DAY 1 - Finding Your Deeper Why - Nathan Crane Transcript

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Welcome to day two of the conquering Cancer Summit. I'm really excited you're joining us today. This is a very special day of the summit, where we get to explore the deeper underlying causes of cancer, many of which are completely avoidable or can be drastically mitigated in our lives.

And we get to dive into the deeper essence of what cancer actually is, what causes all forms of cancer, and even get into how to stop feeding cancer in our bodies.

So it stops growing. I'm your host, Nathan Crane, and I'm honored you're joining us for this summit. If you missed day one, I highly encourage you to go back and watch it.

It will give you a deeper insight into the war that's going on between opposing medical fields. And I also lay a framework for why we are in need of more integrative cancer care and a coming together of all fields of medicine, from natural and holistic to modern and conventional, to create the best results for preventing and reversing cancer once and for all.

Today you'll get to hear from two time cancer conqueror doctor Sonia, who shares her integrative journey with healing cancer. You'll get to hear from Doctor Rashid Mutare about the number one core cause of cancer and how to stop feeding it.

You'll hear from Brian Vesely about the hidden toxins in your home and skincare, and how to stop soaking your body in toxic, cancer causing chemicals.

And you'll get to hear from renowned holistic medical doctor Thomas Lodi, not only about what the most simplest definition of cancer is, but he begins to touch upon why it's important to understand the anatomy of the human body, our deeper, instinctual needs for specific food types.

Why he doesn't recommend the carnivore diet, what he thinks about keto, and a lot more. While day two does touch slightly on some of the dietary recommendations he has, his patients follow when healing cancer.

Day five is all about the anti-cancer diet from world renowned healing experts, so make sure to watch day five to go deeper into specific diet and nutritional recommendations for cancer.

But before we get started, please make sure to click the share button on this page. Share this on all your social media sites and get engaged in the conversation below this video.

We want to hear what your insights have been so far. What's your inspired by and what new information you're looking forward to? You can share this and comment below.

So together we can make a positive impact in the lives of friends, family, and people around the world who need this life saving information. So without further ado, I'm excited to welcome you today, number two of the Conquering Cancer Summit.

Let's begin. Doctor Thomas Lahti has been practicing medicine for over 34 years now. For the first ten years of his medical career. He worked as an internist, urgent care physician, and intensivist in ICU and CCU departments of various hospitals in New York.

In 2002 established one of the first integrative oncology centers, and in 2005 founded an Oasis of Healing in Arizona, which is still active today. I interviewed the current medical director there and Arizona doctor Nathan Goodyear as part of this series.

We talked about really the the most important aspects of the cancer healing diet that they're implementing there.

You should go listen to that interview right after this one.

And their website is an oasis of healing. Dot com. Doctor Load has been licensed as a medical doctor in the state of New York since 1987, and is a homeopathic medical doctor in the state of Arizona since 2002.

Doctor Lodi is a founding member of the International Organization of Integrative Cancer Physicians, and an active allied member of the American Society of Clinical Oncology.

Since 2012, he founded and served as the Chief Integrative Oncology Consultant for several cancer centers in Bangkok, and Paquette Thailand, Malaysia, India, Vietnam and Dubai and is currently the founding member and CEO of Oasis International in Paquette, Thailand, which is actually where he is joining us from, a day ahead of us in the morning, and we're a day behind when I'm recording this in the evening, so I'm glad our timing worked out.

Doctor Lodi, thank you so much for joining us. You're welcome. You're welcome. It's glad to be back. Yeah. It's been, it's been a few years since we've connected.

A few years. Yeah, I think originally, I mean, because I moved to Thailand in 2012. So I don't remember when you were doing the filming for the original.

Was it before 2012? Most of it. It was a couple of years after that. But we were doing some conferences there in San Diego that you were speaking at some online summits, magazines, all kinds of things that, you were a part of just because your work is so instrumental in, you know, integrative care for helping people with cancer.

So, yeah, I'm super happy, excited to be connecting with you again. Okay. Me too. So let's dive in. The most simple but profound question I think I can start with is what actually is cancer?

Yeah, and that's really a perfect question. It's a great question. It's and, and I think once people understand what it is, some of the mystery of course goes away.

And, and, and we have to understand that a lot of fear, you know, it's just based on ignorance, you know, we don't have it. So knowledge brings the knowledge.

Shine the light on things and you understand it. Cancer is actually a very, simple, natural, homeostatic, which means, in biology, homeostasis is the, processes and qualities of an organism to maintain its functional integrity.

And no matter what happens, you know, like, you get pushed, you have a biomechanical, homeostasis. Your leg goes out to hold you up so you don't fall.

Okay? You're eating too many cheeseburgers and and, pizzas, and your arteries are getting clogged up, but your your body knows you need to keep the flow of blood to your heart and your brain.

So how do you maintain flow with clogged up arteries? You increase the pressure. So you go to the doctor at a high. You have high blood pressure. Is that. No, no, no.

The problem is the pizzas and the and the kabobs and the things like that. If I stop that, yeah I won't. Yeah. So anyway, so the, the and that's the same thing with diabetes and cancer and all that.

So we're going to tell you right. You go I just want to mention that you go to the doctor and they say you got high blood pressure. We need to give you some medication to lower your blood pressure.

And what you're saying is, no, that's not that's not what you're trying to do. Not trying to lower the blood pressure. You're trying to get rid of the things that are causing your blood pressure to be so high. Exactly.

Because what what were what we're identifying and what we're focusing on, this is very important is we need to eliminate the myth of disease. Okay. There's no such thing as an entity called a disease that gets into you like you

have diabetes.

Where is it? You know, is it in my elbow or is it over here? You know that I catch it. Is is it an it? It's not an it. So in other words, what I'm saying is that the body is always and it's designed and not just our body.

The dogs bodies, cats bodies, elephants bodies, trees. They're designed to, maintain functional integrity regardless of what happens. It's called adaptation.

It's called homeostasis. So if I'm eating all this stuff. Right, and my arteries are clogged up and I need to keep the blood flow, my body will naturally increase the blood pressure to keep me alive.

Right now, that's not a long term solution, but it's the only thing that can be done at that time. Right? So if I go to a doctor and I take drugs and those drugs actually dilate my arteries artificially so that the my pressure goes down, what's happening now?

I'm now I'm not getting the blood flow to where my body intended it to go. So my brain's not getting it. So I have a low level hypoxia or low oxygen. I have a low oxygen level at my heart all over.

And what we know now about people that have been on antihypertensive for 20, 30 or 40 years now is that they have a higher incidence of cancer. Why? Because they're continually, even though it's low level hypoxia right around the body.

So anyway, so in other words, the the body, whatever symptoms you have, whatever's going on is your body is already adapting to a situation. So you need to just change the situation.

And then your body no longer needs to do that adaptive dance. It doesn't have to do the high blood pressure dance that the cancer dance or that. So what is cancer?

The fundamental. The fundamental process that all cells, whether they're bacteria or elephants, need to do is produce energy. In fact, 50% of the energy that our cells produce are required just to keep the cell, function, just to keep, you know, we have we have we have what are called sodium potassium gates.

And we have all these other things that keep the cells intact just to keep all that intact. So the before the cell does any work just to keep its shape and all that, 50% of the energy is used just for that.

Now, if the cell is going to do any work and then have to adapt to something, it's going to need more energy. Okay. So energy is the fundamental requirement.

And that's why it's, it's paramount. So, in in our cells, we're not we're not like bacteria, but in our cells, and all the higher organisms, there are these little, organelles inside the cells called mitochondria, and they produce the energy.

They grab glucose and they grab oxygen. Six oxygen is one glucose, and they produce a total net total of about 36 to 38 ATP. ATP is the currency of energy.

Okay. And you can imagine we have we have hundreds if not thousands of these little mitochondria in our cells. But it depends on the organ. Like the heart needs more because it's beating. Right guys?

You know, in one day, let's say you thought you did nothing all day. You sat on the couch all day. Your heart was beating 100,000. So? So that's pretty amazing, right?

100,000 times a day. You know what's interesting about that as well is, I can because, I'm an athlete, I'm a CrossFit athlete. And so I use, you know, something that kind of tracks my heart rate, my rest, my recovery, my sleep, my calorie expenditure, all that stuff.

And I can be on a total rest day on a Sunday, do nothing. Just lay around all day and my body's still burning, you know, over 2000 2500 calories in a day.

And I've done nothing. Right? Right. The body's expending all that energy just processing, regenerating, doing all these things that you're talking about.

Well, you know, a ten with 36 zeros after it. Okay. That's a big number, right? A ten with 36 zeros after it. That's the number of chemical reactions that are going inside of our bodies every second.

Every second. So you just, you know, if you think about that and then you realize there's like 60 to 100 trillion cells, you realize that this is an incredible, incredible thing.

I mean, and who's the question I am? This is who's running the show. Certainly not me. You know, if I had to be responsible for my digestion, I'd be after eating, I'd be stuck in the room all day.

Just. Okay. So, you know, you can't do. We'd be dead. We'd be dead if we had to be responsible for any function in our body. Right. Can't do it. So anyway, it's pretty amazing.

So anyway, now these mitochondria, because they use oxygen. Because oxygen is necessary to, get this high yield of energy from the glucose. You get what are called, reactive oxygen species.

They break up and they're called free radicals. Right. Well, we in the process of getting the energy, those free radicals are necessary. They're useful.

The electrons from those free radicals are used. Right. So that's how we gather energy. But what happens is they they begin to accumulate and they produce damage also.

So they can also. So they're kind of like a double edged sword. It's like oxygen is really, really important. Right. At 21%. Right. But you put a mask of oxygen on at 100%, and within three weeks you've got emphysema, okay?

Because you've just, you know, the oxygen will destroy. So we need, you know, without it, you don't live for five minutes with too much of it, you're going to get really sick.

So in other words, that's you know, it's like that with everything. But I'm talking specifically now about oxygen. So in the mitochondria you wind up getting those, those reactive oxygen species which are like, free radicals.

Now because of that, because of that, those mitochondria are the most vulnerable to whatever happens, whatever kind of, unfortunate situation happens, you know?

So now, if you consider our lifestyles, we're. And you can't you you can't say what caused my cancer. Well, it's not one thing. It's everything. Right?

So it's it's diet. It's, the time you go to bed, it's, the amount you exercise. It's the amount of alcohol you drink. It's the relationships you have.

It's your ability to, to to forgive, I mean, love, it's how many deep lies, you know, I mean, I, I, you know, I, I've learned a lot in the last ten years about how important the mind is, but all of these things conspire to, challenge the cell and the most vulnerable parts of the cell are the mitochondria.

Well, when 40 to 50% of them become dysfunctional, okay, through a myriad of things, including EMF, we can't leave EMF, MFL. Right. And and now 5G, who knows?

But anyway, now the cell needs to survive. And what does it need to do? It needs to produce energy. So it reverts back to the only primordial way of making energy.

And that's called fermentation. So it starts to ferment. And fermentation of glucose is how you make wine and cheese. And you know, that's just it's a fundamental way of making energy.

But it's clearly I mean, it's extremely inefficient. Whereas with what we talked about before, the mitochondria produced 38 ATP for every one glucose with with, fermentation, one glucose produces only two, which means it's 19 times less efficient at energy production.

So therefore, in order to survive, in order to keep this, multi-trillion celled organism functioning with enough energy, right. All of those cells that get, that lose their mitochondrial function and have to ferment, they, it signals the nucleus to now turn on and turn off genes so you can have a new program for the cell that supports this new metabolism, this new metabolic requirement.

Right. We're now going to deal with instead of a mitochondrial oxidative phosphorylation, metabolism. We want to deal with a, what they call fermentation.

I'll just call it fermentation metabolism. So it turns on certain things. One of the things it turns on is it up regulates the production of insulin receptors. Why?

Because cancer cells need more, sugar. We need more glucose. Right. They're 19 times less efficient. So you can't change what's inside. You can't change the mechanism. So you have to give it more fuel.

So you give it more. It's like, you know, you think of those old trains. Those coal trains were the guy was shoveling the coal into the train. Right. Well, the more he shoveled into the engine, the faster would go.

And that's the same kind of thing. So the cell needs to get all that. So that's what happens. It up regulates that it up regulates this enzyme. And that enzyme it down regulates all these all those all those genetic expression changes are what we call uncle genes.

So in the end when you're sitting there and you say you have the this Marcus, you have whatever it is, whatever your p53, you know, or whatever it is, all these things are really, they're done to support fermentation.

So what cancer is, is a chronically fermenting cell that's it. Nothing more and nothing less. The other question I don't think I want to jump into is that whether you have cancer in the brain or the breast or the or the pancreas, okay.

The only difference is the first word, okay, location. The second word is cancer. Pancreatic cancer, breast cancer, brain cancer, colon cancer. Okay. So now I want you to understand that you don't have a different kind of cancer.

There's no different kind of cancer. It's all the same. And it's the location that would make one more, serious than another. I mean, serious. I mean more, has a worse reputation, like pancreatic, because of its location.

If it grows, even I have a centimeter. It's already in another organ. You're in stage four. You're cut from. Whereas a breast tumor could grow, you know, several centimeters and still be a stage 2 or 3.

So that's without affecting physiology. So really I want people to understand that. So when you say, oh, I have this really rare cancer, rare means they haven't, found it beginning in this particular cell type.

Often that's all it means. But it's still the same. Which is why the therapies to reverse it don't have to change the at the same spot. And that's that's true for whether it's lymphoma or it's, blood cancer or it's a tumor or does it bone cancer doesn't matter.

It's the exact same process. It's just one might be, you know, a worse experience or faster or whatever than the other. Exactly. So so I want to I want to see if, if I got this correctly, if I follow along correctly, the fermentation process is almost like a built in redundancy to keep us alive.

Right? So that's like, we're not feeding ourselves what they need. They're being depleted. They're being, damaged through oxidative stress, through mental, physical, emotional stress, Wi-Fi.

You already named a lot of the causes diet, poor diet, too much, you know, not enough exercise, etc., etc.. The cells, the mitochondria start just functioning and they go into the fermentation process basically to keep us alive.

But in the fermentation process is actually what's turning the those cells into cancer cells. Right. But they're producing, some energy to keep us alive.

And so cancer is actually prolonging our life. Is that I believe I've heard you even say that in the past, that it's an adaptive response. And and let's say, let's say a tumor in the breast.

If that didn't happen, if it didn't, if it didn't adapt, it would have become death. It would have the tissue would have died. And that tissue was called necrotic tissue.

And dead tissue is a is a becomes a nest for bacteria and other meconium. They love it. They would go there. You would get you would get a horrible infection.

Probably get into the blood and you would die, you know. So I mean, it's really you have to understand that about cancer. But that's absolutely right.

I wanted to, it's not only that fermented. It happens every day when you exercise, if you let's say, let's say you sprint up to the corner, okay? And you haven't been doing this in a while.

By the time you get up three quarters of the way, you're starting your eggs, your legs are starting to ache. You get up there and you're going, what happened?

Well, you because you're not in shape or even if you are in shape, then it might take a little longer to get to that place, but you will get to the place where you will have exceeded your ability, your your, oxidative ability.

And now you start to ferment, your cells start to ferment. It's called glycolysis. I was there I did that this morning. And then the glycolysis, the the end result is, lactic acid.

And that lactic acid is what makes your legs sore. So when you're feeling that soreness you're all you realize that your body's fermenting. And then you go you blow off the carbon dioxide which equilibrate the.

And then you're okay. Well with cancer you can't do that because even blowing off the carbon dioxide you don't have the mitochondrial to begin the that to begin that really efficient process again.

So you're stuck in permanent so we can look at cancer as permanent or not permanent, but at least chronic chronic fermentation. And by the way, it can be turned around.

So if our body's. So going back to the exercise, analogy, if our bodies didn't have the ability to release that carbon dioxide and then allow our system to flush that lactic acid out, basically that would all become cancerous.

Is that what you're saying? But it doesn't make it a cancer is because because we're able to flush it out? No. Cause cancer would have to we'd have to destroy the mitochondria to get cancer because that's the whole thing.

Yeah. So it's just it's like an initial fermentation process. It's not the full right. That's right. Right. Yeah. It's and it's fermenting. Not because it lost the mitochondria.

It's just that your cells got overworked and you don't they're not quite efficient. So they temporarily had to start fermenting, you know. And then you have to slow down and get rid of the carbon dioxide.

And now you can go back to being what you were. And now your body has just adapted and you've, you know,

increased your capacity a little bit. So the next time you do it, you can go a little bit harder, a little bit further.

Exactly. Yeah. Training. Yeah. So okay, so, I love how you explain that. So it's kind of posed a couple of questions that's come up. Why then, are all these cancers, you say the cancers, the cancers, the cancer, it's cancer.

But why are they so different in terms of where they show up and why they show up in these different areas and these different types of cancer. Right. Well, depending on the insults or the challenges that the cells had, will determine whether or not it becomes cancer.

So let's say, Let's say that a woman is, living a, a lifestyle, you know, here. And you know, you know, I've got a from the beginning, What's the word acknowledge?

The fact is, there's a there's another thing about cancer, too. Sometimes we don't understand it. I have had not all most people, you know, they've you know, what's happened in their lives.

But some people come to me, you know, God, I grew up on an organic farm, and I was, you know, I was active and all of this, and I everybody's surprised how, like, why I get cancer.

Yeah. So, so a lot of times we cannot identify what happened, and that's, you know, and that's and, and, and, and for the same reason, there's a small percentage of people who do all the right things and it doesn't work.

So those are very small. Yeah. You have to understand when I'm talking right now, I'm talking about the the vast majority of people, 95% plus of the people.

Okay. There's a small percentage that we just never understand it. Well. And that's you know, I've, I've found with people who I've talked to like that sometimes if you dig really, really deep, even if it says, oh, I had a great childhood or I had and you dig deep and it's like, oh, there was this huge traumatic event that they forgot to mention that's still with them subconsciously today.

That has been an underlying stress for 35 or 40 years. Right? So there's those things too that aren't really clear. Absolutely. Because if you dug down and that's and that's if we have a chance to talk a little bit about the mind later.

But anyway, so if a woman, let's say a woman, is exposed to the normal lifestyle that we have here in the 21st century and her hormones are not balanced, right?

She's got too much estrogen, not enough progesterone. She's even got too much prolactin. She's got that kind of thing. Let's say she wears a bra all the time.

She never. You know, she doesn't. You know, she doesn't, take it off. Except for when she sleeps, right? Which decreases the breasts. The ability to move is lymphatic.

You know, we know there's actually a correlation between the number of hours a woman wears her her bra during the day and her, risk of breast cancer, you know, so the less wearing it.

You know, this is a relatively modern invention. It came about, actually, with, Howard Hughes invented the bra that women wear today for Jane Russell in a movie called Gentlemen Prefer Blonds with Marilyn Monroe and Jane Russell.

And, in fact, Jane Russell, was given a contract. If you wear this bra in this movie, you will get $1,000 a week for the rest of your life. And you know, in the 90, what, in 48 or whenever it came out.

That was a ton of money. It's still not bad. You know, if you if you got $1,000 a week for the rest of your life. But anyway, that's where the new brought this bra came.

And this bra actually decreases a woman's, her breasts. Because normally in a healthy, natural setting, as a woman walked her breasts and her breasts would bounce.

And as they bounce, they would, you know, the lymphatic system would circulate and all that. It's natural. Right? Is it reminds me of the Hawaiians, you know, back in back when the white men first came to white, they weren't wearing bronze, right.

And they were not. And they were surfing and they were healthy and large. And we said, no, you got to wear bras. It's terrible because, you know, why in Hawaii they didn't think of the bra at the as the breasts, as sexual objects.

They thought they thought breasts were for the babies. Nothing. Not for the men. Right. So they had a whole different perspective on it. Right. But we came into the norm anyway.

So now we got really sick of Hawaiians, but anyway, so if a woman has that constellation of, you know, of, of the exposures and the hormonal imbalance, then it could show up in the breast.

It's more likely to happen in the breast. Right? That's where it will happen. So there's always that. And for example, pancreas, we know the pancreas seems to happen with people who, not always but often people who eat a lot of cooked carbs.

Okay. So if you're eating a lot of cooked carbs and you've got all these kinds of stresses, and there's other things too that we might not be aware of, for example, microorganisms, we know that we we have a dysbiosis.

You know, we're don't, you know, one of the things about probiotics that is really important for everyone to understand, and that is you can take probiotics all day.

All day, every hour. Oh, I take my probiotic. But if they if those if those bacteria once once they get into your system don't have the food that they need to eat, they're going to pass right through.

So in other words, you're the bacteria that exist in your gut. Are there will it will survive based on the food. So if you have a fast food diet, those are a certain set of species that will exist in there.

If you have a healthy diet, if you eat a heavy meat diet, you'll have a certain set of certain group species that survive in there. So don't have to worry about the bacteria, worry about the environment.

That's your job. Your job is to take care of the environment. So and that's that's where prebiotics really are. It's probably more important than taking probiotics.

Right right right. Because remember you've got you've got more bacteria in there than you do cells in your body. Right. You know they're going to replenish themselves.

You can't knock them out. And that's you know we're talking anything with inulin fiber right. When we're talking about prebiotics. And that's pretty much fruit and vegetables to make it simple.

Exactly, exactly. So the more that you eat them well, the more that you eat, the more of the kinds of species that we need for our health. We'll survive.

Now some if you're eating a different diet, you'll it'll be it'll be good food for a different sort of species which are actually pathological ones, which would cause us all sorts of problems.

Okay. And we know that the gut and the brain are connected, right, in terms of thinking and feeling pretty good. So imagine you're eating a certain diet.

So it's going to affect the way you think and you feel and you respond. It's all very very important. Okay. So just to wrap up there, the reason these cancers are going to show up in different parts of the body is we're still learning

some of those things, but like you said, you know, hormones out of balance more often than not it's going to be in the breast if it's, you know, a lot of crude carbs could be pancreas if different reasons are causing it show up in different places.

If a lot of meat has colon, a lot of meat is colon. That's kind of where I want to go next. Okay, first of all, when when you want to say what is a proper diet for any organism on the planet, right.

You have to understand that organ organisms anatomy and physiology. Okay. So you got, you got an elephant, right? With its anatomy and physiology will tell you exactly what it should eat.

You've got an anteater with the long nose and the long term. Right. And that, that and the. You know what it's going to eat. A tiger anyway, our bodies, our anatomy and physiology.

What is there? See, said the reason we have to debate about this is because we we were forbidden by our periods to be instinctual. We were not allowed to follow our instincts.

Yeah. Our our our parents insisted. And then we insist our children to be culturally appropriate. So all of our responses are cultural. We've been in culture rated, so we don't know what would be our natural diet, because if you're in Thailand, you're eating one kind of food.

If you're in Germany, you grow up eating another food. If you're in Africa, you grow up eating another food, and then each country thinks that their food is is the best and the only one that people should eat.

And it becomes your appetite is what you crave and it's your emotional thing. So, but you know, that's, you know, that's what, that's what happens with food.

But anyway, our anatomy and physiology is such that we are if we look at gorillas, if we look at chimpanzees, these are our cousins, you know. Why do I say cousins?

Well, you know, we may have, what, 67, 65%, percent same DNA as a dog, whereas we have 99% same DNA as a chimp. Right. Doesn't mean we came from dogs.

It doesn't mean we can't beat. It just means that we were designed on a similar structure or you know, we have four chambered hearts. So do they therefore chambered heart right.

The heart lung apparatus you know, the whole thing. The kidneys. That's a good system. You know. You know, why would God have to make several systems?

One one good system. So anyway, so our cousins aren't acculturated, so they eat out of instinct. Right. And think about it. Let's say you had a, 14 month old child, or you had one from every country, one from Ethiopia, one from Afghanistan, one from Kansas, one from, Australia, all over China.

And you put them each individually in this little, playpen with an apple and a rabbit. Okay, none of them are going to eat the rabbit. They're all going to be attracted to the round list.

The redness or the greenness. They're going to like. It's round. It's got the shape. It's got something that's intrinsically attractive to a young human.

Right. And they're going to lick it and taste it. They're going to play with the rabbit that's instinctually. We're not instinctually there to do that, but we're forbidden that.

Our our mothers saying and fathers no, stop. Don't know. Stop. Oh don't you know. So by the time we're three, our appetites are formed. So you and you know this.

You're a father. You can tell a two year old what to eat. You cannot tell a four year old would eat. Okay? So by

three appetites are formed. Right? And, that's the tragedy.

And you have until three to get it right with your kids. Okay? If not, you're going to spend the rest of your time trying to fix it because the it's a really good point you brought up because my dogs, who I have allowed them to eat instinctually right.

If I put a rabbit in front of them, they will kill the rabbit and they'll eat it raw. Bones, skin, everything. So when we're when we're out running, they will hunt rabbit.

I never taught them to hunt. I didn't teach them nothing. I just I gave them, you know, meat, raw meat from time to time. And, I never stopped them from trying to catch a rabbit when we're out running and they'll catch it, they'll kill it, and they will eat it.

All of it. The pop, the, you know, the the intestines open and the stomach filled with crap. And that smells horrible. And they'll eat all of it. And they love it, you know.

And they that's a true omnivore right now, if we were true omnivores, like you're saying, like if we were meant to eat, you know, quite a bit of meat and maybe some plants.

I think we would crave that. Raw meat, the bone, all of it, just like my dogs do. But exactly. We, you know, you're exactly right. Dogs. All omnivores have to be capable of killing an animal because the by the to the fact that they're an omnivore.

So what does that mean? Well, that means, that they in it for mammals, they pretty much need to have a snout. Okay. So what are the famous omnivores that we know of?

Dogs, rats. And who's the big guy? The bear. I mean, you know that the bear is like 80, 90% vegetarian, right? This big, massive thing. But it's got the snout and it's got the claws.

It's designed. So when it needs to kill, it will. So dogs are scavengers, you know, they're they're omnivore scavengers. You can actually, if you got a 12 year old dog and it's not, and it's kind of losing its energy, you can change it, switch it to a vegetarian diet, and you'll get another four years out of it because they'll live, because they'll be getting less garbage.

I've done that a few times with dogs. Oh, now that's that's just not feeding them the the dead dry dog food. You're giving them fresh, fresh food plant vegetarian.

What about putting them on a like a raw meat diet with some that that's what I've seen. Now is that that that's the best. You put them on a raw meat diet, especially from early on.

And they'll they'll live long. We have to. Yeah. Anyway, so it just like it works for them. It works for us as well. Yeah. But anyway, so, you know, we can get you know, I won't. We?

First of all, if we were carnivores, if we were omnivores, then we should, like you pointed out, should be attracted to. I mean, we should see a cow walking in the, in the, in the past year and go.

No, we don't do that. We're not excited by that. We're excited by the steak. It's been removed. It's cooked. It's got a smell. It has sauces on it. We're not excited by a piece of bloody flesh.

That's not what we even instinctually we're not like that now. Some guys that want to beat their chest. Yeah. There's some bizarre people that will do anything. Yeah.

But that doesn't mean that's where humans are. And humans in general don't are not attracted to that. And I think the origins of cooking came from meat because, you know, when we were eating, you know, broccoli and apples, you would just eat it, right?

You just eat it. It's a good, but when it came to flesh, it's kind of disgusting. So you got to do something to it. So of course, heat. In our bodies.

Our bodies are really designed like an herbivore, right? Our long intestines, our teeth that are made for chewing, grinding plants and vegetables and things like that.

Isn't that true? I mean, if you really look at carnivore, omnivore, herbivore, our bodies are much more like an herbivore than than either the other two.

Well, we don't have a snail, right? These you can say these are canines. They're only in the canine position, but they don't come below the inside of them.

So it's a they they function as an incisor. They're not piercer. They're not piercing. Dracula has that. But not not the average. Not non vampire. Okay.

So vampires have it. Vampires can eat meat or design, right? So we weren't, but Anyway. Yeah, but the the the the the omnivore. The omnivore doesn't chew.

They gulp and their jaws only move vertically. Their teeth are sharp, their tongues are thin. So they can, you know, they're long and thin. Their, digestive tract is short and straight.

Their livers produce a lot of uric acid is an enzyme that breaks down, your acid, which is a byproduct. The protein is they have to have that, and, they don't sweat.

They pant. They pant. Okay. And those are just some of the, some of the, qualities or aspects of, of of the omnivore and carnivore, whereas the herbivore just go horizontal and vertical.

We have to pull cheeks. Remember, dogs and cats don't have cheeks. They don't have lips. The reason is that's why when they're chewing something, it'll fall out.

They have to pick it up. You know, we're we have the cheeks, we have the lips and a and we have flat teeth for grinding. And our our tongues are thick and muscular and and we have an enzyme in our, in our mouths to digest starch, not to digest protein.

Okay. So and what is starch. Starch is fruit, right. And starches and vegetables and stuff like, you know, glucose. That is that's what I would argue with that.

Now what goes into a long I mean it's 10m or 30ft from mouth to rectum, 30ft. Okay. So how tall are you? Six foot. So, you know, it's, what, six times?

You know, five times the size of your, your whole body. But, when we look at carnivores versus, herbivores, the torso, right in a in a carnivore, the torso or omnivore, the torso is three times the length.

The the the intestines are three times the length of the torso. When we look at, what? We are herbivores. It's 6 to 9 times. So if you figure on me, this is probably about almost a meter, maybe three, maybe 2.5ft.

Right. And 30ft of intestines. There we go. Yeah. So that's a long way. So the problem is, when you eat meat, when you eat foods like that, that don't have feet and hands, like if you're eating broccoli and cabbage and things like that, it's got cellulose indigestible and it's got a it kind of moves its way through the intestines and it brushes it and cleans it, and then it goes through there.

Okay. Whereas something that doesn't have that, just gets pushed along and it's harder to digest and, and it's and as it, when it, if it sits around too long, it begins to picture by.

And then putrefaction produces these, these chemicals that are carcinogenic. There are all kinds of problems. And

maybe, maybe even the most important thing is, is it's food for a different species of bacteria.

And so our, our, our, our microbiome changes. So now we've got purified flesh sitting in our somewhere in that long 30ft tube with a different kind of bacteria, you know, and we're going, oh yeah, that was great.

Right. And, you know, we have gas coming out of both ends. And I mean, no wonder, no wonder. So anyway, this long term, I really want to see. And I've got a guy here actually at the our center.

He and his father are like, they've got YouTube channels. They are carnivores. You're not. You can pretend you're a carnivore and you're going to see what happens.

Your body was not designed for it. And there's it's not a long term solution, okay? It's just like ketogenic diets, ketogenic diet work really well in certain circumstances and can't be used, but they're not sustainable.

You can't stay on a ketogenic diet if you let's say you're you do it for medical purposes. You might I would say what I tell people with cancer, if we if we could we we've been able to develop a vegan ketogenic diet.

Raw vegan. It's very difficult. But you do it for 4 to 6 weeks and you got to keep your glucose to ketone ratio at less than 1.0, your glucose to ketone ratio.

Okay. If you can do that for six, 4 to 6 weeks, then you eat for 2 to 3 months. A healthy diet, then you do it again for 4 to 6 weeks. Then you eat a healthy diet.

It's not a sustainable thing because in order to be keto, in order to produce enough ketones, you've got to be, you have to have an excess of these nutrients and not enough of these nutrients.

So it's not, it's it won't work. So really, our diet is a variety. Yeah. It's a plant based diet variety. Vegetables, fruits, nuts, seeds, legumes, herbs, all of it.

Right. Berries? Ketogenic. That the reason you're doing, short term, you know, raw, organic, you know, plant based ketogenic diet is is just to reduce, inflammation quickly.

So is that the reason why you're doing it in those extreme cases? Right. That that and also cancer is, by reducing the glucose. Yeah. There's no good reducing the glucose.

The cancer, has a hard time living right now. Remember? Cancer, the cancer has one other fuel source. It's called glutamine, which is an amino acid. So it can switch to glutamine.

And that's the problem. And that's what you see. In fact, there are some cancers that don't show up by Pet scan. You know, Pet scan is where they inject the radioactive glucose.

So there are some cancers like that and those are mostly glutamine. Right. So we have the, and what's the ultimate what's the only diet in the world that eliminates glutamine and glucose?

It's called H2O water. Water fasting, water rescue. And I and I have to tell you, I had a lady come here, stage, stage four, breast cancer. Told she didn't have six months.

Did a 41 day water fest. Went back to England, two months later to get a Pet scan. It was absolutely clean, so. Well, I, I mean, that's that's incredible.

And and water fasting is, like, really intense. So you need to be with somebody like yourself. Professional guidance to help help you through it. Right. If you're going to go fast two weeks.

Yeah. I wanted to say to, you know, we we do have an interview with the founders of Mastering Diabetes. I'm just going to mention here, but I do encourage everyone to go listen to that interview.

One of the things that that all the research shows and what they talk about is that and the reason why. One of the reasons I think, you know, as you're saying, cure junk that is not sustainable is because that's the exact diet you would do if you want to create diabetes in the body, right?

If you get high fat is one of the fastest ways a high fat diet is one of the fastest ways to actually make your body diabetic. So, you know, these people that are just promoting ketogenic diet, like as the life source, the best, you know, healthiest side on the planet, actually, all the research is saying the opposite.

Like you're saying it can be good for short term for some of these, you know, chronic health conditions. Right. It's good for a period of time, but not sustainable.

It's got some really important, therapeutic, uses like, for fasting too, you know, just just real quickly is that, All nature was fasting is built into it.

No animal in nature eats every day. They might eat one, one, one day or two days, and then they run out of food for a week. So now that is intermittent fasting.

I want to really correct term. Most people keep saying that if you eat once a day, you're intermittent fasting. That's not intermittent fasting is a fast is when you have not eaten for 24 hours.

Okay. If you're eating once a day, it means you're eating healthy. If you're eating twice a day, it means you're eating healthy. So what I tell my people is, since insulin and glucose are, the dynamic between insulin and glucose are very fundamental to pathology, whether it's heart disease, liver disease or cancer.

Remember we talked about insulin and glucose and cancer. You know you've got to get you to be healthy. You should have a fasting insulin of three or less, a fasting insulin of three or less.

Most Americans are 12 to 18. Some go up to 25. Right. It's got to be three or less. So the best way to manage that is to put a minimum of 18 hours between your last meal and your first every day.

Now, that's not intermittent fasting, that's eating healthy. So you stop eating at 6 p.m., you eat again at noon, then you eat again at five m, done at six.

And you've done it. You've got all your nutrition, but you have 18 hours where your body is able to clean up, because when you're not eating, your body's cleaning and your fat, your insulin requirements go down.

Because remember, cancer needs insulin to push the glucose in. So all of that is very, very, very, very important. But it's not intermittent fasting when you fast every third day or you fast on Sundays.

That's intermittent fasting. You're in Thailand, right? Which is primarily Buddhist country. We were talking beforehand. I used to spend a lot of time at a Buddhist monastery in Escondido, and I, I don't know if if that's how it is there for for a lot of the monks, the monasteries specifically where you're at in Thailand.

But at this monastery, I used to spend time at learning meditation and learning from the monks and, you know, just enjoying being around beautiful, healthy, happy, funny people.

They only ate once a day. They had lunch, and that was it. And it wasn't based on some scientific research that it's good for. You'd only eat once a day.

It was like they knew for however many hundreds or thousands of years that one of the healthiest ways to be and also, you know, detached from having, you know, I mean, there's also the philosophical side to it and so forth, but somehow, intuitively, they knew, like, yeah, eat once a day.

I haven't been able to do that yet, but but they certainly were very successful at it. I just found that that's amazing. You know, science is great. Helps us understand things more clearly.

But if you look at our ancestors for thousands of years, a lot of the wise people, they've figured out a lot of this stuff on their own without our modern scientific tools.

Right. You know, and if you're eating food that hasn't been processed, it's still has all of its nutrient needs, nutrients, it's nutrient dense. And if it's the proper diet for your particular species, which is human, so you have a nutrient dense meal, you've you've done it, you've taken care of your nutritional needs, which is the purpose of eating.

The purpose of eating is not to pleasure the tongue, although that's a nice side of, you know, side benefit. But the real goal is to keep your, nutrients coming in for energy and for, for, structure.

You know, that that's that's what we need. So if you can do that once a day and you have all that time, I, I was up in Myanmar, Burma, when they had a flood.

And I was up there helping them, and, I was up in the mountains and I went to a monastery where way I had to take a boat for, I mean, this boat for hours.

It's amazing. Beautiful, incredible. Anyway, these monks, everybody on the monastery was monks, right? The whole place. So when you, Anyway, people over there don't wear shoes.

They don't have devices. They're not at all. You know, it's not this century. They eat the food that grows around there, and they eat once a day. So I was there examining the whole village, right, to see how big everybody's health was.

And here I am, examining these 7080 year old man monks. And they were that they had they had the bodies of 30 year olds. Wow. They were amazing. They had no fat.

Their bodies were, you know, they were tight. Their muscles. You could, you know, they had a definition, you know, they weren't like, bulky, but they had definition.

Their heart rates were I mean, it was amazing. And it's because they eat once a day and they eat. And the other you know, the other secret about eating is, if you're under 30, you have to stop eating three hours before sleep, under 44 hours under 50 and above, five hours before sleep.

Okay? Because that's the reason for that. And we can do another whole talk on it. The reason for that is because one of the greatest benefits of sleep is out of fashion.

For our body to eat up and get rid of the the debris. It won't do that if it's still absorbing food that has glucose, because it doesn't need to. So autophagy gets turned on by the lysosomal system in the cells when there's no more glucose coming in.

But if you ate a meal an hour before, you're still absorbing it while you're sleeping. You're not going to get that benefit, right? So, so and the reason is three, four and five hours is because digestion slows down as you age.

The ability to digest. Right. And and since you should go to bed at the very latest 9 p.m.. You have to start if you're 30 and under, stop eating at six.

If you're 40, stop eating at 550. Stop eating it for you know and that's just. And then for 18 hours great. Four times a year do a two week fast and that's it.

You can't you know, you'll have to be hit by a bus. So, so, so 50 and older, which is most people who are tuning in here to the symposium, you're saying at least five hours stop.

And that's that's whether you're 60, 70, 80. It doesn't necessarily keep going up. You're 80 years old. They stopped eight hours before. Or it would be.

But, but but think about what the monks are doing. The monks eat. It depends on what country they're in. Either 11 a.m. to 12 or 12 to one around there. Right.

So there they all have eight, ten hours, 12 hours before they, are ten hours. So. So you're just that that window of time, you're allowing your body to finish processing the glucose from the food.

So now it can start cleaning the debris out while you're sleeping, and your night will be fantastic. And if you're going to bed with the sun as the sun sets, your eyes close, if you're doing that which is a natural life, you and and that's a whole nother talk, a lecture.

But you set up a whole system of hormones and your circadian rhythm, and you're in sync with your nature, your bio rhythms. You're just you become. It's amazing. In fact, it's the most important thing you can do.

More important than eating. Right. And the reason I say that is because if you go to bed early, you will then have something that you don't have when you go to bed late.

And that's called willpower. Going to bed late. You wake up in the morning, you're on your third cup of coffee, you're driving by the donut shop or you're driving by or whatever it is that McDonnell, whatever it is, and you're going to say, okay, just one.

But you woke up, you went to bed early, you woke up, you did your meditation. You did your reading, you did your exercise. You're out the door. There's no way you're going to mess with that beautiful, wonderful feeling.

You're going to say, no way. I'm not going to do that. So what I always let people know is that the train you get on tomorrow, you get on the train you will be on tomorrow is the one you get on at the time you go to sleep, you go to sleep at 8 p.m., you're on the train.

You go to sleep at 11 p.m., you're on the F train and, and it's only B, it's because you're not going to get restorative sleep. You're not going to restore your book, right?

Yeah. You're going to get a lot of dreams so you won't be crazy, but you're not you're not going to get restorative sleep that do that for a day to sleep that you need. Yeah.

At 2,020% plus a deep sleep at night, which is beyond REM sleep. A lot of people think REM sleep is the most important. It's not the most important. It's that that deep restorative sleep.

Right? Right. Two cycle. There's two cycles before our set point, which is around 1:00 am. Before that set point, we have 90 minute cycles. The majority of the cycle is restorative and a little bit of REM.

After that set point at 1:00 am or whatever time, whatever time it is for that your particular person is reversed, the majority is REM and a little bit of restorative sleep.

So if you went to bed at 11, you only got maybe a half a cycle or one cycle of good restorative sleep and you got a lot of Ram. So if you don't get REM, you'll go crazy, you'll kill people, you'll be angry.

Right? But so that's what REM is for REM is to get it's kind of like steam letting off psychological steam. But but the restorative sleep is what you need to to stay healthy and young and, your immune system and all that.

And most people are not getting it ever. I mean, how many people go to bed early? Very rare. Most people go to bed at least ten, 11, 11, 12. So, listen, I know we could go on for hours.

You are such a wealth of knowledge and information and inspiration that we covered probably 20 things that we never even intended on covering. And I'm, you know, grateful for you just just unloading all of these, you know, nuggets of wisdom.

I know it could do three or 4 or 5 different interviews on different subjects. I know I told people tuning in, make sure you're taking notes because you're going to learn a lot.

And and I think people really learned a lot. So Doctor Laurie, thank you. It's always a pleasure. I just appreciate you sharing and doing everything you do.

You're welcome. It's my pleasure to absolutely. Wow, what a truly powerful interview. I know we covered a lot of ground in a short time with Doctor Lodi, and he can be quite the character.

He's got a funny way of helping us see some deeper truths about our own human anatomy, and give us some things to think about when it comes to what cancer actually is, which foods are right for our body, what our instinctual nature might actually be, and a lot more.

Next up we have Brian Vasili sharing with us the toxins you must avoid when shopping for beauty and household products. While the cosmetics industry is like the Wild West, forcing you to gamble with your health, how to cleanse your home of carcinogens and other toxins with simple natural methods and a lot more.

If you use soap, shampoo, toothpaste, lotion or cosmetics of any kind, you must listen to this interview. It could be lifesaving. Additionally, please make sure to share this by clicking the button below the video and helping get this information out to people who need it the most.

So let's learn how to cleanse your body and your home with carcinogens and other toxins with simple, natural methods. With Brian vastly, Brian has been a prominent leader, researcher, and advocate in natural health and wellness for over 20 years.

He's the founder of the popular health destination, The Art of Anti-Aging dot com, whose mission is to empower people with the most effective, evidence based natural solutions to look and feel their best, avoid and overcome disease, and live longer doing it.

In the past couple of years, he's created hosted several highly acclaimed online summits featuring today's top anti-aging and longevity doctors and researchers that have been heard by over 600,000 people.

Brian is also the founder of Purity woods.com, one of the world's only providers of premier quality and fully USDA certified organic anti-aging skincare products.

He's authored multiple bestsellers and appeared extensively in major media channels. I have actually interviewed Brian, not too long ago about the similar subject.

Can I tell you what what you're going to learn today from him in it's going to surprise you. It's going to shock you, but it's also going to empower you and give you the information you need to get rid of those items in your house that have known probable and likely carcinogens, which are proven to cause cancer, and what to do about it to protect yourself and your family so you have a greater chance at living longer and healthier and disease free.

Brian. Hey brother, thank you so much for being here, man. Hey, I'm excited to be here. I'm looking forward to this conversation. Love your work. Love what you're doing in this particular event, man.

So here we go. Totally. And I want to dive right in. I mean, you've got a couple of decades, you know, researching, experimenting, interviewing so many of the top experts.

And so you have so much experience and wisdom as well as practical advice to share. So I just want to dive in, get to the nuts and bolts for people. So let's let's start by talking about the dangers of the cosmetics that are in most people's households.

Yeah, I know this is a huge focus for you. What do people need to know about their cosmetic products, their skincare products, soaps, shampoos, etc.? Well, great question.

And I like to start by having people think about when they're pushing that grocery cart down the aisles. When you're, when you're in the aisle that you generally think of as food, hopefully you're being very cautious.

You know, about what you're choosing. You're you're paying close attention to the labels. You're avoiding some of those foods that we all know, you know, should be reduced.

You know, the processed foods, the high sugar foods, and you're very wary of what you put inside your body that way. But I want everyone to try to remember the next time you are going down that grocery aisle, grocery store, that when you're pushing your grocery cart down those cosmetic aisles and the personal care products aisles, you're pushing it down a food aisle.

People don't think about it like that. We tend to think of for example, our skin as this, surface is somehow, in a way, foreign to the rest of our body, something we can experiment on or throw stuff on.

And it's not going to make much of a difference. But I would tell you not to do that. Your skin literally eats. So when you apply anything to it, anything at all to it, if the molecules are small enough, they can penetrate and go deep into your skin, into your bloodstream and get sent, you know, through the organs throughout your body.

And here's the thing. Most of these products, skin care products of a wide variety, the soaps, like you said, anti-aging, serums and creams and moisturizing creams and so on and so forth.

They are designed to penetrate your skin. The molecules are small enough, and unfortunately, they can be loaded today with all sorts of synthetic and toxic chemicals.

Now let's question briefly why. Because I think that a lot of people have this implicit trust, Nathan, that, oh, they would not allow that bad stuff in those things, would they?

The same way. I think we had that impression, you know, with food years ago. And then we learned better. Well, here's the thing. The cosmetic industry, the personal care products industry is the most un regulated industry in the United States.

Major industry. And since 1938, when is the last time the FDA passed, any type of substantial legislation at all in regards to the industry? It basically said to them, you guys are going to self-regulate.

Watch yourselves. We're out of here. And it's become since that time a wild west of, you know, what they allow in these ingredients. Let me pause here, Nathan.

And, you know, see if you have any questions on that front. Oh, I think that's crazy. I mean, you know, one, that these chemicals are allowed into our skincare products as well as our food products.

I mean, I was just talking with you offline for a moment. You know, I'm writing my next book right now about cancer and doing tons and tons of research.

Not that I've already done tons and tons of research in the last eight years, specifically on cancer. I'm doing even more now and and backing it all up with scientific data.

You know, hundreds of peer reviewed studies that I'm linking to in the book. And I just did a whole section on carcinogens and the the known probable.

So there's three kinds of carcinogens, right? Known meaning we know for a fact we have proven these cause cancer. The probable most likely absolutely.

These are going to cause cancer. And then the reasonable believed to be cancer causing. So pretty much in these three groups, there are hundreds of carcinogens that are, most of them are man made in factories and laboratories.

And many of them, you find in your food products and in your skincare products and in your soaps and your shampoos and these things that we know cause cancer and yet they're allowed in these products.

It blows my mind. But the problem is, most people, as you said, don't realize what you're putting on. Your skin actually penetrates right into your body, goes into your bloodstream, into your organs.

Sometimes that can even be worse than eating the carcinogen, right? Eating the food with the toxin because it's going straight through the bloodstream.

And so, yeah, what are some of the things people need to know about this. And what are some things people need to look out for. Right. Well, you explained it quite well.

And, you know what? Let's expand a little bit on on what you mentioned, I point out that it's actually more dangerous than eating toxins because when you put, food that may contain some type of toxin into your body, you, it has a fighting chance of eliminating it because it goes through a series of filters inside your body.

The liver, you know, being the most renowned and main filter that's trying to bump it out. Now, when you when you're applying creams and serums and deodorants and so forth directly to your skin, as we have noted.

Well, your skin is literally eating these chemicals and it has no such filter in place. There is no liver in place. And so indeed, it does go right into the bloodstream and spread, you know, like we said around the body.

Now here's, here's what, here's what the you know, the big cosmetic, and personal care products industry would say. Yes, we know that there's 200 plus, you know, potentially carcinogenic and indeed carcinogenic ingredients, some of which we use in our products, not to mention many more endocrine disrupting and other types of toxic ingredients.

Sure, we know that, but we studied this and it's in such minute quantities you got nothing to worry about, you know, because we we exposed, you know, maybe in some cases, in some cases they didn't at all.

But maybe we expose rats to this once and it didn't really bother them in this in the, you know, in these proportions. Well guess what if I used Nathan deodorant one single day in my entire life, I'd be cool with that.

I'd be like, all right, well, I'm only going to use this deodorant once, you know, a year. And it's a minor amount of, you know, of these chemicals. I can stomach that.

But we don't do that. People need to remember they are feeding their body this stuff every single day, day after day after day, year after year after year, decade after decade.

We're putting the deodorants under our arms in very, you know, permeable place down there. We're pretty stuff on our face, you know, etc., etc. and just imagine in your mind, like you said, Nathan, I would rather, in many cases eat these chemicals through my mouth than do what we're doing because there is no barrier, there's no liver in the way.

And imagine in your mind you're feeding yourself these chemicals on and on and on every day. And it's slowly spreading and accumulating throughout the body.

I will say this if folks have symptoms and they're not sure what those symptoms are from, and that could be anything, disease, as many things, at least gastrointestinal issues, dizziness, you know, nausea, just general fatigue and on and on.

I can go, but if folks have these mystery symptoms, I would strongly suggest it may well be the personal care products and the cosmetics that you're using.

So, please, you know, I'll get to the bottom line and we can expand more on this, but please view it as food

because it is and you don't want to be feeding your body what so many of these products contain.

We can we can take a dip into some of the chemicals. Again, you noted yourself. There's hundreds. The problem is there's literally thousands. Here's a big statistic for everybody.

There are over 1300 chemicals banned by the European Union in cosmetics and personal care products. And here in the United States there's 11 just 11 banned.

That's the state and the power of the industry in this country. You know, behind that, you know, by some accounts, the the personal care beauty industry is a $500 billion industry.

But if you threw in all the chemical companies, it's a much bigger industry even than that. They hold a lot of sway, a lot of power. I'm going to tell you again, it's as unregulated as it gets.

You need to be a super educated consumer on this front in order to fight. Overcome cancer or any other diseases. If again, if you've got these mystery symptoms as well, this is this is so much more important than most people realize.

Nathan. Yeah. I mean, you know, carcinogenic obviously means that we know it leads to cancer. But these chemicals, as you're you know, talking about can lead to so many other health issues, autoimmune disease and, you know, addictions and, sensitivities to things and chronic fatigue and all kinds of other problems, a whole host of issues in addition to cancer.

But I want to share a study, I remember from years ago, I believe it's from 2012. And they, they took, breast tissue samples from women who had breast cancer, and I can't remember, you know, how many women were part of this study, but they found that, 99% of these, tissues that were tested, cancer, tumor tissues had parabens in them.

And this was 99% of the women that were tested. And if you look at, you know, deodorant, for example, most deodorants have parabens in them. And you're putting it under your armpit.

Well, that one of your most absorbent, you know, lymph nodes in your lymphatic system is right under your armpit. And so, and, you know, the other thing is there are parabens in lotions and in all kinds of skincare products.

So you know, there's you can't say specifically, oh, that deodorant caused your cancer. It's almost always an accumulation and a combination of multiple things, including the deodorants and skincare products and lotions and other things that have parabens and a dozen 15, 20 to 25 other toxic chemicals in them.

Going in your body day in and day out, as you were talking about. Yeah, yeah, yeah, you're right on with that study. I mean, and you know, parabens. Well thank goodness it's it's received more spotlight.

In recent years. I will say, you know, there's a challenge with that too, because, you know, so many, boutique and big brand products alike have jumped on that almost.

And they may have extracted parabens, but when you see and I'll, I'll get more into greenwashing and how to be cautious of this as well. If you want me to. But, when you see paraben free on the label, just.

Okay, you know, not not that's a step, but turn the product around. Never believe you know, a company's own claims. I'll just say it. And I run, you know, Purity Woods, like you said, we, you know, which is a skincare company.

And I will tell you myself, don't don't just take the word, you know, that we're saying about our product. Make sure it's independently certified, you know, pure and clean and turn that product around that says paraben free and read that label carefully, you know, and if there's these big, long, you know, lists of ingredients that sound, you know, like a science project to you, well, you know, you know what to do in that case.

Well, that's exactly what it is. It's a science project that is always right. Yeah, you're right. And it's almost it really

actually is because, like, I said, literally a company can put anything in a product that they want to.

It doesn't have to be tested anywhere at all. And they can stick it on a shelf and sell it and almost, almost say virtually anything they want about what it can do.

And, you know, here's the thing, of course they're not going to intentionally put an ingredient that has an immediate negative effect in, in, in large amounts, you know, they want to stay in business, they want to rock, they want to sell their stuff.

But they earlier had referenced, you know, it's the mid and long term effects. The accumulation. Sometimes the you know, effects are not even that mid before they start showing up.

By the way, ironically, a lot of these anti-aging products, you know, from from big brands and boutiques alike actually age faster. But like fast food, Nathan, they, they can have some pretty good effects on the spot.

So you know how you, you know people, I'm sure everyone listening maybe. And hopefully you're not really eating it much, if at all, anymore. But fast food at one point in your in your life, if not now, you know, it felt pretty good to go and get a Big Mac or whatever it was.

It, you know, it's tasty on the spot. It was carefully designed, in fact, to have the right mouthfeel and everything. So it's appealing to all our basis senses.

Right? It's not different at all with these products containing all these synthetic and toxic chemicals. They are designed to produce these effects that you desire anti-wrinkle not smelling, you know, deodorants and so on and so forth, not sweating up your shirts.

And they will they will produce those effects in the short term. You'll get some of those benefits often. But like fast food, you're paying a massive price for it.

You have to decide if it's worth it to get cancer. To not be able to fight effectively. If you have cancer and, you know, to suffer all these other symptoms we talk about.

And I think most people, if not everyone, would say, you know, it really isn't worth it, especially when there's so many alternatives out there. And here's here's also the thing we talked about labels, Nathan, the problem because you brought up and you're so right about different types of carcinogens, you know, but there's another categorization which is, indirect carcinogens.

In other words, they meaning the manufacturers of these products have no clue what the combined effect of many of these ingredients, these synthetics they're putting in their products is.

They don't they may have a test to know that this ingredient and this ingredient separately are minor toxins, you know, in the short term. But there are so many indirect carcinogens produced from the combination of two or more ingredients and they don't have a clue about, you know, what many of those are, nor are they required to have a clue.

There's one that's pretty well known. One for dioxane. It's called. And it you won't see it listed on ingredients labels because they don't intentionally add it, but it's a byproduct of a couple of other ingredients.

You know, sodium Laura sulfate being one of them. When these ingredients are in a product and they're in soaps during cleansers, they're in, you know, other beauty care products, sodium laurel sulfate and such.

They combine and they create one fourth dioxane, which is a horribly carcinogenic ingredient. It's, it's got a high hazard rating of eight in California's, Environmental Working Groups cosmetic database.

It's, you know, it's on multiple lists of top carcinogens, and it's out there. It's out there and the stuff we're slathering

on our skin. So, you know, I just can't stress enough how people need to be conscious of this.

Yeah. You know, it's it's scary because and it reminds me of, you know, looking at nature, for example, nature has these synergistic, complementary, infusions that are designed to support the body when certain ingredients are mixed together.

A great example there's hundreds of examples of this, but a great one that a lot of people know today is a combination of turmeric and black pepper or bio pairing or, you know, there's a lot of different names for the molecule, or people are rebranding anyway.

Turmeric and black pepper, you mix them together. The black pepper actually, increases the absorption of the benefits of the, you know, the anti-inflammatory benefits and so forth from the turmeric into your bloodstream.

Synergy together creates a better result for your body in nature. The problem is in laboratories when we're mixing chemicals and you can do these little science experiments we do with our kids, where, you know, you put a few different chemicals together and all of a sudden you get a huge explosion, you know, like a little volcano.

And that's what they're doing in these laboratories is you're saying is mixing all these different? I mean, you can look at shampoos and soaps and skin care products and see 20 different chemicals in there, you know, that are mixed together that, as you said, they're not studying on because they're not required to.

But the dangers of all these additional side effects that can come from mixing all these chemicals has a reverse synergistic effect. It has DG Justic effect.

I don't know if there's a word for that. I just made that. I like it, you know, where it's going to do the opposite. As you said, it makes this byproduct, which is extremely carcinogenic.

So we know and hopefully people tuning in or taking this very seriously, you know, the chemicals in on your skincare, your lotions or, your soaps or shampoos, like we have to eliminate those from our lives if we want to live longer and healthier and more likely to reverse diseases like cancer.

What are some other key toxins maybe we don't think about that are in the house that we need to be aware of. Well, you're going to find these and other chemicals as well in your in your cleansers that you use to clean your home.

You know, I hope folks by now have heard heard that as well. You're going to I mean vioxx these, you know, volatile organic compounds. A lot of people don't necessarily think about how the furniture and the carpeting and the flooring and the cabinet tree in their homes, makes a big impact on your health and well-being.

I mean, goodness gracious, we're in our homes now, 90% plus, you know, other times or in some type of indoor environment over 90% of the time. First of all, we need to switch that statistic out and try to lower that and get outside as much as we can.

But we are inside the vast majority of time and we are surrounded. Nathan, not only are we slathering it on our skin every day, but we're surrounded by items where we have a choice.

And I understand that we we we don't have unlimited funds and we can't all make, you know, change and every single step of the way all at once. And that's okay.

First of all, the big key is to be aware of this, you know, aware of this all some of the changes, you know, what I love about, you know, back on the cosmetics and personal care products is it's a relatively easy change to make to switch to far healthier and safer alternatives.

It's it's not expensive. It's it's it's a fast change that you can make today. I get it with items in the home that could be, you know, off gassing, creating these VOCs.

You can't just, you know, we all don't have the capability of ripping out all of our carpet and changing it tomorrow. We don't all have the capability of going and changing our kitchen cabinets, you know, to both environmentally friendly and much healthier for our own bodies types of cabinets.

But it's something to be aware of and it's just step by step in that direction. You know, it's it's not easy and it's different depending on who you are, what your health situation is.

You know, what you've got going on in your life, your funds, you know, and so many different factors. But I kind of Nathan dumb it down to how close is it, you know, to to what I'm allowing into my being.

What I mean, is this the reason that I get so passionate about the cosmetics and personal care products is because, again, you are applying these, you're feeding them directly into your body every single day.

Whereas something like, you know, a, a printer, you know, that you made in your office, which I highly suggest you put as far away from your desk as possible.

But you're owning around that sometimes. So if you have to prioritize. My point is this. You know, how much are you putting this into your body? You know, the air you breathe inside your home is another crucial, crucial area, Nathan, to focus on for this very reason, because you're breathing in constantly.

And if you're constantly breathing in highly toxic air, which the air inside homes can be up top, if not more, a hundred times more polluted than outside, it's another top area to focus on.

If you're only occasionally exposed to a printer, or you're only occasionally exposed to that room in the house with carpeting, it's important, but I would prioritize it a bit lower if you've got to rank things, I don't know. Does that make sense?

What I'm saying it makes perfect sense. You know, it's it's remind me of a couple things I want to share. One is, there's a series of talks and presentations we're doing as part of this symposium, all about detoxing and cleansing and fasting, getting these toxins out of your body, safe ways to do it, effective ways to do it, ways to support your healing and longevity.

I want to encourage people go listen to those interviews, those presentations after this one, because they're going to support you in getting these toxins out of your body.

The second thing I want to share is about, the air quality you just mentioned. So as you said, you know, the studies have shown inside our houses, we are exposed significantly to more toxins and are constantly breathing in these chemicals that are off gassing from all these, you know, chemically made products and carpets and, and, you know, furniture and so forth.

And if you're not spending a lot of time outside breathing fresh air, or if you're in a city where that air is also very polluted, you're constantly bombarding your body with all of these toxins.

And then if you're putting, you know, toxins on your skin and in your food, etc., your body is just basically a toxic cesspool. So you got to get those toxins out.

One of the things that my wife's been doing, here in the house, we've always had plants in the house, but, I recently saw a study from NASA in 1989 that, to clean the air in the average home.

If you put a plant 1 to 2 plants per 100ft². So let's say an average house, maybe around 1800 square feet, it's about 15 to 18 plants. So a few plants in each room, right.

That will purify your air better than any air purifiers you can buy. So these are just plants a little bit of soil, some water. They're going to help clean your air, which is hugely effective, very cheap and affordable.

And you're getting a lot of other benefits from living plants in your home. In addition to cleaning, they're one of the best ones we've found is aloe vera.

Actually, it's actually a single aloe vera plant. I can't remember the number at the moment, but they found a single aloe vera plant can actually purify X amount times more than I think, like four or 6 or 12 air purifiers in your home.

A single aloe vera plant. Don't fill your house with only aloe vera. Plants have diversity, right? It just like nature. It's all about diversity. So. So it's just one thing I want to share with people.

It's it's really, really profound. Having these plants in your in your home, purifying the air, getting the toxins out of your, your products. And the other thing is using products that are only organically certified, that have no toxins, that have no chemicals.

Speaking of, you know, my wife's been using your purity woods, like age, age defying dream cream. Which, you know, we both love the the ingredients that are in it's all organic.

It's all pure. I've only been using organic, you know, products for. Geez, well over ten, 12 years now. Our soaps and shampoos are 100% organic. They're simple Castile oil based, you know, they're just essential oils and so forth.

100% organic plant based toothpaste. No sodium. No sulfate is. You're talking about greenwashing. When we were getting into this, you know, years ago, we buy these natural, healthy products and then later find out they've got these hidden chemicals in them.

You know, and so it's like, geez, you just have to be diligent about it. You have to say, look, no chemicals whatsoever because they sneak them in. It's got to be pure plants.

You understand what the ingredient is? It's very clear. It's not some factory chemical made, you know, in a laboratory. So, you know, just a few key things to, to look out for.

And I know your skincare line is, is, is doing exactly that. I also use your hand sanitizer because it's just organic. Basically, alcohol based hand sanitizer doesn't have a bunch of the chemicals like most of hand sanitizers have as well.

Yeah, yeah. Wow, I appreciate that. Yeah. Let's talk briefly about greenwashing. I'll just say again, never believe what's on the front of a label. Never quite believe what's in a marketing copy.

When you see terms like hey or it's organic, it's wild crafted, it's natural, you know, it's paraben free. Shut up, shut down almost to that and turn that product around and look at the ingredient label.

If you're there or, you know, make sure they post what the ingredient label is. If it's online, clearly, if they're hiding it, if it's hard to get to, there's a reason.

There's also a number of certifications, you know, that you want to watch closely for. From my experience and, you know, certainly research the heck out of this in this country, the United States, you want to make sure, like Nathan said, it's USDA certified organic.

That means it was independent of the company. And that's a key point here. Strictly verified, you know, to be organic. And that doesn't just mean it doesn't have toxic ingredients in the product.

That also means the source ingredients that are in the product were raised on farms organically. So no pesticides, no herbicides and such. And that's another important point.

Back on the greenwashing. If they say organic, it's unregulated. That means they can have one single organic ingredient in their midst 5070, you know, whatever synthetics, they could still call it organic.

They could scream it to the moon, and a lot of people will fall for it, you know? Oh, it's organic. I got to get that. No, turn it around or make sure it has USDA certified organic, which also includes non-GMO as part of its requirement, which is, you know, another important point.

So thanks for bringing up, yeah. Purity Woods products, the age defying dream cream you mentioned. And, indeed, this is this is a really, really powerful anti-aging cream that's USDA certified organic, very hard to achieve that.

I can tell you from experience. I won't go, you know, too deep into what's in it, but I will point out a couple of key ingredients now, probably the superstar of superstars in that is red maple leaf extract and two other, maple leaf extracts.

And that might be news to a lot of people, you know, because they probably, in most cases, never heard of that. You know, this powerful extract coming from Maple Leaf.

So real quick, I'll just say a 2018 study which received a lot of fanfare, showed that there's these special compounds inside of red maple leaf extracts that blocks the last days, which is a, it basically causes the breakdown of elastin in skin, especially as we get older.

This is a it's a very special compound inside of these products that have other excellent compounds as well that can reverse that. We've seen remarkable benefits.

I've been involved in many product launches over the years, Nathan, and what you and your wife are experiencing with it is, it's kind of become the rule.

It's the most remarkable product I've ever been involved in. So thanks for bringing that one up. There are other ingredients in it, that are superstars as well.

You brought up aloe leaf, so it's, you know, it's organic. Aloe leaf juice is in it. And what a great plant that is. By the way, I could talk probably here for an hour about all the benefits of aloe in many different ways.

You're right. It cleans the air. It's also exceptional, you know, for your skin in any number of ways. I can go on with other ingredients. Let me jump real quick to the other one you mentioned.

You know, with with all going on in the world with the pandemic, etc., you know, it is important, as we've been told, to, to sanitize our hands out there.

But you're right, typical hand sanitizer is is downright dangerous. Now, I'm not even referring to the fact that, you know, there was a rash of methane, infested, hand sanitizers put on the market, you know, and, and there was a lot of news around that, but there loaded these typical sanitizers with other highly, well, flat-out bad chemicals.

Let's just be honest about it. So thank you for bringing that up, because you don't need to do that. Granted, it's a harder process. It's a little more, you know, painstaking of a process to create a sanitizer that's USDA certified organic, which it is in our case.

But it makes all the difference, especially because, again, you're rubbing this stuff directly into your skin, as we talked about earlier, feeding it to your body. So, you know, it's just important.

And thanks for bringing this up, Nathan. Yeah, absolutely. And I love, love the work you do and the fact that you've, you know, made this your mission to help bring these good quality, you know, products and information to the world.

I'm all about that support that 100%. Encourage people to, you know check out Purity woods.com. Try those 100% organic certified products. You know, replace all your skincare products, your shampoos, your soaps, your lotions, your deodorants with organic just purely nature based ingredients.

Again, you have to listen to what Brian said. You can't believe what's on the front of these bottles. I mean, read the front. Oh, all natural and pure and clean and, you know, and they show a nice grapefruit and and they show a mango grapefruit seed in mango.

And you read the back and it's like, that's 1% of the ingredients because it's like the bottom and the top percent is, you know, water or sodium lower sulfate.

A list of 18 different chemicals and then some grapeseed and some, you know, mango in there. And so you're getting, you know, 80% water, 18% chemicals and 2% good stuff. Right?

So really pay attention. Get those chemicals out of your house, out of your body, out of your products. You're going to see benefits long term. You know, you may go through some detoxing when you start getting all these chemicals out of your body.

That's why I want you to listen to detox and fasting and cleansing talk so you can do it safely and effectively. But once these toxins are out of your body, you have such a stronger fighting chance for your immune system, your endocrine system, your gut health, all these different aspects that help you stay healthy, live longer, and disease free.

You're going have such a better fighting chance to, reduce your cancer risk even potentially, you know, prevent cancer or even potentially reverse cancers.

So, as we wrap up here, Brian, one, you very shared a ton of great information. I think it's, you know, we've made it really practical for people, which is my, goal with every interview on this symposium, if people can walk away with actual things to start doing today to improve their health, what other, you know, even if it's just a couple, what are some of your other top longevity anti-aging tips that you that you do with you and your own family, or that you'd love to share?

For people who are looking to live longer and healthier? Yeah. Great question. And you know, I've got a list of about 10 to 12 running through my mind right now.

But let me let me close out on on on this. It's seems it can seem complicated. It can seem overwhelming. You know, hearing all of this for folks and, you know, like I said earlier, I try to say, first of all, if you're getting stressed about doing anything, any of these steps, you know, that's that could be worse than the change you're making it.

So just list it out. Whatever resonates with you, you know, and your being a saying, yes, that makes sense. And it is pretty easy. Start there. Start with the low hanging fruit.

Again, the these changes you can make with cosmetics and personal care products are relatively easy. You know, it's it's important as heck, Nathan, to get proper exercise and move house.

We've heard for some people that that's a little more challenging to do. So take that step by step. But the point is, with personal care products, it's an easy change to make.

So why not, you know, next step. You know, in your in your pantry. Hopefully you've already done this. But some of those changes are quite easy to make.

Clear it off your shelf, keep it out of the house and put that you know healthier things on your shelf as well. But but let me pull back, you know, the camera to a wider scope.

It can all seem complicated and overwhelming, but I like to, you know, including to my family. Note that it's really just about your being. Your body. Your being is a sacred space.

And it all comes down to just constantly ask yourself, what am I allowing inside my being now? There are some things you you can't keep every single toxin out.

Which is why it's important is can be to detox, which Nathan's material is unbelievably great for now. But that said, you can greatly take steps step by step to reduce what you're allowing inside your being.

Nathan. When when when when I adjusted my thinking and I really started doing that, what am I allowing inside my being and what should I keep out? It really just made it much easier and clear to me, you know, in a calm way, you know, just to keep taking steps in the direction of not allowing the toxic stuff in and owning the stuff like this discussion we're having, like this event you're putting on, allowing those sorts of things in that can make us feel better and therefore live longer.

Last thing I'll say on this it doesn't only go for physical goods, for for cosmetics, for food, for furniture, for flooring. It doesn't, certainly for the air, which is a, a physical thing.

But it's not only about that, perhaps equal, if not even superior to that are what toxic things are you allowing inside your being that are more, I guess we'll say ethereal in nature?

Who are you around toxic people? Are you allowing toxic media into your head again? Like fast food? We can tend to watch Nathan some programs on TV, perhaps the evening news that feel important, that feel good to us, or these, you know, certain TV shows that make us feel riveted, but that doesn't mean they're good for us.

And in fact, they can really drag us down. And by dragging us down emotionally, they are dragging down our physical health. Just be conscious of how these things make you feel.

Because that's, that's that's the key of keys, truly, to live long and well is questioning and being very vigilant about what you are allowing inside your being.

I love that it's a great place to end, Brian. I mean, I think many of us want to live longer, but at the end of the day, it's the quality of life. You said live long and well, yeah, I know people in their lives are extended five, ten, 15, even 20 years through modern medicine.

The problem is that quality of life is so degraded, it's so depleted, it's low energy. They don't feel good, as you said. They're just, you know, getting by the mundane day to day with pain and with chronic disease.

And like, that's not the quality of life we're looking for. So it's all these things that you shared, everything we're sharing and all these interviews that can really help and support people to live longer, better quality of life.

So Brian, thank you so much for, you know, just sharing all your great experience, your tips, your advice here with everyone. Thank you for the great work you've put together with, the Art of Anti aging.com.

I encourage people to check that out and the great products you put together through Purity Woods and yeah man just appreciate you for continuing to share your great knowledge and wisdom here.

Oh thank you. And keep doing what you're doing in the world, Nathan. You're making a huge and positive difference. So I appreciate you having me on here.

Absolutely, brother. My pleasure. That was truly excellent and practical information from Brian about all the toxins we can avoid to help our bodies heal that are hiding in so many of the products we use today.

It's really the simple things that can have such a profound impact over the long term. Replacing all of our soaps and lotions and deodorants and shampoos and cosmetics with organics and non chemical laden products is one of the first steps.

And for our next steps to detox, we're going to go deeper with Jonathan Landsman about how to get rid of the toxins in your water that are contributing to disease, how to mitigate hidden molds and indoor air pollution to help your body heal toxic emotions, and their role in inhibiting our immune system.

Jonathan's top natural solutions for detoxing your home and your body safely. The top five herbs you should have in your house to help your body heal from toxins, and more.

Jonathan Landsman is the creator of Natural Healthy 65, and he's reaching hundreds of thousands, if not millions of people around the world through his online events, including the holistic Oral summit, Alzheimer's and Dementia Summit, Immune Defense Summit, Fatty Liver Doctor, you class and cardiovascular doctor you class.

For over 35 years, Jonathan has been educating the public on the health benefits of an organic, non-GMO diet, high quality supplementation, and healthy lifestyle habits.

To learn more about Jonathan and join his incredible community, make sure to head over to Natural Health three 65.com. I'm really excited about the conversation today with Jonathan, because we are going to dive deep into many of the hidden chemicals in your home and, and, around your body care products and foods and water and air and things that you may not be aware of that could be contributing to, the proliferation of cancer.

We're going to dive into what to avoid and how to avoid it. We're going to dive into how to detox safely and get these chemicals out of your body safely.

And he's going to give us a whole shopping list of, natural solutions and different types of, plants and compounds and things that you can consider adding to your regiment to help your body detox and get these toxins out of your body can do what it was designed to do, which is heal and thrive. Right.

So, Jonathan, thank you so much for being here, man, I appreciate it. It's my pleasure, Nathan. Very important stuff. And that's why I would encourage people to get pen and paper and take some notes, because I really pulled together a lot, which took me some time to do.

But everything off of our site, things we've been writing about for years. But I really wanted to give a really comprehensive, good helicopter view as to what people should understand, but more importantly, a lot of things that they can actually put into play right away that will be very helpful.

So the kind of things my wife and I do all the time. Awesome. Yeah, I'm looking forward to it. I'll be taking notes on my end. I encourage everyone to take notes as well, but.

So let's dive right in. Right. Let's talk about chemicals. And what are some of those hidden toxins and chemicals that people may be exposed to in their homes, where most people today are spending most of their time, right, that they might not even be aware of, that can be contributing to, you know, disease and sickness in their bodies.

Absolutely. Nathan, it's really good that you're also putting it as hidden, right? Like it in certain respects. It's hidden in plain sight. And what I mean by that exactly is if you just look a little bit more carefully, they are on labels, right?

Some of these things we're going to mention like right off the bat, sodium lauryl sulfate, which is in shampoos, right. You can see that on a label. Great hidden in plain sight.

A lot of people aren't aware of the fact that that stuff that you put in shampoos and, you know, making nice and foamy and getting that oiliness out of your hair and it just all feels great and looks great and you think it's doing something wonderful is actually really bad for you.

And we'll get into what this kind of stuff as we go through the list. Later on, we'll talk about what it's actually doing to people. But hidden in plain sight is one thing.

Unfortunately. More seriously, Nathan, a lot of this stuff is not even on the label. We're talking hundreds. There's no way we're going to cover all of it.

But I give you some really big ones today. A lot of it is not regulated. It's not necessary, you know, according to the rules and regulations and laws of certainly the United States and throughout the world, that is not really needed to

be put on the label.

So a lot of these things are considered, you know, proprietary blends, you know, special secret formulas. And none of it is really tested for safety. And it's totally okay for the powers that be.

And meanwhile, a lot of people are subjected to all of this, and it really does have a nasty effect. So we mentioned sodium laurel sulfate, right? In shampoos. That's a great example.

Formaldehyde doesn't sound really good, right? Candles and air fresheners. So when I mentioned these hidden right quote unquote toxins, I'm going to also talk about where you can find this in a lot of products out there if you're not careful.

Yes, in many cases you can find alternatives that are nontoxic. But, you know, to be honest with you got to do the work. So formaldehyde is definitely not something we want.

Parabens, which a lot of people may be familiar with. And they know this is not so great. Lead and mercury in skin products so your imagination can go wild.

There a lot of stuff getting put on the skin with a lot of nasty stuff, including heavy metals. This phenol a right. That's another thing as well BPA.

A lot of people kind of heard that as well. Plastic water bottles and also in food containers. So, so many things that people are buying and using every day and can be found right inside their house.

This stuff is just sitting there. It's leaching out and going into the food. Chlorine, really nasty stuff. You definitely don't want to be consuming that in dishwashing soaps, so.

Well, wait a minute, I'm not eating that right. But of course you are. You're actually consuming it all the time. Imagine being in the kitchen when that machine is going all that hot water, and you're breathing that in another area where chlorine is is in hot showers.

It's like being in a gas chamber, especially a lot of people that have these closed shower stalls, right, with like plexiglass or glass. And they're in these chambers with this fume, they're inhaling it.

It's going right into the bloodstream, up into their brain. So this is the kind of stuff you want to be careful of. But in dishwashing soap. Absolutely.

It's there as well, not just in showers. Fluoride. This is a biggie in drinking water. Too many cities still have this dumped into the public drinking water.

So yes, you can get it filtered out. It absolutely should be done. But fluoride is in too much drinking water. Prescription drugs. That's another biggie as well.

And that can be found in the water. That is all the restaurants, all the home cooking going on. So we don't want that. But prescription drugs are let's, you know, not be too graphic, but they're coming out of people and going into toilet bowls and then, oh yes, the city, the municipal water.

They'll tell you, hey, we're cleaning it up. No big deal. But there is absolutely no testing being done to discover if there's prescription drug residue in all of these water supplies.

And, Nathan, there absolutely is. And people are drinking that down every single day and have no idea at all. So it's really important idea, obviously, to purify.

We'll be talking about that later. Not organic food just in general. And again, it's so easy to just kind of think of this as well. It's not a big deal.

I have a little bit of this to have a little bit of that. But everything we're talking about here, Nathan, is bio accumulative, right? So this is gathering up in people every single day.

So any non-organic food has a great increase for pesticides and synthetic antibiotics. This is just horrible stuff. Antibiotics are used heavily on most of the United States farmland as just one example alone.

And you know, where does that go? People want to believe, right? And they're even being told by bigger corporations, oh, it's nothing at all. We put it in the animals. Don't worry about it.

It's so infinitesimal. By the time it gets to you and you eat this stuff, don't worry about it. But animal products you're eating, if they are non-organic and they are not grass fed 100%, you are eating plenty of synthetic antibiotics and pesticides in most all the other foods as well that are even not not even, animal foods, but like plant based type foods, processed foods.

You're taking in a lot of that stuff and preservatives. It's a lot of nasty stuff that you're taking in. So blame it. Yeah. Really quick. I want to take a, one step back and give people a big picture here.

Right. Because you said, yeah, a lot of people think, well, yeah. You know, I've got some fluoride in my water and I've got some, you know, BPA in my plastic and I've got but I'm eating organic and I'm exercising, you know, I've got some sodium lower sulfate in my toothpaste and in my shampoo and I've got.

But those are just little toxins. And they're considered safe by our regulatory organizations. Right. Our government wouldn't allow these things in our products if they weren't safe for us.

But I want people to recognize something really important here. Right? In 1905, just a little over 100 years ago, we had 0.05% of people being diagnosed with cancer.

In 1950, we've had it went up to 10%. And today in the West, we're almost at 50% of men and women. And if you want to look at the, you know, one third of women are being diagnosed with cancer, one out of two men are being diagnosed cancer.

And those numbers keep going up. 10 million people dying annually. And if you look at what you know, there are many contributing factors. But if you look at one common thing that has exploded over the last 50 to 100 years is this proliferation of new chemicals.

The last statistic I saw actually came from the Smithsonian magazine, that I saw, which was over 10 million new chemicals are being synthesized every year.

So if you want to see a correlative factor of cancer explosion and then we can look at autoimmune immune explosion and other chronic, you know, immune related metabolically related disease explosions last 100 years.

And then look at how many chemicals are being put into our everyday life. There is a very clear correlation there that we have to recognize. Okay. These chemicals do have an a cumulative effect.

Some of them are being called forever chemicals because they basically never break down. Right. And it is so important. What you're saying right now is one is not to, you know, put a bunch of fear in everybody's to say, look, these chemicals are all over, they're hidden everywhere.

And you have to become aware of them before you can do anything about it. One of my take, I would say, Nathan, is this, a lot of the things you said. So right on. It's great.

But the idea that it is, not dangerous. Who causes cancer? Many of these things clearly do. I was going to mention that later on the the fine line and the legal ease behind all of this is just that it's on the manufacturers to say if they're safe or not.

And so they're safe. And the regulatory agencies actually only say, well, I mean, can you say that these are dangerous, you know, is there any proof that they're dangerous?

And so there's no evidence they're fine. And who are they going by? The regulatory agencies primarily are just simply going by the companies supplying that information to them.

A quick thing that people can check out, which is mind blowing in and of itself about all the toxicity that was dumped into a local water area and literally killing many animals and people, causing horrific tumors and all kinds of health issues.

Is a movie out there called Dark Waters. Now, I know the environmental attorney who actually is a corporate attorney that defended against things that he does now for over 20 years.

He was defending major corporations against people who would come after them for all kinds of what they would consider nonsense, and his job was to defend them.

His name was Robert Blot. And so this whole movie is about him and how he actually sued Dow Chemical. Dow chemical for decades knew that they were dumping harmful, toxic, very dangerous, unhealthy, causing all kinds of disease, cancers, all kinds of health problems.

People were literally dying. They knew it. But the regulatory agencies were only asking Dow all these years, well, how's it going? And they would do some tests and they would see these tumors and things in animals, but they would manipulate the, the, test studies the data and they would just not report that there was anything to be concerned about.

And they made billions. Now, to this day, over 20 years of fighting, Robert Blot did before anything happened. And in the movie, it really depicts it quite accurately.

It is not overdramatize. He then got one lawsuit after the other one to the tune of millions and millions of dollars that the companies had to pay out.

But it's like an expense line for them. So people have to understand this stuff is real. We should take it seriously. I think the saddest part about this in a certain sense, Nathan, I hope I'm not being misunderstood, is that people don't ingest this, like once and drop down, right?

They don't drop dead. So the point is, it's very hard to really take this in and go, oh my God, and sound the alarm to so many people who are unaware of this.

But it does build up and it does cause problems. And so real quick flame retardants obviously in furniture, especially if someone's in the market for new stuff, you have to be really careful.

This stuff is on your furniture. It's going to be outgassing for a long time and it's really toxic. F, D, and C dyes in makeup women are putting on in a certain sense.

I mean, unless I guess certain men put on a lot of skin care products and things, I guess that's possible. But for the most part, women are putting on way more stuff all over them their hair, their makeup, skin care, all these things and there are so many dyes in here that are just terrible.

And of course, the volatile organic compounds which you're finding in, you know, new carpets and paints and perfumes and even in brand new cars, some models are just sick in terms of what you can tell, just opening up a car door and sitting inside.

I've had that experience many years ago, before I even knew a lot of what I'm talking to you about, and I just knew, this is some nasty stuff. You just sit in there for just a couple minutes and you get massive head pain.

Imagine taking that stuff in over and over again what it's doing to all sorts of areas of your body. We're going to talk about that as well. But these chemicals, I want to be very clear.

They do cause cancer cell growth. They do promote it in the body, there is no doubt about that. And people can do their own research. Don't get just don't just go by what I'm saying.

There's also mold inside the house. And that obviously is in many cases it's visible. You really have to just look, but don't ignore it like it's nothing.

And again, we can talk about how to mitigate these problems. We really just stay away from having this happen in your home, which is really important.

Indoor air pollution. As you mentioned before, Nathan, really huge, especially these days with the whole pandemic that everyone is experiencing throughout the world, many, many people are spending way too much time before the pandemic and now, especially since the pandemic, indoors and everything is sealed up, the homes are really well made right to keep heat and cold out and keeping heat and keeping the house nice and cool in the summer.

All of these things. But the windows shut, door shut, it's trapping in everything and people are breathing this stuff in all the time. Just dust alone is really nasty.

And again, we'll talk about what this is doing to people. And I just don't want to forget two other things. Nathan, we talked about this before going on camera, and it is mercury based silver fillings, and I always shake my head when I say that to anybody.

And if people have been following my work, they know I've been sounding the alarm for years. Silver fillings are not like a precious metal now you just feel great about silver is over.

Half of it is a highly neurotoxic substance, mercury that is put in these fillings. And it is, make no mistake about it, leaching out of your mouth and being absorbed by your saliva into your gut.

It's being absorbed directly into your brain, into your blood. The mercury based silver fillings must get out of the body. There's no two ways around it, and I've mentioned it before.

I know we've done other programs in the past. Nathan. There are top cancer clinics that will do nothing else with somebody until they clean up all aspects of their mouth Mercury based silver fillings, root canal, treated teeth that are fully infected, gum disease and cavitation, which is bone infections.

All of this is putting a tremendous stress on the immune system. You could take all the other things I'll mention later on, but if this stuff is going on in the mouth and constantly spilling into the body, it's a real danger zone.

That has to be fixed or else progress to healing is going to be at the very least. And I am being nice about this. It's going to be inhibit for sure. And so we move on from there.

Or, you know, to add to that. And then I want to talk a little bit more about it because you're obviously, you know, you have so much expertise in this area.

And I think it's really important to touch upon here. I mean, I just did a ton of research and gave an entire presentation on this exact topic. You know, and Mercury, people think of, you know, you say, oh, I got my silver amalgams.

As you said, most people don't realize half of that is actually Mercury. And they don't call it mercury amalgams for a reason, because if they did, most people would probably say no, right?

But we know that Mercury has actually been identified as one of the most toxic, non-radioactive materials known to human beings. And that is what we're putting in our teeth.

So many people have these mercury fillings in their teeth. And what I found really interesting when I was researching this heavily recently was that, even though that, you know, we've been using mercury amalgams for like more than 150 years, their safety and their risks has have actually never undergone the regulatory proof of safety testing that's required for other medical proof of safety testing in, or for medical implants in the US law.

And I find that just totally mind blowing, that we're able to put millions of these into millions of people's mouths, and there's no real regulatory, long term safety testing it's ever been done.

Couldn't agree with you more. I think every three letter agency that we can imagine, the Food and Drug Administration, FDA, EPA, CDC, World Health Organization, W. H. O., all of these agencies across the board, every single time.

You can generally say very safely, 99.9% sure. We have often written about this on my website. There's a sliver of truth that comes out in every one of these agencies, thank God.

Right? But for the most part, they always side with corporations and no doubt anyone well educated in these topics they are citing. And on a side that doesn't support life.

And so that's what I would like to see happen more and more is that people become aware of these things more. We simply ignore what they're saying because for the most part, it's the direct opposite.

It's such a simple formula in my mind, being in this industry for 36 years, whatever they say, the opposite is true. And very helpful to actually go towards and get closer to whatever they say.

Go the other way and you're doing great. So it's really, I always say I bring up all these things and I appreciate what you said before, Nathan. This is not fear mongering mongering.

This is not scare people. This is like be aware and just move in the other direction and things will work out well. One other biggie in the home, which seems almost like, you know, give me the chemicals.

Jonathan. But the chemicals are produced from toxic emotions, so I know it's way beyond the scope of this, but just quickly to just simply say resentment, anger over anything, even if in our minds it is quote unquote justified, guilt, low self-esteem, just negativity in general that just all these thoughts that then generate feelings of darkness, you know, to just put it in the most simple way, this dark type of toxic emotions that we have within ourselves, and also what we generate just by simply the toxic interactions that we have with people right inside our home, the people closest to us.

This is where it's the most dangerous. Then generate all kinds of nasty biochemical reactions. And I was first turned on to this years and years ago when I was just a pup.

When it comes to being in, you know, being in a health and fitness industry with Candace Pert, PhD, a blessed memory, she's no longer with us. But the bottom line she wrote a whole book on molecules of emotion, and it was just fascinating.

And people want to get into something interesting to read. But it's just the bottom line is the way we feel then has a very real physical biochemical reaction.

So happiness and joy and peace and enlightenment and, you know, just feeling satisfied and grateful and thankful. These are not just cliches. These are things that if we start embodying that no matter what's happening outside of us, everything that's happening to us, everything, and I've had plenty of bad things happen to me, happens for our greatest benefit.

So it's very important to appreciate that every time something happens, not that we want it to happen, not that I wish it on anybody, but there has to be a very significant reason why stuff is happening to you.

Just like if you were winning the lottery, that would be great. If you make lots of money, if you get a promotion and people are complimenting you, that's so wonderful.

We got to deserve that, right? But in a certain sense, the bad stuff to the stressful times, the difficult, the challenging things that we go through.

But we have to communicate maybe in a little better way. It's all happening for very important reasons, and it's really important to be mindful not to let that dark stuff, those emotions, overtake our life because they are very powerful and very destructive.

Yeah, I'm glad you brought that up. I mean, you know, we have an entire day of the summit focused on, you know, the biology of belief in mind, body medicine and the power of your thoughts.

And you know, what you're talking about here is very real. You say, yeah, give me the tangible toxins or thoughts literally are tangible toxins. They do manifest in the via the biology of the body, you know, and they can inhibit your immune system and down regulate your immune system function.

And or on the other end of that spectrum is, you know, positive thoughts and caring thoughts and thoughts. And we've our science has already, you know, identified this great work of hard math, for example, has done a lot of work in this just feeling emotions of compassion and love and joy and gratitude, for example, can literally activate an immune system response and help to inhibit cancer cell proliferation.

So, you know, I'm glad you touched it here. We do go in so much depth, you know, during the summit as well. But it's certainly a toxin when you're talking about toxins you cannot forget about.

It is probably, in my opinion, one of, if not the most important. So thank you for that. So, Nathan, I know you want to get into how does this what's the track?

How do we understand this simply and clearly in our mind. And when we let this in, like I've done for myself? Nathan, I know you wanted to talk about a bit about how this all actually promotes disease.

How is this really connected to cancer? And I like what you were saying before, that you touched on about correlation. Western medicine loves to do this.

Everything I just said, Nathan, it's just correlation. It's not really proven as a cause. This chemical, that chemical. You know what? None of it is evidence based, right?

What they're doing. Oh, will put lead in Mercury, and they claim perfectly safe. A little formaldehyde in a shot we might get in our arm. It's a little bit all of it on their end should be the burden of proof for them to prove that it's safe.

And none of it is based in really good science. So all of this really does create a problem. And how does this promote disease? What does this look like in causing cancer?

Everything we just talked about this whole list of things. If it becomes too much, all of it is going into our bloodstream. I think, one of the cancer teachers that I've worked with in the past a lot created a lot of programs myself about this.

And he would talk quite a bit about how, you know, how you have stage one and stage two, stage three, stage four cancer. Great. Stage one is all throughout the body.

And at first a lot of people who first hear that. What are you talking about? Stage four is horrific. You know, it's lungs. It's in the kidneys, in the bones.

It's it's gone everywhere. Oh my God. Stage one can't nearly be as bad. But the truth is, the blood is what's gone. So the blood has gotten toxic and has generated itself in a weak area.

The lung, the brain, stomach, large intestines, wherever that person has their weakest link and has done all the things that that individual has had. Yes.

When it gets up to enough cancer cells clustered together. Stage one, this is Western medicine. It's a very dumbed down, very narrow way of looking at what cancer is.

They never get into where it comes from. We don't have time for that. We have to just cut it out or burn it or poison it. But that's why I stop here at Blood Stream and say, this is what all this stuff is doing.

It's setting the stage upstream in our blood for us to be more likely to develop cancer cells. So toxic bloodstream, clearly Western medicine, conventional science, all of these chemicals absorbed into the skin, breathing it in in a shower stall.

Right. Eating this crap. Right. Seemingly not knowing. But now we're all aware, right? Creates hormonal imbalances. Clearly it's been recognized, yet we still see it in the marketplace every day to the tune of thousands of substances that mess with our hormonal system.

Well, what's the big deal with that? We get to number three, which is the chronic low level cellular inflammation. Right? This is the fire that is burning and burning and burning.

And Nathan, your young, strong guy God bless you. Right. And so people go I don't get it. This he was she was so good for years. Looking good feeling great.

But if the lifestyle is toxic over time, it's the bathtub analogy. It just builds and builds and builds. Everything seems fine. The floor is good, the ceiling doesn't collapse, everybody's fine.

Below and on the ground floor from the second level. But when the water starts spilling out and the toxins have built up too much, bam! All hell breaks loose.

Excuse my French, but the point is, that's what happens. So first seem to be fine for years. And then this low level chronic inflammation is what is causing poor brain function.

Poor lung function. The liver starts to get fattier and more dysfunctional. The kidneys are getting sluggish. They're not able to do their job. And again, I go back to what Western medicine does quite deceptively.

Even if they don't mean it. It's not even my point. They still do this very I don't want to say cavalier, but very loosely. They'll say, don't worry about these things that I'm talking to you about today.

Nathan delivers a detox organ. The kidneys don't just do their job. Don't worry so much about a little of this, a little of that. In fact, they tell people who are concerned about these things, you must have some psychiatric disorder.

You're a health nut because you're overly concerned about these things. I mean, it would be a joke if it wasn't true. But the reality is that these things do have an effect.

And the organs eventually get exhausted and dysfunctional, and then we have a compromised immune system. And then, yes, boom, years later, cancer is 1015.

You know, this 20 years in development, you go for a test. My mother a blessed memory. She's no longer with us. She had ten years of mammograms. She was the perfect patient and everything was clear and quote unquote, fine.

In the 11th year, she had breast cancer. Now, Jonathan, you go on. You know, there were emotional things there, too. We won't go into all of that. The point is radiation cumulative effect crushing the breast.

Does that have some sort of risk to it? Absolutely. Even Western medicine admits that radiation exposure to the potential of increasing your cancer cell growth.

So people like you said before, Nathan, you're very right. They're not being told, hey, we're going to put some Mercury fillings in your mouth. That's okay. Right.

It's just a heavy metal. It's neurotoxic. It's not all of it. Only 51% or so. Some other heavy metals will be mixed in. No big deal. You don't mind, do you? Just sign this piece of paper.

Of course. People want so uninformed consent is going on every day. When people buy all of these toxic things, they have no idea and they go around feeling fine.

And Western medicine is not helping with their very loose answers. Don't worry about it. You know, these organs will take care of things, and it's a small amount of stuff and don't worry about it.

And they never even mention the fact that it is all bio accumulative. So I don't mean to go off on a rant, but, you know, this important. I'm glad you did, because I'm just reminded now of how many man hours and woman hours and millions of dollars and and millions of deaths had to happen before the cigaret industry finally was forced to put a label on cigarets saying this could cause cancer.

Right. And to your point and so, so on that point is, look, if you know these, these highly unregulated, you know, body care products and dental products and shampoos and lotions and you name it, you know, there is just not a big enough force right now if you taking them to litigation, forcing them to put, you know, these chemicals cause cancer, many of those chemicals are known carcinogens.

They are in the list of known carcinogens, meaning we know they cause cancer, right. And many of the others are probable carcinogens, in my opinion. If some things are probable carcinogen, you might as well just accept that it's a carcinogen.

Right? But to your point of you can be in, ingesting these toxins every day for years and years. And a great example of this is, look, you know, my grandfather, on my dad's side, and somebody probably has somebody in their family who smoked cigarets and drank alcohol and eat fried food for decades.

They said, oh, I had this person, my uncle, you know, for 50 years. And I asked him, well, what was the last two years or three years or four years of their life like?

And in many cases, and in my own family's case, it was would not be worth all of that 60, 70 years of toxic accumulation in the body. And yeah, you can smoke cigarets for, for some people decades.

And it doesn't affect you until the late stages. But those last couple of years of life are so painful and so devastating and in hospice and in pain. And, you know, every day feels like a year when you're in pain and you're suffering.

As many people tuning in may know, right? When you're sick, it is like time slows down and all you want to do is be better and feel better. And what I love about what you're what you're doing here and sharing with everybody today, Jonathan is saying, look, these are things you cannot discredit any longer.

These are things you cannot avoid any longer. These are things you have to take seriously. If your health and well-being and vitality and chances of preventing or reversing cancer are important to you.

This is a critical part of of what you have to focus on. And said couldn't agree with you more. I know a lot of people would like to know, well, what do we do?

And I can only share, Nathan, if you'd like me to go on now, please talk about how we live. Yeah, let's, let's just talk about how we can get rid of this stuff.

What is the action plan? And this is a helicopter view. And I always like to to reiterate that it is important for people to really do this. First, do not get stressed out over anything I ever bring up.

I always say that all of the presentations that I do and what do I mean by that? How can you not be stressed out because you're here to listen? Let's step in, be open minded.

But what I always say is the obvious, at least to me. I know this to be true. Every person listening Nathan knows what they have to do at a certain moment in time.

They get a good teacher in front of them. They hear something and it's like, that's it. Whatever that that's it is. Whatever that moment is for you, that's exactly what you should do next.

It really isn't any stress about it. And you know, Nathan, I did this with athletic training in a big way. It's where I made all of my money before being on the internet.

People were paying me a lot of money to do athletic training with them, and these are high performance athletes. But I would say the simplest stuff to them.

And it was true because I had performed at a high level in athletics, and I knew this to be true. And I had high level coaching from the Olympic Training Center in Marquette, Michigan.

I had done all of these things that I knew. What I was saying to them was true when there was so stressed out, what am I going to do? My life's a mess, I get, I what am I supposed to do next?

Well, this one thing you're talking about, the complaining about, this is the thing you should focus on. And this is all I want people to really let in to their heart, to their brain, and really focus on that.

So we go through some of these things. So let's go through the list. Stop buying toxic products. It's that simple. It's an evolving process. Don't beat yourself up. Forget about the past.

Just focus now on what you're going to do with your purchasing dollars and know that it is very powerful. My wife and I do this every single day, 31 years married, thank God, and we check each other all the time.

And yes, it's helpful to have someone to hold you accountable to these things. But write this stuff down. Start looking more carefully at everything you buy and start buying some things that are a whole lot better.

And you know what? Some of the things that you might be buying that are really toxic, that you could just do it out, just save the money or redirect it into something else.

But definitely stop buying the toxic products. Now, removing toxic, carpets, that's a biggie. I'm I'm doing a lot of, building myself these days, so I'm very mindful of these things, but definitely choose wisely.

Right. If you can remove toxic carpets and get something that's obviously far less toxic, same thing with toxic furniture. Get it out or be sure not to buy it right.

Flame retardants we talked about before, just be mindful and don't buy this stuff and bring it into the home with the windows shut and breathe this crap in all the time.

Toxic paint, same thing. You can get far less of that toxicity in these low no VOC type paints, but still you got to be careful. There's chemicals in there, windows open, all this kind of stuff.

So look for obviously no VOC volatile organic compounds and the substances and the things that you buy for sure is a wise choice. And also eat organic.

So focus on whatever it is that you enjoy. Focus on eating organic 100%. So look for 100% grass fed, pasture raised. Same idea with the eggs that you're getting.

Obviously you have to be careful of this because what the animals are eating and how they are living eventually

becomes a part of you. If you're eating those animal products, open up the windows.

It's a biggie for some people that just don't have the habit. Get those sliding doors open and leave them open, right? And if you need to screen it in, maybe because there's so many bugs and you're thinking of these things, but you want to do it, there's ways to take care of this, right?

Like get the windows open or put, you know, just little screens over those windows, but get those windows open. And another biggie is get plants. So I got a few here to make sure I didn't forget.

Lady palm, bamboo palm, rubber plants, Boston ferns. These are ones that really love to sort of gobble up and get those toxins before they could get to you, but get more plants inside your home.

Not a bad thing for your health. And they look great too. And then also use, use, use all the time as much as you can, especially if you're indoors. So much like I do.

I spend a lot of time indoors. Computers, my offices, they, the warehouse and I have all of these things. We have air purifiers all throughout and all the different rooms, and they are running because why not trap all that indoor particulates, right, that are floating around?

Why would I want to breathe those in that caused that inflammation in our body, especially, God forbid if you're dealing with cancer, cleaning up your indoor air space is so important.

And if you can't do it financially in all the different rooms, at the very least your bedroom six, seven, eight plus hours a day, a third of your day can be spent in a bedroom at night.

Purify that air so your breathing in better. It's just absolutely critical and clean up with soap and water. Use some essential oils you know, and just put it into a pump and spray that on the counters.

And just get away from all of these antibacterial soaps and all of these, toxic chemicals that people are buying in the grocery stores. These supermarkets just get some good old fashioned soap and water or use some essential oils.

You get a nice smell to it, and it's just a great way to sort of stop this stuff from assaulting you. And that's really important. I know we're talking about detoxing and helping people who might be dealing with a cancer diagnosis.

The biggest message, Nathan, you know, I give all the time is stop the assault. I use the analogy of the machine gun outside the house. You could pick up all the shells and all the broken glass inside all day long as someone is shooting that machine gun.

But honestly, the best move is to stop that person outside from shooting that gun and everything will be okay inside. So this is how we have to start taking it very seriously.

I am going to stop the assault that's happening to me and start taking control of how my health develops. I mean, on that note alone, you know, people go, well, yeah, I'm surrounded by chemicals everywhere.

Well, the truth is, 80 to 90% of these things can be mitigated by your choice. And you just gave us so many things that everyone tuning in can do by choice.

As you said, you vote with the power of your dollar. You buy the nontoxic, you know, lotions and creams and soaps. You buy the organic, you buy, you know, you vote with your dollar, you get the air purifiers, you get the plants.

We know from a NASA study that, you know, one plant per 100ft² in your home is is what it takes and works very effectively to remove majority of the VOCs from the air.

Right. And then the air purifiers take it to another level and the water purifiers and right, all of most of these things, 80 to 90% of the chemicals that are going in your body are by choice.

They're in the food, the water, the air, the carpets, the clothing, the toothpaste, all the things that you are choosing to buy and put in your body or surround yourself with.

And that's a very empowering place to be, because you can say, oh, I can get plants. Oh, I'm not sure what happened there. Can you hear me? Everything's good now, Nathan.

Just a little hiccup, that's all. No big deal. All right, let me just make a. Yeah, we'll just edit that. Where did it cut out at? We can all make a choice, is what you were saying.

And then it started just like a broken record player. Okay, let me just, finish that, and I'll hand it back to you. That'll be obvious, Nathan. You know, and, yeah, it'll be obvious when you do the edit.

Go ahead. So, you know, the important part about this is that it is an empowering place to be, right? Most of these things, through your own choice, you can mitigate, eliminate, reduce majority of these chemicals from your life.

And that's a beautiful place to be. So, Jonathan, I want to, you know, ask you as we kind of come to a close here, you know, you've given some great things that people can do.

You have given some, you know, big picture, but also very practical things people can do. You know, what are some even more specific things? Plants, supplements, herbs, other things that people can start taking to help, you know, remove those toxins from the body and help mitigate the toxins that are in the body.

We may never be 100% toxic free in our current world, and that's something we may have to accept. We can reduce and mitigate, I think, 80 or 90% of those toxins, but we're still going to have some toxins in our body that we need to detox.

So how can we do it safely and how can we do it effectively? Mean. And let me just give a one little quick statement that obviously somebody dealing with cancer is very different than someone who just wants to avoid, you know, lots of cancer cell growth.

We all have cancer cells in our body. We want to stay as healthy as possible. Obviously, I want to say that in terms of detoxing, we don't want to be overly aggressive at any point, especially if we're low in energy.

We should be working with an integrative health care provider who really has an experience doing this with somebody. But in general, the idea, I think, is that the things I'm going to go through with you always should be there, even if you did something more aggressive, like chelating therapy to remove heavy metals, right?

It stripped you of minerals. And so you have to be careful that you don't just think of, you know, the bombs to throw in you to just get stuff out. Because when you mobilize these toxins that are buried in tissue, if someone is in a very weakened state, heart issues, immune system problems, it can cause a world of hurt.

So what I want to focus on, obviously, are just suggestions, things that people can look into again with their health care provider or some really experienced health coach so that they understand these are things that they can start blending into their life right away.

That'll help with removing unwanted toxins and food wise. Cruciferous vegetables obviously broccoli, cauliflower, cabbage, brussel sprouts, things like this are really valuable.

Dark leafy green vegetables. That is not just iceberg lettuce. What people will often say, you know, lettuce. That's great. Let's eat more of that. No dandelion greens, arugula, kale, Collard greens.

The rule of thumb is what tastes like really bitter is actually better, right? So that's a common thing that you'll hear in

the natural health world. Bitter is better.

So those kind of greens are great micro greens I love them from a local farm. They literally bring it right to our door. My wife and I love these microgreens, broccoli sprouts, things like there's all kinds of different sprouts, these young plants that are so delicious.

You can literally have like a little lemon and oil type dressing and just eat the sprouts, maybe with some cut up cucumber tomato. It's a great salad, tastes delicious, very satisfying and highly nutritious.

And it really does help to facilitate removing unwanted toxins. Lemon for liver health is great, as I've been with you, Nathan, the whole time. A little lemon, squeeze it into water.

Nice quality. Spring water obviously is very good hydration. I'm going to say all those obvious things that kind of not really brought up, but having water.

But squeezing lemon in is so easy. Organic lemon putting maybe a one drop of stevia, one drop of monk fruit man. It is a delicious drink and really helps you to get lemon into a great liver.

Chlorella, garlic, ginger, great for gut health and so many other things as well for binding up toxins. Really great mineral rich sea vegetables. I give a big shout out to that Nathan because my background is in macrobiotics.

I studied with the biggest teachers in macrobiotics back in the late 80s, right in the heyday of macrobiotics at the Kushi Institute. So I went all in with this stuff.

That's what a whole other day went crazy. But I learned so much about the value of wakame and dulse and kelp and nori and kombu and arum and his zekey.

All of these seed vegetables are rich in minerals. These are the tools. These are all the ingredients that we need. So many people are mineral deficient.

And yeah, you could just think, pop a pill for this thing or the other. But when you're eating these foods, science hasn't even gotten close to appreciating how very valuable all of these elements are that I'm bringing up as you start bringing them into your life, you will feel much more alert.

You just intuitively going to know that you feel much better. So mineral rich sea vegetables, big shout out to them okay, great carrot apple juice. Obviously Charlotte Gersten was a dear friend of mine.

Her father, Max garrison back in the 30s, in the 40s was big about carrot apple juice and literally made cancer patients drink 13 glasses. Their clinic in Mexico, it was like they would bring the glass.

Okay, here you go. And every hour on the hour, Eli. And then they would stand there, drink. No, no. Now finish it like right away. Right. Like don't. Oh, here's your glass. Let it sit there on the end table.

They're laying in the bed. No, it's about really saturating your body with carrot apple juice. Simple, easy to absorb and really helps to hydrate, nourish and flush out stuff that you don't want from your past life.

So 13 glasses a day, right? Not just, hey, I had a carrot apple juice at 11:00 in the morning. I'm good to go. So that was part of the Gerson therapy, right?

Apples for the pectin, right. Helps to clean the blood. Beats great for the liver. Now don't flip out. You start having beets actual eating of roasted or, you know, boiled and you're eating these beets or you have beet juice.

The next day or so, you may see your urine is very, very dark or your bowel movement. Oh my God, the red in the bowl don't flip out. It's not blood. It's the beat. And that's a good thing.

See, again, conventionally speaking. Oh that's just very expensive waste that you're producing Bowl that is complete lie. That is a great sign that your body has taken these substances and processed it through your stomach, through your gut, through your liver, through your blood stream, back in through organs and for elimination.

Yes. You see the coloring, like taking lots of B vitamins. And it's just this golden yellow type, bright yellow color. Oh my God. But the good effects of what it's done in your body cannot be overstated.

So get that into you, fermented foods. Now this is a little dicey. This is not drinking down 15g in some of the more popular really healthy combo. Boucher right.

With a there's sweetened pineapple and strawberry and they're delicious raw. Com Boucher I really wouldn't say lean heavily into that as your fermented source, but raw sauerkraut, you can make your own with cabbage and sea salt.

It's really so simple. And pressing it over time and having raw sauerkraut is great for your gut and for improving your digestion and your immune system in general.

And miso soup. Shout out again to my macrobiotic, past and my training. Miso soup is amazing. Miso is a fermented soy bean. Chickpeas. You can get it from rice as well, but a fermented product, the paste that goes into water.

And then you can mix it with a little bit of onion, which is great for your digestion. And Walker made that sea vegetable I mentioned to you before, even cutting up little pieces of shiitake mushroom.

Great blood cleanser. And that alone is the simplest miso soup, I guarantee you. You start getting into having that every day. You will feel the healing properties of miso soup, and it really was a staple for macrobiotic counselors that spoke to a lot of people dealing with cancer.

It was one of those things that was very nourishing and healthy. And so, again, just to plow through the herbs dandelion, dandelion root obviously a biggie.

Cilantro, neem milk thistle. Amazing for the liver. Tumeric. So all of this stuff is so amazing to the organs. So cleansing. And oh sorry, I got a little feedback for a second.

Maybe I should not be so passionate about this, but anyway, I can't help it and so anti-inflammatory. So it's a great lifestyle, but burdock root is another biggie as well.

Really good to have. Some of the things to help detoxify the blood, your liver and your gut. So all of these things to burdock root, by the way, is like a carrot, long and dark brown.

You know, you got to clean it up, obviously, really well. And then cut it, slice it up into slices. A very distinct flavor, but a really powerful herb, even though they can also call it a root vegetable. Right.

Because it grows in the ground. Burdock root is really amazing. Don't underestimate it. And a special note for ashwagandha. But people that have tremendous anxieties, you know, a liquid extract with the ashwagandha.

Yes. They make it an alcohol base. You can get it. No alcohol obviously in it as well, but ashwagandha is just great for helping you to feel less stressed out.

And God knows a lot of people could use that. Ashwagandha is great to have, and the vitamins just really quick. The bees are great for stress in general and helping to again calm down these fires inside and make the body work better.

Vitamin C I could go on for a half hour about that. We have no time for that and vitamin D as well. People, Nathan,

are grossly deficient in vitamin C and vitamin D, they've got to get their levels up.

They have to make sure they work in unison like C with quercetin. Really important to have together to help be absorbed into the body and do the best that it can.

Vitamin D3 is really important that vitamin D2 that's in a lot of organic, like almond melts and things like that, that's like toxic. Forget it. Vitamin D3 is the way to go with K2, boron, zinc, magnesium.

These are very important. Other substances that will help you to properly absorb enough vitamin D, and too many people are way too low in these vitamins that are really essential to help the machinery, our body, get rid of those unwanted toxins.

I hope that was a helpful list. That was an incredibly helpful list. I mean, you started going pretty deep into many of the things we cover in the anti-cancer diet.

Specifically, we cover a lot more in that entire day. But I'm glad and you touched on even, some other things that, that, that we don't cover in that day.

So, you know, I know people are probably going to have to go back and watch this again, which I encourage you do, because you covered so much. And I appreciate it because this is really about educating and empowering.

Right. So just to kind of recap here a little bit, you covered many of the toxins that are that are hidden in plain sight as well as toxins that we can see.

Right. And we know of and what to do about it, how to eliminate it, how to mitigate them, how to reduce them. This is critical. Step number one. Right.

Well, let's say step number one be aware of step number two reduce eliminate mitigate. And then step number three which is you know, what you just talked about there is now empower the body to heal through these natural health methods.

Is foods is plants. These herbs is, you know, getting the different vitamins and nutrients and minerals and fiber, nutrients and antioxidants and anti-inflammatories in your body as often as possible.

And by doing that, you're not only going to feel better, right? You feel better when these toxins are out of your body, you're going to have more energy.

You're going to empower your immune system. You're going to allow your body to do what it's designed to do, which is heal itself. So, Nathan, let me just let me just jump in real quick for one last thing.

What you said is so important at the end. How do I know if this stuff is working? If you feel better in every aspect of your life psychologically, spiritually, emotionally, mentally, physically, your energy, your attitude, your ability to react in a healthier way, you just know intuitively inside you're a stronger individual.

If that is not happening, with which I doubt with all the things we went over today. But the point is, with whatever program you are doing, do not beat yourself up, but give it enough time and really take a careful look at it.

And quite honestly, maybe it's simply time for a change, but you should feel like you're going in that direction and it shouldn't be a mystery. And you certainly don't need a PhD or a master's degree study to figure this stuff out.

It really goes by what you think inside how you feel, you know? Absolutely. And I think that's it. Right? Is people tuning in is can get really overwhelmed and go, wow, can I can't really do all that.

But you can if you take it one step at a time, one step at a time. See where you need to change the most. See where your most toxins are and start changing there.

See what you know some of these herbs and supplements and nutrients that you're missing and start bringing those in. And you do it one step at a time.

And you you watch this again and you watch our other days and episodes and you keep educating yourself. You keep taking one step at a time. And before you know it, you're doing all of these things, all the time.

And it's a natural part of your daily life, which I can testify to that for myself and my wife and my two kids, because we've been on this path for 15 years and and now all of these things we do every day automatically, and we do it by choice because we love it and we feel great, and we know it's contributing to our health and vitality and longevity.

And so all of you tuning in, you can do that as well. And I want to encourage you at this moment to go to natural health. 365.com. Natural health 365.com.

Because there you can sign up for Jonathan's newsletter. You can continue to get more of this in-depth information. Watches, podcasts, get videos, articles, great posts that he continues to share with you and the world about taking back your health through many of these natural methods.

So I encourage everyone to do that. And Jonathan, hey man, thank you. This has been just incredibly insightful. We got to go really deep in a short time.

You shared so much information and I truly appreciate it. This has been a fantastic pleasure. Thanks, Nathan for the opportunity and I just hope it does help people out there.

Thank you. The next interview coming up that you don't want to miss is Doctor Rashid Butcher about how to stop feeding cancer. In this interview, we cover what is actually feeding your cancer and how to stop it, what is advanced medicine and how it helps when dealing with cancer.

The number one proven cause of cancer. We all need to understand and the truth about genetics and what we can do to overcome genetic determinism. This is an empowering interview, so please make sure to listen closely.

Additionally, let us know in the comments below what you've been inspired by so far. What has moved you or helped you see things in a new light? We love to hear from you and see how this empowering information is supporting you on your own healing journey.

And without further ado, let's jump right into my interview with Doctor Butcher. Doctor Seed Butter graduated from Washington University with a double major in biology and theology, and went on to attend medical school at the University of Osteopathic Medicine and Health Sciences, College of Medicine and Surgery.

He trained in general surgery and emergency medicine, and served as brigade surgeon and director of Emergency Medicine while serving in the US Army. Doctor, guitarist, board certified in clinical metal toxicology.

Preventive medicine is board eligible in emergency medicine and has achieved fellowship status in three separate medical societies. He serves as the medical director for the centers for Advanced Medicine, with clinics in California and North Carolina.

Doctor retires patients from 93 countries, is an international bestselling author and a world acclaimed speaker with an international reputation in effectively treating cancer and autism.

Doctor Pittard, thank you so much for being here. Thank you, my friends. Thank you for asking. So you've had so many success stories and great case studies over the years.

I've got to hear, some of them from you directly. Can you share a couple of, of case studies, that kind of stick out for you from some patients that you've had some great success with using, you know, a holistic or an integrative approach for treating cancer.

Well, first, Nathan, I want to specify that I don't use a holistic approach or integrated approach. I use a physiologically oriented approach. And that's why I call it advanced medicine, because to me, there is like when you walk, there's a way to walk.

Now people can say, well, there's different approaches to how you walk. And I don't know that agree with that. There's only one way. And that is you walk the way that you were designed to walk, right?

You can walk other ways, but it's going to be difficult. You can walk sideways. You can do those those, you know, crossing over leg exercises that we did in football practice, you know, in college, in high school, there's many different ways, I guess you can ambulate.

But the point is when you walk, you just walk. And so what I'm doing is I'm using the principles of physiology to treat patients understanding what the issue is.

And that's a very important part. Right. You got to know what the problem is. And people say we don't know what causes cancer, but we do know what causes cancer.

And you know, we can talk about that. And then the second thing is that the approach is fundamentally sound and follows physiological principles. Right.

So if you are, for example, if you are thirsty, people can say, well, you can quench your thirst many different ways. You can take an IV infusion or you can do, therapy.

You can stand in the shower and soak in all that water. You know, to me it's like pick up a glass of water and drink. That's that's our approach. It's that simple.

You know, you're dehydrated, drink water. And so it might sound oversimplified. And some people say, well, that's your opinion, but it's not. My opinion is based on physiology.

There's many things that I do in my clinic that if you'd asked me 20 years ago or even ten years ago, some, some of the things even five years ago, I would have said no, you know, because it was my opinion.

But ours is completely based upon what we are observing to work. And when we see it observed, we we observe it to work. Then we test the hypothesis and we expand it out.

And if it's working universally, we apply to all the patients. So it's a very specific observational evidence, like when they say evidence based. I'm gonna talk about the double blind placebo controlled crossover motor set of trial evidence based, I mean truly based upon the evidence that presents in front of us.

And, you know, a lot of it's very basic, except some of it's a little bit more intricate. But that's really what the approach is, right now. You asked me to talk about a couple of case study.

So the two that came to mind and there's so many, but two that came to mind was one was a guy who's become a very good friend of mine is that he was a professional golfer and and his first name is Chris, actually, when he was when his story came out, actually Thai and Charlene ended up using interviewed him.

And so its first name is Chris is the professional golfer, 29 years old, got stage four melanoma and he came to us first. He'd gone to Cleveland Clinic and Cleveland Clinic, gave him six months left to live.

He didn't like that answer. So he went to Mayo Clinic and Mayo Clinic said, yes, we we can give you more than that. We can give you up to a year, but we have to amputate your leg.

And he didn't like that answer. So he came to the clinic and he went through five rounds of treatment, which is in each round is about four weeks. And with 4 to 6 weeks in between, he went through five rounds of treatment and so like, like I said, Cleveland, given six months limited clinic in Mayo, gave him a year and a year.

And, he is he's 41 now. So that was 12 years ago. Wow. And he was actually at the last advanced medicine conference. So I think he's going to be at this next one too, so people can meet him firsthand.

Another example is, in 2018, my keynote that I gave for 2000, 2017, sorry, my keynote, that I gave for the Truth About Cancer series. I usually open my lectures with a video because I say, you know, if a picture is worth a thousand words and a video is worth a million, and that particular conference.

Right. As I walked on stage, I decided I was going to show the video. And I talked about a story and I showed the screenshot. So there is a young man who was 12 years old who had osteosarcoma and his leg had been amputated before they came to us, and they had told their parents that to save his life, we need to take his leg and postoperatively when they did their.

Pet scan. This is after they took his leg. They found that the sarcoma had already metastasized to his lungs. And so they give me six months to live. And so what I showed at that at the conference, as I started speaking, I showed a Facebook post.

And the story is an interesting story is a powerful story because I used to the parents would, you know, walk around always like depressed. And I said, look, you guys need to stop doing that.

You need to start focusing on what the intention is that you want. And, you know, parents are like I said, give him things like steak. Think of a mountain climber, right?

There's a climbing the mountain. They're driving that stake into the wall. And then they pull themselves up and they drive the next day. That's it. You got to give him steaks, anchor them.

How do we do that, doctor? They're crying. And I'm like, okay, I'll show you how. So I started this relationship with this kid where I would just bust on them all the time.

Like, you know, I would ask him about the car and car he's going to get. And he was like 12 years old and he's like, I don't know, I'm only 12. And one of the things that that I said to him, I said, who are you going to take to prom?

And he's like, from, that's what I'm a senior because I'm, I'm only 12, I'm only in eighth grade. And I was like, dude, you're so ugly, you need to start looking for a date now so that you have somebody. Right? Okay.

So that was one of the things that, you know, people laughed about it. So here I get a post. Now this is this is like 20 some years later okay. And I'm showing the post. We had just gotten it.

So the thing is not guitar my name is Ryan, blah blah blah. I don't know if you remember me, but I was, I came to your clinic and because of you, I'm alive today, and he's just going through all this stuff.

You know, whatever. I'm reading the thing straight off, and he talks about, he goes, in case you're having a hard time remembering me, I'm the one with one leg.

I used to play basketball with my with my dad, etc., etc. and they get to the end. He goes, and if you still don't remember me, this might help you. I'm probably the best looking person you ever treated.

He remembered that steak that I drove in because it whole thing was. Whether you make it funny or you make whatever it is, it's a steak that goes in and it penetrates their brain.

And to that point, 20 years later, he's still thinking, okay, you know, I'm the best looking kid you ever treated. And you and I were laughing. But to him, that was that anchor when he realized that not that was an anchor that he drove in there.

So those are the two examples. And he's, I think he's 31 or 32. Last time I heard, he was, he wanted to talk to me about his grandmother, who had cancer.

His uncle had cancer. Came to me. He's got a newborn child. And so, you know, that's 20 some years later. It's it's a good feeling. So. Yeah, I mean, I know you have so many people that you've helped over the years and, and I know one of the things that you really help people with is getting their mind set.

Right. I mean, and it's such an important part of, of overcoming any health challenge, chronic health challenge, cancer or otherwise. Right. If you already have this and we can talk more about it in a little bit, you know, because I'd love to hear your thoughts on it further.

But, you know, if you have this defeatism already in your mind, that I'm done. I can't beat this. It's over. Certainly the body will follow. I mean, Bruce Lipton, he's speaking at your upcoming conference.

Advanced Medicine Conference, both a colleague and a friend of both of ours. We know the biology belief, we know epigenetics. We know how the. You know, your mind literally can cause disease or help heal disease in your body just by what you think and feel, right?

I mean, so I know you help patients critically with that, but you also have a full, multi-pronged approach. Maybe you can share about that in a little bit as well.

But I want to go back to something you said early on. You said there's a lot of doctors and a lot of people who say, oh, we don't know what causes cancer.

And you said, we do know what causes cancer and we do. Right? We I mean, the evidence is so clear. If you look at the evidence, it is very clear actually what causes cancer.

And so maybe you can start there a little bit. What is it that is we know is directly feeding cancer cell proliferation. What is it that actually feeding cancer in our bodies today.

What are those core causes. So if you want to look at what's been published, there's, annual cancer report that goes out to the president and the 2010 annual Presidential Cancer Report.

I don't know exactly every year or every ten years, I think it's every year they have an addendum that comes out every year. But the 2010 version that I have, I don't know, I didn't look at the 2020 version, but the 2010 version, I had that on our website.

Anybody can download it. It's by 240 some pages long, and it can be summarized in one sentence is 240. Some page. And that is that cancer is an environmental issue.

All right. Now when we say it's an environmental issue, we're not talking about the environment, just the environment that you're in, meaning what you're breathing in and what you're bathing in and what you're eating.

But we're also talking about the internal environment, your physiology. Right. So it's an altered physiological environment, altered, extraneous environment.

And this comes back to, as you mentioned, Doctor Lipton, it's that signal, right? It's the signal that causes the gene to express in a certain way. And it's important for people to understand that when you start talking about genetics. Now, this is a genetic call.

This is genetic. Cause, guys, get over yourself with that thought process because that is just idiocy. There's two, 20,000 genes out there is over 140,000 different proteins out there. Okay.

And if you start looking at the the sign says that a gene defines a protein, that how can you have 140,000 proteins being defined by 20,000 genes? Right.

Because if a gene defines a protein, then what happened to the other 120,000 proteins that are left over? It's because a gene will cause the expression of various proteins based upon the signal that it receives from its

environment, internal environment, external environment, whatever you want to call it.

Part and parcel of the whole thing is their environment, so that Gene can express one version versus another version versus another version. And what you said right before I started answering this question, Nathan, when you said about the belief aspect, you know, that's a signal to the gene.

It's no different than any other thing. That's no different than the toxin that you're putting into your body or the organic food that you're putting into your body, or the contaminated area breathing in, or the clean air that you breathe in that signal.

And between you and me, you know, let's just pretend like nobody else is listening to us. That signal is the most paramount component. It is the basis of everything.

Because here's the thing. Why do I have such a good success rate in cancer? Well, I believe that a lot of it has to do with the belief that the patient has in my ability.

Now we're doing a lot of good things. But you know what? I, I know that there are people that haven't come to us that have gotten success, and I personally believe that it is the belief that they have in me because I've I've tried to think about it like, why is it that this person with multi-organ stage, I mean, multi-organ system failure, the kidneys are failing, the liver is failing.

There. You know, everything is they're ashen colored. They're literally, you know, a foot away from the grave. They've got metastatic disease. And like, I'll give you a case example of a person.

This was an uncle logical nurse, meaning she for those that don't know what oncological means. But this is a nurse that worked in the field of cancer for 40 some years.

She had breast cancer. She went through chemo, she went through radiation. They gave her a clean bill of health and she thought she was fine. Five years later, they find something suspicious on a chest x ray.

And they're not sure what's going on, so they repeat it. Actually, no, sorry. It was a neck x ray, but she had a neck problem. But in the part of it, they saw something suspicious in the vicinity of the lung.

So they do a workup, and they find that a cancer has not just come back to the breast, but it's metastasized to her brain, her scalp, her spine, her lungs, her liver, and her spleen.

All right. And they said, this is this is, the category. They told her that there was nothing left for them. There was nothing more to do. They give her three months to live.

And this is in medicine. We call this refractory to treatment, meaning that they've done everything else already. She'd already had so many rounds of chemo radiation and they just ponder if she was already.

I think she was, 70 at the time. And they said, there's nothing more that we can do. And she was in the field of medicine. So she comes to us, and she lived for the next 13 years.

She died at 83. Okay. Now I've got her video, I've got her on video. She's actually on our, the untold truth about Cancer. And you can anybody can watch your video.

So we've got her actually, when she first came to us and she's talking about you, she can see the great can actually color interface. And this is like a couple months into treatment and she looks that way.

And then you see a year later then you see her three years later, then you see her five years later. And she's saying things like, you know, I didn't expect to live this long.

So I'm doing things like, I just renewed my passport, which I never thought I'd have to do. Get it. I'm building on an

addition to my house, and I'm renovating my house, and those type of things.

So, you know, you can hear and then you see her like, ten years later, a couple of years before she, she transitioned. But, and she didn't continue doing the things that she needed to do.

There was there was some of the emotional things that were going on. But any I mean, for a person to live 12 years after having end stage multi-organ system failure, metastatic disease everywhere, refractory and treatment.

So that was one of the more challenging cases. But the point being, coming back to, you know, what causes cancer is we know it's that environmental aspect, right.

And that belief, as I said, is a very key component. Whatever Henry Ford said, whatever you believe that you can do or you can't do, you're right. Right.

So it doesn't matter whether you say, yes, I can do the no, I can't. You right. Either way, if you think you can do it, you're going to do it right. And and don't think you can do it, you're not going to do it.

So there was a book that was written many years ago, over 100 years ago by Paul Allen as a man thinketh. And the summary is that the body is the slave to the mind.

And so if you have a problem with your body, you want to fix it. You must first fix the mind. And that's really what it comes down to that. That's the essence of it.

So what beats cancer? That question that you ask me, that's a long, drawn out precursor to tell you what beats cancer. The first thing is what we're putting in here that's literally beating cancer or the thought process that beats cancer.

Now you want to start talking about physiologically, cancer is an anaerobic, obligate anaerobic metabolism, meaning that it loves an oxygen free environment.

Cancer is an obligate glucose metabolism. It loves a sugar environment. And there's many it's a it's a it's a type of a situation. Think of a fish. Right.

What does a fish need? It needs water. If you take the fish out of the water it's not going to survive. That's kind of like my my thought process, right?

My strategy. People don't know. What is your strategy, doctor? They expect me to give them this like really elaborate strategy. I'm like, okay, think of cancer as a fish.

I'm going to take the fish out of the water. If I can take the fish out of the water, which can't survive is the same thing. We want to do that with cancer.

We want to create an environment in which cancer can't survive. So we want to increase oxygenation in the system. We want to decrease the amount of sugar.

Sugar feeds the cancer. So it's that type of a philosophy. So I didn't know what you meant when you said what feeds cancer. Like is it that you know, I think last time we talked a lot about spirituality.

And I think that's a very, you know, you probably you've already picked up that that's the basis. The more you do this, the more you realize it's like the monkey scratching his head.

You know, the more I read the more I realize I don't know type of thing, but the more I've treated patients and we've been doing this now for well over a quarter of a century.

You know, my practice, I've been a doctor for 30 years, and the practice was started in 1996. So, you know, we're

25 years out in the private practice, but the essence of it all comes from what are we feeding into our mind?

What is our belief system? And when we go beyond that to the physiology of it, it's it's making sure that the body is getting what it needs and we're taking out what it doesn't.

So there's a there's a fundamental component that on the cell in the cell where the cancer first starts. And cancer, by the way, is there all the time. You know, that.

You know, I'm I'm pretty sure you all your listeners know that it's it's our immune system is checking constantly and making sure it's creating a shield, if you will, of preventing the cancer from becoming rampant.

Okay. It's at a certain point when the immune system can't keep up with the normal, this array and the cells or the the dysfunction of those dysfunctional cells, that's when the cancer becomes a cancer.

But when when it's picked up on a Pet scan or a Cat scan or an MRI, it didn't start last week or last month. It started, you know, a year or two years, five years, depending on the type of cancer.

So it's like it's right there. Now this is came to me, which I think is perfect. I haven't thought of this before, but I think it helps explain to people.

Right. It's like, if you've ever played Tetris, right? The, the, your immune system is like, putting the, you know, all the pieces into place and the timing is fine and it's like, okay, it's doing its job, no problem.

And when the immune system gets bogged down or it's not functioning properly through toxins, through, you know, negative belief systems, through poor environment, through all the different causes that are leading to, you know, the the immune system is functioning, you know, fear.

We know emotions literally inhibit the immune system. Negative emotions, fear, stress, doubt, worry, anger, all these things, literally anything. It turns down the immune system.

And then that Tetris goes the cancer goes you and it all just you can't keep up with it. The immune system can no longer keep up with the cancer. And that's when the cancer grows out of control.

Right? Actually, that's a beautiful analogy. But I'm going to change it slightly. So, you know, this Tetris is every time you get the block that it drops, it drops.

That's same. Yes, yes. There we go. As soon as it gets locked up and start building up the the immune system can't handle it. And then think of that as a cancer.

The build up of those blocks because they can't block you know can't because there's a gap down there and it will not go down. That's what cancer that's growing literally like that until the game is over.

That's really that was a great analogy that I just kind of changed it slightly because I know thank you for finishing it, because I clearly haven't played Tetris in like 15 or 20 years.

But you were very good. The analogy was right. I just was missing that couple pieces after that. So. So I'm glad you brought up one. The number one, cause we need to be you know what's feeding cancer's environment, right?

It's both environment that is causing cancer cell growth, cancer cell proliferation, but it's also environment that is removing cancer cells from our body. Right.

And so you already talked about, you know, I, I totally agree with you that the mindset, the emotions, you know, your spiritual connection, spiritual beliefs, you know, relationships, everything really directly involved with mind, emotions, spirit is, I would say is 80% right.

I used to I, I 15 years ago, I would have said it's 100%. A few years later I would have said it's 20%. And then later is like like you said, the more you know, the less you realize you know.

Now I'm really at the point where I really think that is 80% and 20% is everything else. It's the diet, it's the nutrition, it's the, the, the treatment.

You know, the different technologies, the supplements, all of that. All that stuff's important. But without the mindset and the emotions and the, you know, all the aspects that actually regulate your immune system and the environment that the cells live in.

Without that, you know, you can take all the supplements in the world. In many cases, you know, they're not going to do the right thing. Yeah, it's it's going to be temporary.

You don't have to deal with the relapse and the cancer coming back and let you take care of it. It's source. And, you know, it's interesting that when you were talking about the environment, you know, let's let's talk about the cell from a physiological level for a second.

There's one of two things that's going on. So that cell the way the immune system is constantly, monitoring all the cells in the body. And when a cell becomes disrupted, then the immune system takes care of it.

So what exactly is causing this disruption? So when you got that cell, it's one of the like if you were able to trace back anybody's cancer or whatever kind of cancer, the first cell that created the first cell that became disarray, that caused the disruption that caused that.

Because obviously, from the moment we're born, we've got cells that are abnormal, the immune system taking care of it. But let's say we trace back to the first cell of that particular instance that actually that now yields cancer.

If you go back to that cell, whatever that cell was either one, there was some type of a toxicological insult to that cell, i.e heavy metals, persistent organic pollutants, some type of a pathogen, electromagnetic field disturbance, whatever the something that happened on that cell that caused that or instead of the the toxicity salt to that or the other thing that could be is that there was some type of a depletion of a nutrient, a vitamin, a mineral, a cofactor, an enzyme, something usually it's a combination of both those things.

Right? It's both those things. It's like that Tetris thing you're talking about. It's usually not just one block that blocked it, because then you can kind of keep things going.

Another one is usually a combination of a couple that missed one here, you missed one there. And boom as lock it up and starts growing. Well, that really is a good analogy with the Tetris thing.

You know that, hey look, wait wait wait. You know, we can both, contribute to, to that analogy, sharing it from here on out. I mean, we both put together a great analogy to share, I think.

I think now we just share that with millions of people and everyone understands what cancer is, right? Right. That's exactly right. I mean, I think it is because literally, as with blocks start to you can't keep up with that anymore.

And it's something's blocking it. It's just continuing to build up. It's so like cancer grows. And then when it gets to a certain part, you know, it overwhelms the body.

And that's really what it comes down to. So the it's either a nutrient deficiency or it's a toxicological insult. It's usually a combination of both. And that's where that cancer initiates and that's coming from your environment.

Right. Whether what you're breathing in, what you're drinking, what you're eating, what you're thinking, what you're feeling, what all those things. So when you were talking about those things, those emotions, the one thing that you didn't mention was, was you mentioned the hate.

And, I'm sorry you didn't mention hate. That was the one thing. Because when people hate something or hate someone that eats away at us. Right. So the one thing that I tell people, because I never know when a person comes into the clinic if they're going to end up being a patient or not, they're coming into one, a consultation.

They're sitting there talking with one of the providers. When I'm doing the consultation, I always, always, always tell them that the one thing that they need to do, regardless when they come to us or go anywhere else, is they need to forgive.

What do you mean I need to forgive? We need to forgive whoever. Well, I don't I'm not caring. You got to go educate somebody. We all carry grudges against somebody, whether we know it or not.

I mean, it may be the kid that stole your milk money when you were, you know, four years old, but still, you just make a list of everybody and start forgiving them and not forgiving them, like, you know, to kind of forgive you.

No, not like that. Like literally forgive them. Like, set that free because it's not whether the person deserves the forgiveness or not. It's whether you deserve to carry that pile of manure on your back for the rest of your life.

That's been causing this agony that, you know, that person should have, you know, forgiven me. That, in fact, they did a study and they took the poll people and found out, you know, how many people the exclusion criteria was?

Inclusion criteria was basically if somebody felt like they were it was something that somebody owed them an apology for. And it took those people document that, and then they contacted the person that they felt that they deserved, like the group that that deserve an apology to contact a group.

B group was the one that was supposed to be apologized. And that they found was that 86% of Group B, that group, they felt that they were owed an apology.

86% of them didn't even know they did something wrong to apologize. So now we're walking around with this, this, issue in our own heads. You know, that this person should have owed me an apology.

Not like my mom. Before she passed, she. She had cancer. She had three different types of cancer that I treated for three people. That the cancer. And she did great each time.

But then after she finished the treatment, she would go back to the same exact problem that she was doing for the same lifestyle. It was like, why are you doing that?

Well, the third type of cancer got her. But her sister, my aunt who raised me and a couple of the for for a while, she raised me when I was like eight, ten years old.

They hadn't talked for like almost two decades. And I'm talking to my aunt and I'm talking to my mom, and it my aunt says she's going to come to see my mom.

And so I ask the question, why? Why don't you talking? My mom couldn't remember and my aunt couldn't remember, but it was important enough that they had someone talking.

Right. So this is a type of, inertia that we end up creating for ourselves to, to overcome. So it's very important for us to understand that this dynamic we're talking about, it's.

On a cellular level, it's either something that shouldn't be in our body or something that we need in the body. And it's the same thing when you look at the whole body, it's the same thing.

It's either something that's eating us or something that we're consuming that we shouldn't be consuming. Right? I'm not talking about food. It's like that.

That anger, hate, fear, lack of forgiveness, you know, whatever it is. And so if it's not eating you, you're eating it

type of thing, right? So what we have to remember is that it's really comes down to it's all about the environment.

And you got to set out your environment. That's what that's what the cancer is. It's like it's a it's a dropping the what's the what's the word when you're watching not serving, but you're when you're watching something, but you're like observing.

Yeah. But it's like, you know, when you're doing it from a protection standpoint, a surveillance, it's a surveillance issue, right? You're if you allow these other things to come into your body, you are dropping the surveillance of your immune system's ability to so to the surveillance that your immune system is covering you to protect you.

That's what you're really impeding. So it's not like all of a sudden people say, well, it's a genetic disorder, not cancer. It's not genetic, guys. It's no more genetic than is, you know, anything else.

And the genes don't regulate your outcome. Remember, it's the proteins that the signals that the proteins are expressed based upon the signal that is received by the gene.

And it's the gene that's now, creating the protein. And we blame everything on the gene, but it's the signal that's the variable, not the gene. Because when the signal hits a gene, it becomes different.

You can have the same gene, but it expresses multiple different proteins based on the multiple different signals it gets. So that's why we have to make sure we protect that signal.

That signal is the environment. What is a thought where there's a chemical, whether it's a nutrient, whatever it is, it's that signal. That's what you gotta remember I love it.

I think you just explained it in such a foundational way that makes so much sense. And I think this is a good point to end it. I mean, there's the the additional interviews we've done I encourage everyone to listen to as part of this entire series where we go into very specific depths of, you know, toxins that cause cancer and things in your home and all the things you need to watch out for.

We don't need to get into that here. We've already gone over it, as well as other kinds of solutions, you know, in, in, the episodes coming up as well, different, you know, aspects that you can implement into your life with diet and nutrition and supplements and all those things that are super important, that I encourage everyone make sure you listen to as part of this event, but I think you just laid toxic, which are such an important and profound foundational framework for all of us to understand, really, that number one, aspect, which is the environment, internal and external environment we absolutely need to pay attention to.

And and really, number one, as part of that as well, is the mind, the emotions, the thoughts, the beliefs. Right. Because that's going to fuel and drive everything else.

So thank you for that. I think what you've just done in laying that groundwork is critical to all of us, you know, understanding not only how to prevent cancer, but, you know, give us the best fighting chance to reverse cancer.

So, so thank you so much for that. I truly appreciate it. Absolutely. Doctor guitar has a fantastic way of explaining metaphors and analogies to help us understand cancer and its causes.

And he shared some profound insights, often not talked about when discussing cancer prevention in cancer treatment. And the next interview is one I think you've been waiting for, and certainly one you don't want to miss.

It's with Doctor Veronique, this song, otherwise known as doctor V, who shares her battle with cancer and how she reverse cancer twice. Using a natural and integrative approach to healing, she shares how she reverse breast cancer twice with evidence based natural medicine.

How to overcome the fear of a cancer diagnosis and find calm and resolve, and the first steps you should take after your diagnosis before choosing any treatment option.

Her story is incredibly empowering, so let's go ahead and listen together. Doctor V is the founder of Breast Cancer, Conqueror and the 70 Central System, as well as co-founder of my Breast Friend.

The signature process has empowered thousands of women in over 56 countries around the world. Permission is to save lives. One breast at a time. Doctor V has personally conquered breast cancer twice, which gives her an empathetic perspective to understand other women facing this healing journey.

Her signature book, Heal Breast Cancer Naturally, is the number one Amazon bestseller in ten categories and in five countries. You can learn more about her great work at Breast Cancer conquer.com.

Doctor V, it is so good to see you again. I know it's been a while. Thanks, Nathan. Thanks for having me. I'm really excited about this symposium and the message of hope that you'll share with millions of people around the world.

Yeah. Thank you for all the great work you do and for being here to help inspire people. I'd like to dive right into your own journey. You know, let's start, if you will, sharing what it was like for you when you when you first got cancer.

What was that experience like, hearing those words, hearing that diagnosis? What was that like for you? Well, like most women, it was pretty shocking.

Not anything I expected. You know, I was a wellness warrior. I was in practice for 23 years, and I was in the shower, getting ready for work, doing a breast self-exam, and then, bam, you know, felt that lump that changed the course of my life.

Personal and professional. And, you know, I had to ask myself the question, how could somebody like me develop breast cancer? I ate organic before organic was in style, I exercised, I was into chiropractic care.

You know, I thought I was doing everything right. And yet here I was facing this diagnosis with breast cancer, and it was pretty humbling. Pretty shocking.

But it definitely, brought me to my knees. And, you know, I went down that that journey of lots of, reflection and prayer and meditation, trying to understand, I mean, the big picture.

I knew that cancer was just a symptom. It's not the cause. But I had a difficult time understanding how someone like me could develop breast cancer. And so you're sitting in the doctor's office, you get your results, they tell you you have cancer.

What goes through your mind in that moment? Well, interestingly, it was a friend of mine who was a medical doctor, and, he at the time, you know, looking at 2004, he was working, with patients, you know, holistically integrative before it was, you know, much more popular and, you know, it.

I already already had a sense, you know, my gut told me it wasn't it wasn't right. And, I, I kind of had a good hunch what what I was dealing with. And, you know, when he said those words, it was, well, I kind of knew anyway.

So, like, what do we need to do? You know what what what do I need to do? I knew what I needed to do on one level, that it was good that, you know, I had kind of an objective, person who would able who would be able to kind of, you know, move some of that maze of information that we all go through, that overwhelm and that confusion.

So that was that was very helpful at first. So you it sounds like you were pretty, you know, empowered. Right from the beginning, solution oriented, like, okay, it's time to do something versus, you know, a lot of people are in the shock phase, which is like, oh my God, why me?

What is this? So it's like, you know, just total shock and fear and anxiety. Did you have any of that fear and anxiety or were you just like, straight to solutions?

Well, I have to say, you know, the I'm sure the first few days, you know, there was I had to let it sink in. And I had seen in my practice, what traditional medicine, conventional medicine did to people versus those who chose evidence based natural medicine.

And, I had so much confidence in the path that I was going to take. I know the body has an amazing ability to heal given the right circumstances and and the things that you do for it.

So once I let that settle in and I said, okay, like you said, bam, you know, what do we need to do? What's the game plan? So that's, you know, that's a huge blessing for you is you have all this experience, this wisdom, this knowledge of natural medicine, of, you know, the the cancer is a symptom of a deeper underlying cause, like, you already know all these things, which is a strong foundation for you, right?

Some people tuning in, they might be on the same level and still but still dealing with some fear, some anxiety and other people tuning in. They may not know any of that and are just in total shock.

And, what words of advice do you have for people who, you know, have their have quite a bit of fear and anxiety still wrapped around their diagnosis and maybe don't have that strong foundation like you had.

Well, when you when you hear those words, you have cancer. You know, the first thing that comes to our mind is what, you know, a balding, sickly person struggling to stay alive because that's what conventional medicine has done to people.

Right? That's that's the image that we think of right away. Cancer equals death. Right. And so, you know, my my suggestion is to recognize that this is not an emergency situation.

And it's not like you're dying of a heart attack. You have time to really look at your options, get another opinion, do your research. You know, don't just rely on another, you know, another person's opinion about what you need to do.

You know, take responsibility for your health and, you know, cancer, as we mentioned, is a symptom. It's not the cause. So your lifestyle and everything that you've done to this point in your life physically, mentally, emotionally, spiritually has led to this turning point in your life.

And you have a choice. You can be bitter. You can. You can be better, right? You can be a victim. You can be a victor. So it's it's really about, you know, taking that responsibility.

And and the good news is, is that since you had a measure of responsibility in allowing the cancer to grow in the first place, then you have a lot of choices and a lot of things that you can do to reverse that.

I mean, that's the great news, because once you understand what cancer is and what cancer is not, then that fear just dissipates and melts away. I love that you brought up the fact that, you know, it's not cancer that makes people sickly and lose their hair, and this is something that I constantly am sharing and teaching with others because like you said, we have this mainstream narrative that's been ingrained into our psyche, into our subconscious, that cancer is associated with sickness and death and losing our hair and weakness and throwing up and vomiting and actually, cancer rarely ever causes any of those things or those symptoms for people. Right?

Unless you're in a, you know, a late stage, you know, cancer that has spread throughout, you know, it's metastasized throughout, maybe your lymphatic system and your, your body and in your digestive system or whatever it might be, you might be having some chronic symptoms that are worse than others, but majority of people have very little symptoms from cancer, right?

It's the conventional treatment, the chemotherapy, the radiation. And distinguishing that I think helps us a lot to go, okay, this, methodology, if people choose it, fine.

But this is what's going to lead to all of those symptoms, all those things we've associated with cancer. It's not

cancer causing that. It's not a conventional medical treatment.

Correct. And I don't want to, you know, deter anyone from, from doing that. If you choose that, that's fine. That's up to you. But what we want to do through the symposium, through this interview and through the other interviews, I highly encourage you to go and listen to, is to give you a wealth of knowledge, understanding and practical tools to enhance your immune system, to support your body's natural healing, to help you, whether you choose conventional treatment or not.

So even if you do choose with conventional treatment that you're taking care of your body in the process, you'll be much more likely to heal long term than than not taking care of your body.

Not taking care of your nutrition, your diet, your mind, your spirituality, all the things that you already mentioned which which leads me to kind of the next, I think, natural question, which is, okay, so you had your diagnosis, you already had a strong foundation.

You got grounded. You said, okay, it's time to start focusing on solutions. What were those next steps that you took for yourself? Well, I had to look at what were the pieces of the puzzle that I was missing.

And, you know, there were moments where I was kind of jumping all over the map and doing a little bit of this, little bit of that. But then I, you know, I just kind of had a light bulb moment and I said, there's there's got to be a system, a simple method that I can say, okay, I've tackled this, I've tackled that, and I looked at all the different aspects that are involved in a healing journey.

And that's when I created the 70 central system. So it's a step by step guide that if you follow, you never have to fear cancer or any disease again. You know, just do you want me to run through them or you want to want me to talk about them?

Yeah, I'd love for you to run through them. And, as well as. Did you come up with these immediately? Did you develop them over time as you were going through your journey?

What did that, you know, kind of development process look like? Yeah. And I mean, I remember the day where I was sitting in my office and I just started writing, just started journaling, and I had realized all the different pieces that needed to come together for somebody to heal, and that that was going to be my plan of action.

At the time, I had no idea it was going to end up being a, you know, registered system that, you know, thousands of women around the world would be using.

So it was it was just, you know, a download. I think it just came to me pretty, pretty quickly. Beautiful. Yeah. So, yeah, if you'd love to, to go through them briefly.

Okay. Yeah, just real briefly. So essential number one is let food be your medicine. And I'm sure your audience is very much aware of, of food and how it affects our health.

There's no cookie cutter diet. There is no one size fits all. It's not just about being a vegan or vegetarian and juicing. It's not just about being keto and paleo.

You know, there's there's balance in between. It all depends on your genes and your, you know, your weaknesses, your digestive system. So you have to find what works best for you, test and assess.

Right. Secondly is reduce your toxic exposure and the essential number two, we live in a toxic world. We can't live in a bubble. But there's so many things that we can do to neutralize some of those toxins that we're exposed to.

So look at what's in your home. Look at what you're putting on your skin. Look at your EMF exposure. That's very, very key. And regularly detox. We have to detox every single day, no matter how clean we try to live, there's always some sort of toxic exposure.

So coffee enemas, sauna, sweating, you know, all those things that we can do to to detox. And number three is to balance your energy. Now we're one billionth physical matter.

The rest is all energy. So how do we balance that chiropractic care. Acupuncture making sure you're getting restorative sleep. Exercise, moving your body, balancing your hormones.

Now that's that's key especially for for women and men. You know, your hormones are not causing cancer. It's the chemical estrogens and the xeno estrogens that you're exposed to in the environment and your body's ability to detox.

So so don't fear your hormones. You need them to heal. That's very, very important. I want to just as I mentioned earlier, especially for women tuning in.

I'm doing an interview with Doctor Michelle Sands all about hormones. So make sure to listen to that. I mean, you have a lot of good work on that as well.

And I suggest people read your book, doctor V, because you talk a lot about how to balance hormones. You coach people through that. You have online programs.

And for those tuning into the symposium, make sure to go listen to Doctor Michelle san's interview as well, because we're going to dive deep into how to do that.

Very important. So important, number four is healing the emotional wounds. And part of our discussion is about that, right. Facing your fears. But really, you know, looking at, your childhood events, your teenage events, your adult events, taking the time to nurture your soul to, you know, forgive yourself, forgive others, looking at various techniques that can help to release and retrain your brain so that you're not stuck in those, you know, reactive ways of thinking and being so really, really important.

And that I think if I were to redo it, I would put the emotional wounds at number one, because I think that, you know, our mind as we know, affects so many aspects.

Every single thought we think affects our, our cells in a positive or negative way. So that's, that's really key. And that's a difficult one because people, have a hard time.

Just it's not it's not tangible. It's not like taking pills or doing something physical. Right? It's about pulling away and really giving yourself the time to, to heal internally.

Number five is embracing biological dentistry and we know that our teeth are live organisms that are connected to all our organs through the acupuncture meridian system.

So if you have a root canal or an amalgam filling, those things are toxic and they're releasing toxins in your body, and it's affecting the energy flow on those meridians to the breast tissue.

So very, very key to work with a biological dentist I saw, I want to mention there real quick, I saw a study that was done a number of years ago. And I'm trying to remember the exact percentage, but it was something like they, they, identified women who had, root canals on the same side as breast cancer.

And it was almost like, almost close to 100%, if I can remember correctly, that the root canal that they had was on the pretty much like the same tooth, on the same side as they had breast cancer.

And there's some really interesting evidence, you know, starting to emerge that when they remove those, root canals, breast cancer can actually go away, as well as chronic back pain and other chronic diseases associated with it.

So it's really fascinating. I saw a documentary a while back called Root Cause. Yes. Netflix took it off because I

think too many dentists were complaining, is what I read anyway.

But I saw it on Gaia, root cause, Gaia TV, which is a great documentary which goes into more depth on that subject. Yeah, yeah, they interviewed a lot of doctors from all over the world, and unanimously they they agreed with the root canal amalgam issue on those, meridians.

All right. So where are we? And number six is to, heal your body with therapeutic plants and herbs. And this is often the number one question that we get.

What can I take so I can kill this cancer and boost my immune system. And and again, there's no cookie cutter, you know, formula. It all depends on, you know, the type of cancer, all of those things.

And we do recommend specific kinds of testing to be able to determine which supplements are going to work best for you. So whether you do bio energetic testing or the rock grease test to see exactly which supplements are going to target the cancer and boost your immune system.

But some simple key things is, you know, your vitamin D level. That alone can reduce your risk of recurrence and developing breast cancer in the first place by 83%.

So make sure your vitamin D levels are optimal. Make sure you have plenty of iodine trace minerals you know, magnesium, zinc, selenium, all key components of the immune system.

And there's, you know, all kinds of formulas. And you can, you know, read the book, go to my website. And there's all kinds of information you can get there about that.

And then lastly is essential number seven. And that's adopting very early detection. And testing and using tests outside of traditional medicine. You're not going to learn much about your body by doing regular, you know, traditional testing.

So, you know, you have to think outside the box. So making sure you're checking your inflammatory and inflammatory markers every quarter, especially if you're on an active healing journey.

Using the RGC test, there is another test called the cancer profile that measures the hormones that cancer cells give off. So you can, see if there's, you know, some activity going on there.

Using thermography, I'm not going to tell you not to have a mammogram, but, you know, we know that, the pink movement has really created a frenzy about making sure you get your mammogram every year, but there's still 364 days of the year where your breast tissue can change.

So be very vigilant, you know, use another screening method, back it up with ultrasound. Even if you use thermography, you know, back it up with ultrasound as well.

And it's key for women to learn how to do a proper breast self-exam. And this is where my breast friend comes in. So this is a silicone breast model that was created by the Mama Care Foundation.

And this was the model that was used to train thousands of doctors and nurses around the globe for over 30 years now. They asked me to take this to the general market.

So women would have access to this model. Obviously, I made it look a little bit prettier than theirs. This is ugly beige. But anyway, you can see that it's got lumps in it.

So it teaches you what to feel for how to feel and where to feel. So it comes with an, video, an instructional video booklet and all that. But, you know, take responsibility because you have access to touching your tissue every day, every week, every month if you want to.

And your doctor or the machine that you use to screen is only once a year. So be very vigilant in noticing any changes that are going on. So, I have a question about, you know, as you were you obviously had a lot of experience in research and knowledge.

You know, that led you to coming up with these seven essentials. The cancer diagnosis, I think was was probably just the catalyst you needed to compile this information not only for yourself but to help others.

And that's, you know, we're doing some talks on that throughout the symposium, which is how to turn your cancer diagnosis into, you know, a life of meaning and purpose.

And I certainly, you know, commend you for listening to that inner guidance that led you to becoming somebody who really helps other women through this terrifying journey.

And at the same time, I'm curious, did you immediately start implementing all seven of these things from, you know, the beginning, or did you accumulate them in your own protocol over time?

Well, a lot of these things I'd already done. So the dental aspect, you know, I had had my amalgams removed in 1990, early 1990s. So, you know, there was just some things that I was already applying and doing.

But I think the process of putting it all together in one system just made it just clarified things for me. And and as I started sharing this with my patients, it just seemed to click for so many of them.

You know, it was simple because they could they could connect all the dots and see all the things that they had to work on. It wasn't just nutrition, it wasn't just detox, but it was the whole thing put together in one package.

So did your did you use any conventional medicine at all, an integrative approach or did you stay all natural? Yeah. No conventional, medicine at all. No.

No chemo? No radiation or surgery. Obviously. I used, you know, blood work and I did a lot of IVs and, you know, integrative things like that, but, nothing conventional.

And how long did it take before you had, cancer free? So 2004 through 2006 was my first healing journey. Then, big surprise. I was, five years into coaching women.

Who had breast cancer. I was known as the breast cancer conqueror. So this was nine years after, you know, my first, healing journey. And, you know, again, I knew, you know, I wasn't feeling well, I was overworked, I was taking on all this energy of women with breast cancer, wasn't sleeping well, I was stressed.

And, you know, I just created the perfect storm for cancer to show up again. And, that was that was tough. That was, I think harder than the first one because of, you know, who I was and in the public space.

And obviously I didn't say anything to anybody except my, you know, close friends and immediate family. So for three years I diligently worked and applied, and I realized that there were more emotional things that I had to work on.

And I think my biggest takeaway from that healing journey was self-care and learning to say no and setting boundaries. And, you know, I don't have to live with my nose to the grindstone.

I can be calm. I don't have to be stressed if I, you know, I made myself a promise. When I feel myself getting stressed, I pull away, shut off the computer, take some time for myself.

And that was really my biggest takeaway is to learning to to take care of myself. And then that cancer went away. Yeah. 20 2018. Yes. So 2018. So yeah.

And that was three years. So three years okay. So the first was a couple of years and then nine years later second

diagnosis took a little bit longer.

But you're probably wiser and healthier and happier than you were after the first one. Yeah. Absolutely. Absolutely. I say that, you know, happier and healthier than I've ever been.

It was, it was a long journey, a long process. But I, you know, I rearranged my life. I stopped doing personal coaching one on one. I trained other coaches.

I just, you know, set more boundaries for myself and just shifted everything from a work perspective. Worked a lot less than what I was doing. And, you know, just found joy.

I mean, the I love this this saying from, this book, getting well again, I forget his name. He was an oncologist, radiologist back in the 80s, way ahead of his time.

And he said he found that cancer patients needed to do more things that brought them joy and less things that brought them pain. And that was that was really key.

And and recognizing that cancer is a message of love when you're in it. It doesn't feel like that way sometimes. But if you keep asking yourself, you know, what is the gift?

What am I learning here? What is this tumor? What is this lump telling me? What can I learn from this? How can I grow then? You know, you. Those are the answers that'll come to you and it's it's transformational because it's not just getting rid of the lump or the bump, right?

It's about transforming your whole life physically, mentally, emotionally, spiritually. So that that old life that you had before is is gone. You know, you have evolved into a happier and healthier person.

Yeah. I think that's, you know, the biggest takeaway here for anyone with a cancer diagnosis. Or if you're dealing with fear, anxiety around this is there is hope.

So that's one of the first things you said. You also said don't rush into anything. You have time. It's taking years for this cancer to form in your body.

So you have some time to consult. Talk with people like doctor B, consult with other integrative oncologist, do your research, read some books, watch some documentaries.

Take your time tuning in and deciding what's the best path for you. Certainly. I love your seven essentials approach because it makes it easy. Practical. I don't know, easy.

You know, obviously any life changing things aren't always easy. Let's say simple and practical and seven steps. We can all do seven steps, right? And stack them on top of each other.

And, you know, I love that you said, you know, cancer is repeated again. Cancer is love. Cancer is love. Well, it's a message of love. A message of love.

Yes. Yeah, I love that. Which is I mean, I'm taking that is what you just said a moment ago, which is, you know, self-care more. We all need more self-care.

We all can use more self-care, and we all can use and be more loving and compassionate to ourselves. So thank you for that. And thank you for, you know, the great work you do.

You're such an inspiration and I hope everyone tuning in is just got a ton of value from this. I'm sure they did. So yeah. Thank you. I really appreciate it. Doctor B thanks, Nathan.

Thanks for sharing my message of hope. Absolutely. Wow. Doctor V is incredible. Her story is similar, yet slightly

different to Elaine Gibson's conquering cancer story from day one, right?

I mean, it's truly impressive. And if you missed Elaine story of overcoming stage four cancer, make sure to go back and listen to it. And before we close out today, we have a special feature technology piece from Doctor Neely from the Cancer Center for healing, where she's going to share with us the nano oxygen bath and how it can help contribute to a cancer healing protocol.

Please note we have no ties to any of these companies and their technologies that we're sharing throughout the summit and only want to share them with you so you know more about what leading edge technologies are available for you that can be utilized as a potential tool within your integrative toolkit.

So here's Doctor Neely with the nano oxygen bath. Hi, I'm Doctor Larkin Neely, the medical director at Cancer Center for healing. So here we are. And our nano bath looks like a conventional bathtub, but it isn't.

It's actually pure filtered water. And you could see the nano bubbles and it makes the water look a little milky. The case of nano bubbles and oxygen.

Well, what do you need oxygen for? Basically everything. So this penetrates as far as four centimeters from the surface of the skin. So just for skin conditions alone it helps with infections.

Psoriasis a basic cleansing and exfoliation. And then most importantly it absorbs these negative ions of oxygen to go and absorbed and free all over your body through the trillions of cells in your body.

Every one of your cells needs oxygen, so you need oxygen to purify and detoxify the body. You need oxygen for every chemical reaction that takes place.

You need oxygen from the your arteries, delivering oxygen through your capillary bed to your veins. So oxygen, let's face it, is first requirement for being alive.

So how does oxygen relate to cancer. Well I don't got Warburg, a very famous German, scientist, discovered that cancer cells thrive through an anaerobic environment.

Anaerobic means without oxygen. So I tell all my patients that cancer is a sugar loving, acidifying, low oxygen environment. So all of our patients, we love to have either hyperbaric oxygen or the nano baths or ozone to super oxygenate the body.

So there you have it. We've concluded day two of the conquering Cancer Summit. What a true blessing these experts have given all of us so far, and helping us understand some of the deeper causes of cancer.

What we can avoid, reduce and eliminate from our lives and our homes to reduce our cancer risk. What actually contributes to cancer cell proliferation, and a glimpse into some of the solutions for helping us not only prevent cancer, but overcome it once and for all.

And the great news is that we've just barely touched the surface. Over the next seven days, we will go much deeper into the latest natural and conventional treatments and protocols that are working effectively and safely for cancer.

We will uncover the culprits that contribute to chronic inflammation and the underlying causes of all disease. We will explore the science of how our thoughts can literally create disease or heal disease.

We will talk with world renowned integrative veterinarians to share with us how we can prevent and heal diseases like cancer and our pets. We will go into depth about fasting, detoxing, sleep, emfs, autoimmunity, the anti-cancer diet, the mind body connection and so much more.

Make sure you don't miss a single interview or any one of our cancer conqueror's incredible healing stories. In case

you feel you might miss any of the inspiring Cancer Conquer stories or any of the life saving interviews during the summit, then make sure you get your empowerment package today, you'll not only have lifetime access to the entire summit and all of its bonuses, but you'll be supporting two nonprofits that we donate to who are doing real work helping people with natural and integrative solutions for cancer.

And your contributing to this empowering mission of helping end the cancer pandemic once and for all. Additionally, please let me know in the comments below.

What are your top 2 to 3 takeaways from today's sessions? What inspired you the most and what are you looking forward to hearing in the coming sessions ahead?

And finally, please share this summit on all of your social media sites via email and text message and help get this lifesaving information out to as many people as possible. It's because of you that we're able to continue this work in a time of great need.

So thank you from the bottom of my heart. Thank you from our entire team here at the Conquering Cancer Summit for being with us through this journey. And I look forward to seeing you on day three of the conquering Cancer Summit.