creating a lot of ammonia in our body, and it's another toxin to have to deal with.

So, you know, I mean, people, I mean, who really want to go to the next level to just completely get animal protein out of their body. No, because they're nutrients and animal protein, like B12, for example.

But they can take a supplement. Take supplement. Yeah. It depends like one of the chapters in my book is on blood type. You know what they found? If you saw this, I don't know if you saw this study, but they actually went and studied.

I can't remember the large number, but it was a very large number of, people who eat meat. On a regular basis. And they actually found there were nearly as many people who are B12 deficient who eat meat as, as vegans who are B12 deficient.

So it's not probably they're not digesting that meat. Yeah. It's not about eating it or digesting it maybe. Yeah. And metabolizing and getting it into the.

So yeah. Yeah.

## Diet, Fasting, and Gut Repair Strategies

That's interesting. I didn't know that. Yeah. It was something I saw recently too. But, Yeah, I'm just asking because I know, you know, like almost all the research I've done, you know, we we became plant based and my family, like, probably ten, 11 years ago when my daughter was born.

And, and the reason we did is because, you know, all the research at that time had led me to, you know, what? If I want to live the longest and healthiest, I possibly can, you know, all the research shows just avoid animal products altogether.

And, and you're going to heal faster. And I've seen that again and again and again from all the people that I've interviewed who who went to a plant based diet and did a lot of the other things we're talking about in this symposium as well, who were able to reverse cancer even stage four cancers, you know, but, you know, that's a really important point, Nathan, I'm glad you brought that up, because there are different types of cancer there, brain cancers, and came in non-Hodgkin's.

I have only ever worked with five people with cancer and they all lived to at the last person was, had brain cancer. He had a tumor that they had been treating for five years.

Then they did, another chemotherapy and then a new one came up in the back of his brain. And so, they couldn't operate on either one of them because he would have lost certain functions, you know, speech or, walking or something.

And so that's when they called me in because I knew I knew his fiancee. And, so he's really, really religious about doing it. But I had my experience with my with brain cancer, is a vegetarian diet.

So what Rich did was, he got his proteins from, you know, quinoa and millet, for example, and a lot of green vegetables. We actually, his fiancee had to go out of town for a couple of weeks, and I literally had was over there cooking for him to make sure that he got what he needed.

And now he's very active, is very athletic, you know, which is important too, because you're those toxins in and around. And, so in six weeks, oh, I had him on very high dose vitamin D.

I can't remember. That was an important thing, too, I think. So, like 50mg was high dose. But anyway, six weeks later, when he went back over to Cedars-Sinai, they checked and they came out to say, well, good news, your

tumor, the new one had shrunk 50%. Wow.

So I thought they'd call me and say, oh, what did you do? But they didn't. And then six weeks later it was gone. And eight months later and this was scar tissue.

And I think he it's pretty normally today, you know, that was good. While ago, two people I work with had non-Hodgkin's lymphoma. Absolutely. Well, one of them went down to the Gershman Institute.

But she been on the body Conti diet for months. And then when she went down there and they had her doing all this juicing, she got worse and worse, started getting her feed her toenails, had fungus on it.

And anyway, she, she's there was a group of them that started the same time, and she was the only one that looked. Then she came back to Georgia, where we were both living, and she told me at the time, and then she went back on the diet.

Well, I have a in her case. And the other 900, what I did was they were getting their protein from fermented raw goat milk and a lot of vegetables and completely raw.

So the whole day was raw except in the raw goat milk. So and that was it. And they did really well. They felt fantastic. You know, the raw goat milk is putting good bacteria in the gut and everything.

So sometimes I don't even know why it exactly why it worked. It's just in my intuition said let's do this. It worked anyway, she, her name was June, and she said that she sure the only reason that she survived out of that group of people that went through the Gershman Institute together was that she had been on an anti fungal diet.

She'd been on the ecology diet for months before she went down there, and she had non-Hodgkin's lymphoma. Yeah. So, good things about the Gerson diet.

But there's also, you know, the juicing of carrots and things like that, as much sugar, you know, the big absolutely the wrong thing to do, soups and stuff to eat every day is part of that is amazing.

Right. But then, as you're saying, that part's the good part. Infections. We've got to get that sugar. The diet and juicing high sugar vegetables like carrots and high sugar fruits and beets, beets to the other one.

And by the way, beets are incredibly high in absolute. So what I tell people to do, because these are very high in nitric oxide, which is really important for the immune system for healthy gut and all healthy blood pressure.

So nitric oxide is good and these are a great source. But I always tell people ferment them for men. And with our starters you get the benefits of the beets with the oxygens are gone because the bacteria eat the oxalate.

So that's why you can do fermented soy like miso. Now, fermented natto doesn't work because it's a real short fermentation of 24 hours. It's not enough to get rid of the oxides, but miso soup is a wonderful that's another thing for breasts.

I met a researcher I was speaking at a was traditions conference with Sally. Sally. And so I got there a little bit earlier and I had dinner with this man.

His English wasn't too great, but he he's Japanese, and he was a thyroid stem cell expert. But the Japanese, the miso makers in Japan, had hired him to research miso and see what the benefits.

Miso soup and all because, you know, the Japanese will have miso soup three times a day, even. And the reason they did that, the, are these miso companies is that the young people were doing miso soup anymore.

They wanted McDonald's. So, they wanted to get some good research. So they hired this man, and he did, a couple years of research. And what he found is that, the miso soup prevented breast cancer.

He just worked with breast cancer women. And, he said that in even some cases, they had three times a day, their cancer disappeared. So diet does play a very, very important role.

And but also, I feel, you know, different types of cancer. I personally am a big believer in blood type. I have a chapter in my book on blood type, and the reason for that is that I said it.

Well, I actually went as a patient to Doctor James, to John the father, and Peter got all into, blood type work. And Louise Cronin also does. And, we both really believed in it and followed it.

And over all these years, I said to people, there was a link 40 some years ago, I was sending people, what's your blood type? When I started working with kids with autism, I'd ask her, mom, what's your blood type with your son's blood type?

They're almost all blood type B, so an A is a much more. It's much more prone to cancer. Their body is much more likely to become acidic. So I do believe that they have to work a little bit harder to prevent and treat the cancer.

But the blood getting back to the amino acids and protein digestion is just simply like the stomach acid to digest protein, animal protein, so they can do maybe, amino acid broths.

And by the way, you don't want to do a lot of collagen because collagen, causes oxide. So yeast this is because of the yeast. Again, they have an enzyme that they use to break down the collagen and, create oxides from it.

So it's, you know, it's like there's so much I mean, that's why I'm so grateful to have this chance to share some of this. I hope people are taking notes that they'll listen to this.

And, you know, I mean by this, this is very important information people have to go through and listen to this again. I mean, there's no doubt about it.

If you listen to this 3 or 4 times, in taking notes as you do, because there is so much good information here, and it is so worth it to really take notes.

And in a few days, give it a week, come back and listen to it again and watch it again. And these slides are really helpful as well because you can visualize and write it down.

But you know, you start adding each of these things you're talking about over time. And then that's when you see results. Right? But there is so much information as you're saying.

So, you know, don't gloss over this. Make sure to come back and and listen and hear it again because it is well, you know, these are some important right there.

Step one of our somebody pledges based on seven universal laws and one of them is the principle of uniqueness. We're all very unique. So you're going to your approach to cancer is you've got to be uniquely based on your needs.

And then step by step is another important one. And so you can't just take all this information and start doing it tomorrow. But you can take some things.

So some things you're already doing and other things you can just tweak a little bit and then start adding. It's good to have support so other people can help you add these things.

But well, I think I'm toward the end of the slide. Can I just finish the last few slides? Absolutely. Okay. So getting back to the time restricted feeding.

Absolutely essential for cancer. Am I going the wrong way? Nope. Did I? I didn't try this. Okay. So so getting back to histamine and why it's a big problem for people, is a gut problem.

Now, in the gut is an enzyme that degrades histamine and is called DHA. So that's the diamine oxidase is the name of the the enzyme. And it's suppressed by Candida.

So if you have candida or mold in your gut, you're that Dao enzyme is not going to work well and you're going to have histamine problems. And also it's suppressed by estrogen too, by the way.

And estrogen is a problem. Lots of women are estrogen dominant. A lot of men are estrogen dominant, especially as they get older and their chest goes down.

But there's a parasite getting back to parasites called blastocyst is harmonists. That parasite is really important to get rid of because, it disables.

Remember I said I mentioned nitric oxide and how important it was for the immune system role? Well, it makes an enzyme that degrades arginine. So you never make nitric oxide and you'll end up with a leaky gut.

You'll end up with a lot of histamine. The more histamine you have, the more you're going to break down that, gut barrier design you learn that people probably know all about.

You're going to get that open, inflamed gut, and then the yeast are going to walk right into the body. So you see there's like kind of like all intertwined here.

So histamine, you might think, okay, I have a histamine problem. Well yes you do. But you know, it is the gut and and you're, you're at risk for cancer.

We need nitric oxide to have a healthy gut and to have a strong immune system, too. So we have to fix the gut. So that's where you start? Yeah, that's kind of a battle cry for a lot of functional medicine practitioners is first to fix the gut.

So you want to remove bad things. You want to kill the Candida, kill them all. Get rid of those parasites. Get rid of the bad diet. You want to get rid of the biofilms too.

So you can get rid of that candida and you can't. It lives in all of these living in biofilms. You've got to dissolve that biofilm. You've got to repair the gut lining because very inflamed.

And you've got to then then replace that gut microbiome. And all of these are literally a whole talk in themselves. But if you don't have a healthy immune system, if you don't fix the gut, you won't have a healthy immune system.

It will be absolutely impossible to get rid of the yeast infection, all these infections, and get over cancer, basically. So I'm really, really big on studying the genes and looking at people's genes if I can get a genetic test.

So one of the things I've found is connected to all this is the LDH gene is an alcohol clearance gene. So if you have variants you have these genes and they're not doing a good job of clearing alcohol.

You're in trouble. Because I said all the height is what the used to producing. And they won't be able to clear that. I said, all right I love Kyle like garlic by the way, because it's really good at reducing acetaldehyde.

You want to look at the person's detoxification pathways. Like for the practitioners listening, that would be the methylation pathways. CBS is the pathway that goes down into making good.

If I can, you might be sure that pathways working. If the person has problems producing, good of iron, then you need to know that because you want to be doing good with iron, you can even get good of iron in drips, for example, IV drips.

John, doctor John Lawrence down in Sarasota has good refined suppositories that I just love. They're they they actually stay in the bloodstream. I think he told me 9 to 10, 11 hours.

The good thing is in the bloodstream versus getting an I. V. drip of good of iron. And then, and so there's, so your inflammation genes, they have names like interleukin 617 and so on.

Their genes, if they're not working well, you're not controlling that information. So if you get the infection of any kind they're going to run wild. And so you can be sure that people that have this unresolved inflammation, it's just always there.

They do have problems with their their interleukin genes are not they have variance.

## Parasite Cleansing and Colon Therapy

And there's a huge problem in autism. We've also found in the autism community they have, vitamin D receptor variance. So they're not getting that vitamin G into the cell or they're not carrying it into the bloodstream.

Vitamin D is super important for healthy immune system, which I think everybody knows that. And then I like to look and see what's what. Variance snips do you have that are going to make you nutrient deficient B12, B2, magnesium, taurine.

And for example, there's there's genes that produce those nutrients. So it's good to know with those when they're not going to work too well you can for sure supplements.

So this is really a perfect example of being able to, use that principle of uniqueness and give that person that support that's unique to them, that makes them have a stronger immune system in a much greater, you know, likelihood of getting.

Well, everybody knows how important sleep is. But, when you don't sleep well and when you've got too much stress, you're going to have elevated cortisol.

And then hypothyroidism is causes elevated cortisol. So, you know, we have to stay in control of your sugars. Absolutely essential. You must control your blood sugar.

Many, many people have genes. About 60% of us have genes that make us insulin resistant. So again, that low sugar diet is absolutely essential. And, if you got a lot of belly fat, you're going to have more cortisol if you're eating low sodium.

And I mean, especially the sodium that you get out in processed foods, that sodium is really bad. A little bit of healthy salt, sea salt. I actually love salt that's, you know, naturally has Celina naturally it's very high in higher in, it's lower in sodium and higher in, potassium.

And it's called makai. So I actually tell people, get the Makai salt, you can enjoy salt, but too much of it is going to raise your cortisol levels. And you know, that's that's very then you're going to have runaway inflammation and you're not going to get well.

And so as men become more and more testosterone deficient as they get older, that deficiency is going to lower their, so testosterone laws, cortisol and you want testosterone in there lowering that cortisol because you don't want the cortisol to get out of hand and causing all kinds of problems.

And then I kind of mentioned about the animals and clinics that Clements I won't go into that. But, you know, so the lymph system gets very, very toxic.

As the gut gets toxic, the lymph system immediately gets toxic. And in order to have a healthy lymph system, you need to drink a lot of water. You need to be hydrated.

But drinking water doesn't necessarily hydrate you. But colonics do our animals do? If you put, do an enema and you put minerals in the water, you're going to get that, you're going to get more hydration.

And that's really good for helping the lymph cleanse. The lymph is moving on these toxins around in, you know, gathering them and sending them out in the body.

So it's don't forget about your lymph system that's important to, you'll have a much more efficient removal of toxins if you have a healthy living system.

So clinics and home is and so and they play a key role in that. And also for diet if you're going to have diet for sure as you're getting well diet is absolutely going to occur.

That's when you want to take out your hand in the bucket. You know, in the morning before you go to work or at night, 2 or 3 days in a row until you feel fine again, and then you're you're still healing and detoxing and everything, but it will be miserable while you're doing.

And there's a ton of supplements that are good for, candidiasis. I mentioned kale at garlic because of its amazing ability to control and get rid of acetaldehyde.

So you'll take on Kulik because, you know, coming these tiny little tablets and you want to take two, three times a day drinking powder go to. Great. I like for people to supplement with taurine and biotin because they will be depleted for sure.

And, berberine is great for controlling blood sugar. You might want your dog to put your metformin, but some studies have actually shown berberine to be as effective as metformin.

I think everybody needs a binder. There's quite a few on the market, but you want to bind up the toxins in the gut is they're dying off time restricted feeding.

Now drugs like no statin in this oral can be prescribed by your doctor. Now, Staten Island is the healthier one. It only works in the gut, kills the bacteria in the mold, and the gut now has some side effects for the liver.

But if you are undergoing chemo and all, you really should talk to your doctor about using these as a prophylactic. And I actually had that experience with my mother.

She went through a rare form of, I mean, I mean, she she got throat cancer and she went through a new therapy. They were trying out on people, and she it totally ruined her throat, but.

And she died three years later. But when she was going through that therapy, she she got unbelievable thrush in her mouth. So I called the doctor up, and I said, what are you giving her?

This is the world's new. We're trying it out. And I said, well, she's really bad. Thrush. So she has used throughout her body. This is dangerous. More dangerous even than her having the cancer.

You need to put her on a prophylactic. He did. He did a prophylactic. But. But the other thing was, she was going down to Miami for this special program, and there's, like, 8 or 9 treatments, and she made it all the way through seven.

And when I was talking to him, I said, well, how many people aren't doing it? What do you know about this? How many? You know, how many people have made it?

And he said, well, most everybody won't even to the second or third one because 2 to 6 is too miserable. What I had done with her is after she got the chemo, brought her back to where she lived in Jupiter, Florida, and with a colon therapist there.

And she did, colonic, which she felt was just so sick. And after the clinic, she felt so much better. So enough so that the next Tuesday she went down and she got another one and another one, another one where she refused to do the last one.

But, I realized later that the fact that she was actually, you know, getting the chemo and then getting those, her detoxification pathways open with, with a clinic really helped her continue to be able to do the chemo.

And, so she was fine. But she, you know, but her throat was burned from the radiation, and, she insisted on eating yogurt with sugar in it all the time.

## Managing Candida, Histamine, and Oxalates

So, you know, that type of cancer usually does come back in about three years, and that it did for her. And then she was ready to go. But, she had a good death, actually.

I always felt grateful that she didn't suffer for a long. Really. And, but it helps, you know, my own personal experience. I just wanted to share, but anyway, that's that's all that is stuff.

Here's our website bunny ecology icon. We have a lot of lots of information and good supplements and on to and very much focused on gut health and a lot of information.

If we can get it out there, keep it out there. You know, with Google taking all of our information out, it's hard for many of us. I don't know if the public knows that right now, but many of us are struggling with trying to keep information out, in the, on the web, because they really want everything to come from the web.

And so it's getting harder and harder to be able to tell people the truth. That's why I think events like this are so important. Can't trust the internet, that's for sure.

Yeah. Thank you. John. I mean, that that is really sad. State of affairs that we're facing right now is, you know, the largest, social media giants and, you know, information pathways that, you know, we've all depended on for so long.

I mean, they're censoring, you know, and they're censoring scientifically validated information to help people. Health. Well, you know, Google is in partnership with one of the major companies I think is, is that it's a company called, something SmithKline do you know, and, yeah, that one.

Whatever. I know I'm pronouncing it wrong, but it's a major drug company, and Google's in, their partners, they have been for about six years. So the goal is to take away our kind of information and sensor and put up just what they want you to know.

So again, these kind of events on Facebook, for example, you know, shut down my ad account. They've shut down, many of our colleagues, entire Facebook pages.

We've had millions of followers. They just, you know, shut down, mercola and everything. He's Joe, Josh Jackson, Sergey, many of us. You're right. These kinds of events that we can come reaching and helping people.

And it's up to our listeners and viewers here, you know, wherever you're hearing this, whenever you're hearing it, you know, one to take as much action on this information as possible so you can see the, changes in your life.

But then to share what you're learning with others so that they can take back control of their health. And three, share this event and this information and, you know, done this website with everybody you know, share it on your social channels, share it every way you possibly can.

Because the truth is, you know, they're these big conglomerates for, you know, all their political and financial reasons or censoring all of this important information.

But we the people have the power. And the more you share, the more you help get this information out, the more impacts we can make. So, you know, body ecology.com go there right now.

Donna has some amazing products there that I encourage you to take a look at. You know, I've been looking at your your probiotic protein shake, which looks amazing with fermented vegetables and really great probiotics.

I know it tastes good. Delicious. I know you have a nice sweeteners as well, which I think is important for people. Right. Like stevia monk. Yeah, because we're going to want that sweet taste.

It's a normal you know, we want we we like we shouldn't like sour salty sweet. So it's hard to avoid it. So there are stevia for example which was nothing.

I was like kidding. And just discovered in a lab in China. So I brought it, I found it, and I brought it over here and started teaching people about it and fighting the FDA.

For a while, people helped me, of course. You know, so we have it is very it's in all kinds of things now. But there's still content from Japan, which is a popular sweetener over there.

That's great for baking. And it's better in coffee than stevia is. And we have a new one coming out that's really going to be great. Because you need alternative sweeteners.

You don't, you know, and another thing to let's say that you're craving sugar. What I tell people to do is pour a glass of water, put some lemon juice in it, or lime juice and squeeze and say, stevia or sweetener and drink that.

Because as soon as your brain thinks it's had something sweet, particularly if it's hydration, you know, a lot of times you're actually craving it because you're dehydrated.

So that's a great thing to do. You get the sweet taste, you get the hydration, and all of a sudden you're not craving sugar anymore. So we need a little techniques like that because I think everybody knows sugar is the last thing you're going to put in your body for cancer.

Yeah. And that's you know, those are some great things that we can do, obviously. And, you know, done. I just want to say thank you so much for, you know, your wealth of information for being such an incredible pioneer in the space.

And, thank you for, you know, spending this time with us and with our audience here at the Global Cancer Symposium to share, you know, this wealth of information, as I told everybody, a little bit ago, you know, make sure to go back through and listen to this again, because there's so much good information here.

But really start picking one, 2 or 3 things you can start doing, to help you move forward in implementing these important, you know, health enhancing practices into your life.

As you said, people tuning in are probably doing quite a few of these, but there's always more we can do. So again, Donna, I just want to say thank you so much.

This is a big been incredible. It's been a treat to to get to spend time with you and listen to you and, and you know, you just say this is a treat of knowledge.

So thank you so much. Thank you to Nuveen. And for doing this I personally produced a couple of seminars and I got a couple more coming and down the road next year and it's a lot of work to do this.

It's just real dedication. So I hope people, you know, don't get to like, say, oh, I already heard this last cancer summit because everyone will be, you know, people always sharing new information.

And the way to really get good at something is to listen and listen and listen over and over and over again, even if you heard it before, it's good to hear it again.

So thank you, Nathan, very much. Absolutely. Thank you. As well. 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.