Leading Edge Regenerative Therapies: How to Move the Body from Degeneration to Regeneration Transcript

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Introduction and Guest Background

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

Doctor Robin founded and built the Santa Fe Soul Center for Optimal Health and pioneered the self-care revolution and is also the host of the podcast younger.

You can find that on iTunes. It's actually listen to it yesterday. It's a great podcast. Look. Younger. Yeah. Yeah, it's it's a really good podcast. So encourage people to go listen to it.

Younger on iTunes with Robin Benson. Doctor Robin is also the author of the bestselling book travel with vitality 77 Simple Solutions to Sleeping Well, Staying Fit and Avoiding Illness.

She's a mother and adventure enthusiast, a world traveler, and the speaker, Doctor Robin brings an innovative and game changing approach to today's health care.

Robin, thank you so much for joining us. I'm so pleased to be here and with all of you who want to learn what it means to regenerate a new, healthy you.

No matter what is going on with your body, mind and spirit right now. So from your work over the past three decades, what have you found to be the top culprits that are really causing the body to degenerate and lead to chronic diseases like cancer?

You know, gosh, there's there there's quite a long list. But first, the first one that really comes to mind is are the our food quality. Our air and water quality has gone down so much in the last 50 years, and our world population has tripled.

But let's talk about food. Well, when we think about what broccoli is like now compared to the nutrient value just 50 years ago, it's extremely different.

Even if it's if it's organic. And so much of the foods in most of our stores are processed foods. Right. Which which increased inflammation in the body, which cause lots of, sugar dysregulation, which leads to inflammation.

And there's just a lot of toxic toxins in crappy food. And although I think about all the foods that have hydrogenated oils in them, which takes like 50 days just to break those down.

So you can just imagine that the message here really is that we need to return to nature, whether it's cancer or it's an autoimmune disease, or I think I see like three audiences here that you have, Nathan.

I see the people that have cancer and would like to see what they can do to help reverse it. Then I also see that there can be people here who have a loved one with cancer and are looking for natural solutions.

Root Causes of Degeneration and Chronic Disease

And then the third, A are people who are extremely proactive, and they have lost several people to cancer who have who has not read it touched my life very, very personally.

When less than two years ago, my dad was diagnosed with, primary pancreatic cancer, secondary liver cancer,

and from the time it was diagnosed, the time he died was 18 days and he was only 78.

So wow. And I look at I wish even, you know, he grew up with I grew up with him, but he grew up with me 27 and my years of my career always advocating really healthy, making really healthy choices with his diet.

He was always fighting his weight, always, always had like 10 or 20 pounds extra on him. He used to drink diet soda all the time. I'm like, dad, all that.

That crappy fake sugar is so bad. God, look at the literature. So anyway, people have to really choose this. We've got to really love and honor our vessel.

We have to commit be 100% committed to change, especially when we are diagnosed with something. So almost every single person who does have a reversal of cancer or some type of autoimmune disease is looking at the food factor.

And then, of course, we're concerned with all the GMOs and how that causes dysregulation in our gut biome, but not just our gut biome, also in our brain and our intercom system.

And so that's a huge factor. The second one would be the infection. Oh my goodness. I mean, whether it's cancer or it's some other health challenge, almost always there's some underlying infection in the gut when people come in and whether they have cancer or they have an autoimmune disease.

I almost always want to see if there's any parasites in the gut, because that that is is hugely important to identify. And, you know, men with prostate cancer went out of 5 or 8 men had prostate cancer.

Now, almost always like 95% of every man that we've tested has had some major gut dysbiosis and has had all kinds of parasites and worms and other things that have been inhabiting that area of the body.

Same thing for for women. So infection. So we're looking at viruses, bacteria, parasites in particular, lots of fungal, fungal infections. And actually may not know if you were around in Santa Fe at the time, but this, psychic surgeon came up to, Santa Fe on many occasion and actually worked in my, my, center from the Philippines.

It was like a gift. And I got to, like, assist him. And, I mean, he was working lots of patients with whether it was a, a tennis elbow, a shoulder issue or had some type of cancer, and he would just go in and, and take these masses out and put it in a bowl.

And what did it look like? It looked like a fungus. What does cancer look like when it's taken out of the body? Right. So you have to really look at that.

Look at infection. It's really huge to work with. A practitioner is going to go the distance with you, not to just give you bandaids, but to find out what is root.

Where does root cause. Another huge, huge factor right now is geographic stress. So all the artificial frequencies that we're living in, I mean, 90% of our lives, that's how often people are, are spending more time indoors now than ever before in front of computers, connected to Wi-Fi 24 over seven.

Now we have the worries of 5G, but to really understand it, we are electrical beings for most, the Earth is an electrical system for for all of us to even be alive, we have to be in this, this, this, this electrical field that we can't smell or see or taste necessarily.

It's called the Schumann resonance. That's one of the names. But it's this biological window that our lives actually function, that are necessary for our bodies to function.

And therefore, once we restore a healthy electrical system, then the biology and chemistry actually follows. Most people don't know that, but it is the truth.

We need to up regulate our electrical system. So one of the best ways of course to do that. And I'll go into this a little bit more, is to be outdoors as much as possible, like even my athletes were like, oh my gosh, I'm outdoors all the time.

And they say, well, for seven days, just do a general for me. Let me know how much time you're actually outdoors. And even my top athletes there may be outdoors four hours a week, right?

So the the apparent geographic stress in terms of all the indoor appliances, all of that wreaks havoc on our bodies. And then hormone dysregulation is another one.

Huge, huge, huge. So one of the things that we're seeing so much now in men and women is estrogen dominance, right? Where men are having mad men, male boobs, or we're seeing a lot of women with, with, skin, skin disorders, emotional disorders because of too much estrogen in the body not being able to conceive.

The fertility issue is really wow. Oh my gosh. There. You know, there's some doctors saying that we we might not be reproducing eight years from now. We might not be here on the earth. So, these are serious things that I'm talking about.

And I also want to mention toxins. Toxins are are everywhere. Like every baby that's born. When you look at the placenta and you do placenta and you do testing, there's over 203 hundred toxins that's found in in the placenta.

So that's from all of our detergents that we're washing our clothes with. It's the air that we're breathing, the exhaust I mean, lots of toxins that are wreaking havoc in our internal landscape.

And I don't want to ever underestimate what I consider one of the biggest issues is stress. I mean, just like, right now in this pandemic, people are stressed to the T.

There's more suicides than ever, ever before. There's more domestic abuse. People are in survival rate like, how am I going to provide for my family? How am I going to take care of my child?

I mean, these are big, big issues. And I'd have to say that every single patient that we work with, we we is as a doctor of Chinese medicine, we always look at the emotional blueprint of anyone at any time and how that's playing out in terms of their health scape or that lack thereof.

So I know it's very often illness in cancer, and many of them is really a conflict in the mind. Right? We, we think those 30 to 60,000 thoughts a day, and most of them are coming from that amygdala and they're they're coming from our past events.

And we're keep reproducing those. So that really affects our emotions. If they've shown this with all the research and heart math, and other ways of thermography, how we see how much our thoughts affect our physiology, we are again, energetic beings.

We put out vibration. We've we're always putting out vibrational energy frequencies. And if we're putting out negative frequencies and then we're getting those back and it's and it's, it creates bad moods and that affects our hormones.

It affects our pineal gland. I'm really big on on declassifying the pineal gland, because I think that really is a huge, huge factor in our production of melatonin and serotonin and just our sense of well-being and our sense of consciousness.

I mean, truly, to feel be conscious, to be awake, to be aware. Today's world is so important if you want to stay healthy. And, you know, I just want to I wanted to say it's it's our beliefs, it's our thoughts or feelings that's running our body and affects us dramatically.

So that was my very short answer to your question. It was a great answer. And, you know, there's a few things that

really stuck out to me. I want to just speak on a little bit.

One of the things you opened up with, which is which says it all from my perspective and all the research I've done is being closer to nature. Like if you look at cancer statistics and chronic disease statistics from 100 years ago to today, they've skyrocketed.

And one of the things, yeah, like cancer in 1905 is.05 percent of people had cancer.

Regeneration, Blue Zones, and Hormone Balance

Today it's almost 50% of people. I mean, we're talking tens of millions of people every year getting cancer and millions dying every year around the world.

What is. And then diabetes and, heart disease and so on and so forth. And it's this disconnection from nature. The further we get away from nature, the more we surround ourselves with all this electromagnetic pollution.

As you were talking about these toxins in our food and our carpets and our clothing in our water, we're getting further and further, more disconnected from nature, closer and closer to a mechanistic, technocratic society that depends on everything to feed us and nurse us from machines.

And you know, technology which is damaging our bodies at a cellular level. So just if anyone take anything away from this is that the closer we are to nature, the more time we spend outside, the more time we turn off our Wi-Fi and go into the mountains, which my family and I do at least every other week.

We spend two and a half days in the mountains with no cell phones, no internet, nothing. That's just one of the many things that we do. But I just I love that you said that.

You know, the other thing I want to reiterate that you said, which is about toxins. I know you're going to go into more of, like, leading edge regenerative therapies that, that, that you do at your center and that people can, can learn about and implement as well.

I want to share a couple really simple things that kind of came up that my wife's been doing in our own house, for example, because in the modern world that we live in, we're surrounded by these toxins in the fact that more people are spending more time indoors with pandemic and everything that's going on, more people are exposed to more toxins worse than ever before.

So one of the studies we found was 15 to 18 living plants in your house. So per 15 to 18 plants per 1800 square feet. So you can figure out what that math is.

But if you have an 1800 square foot home or you have a 30, 230, 600, whatever the math is, 15 to 18 plants per 1800 square feet is what it takes to remove most of the toxins out of the air that are coming from the carpets.

And we just added, my wife just got a bunch more plants, which is pretty awesome. More here in the office, more in every room. Aloe vera is one of the best air purifying ones.

Now we have. I don't know, probably 25 plants in the house and it seems like we're just getting more and more so you can never have too many plants inside if you are spending more time inside.

You know, one of the other things I want to share, just briefly, that I use right now, even during our interview, is a grounding math as you're talking about all this electromagnetic pollution.

I think one of the best things you can do is ground yourself to the earth. So there's a lot of proven science on this. Also, intuitively, it feels great and brings you closer to nature.

Right? But as I'm in front of the computer doing these wonderful interviews, I also try to ground myself as much as

possible on a grounding that. So there's simple things you can do.

But at the end of the day, there's some really leading edge things that I know you're doing, with your client, with your patients. And, and before we get into that, I'd love for you to talk a little bit about what are so people understand the state of degeneration in the physical body versus a state of regeneration.

What's the difference between the two? What is the difference look like between somebody who's currently degenerating versus somebody who's regenerating?

Well, I want to get back to, well, thanks for sharing about what your home environment looks like. Sounds like a little jungle, which is great, right?

In terms of, like you said, to kind of get some of those toxins out of the air and to oxygenate. Plus the beauty of nature indoors. I'm a huge advocate of the home health care revolution.

Like what you have with that grounding that, at Santa Fe. So at my center, we have an every single treatment table. We have PMF such a magnetic field technology mats that have Tesla coils in it.

Tesla was is my favorite genius of all time. And he knew that that all energy should be free, right. And rather than putting all these toxic, ways in which we get forced air into into our places.

But what's so great about being in these, in these fields is that it helps the cells to get oxygen in and help to get the the toxins out. So when we're getting oxygen and we're getting all the vitamins and nutrients into our, our bodies, that's helping to regenerate.

And in detoxing is a big, big part of that. But just the word regenerate, it means a second chance, a new beginning, a fresh start for everyone to take a deep breath into that.

Like, are you not ready right now for a fresh start, a new beginning? So let me just tell you, kind of give you the definition of what regenerative medicine is, what regenerative lifestyle is for that matter.

And why it's the fastest area in medicine right now. Because in most cases, regenerative medicine are natural solutions, not putting more toxic that synthetic materials into the body.

But regenerative medicine is the reverse of aging and degenerative disease, and it's also the science of boosting, healing naturally in damaged tissues and in under functioning endocrine and immune systems.

This is being achieved with nutrition therapy, which we've already touched upon a little bit, stem cells and also oxidative medicines. And this is where I'm going to, talk about what we do here at Saint Faisal Center for Optimal Health, a lot of oxidative therapy.

So ozone in medicine is phenomenal. I mean, I just feel so fortunate every single day that I get to offer this. And have done so for for over two decades.

It's also been achieved with, vitamin C drips and lots of different AB therapies. I. V. therapies are popping up all over the country and internationally for that matter.

Any divs are incredible for helping to get the mitochondria, which is where we produce our energy, how that happen more efficiently. Because what we're seeing in what's happening in D generation is often oxygen utilization is very low, right?

We're not producing enough oxygen in our body. And it's not by just measuring it with a pulse oximeter which you can put on your finger. Right. It will say your it might say your 96% oxygen, but that does not mean that you're getting that that turnover in your cells.

That's because we have inflammation. That's blocking that. We have infections. That's impairing that. Again, the geopolitics stress that's affecting just normal metabolism.

Like all your your plants. Right. Could be growing in your house. And yet you've got 5G and you've got you're blasting those plants all the time. They're they're not going to survive as well.

And they've shown this again and again that when, when plants lie, live, foods are in an environment devoid of this electromagnetic field that is necessary for our biology, for chemistry, and for our electrical system to thrive and survive.

Then then everything dies, right? And we're seeing this in the like, where, there are water towers in Santa Fe, and, those water towers are all kinds of, electrical emissions that are happening, like, and really crazy, crazy, crazy high.

And people that live right near those, the, the trees are dead. And the people, the families that have homes there are realizing that, you know, they're having headaches or you're more susceptible to getting cancer or some other type of disease.

So never want to underestimate that. So fortunately, these these restorative medicines, degenerative solutions are really, really fantastic to restore healthy joints, really good for hair.

We do it for sexual rejuvenation. We also look at people with, you know, autoimmune conditions and chronic health challenges to see where any of these might be helpful.

So in terms of, chronic disease, well, the subject of this of your summit, what we use every day is ozone. And we definitely, do lots with vitamin C. Vitamin C is incredible.

And we also have other IB therapies. But every single patient will learn about our regenerative lifestyle. So again, in addition to these incredible therapies that are turning a degeneration or an effect and accelerated aging process or something that's actually increasing the growth of a tumor, we want to see what we have here to shift that, to turn again, degeneration into regeneration.

It's possible. It's amazing what is out there, outside of conventional treatments for cancer. And I'm just grateful that we get to provide it. Yeah. I mean, you guys are doing amazing work at your center, and, you know, it's already proven in blue zones, for example.

And I think we can even live much longer than people are living in blue zones, because they're not even doing all of these extra things that the human body really, even in a, let's call it a foundational, regenerative state, should be able to live and thrive 100 years, 110, 120 years old with very little to no chronic disease.

And you can see this in blue zones all around the world. And what are they doing? They're living closer to nature. They're don't have a lot of stress.

They're not surrounded with chemicals and toxins and Wi-Fi and you know, all these pollutants. So community. Right. They're surrounded by loved ones. Yes.

That's why I love learning about and researching into the blue zones. And that always touches my heart is just how much it matters to have love in your life and to feel love for yourself and to have animals, right.

Keep keeping that flow of oxytocin, which is a very, very important hormone that helps, to increase vasopressin, which helps to have that heart glow. Right.

There's the hormones are so, so important. And being indoors all day long, especially in this corner in the ways in which we've been in our homes and urge to stay at home.

And my gosh, I mean, people got to get me got to get outdoors. They have to get outdoors. It's so necessary. What

are your top recommendations for, women to help balance the hormones?

Well, food is really important. Absolutely. Also, so so getting out off of inflammatory foods is really important. Dialing in sleep. A lot of women are not sleeping well.

So I have a whole formula for, for sleep. But essentially what that is and for, for for cancer for any this is sleep. My gosh. We spend a third of our entire life sleeping.

Ozone Therapy and Healing Applications

But what's necessary, especially in this EMF world, electromagnetic pollution world, we it's really important that, we turn off all electrical appliances, right?

We should. I can't believe how many of my friends still plug their phone in near their head at night, right? And like, oh my gosh, you are you are literally radiating your brain.

So very, very important for, again, hormone production. A lot of that happens more efficiently with when when we're sleeping. So it's really important to shut out all do electric hygiene.

Let go of all electrical everything in your room as much as possible. The other thing that's so, so important is to wear a mask at night. Like to shut out all light.

Because in our pineal gland we produce a hormone, a very important hormone called melatonin. And when we're exposed to light all night long and we're exposed to light in artificial frequencies all day, all day long, we're not producing enough melatonin.

Therefore, I really believe that's one of the main reasons that we're we're not sleeping well. So everybody should wear a sleep mask to block out light unless you have blackout shades.

And if you don't like it, you do a 2 or 3 nights. I'd say most people in time are fine with it. It just it's just so important. Melatonin, in terms of how we age, is one of the most important hormones to have optimized in our bodies.

The other thing that's really important is, you know, not to eat very much B, before you go to sleep. A lot of people tend to like one agrees all day long.

That's not good for for hormone production. Exercise is is super important. The average American is getting less than point 10th of a mile literally in a day.

And look at our use rate us. We've got a third of our nation is obese. Our our youth are obese. And have blood sugar issues. And that's inflammation. So that's just leading to, a further degradation of our health care crisis that we're in.

It's way, way, way, way beyond this virus that we're getting fed information about every day. Way, way more. So those are some of the main things that we do for hormones.

And there's so many great natural herbs that we recommend. We record Chinese or we work with Western herbs that are very, very important. And and the closer they come from Earth, the better.

Like, we're big on mocha, for our women and wonderful Chinese herbs that are fantastic, Dong Kwai, just to name a few. And then essential oils are fantastic as well, right?

So for stress, we might think of lavender. For, for people who, you know, just want to have a headache. Peppermint oil is really good for digestion. It's really good.

So there's so many great remedies out there. And and the answer is to look, look to nature for everything. That's

like the biggest theme for me and my message to all of you today, this whole epidemic of cancer.

Yeah, I love that now. And you gave so many good, things that people can start doing, like, right now. You know, if people even just take two or 3 or 4 of those things and start implementing, like, you start to see a difference over a period of months or years in your, in your overall health, the sleep stuff.

You know, we got, the blue light blocking light bulbs and put them all over our house. So at night when we have the lights on, it's the blue light lights.

They're orange lights, you know, they don't put the blue light out. Yeah. You're putting on your, and putting. Yes. Blockers right there. Exactly, exactly.

Happened to match my shirt today, which is kind of cool. Yeah. They look pretty. You look pretty good there with them. Yeah, dear. I have two kids in college right now and both of them are doing online, and they're in front of their computer all the time.

So all of you with kids at home definitely make an investment. I mean, you can get them as cheap as $10. These are kind of more high end that I got at the bulletproof conference, but very, very important and try to turn off all electronic devices at least 2 or 2 hours before you go to sleep, because that also is going to affect your production of melatonin and other life enhancing hormones.

Very important, like serotonin. With all the depression and anxiety, we do a questionnaire rather than having people do very expensive tests. That's a possible way as well.

But a lot of people are very, very low in serotonin. And that's your good mood hormone. And then you have a lot of people that are drinking more alcohol, more sugar, at this time, at this time, because their dopamine levels are low.

And that's related to melatonin too. And our pituitary gland. So important. You know what, though, if I know the thing that I just want the whole world to know if there's 2 or 3 things, I just want people to know that ozone therapy is incredible for this issue of this summit.

In so many ways, I don't know if you've ever worked with ozone Nathan, you're young, but when it comes to with people that let's say I'm thinking of a patient of ours who had really bad skin cancer on his hand, actually ran into his arm and had surgery to remove it.

But it was pretty. It was pretty scary. It was there was a matter of like days where they're like, are they going to have to amputate? And this is what happens with, and diabetes, advanced cases of diabetes with wound healing, right?

One of the most amazing things out there is is ozone therapy. So we do something called ultraviolet blood treatment where we take your blood out and then we actually inject ozone into the blood.

Immediately you see a turn very very bright red that it goes through these UV lights. So it's like a mini, way of I want to say, what's a kidney dialysis, right.

Of, like, cleansing the blood and putting it back in the body. And then it gives this body an opportunity to, produce these, like hydrogen peroxide. It actually increases hydroxide, increases your your body's ability to be an antioxidant machine, literally.

So when we think about toxins, we think of glutathione. Interferon. Interferon is also something that's actually produced with ozone. And that's really good for, for viruses.

So it also increases, oxygen metabolism like we were talking about that oxygen utilization. Let me just say this. You don't really get sick if you are at all if you have proper oxygen utilization.

So we can think of cancer cells, when we think of other pathogens, they thrive in an oxygen depleted environment. Right now they rarely in an oxygen, body that there's lots of, of how they turnover.

And when I, I just, I can't help but speak about this and look into one's red blood cells. Right. I for years and years did like books on analysis. And when you see red blood cells clumped together like they're literally on top of each other, that's where we that's where our iron is raised.

So that's where our oxygen utilization happens is in those red blood cells. So if they're stacked together and the inflammation again happens from food and geographic stress and other, other infections.

So it's it's very important to understand how, how much we have to work on this inflammation issue. We have to look at everything that in our environment and in what we're putting in our body that's causing this, this inflammation.

But getting back to ozone is incredibly effective for for wound healing. The the science and the research that for for HIV people, people, with, pretty serious infections in the liver.

It's really one of the best ways to again, when we think about a degenerative condition, it turns the body into a regenerative machine. It really brings new life force back into the body.

And there's so much chemistry I can go on forever and ever, but I don't want to miss other things that I think are important for everyone to hear. But, you can just Google ozone therapies and every single it's called an alternative complementary center in the world who adds this therapy.

It is that important. And for simple things like day to day, like people who have sinus infections, we do nasal separations, people with ear infections, people with, let's say, anal cancer or prostate cancer doing rectal ozone is incredibly important to get that whole microbiome of the digestive system.

We see lots of Giardia here in New Mexico, believe it or not. And so that is one of our go tos all the time. Drinking ozone water is is really helpful.

So for for people that have they're trying to think of how can this ozone gas really help. It's basically it's being used more and more in municipal pools around the country.

Also, when you think about ponds that are full of algae, it is what is being used to actually disinfect water. And if we have is the thing the reason it's not everywhere is because it's when you think about, you know, pharma, big pharma.

It's not that expensive. Some of these, some of these therapies can add up for sure. But yeah, it's just unfortunate. I mean, if every hospital had ozone.

Wow, a lot of people's lives would be saved. So I have to really thank you for giving me this opportunity to to talk about it so that all the diseases that are treated by ozone therapy, rheumatoid arthritis, heart disease, tumors, allergies, autoimmune Alzheimer's, degenerative joint disease, dental okay, I'm glad I that came to my mind.

I just did a dental injection today. Oh my goodness. To save teeth and to help people not to have root canals. If you can get them in time. Unbelievable.

Or somebody just has this, a root canal or has a crown that's not healing very well or just tissue that's, that's inflamed and it's been inflamed for a month.

A couple ozone dental ozone treatments. I love going into the mouth into ozone therapy. It's pretty incredible and not that uncomfortable. So what we do is we inject about three CCS of ozone, but we also put a homeopathic remedy in there as well.

And maybe a little bit of protein. And it's pretty instant. So teeth are important if you have root canals having been down that route, if I would have to say, my, my own personal health journey, I've been I've never missed a day of work in 28 years because of illness, but I've been on a hell of a dental journey.

Oh my God. And finally get rid of all my root canal teeth. And all of them were sent into a lab, a DNA lab, and there's like 17 strains of streptococcus and all kinds of crap.

All of that was in that root canal. So the root canals affect our biology? Absolutely. So depending on where the teeth are in terms of the Chinese meridian system is very telling.

If somebody has breast cancer or, we look at one of, I think it's tooth number nine. Like we really want to see what's going on in the teeth in terms of how that's affecting the body.

There's a really I'm glad you brought that up. There's a really good documentary called Root Cause. For anyone who hasn't seen it. Netflix kicked it off because too many dentists complain dentists don't like people knowing that root canals can lead to disease.

So, where I watched it was on Gaia.

Energy Medicine, Emotions, and Closing Advice

Gaia, TV or Viacom root cause it's a great documentary that goes into depth about exactly what you were just talking about. I love that you've been talking a lot about ozone therapy.

You know, it's funny. It's like 12, 13 years ago. Some of the doctors I used to work with in San Diego, we're doing a lot of ozone therapy, and we're talking a lot about it.

And I heard a lot about it for a few years, but for whatever reason, I haven't heard a lot about it in the last few years. So I'm glad you're bringing that to the forefront.

I think it's just become, as you said, kind of a staple in a lot of integrative clinics, integrative, use in terms of, health and healing and people kind of forget about it or don't talk about it or whatever.

So I'm really glad you talk so much about that. Because, you know, getting back to nature, like, what's funny is if you look at, a spring of fresh water coming out of the earth, and as it hits the rocks and turns to a stream, if you measure the amount of oxygen in that water as it's circulating right there, it's very, very high.

Right. Like the process, the natural process of water coming out in nature and, you know, tumbling around the rocks and creating all this energy and all this oxygen, like, that's the best water for your body, filled with oxygen.

It's filled with ozone. Basically. It's it's ozone therapy for the body. The problem is most of us, you know, don't have access to a fresh spring in the mountains.

It's clean from dry. And so forth. So, you know, these therapies you're talking about are super beneficial. And I want you to talk just briefly because I know we're we're running out of time here.

But I want you to talk a little bit more about some of the energy medicine therapies that you do and that you have found are effective. You talked about Pmfs, and we'll have a speaker, probably Doctor Pollock or another speaker.

You know, particularly talking in depth about pmfs the difference between EMF and PMS and pulsed electromagnetic frequencies that actually are shown to help heal the body.

But what are some other energy medicine modalities that you love? Okay. We have, Tesla lights that are fantastic. So again, that's helping to create a field around the body to get rid of any disease.

And there is a, a device from it's actually a $25,000 device, the GDB machine that can actually you can actually look at the electrical frequencies around your body.

And when there's these kind of these gaping holes, that tends to be where there's dysregulation going on, whether it's in the digestive system or it's in the thyroid, but also negative pathogenic influences.

We talk a lot about that in Chinese medicine. So, you know, not to underestimate a spouse or, you know, having a conflict with a friend. I mean, we have these energies that we're around that can really affect our our vibration that we're putting out to the world.

So it's it's very effective. We also have the Alpha Omega scan from Russia. And this is a machine that just by, you know, putting this of this head device on, it looks it's like a blueprint of everything going on in your body in real time.

And that's, a wonderful guy named Monte has been part of my center for 15 years. And it's remarkable. Like, so when I'm working with a patient, I'm looking at their bloodwork and looking at other labs.

The synchronicity of what shows up on that scan is amazing. So I was going to ask, is that the machine I've heard about this in another in another clinic.

Is that the machine that when you look at the scan, you could literally say like, oh, you have cancer here, or you have leaky gut, or you have this or that like it.

It can show you energetically. But you know what the biggest the number one focus, Monte, you can look at in the look at different parts of the, the the body, like the liver and it gives kind of values in that if there's higher numbers or very low numbers, there's some degeneration, let's say that that's going on.

But one of the most, the most powerful ways to shift are all the things we've talked about the food, getting outdoors, exercising, but is is working with the the body mind, the mind, working with emotions like, what are these emotions?

Is it is it I'm not enough. Is it jealousy? Is it, you're harboring some type of really hatred towards someone, right? The. These are frequencies that are really important to look at to change the electrical nature of your body.

So when we look at remission, right, I, I, got to interview Kelly, who wrote that book. I get the nine main, signs of of people who have gone into remission, and a lot of it has so much of it has to do with, you know, radical remission has a lot to do with forgiveness, radically, you know, changing, not your just your diet, but it's it's it's listening to your inner world.

Like, a lot of times we know something to be so true, but yet we there's a part of our ego that still questions it, right? It's deepening your spiritual connections, like realizing we are spiritual beings, living a human life.

The more we get connected that we're part of this amazing field of energy. Always that by just harnessing that joy, by activating that, by using that, through tapping, you know, we've heard of times or somebody's going to talk about tapping on your summit, tongue Lin, which is a wonderful, technique where, a Buddhist, technique where you look at something and tune into the feelings of something that's, that's so charged for you, and then you then you revert and think about something that really makes you happy.

And you do this 2 or 3 times. I mean, every time I do a public engagement, I will do this with my audience. And it's amazing how much less charge that negative experience has on you and your biology.

So yeah, and I just want to say too, in terms of regenerative medicine, again, like for people to really tune in to not only their why but their passions like, what are you passionate about?

Right. Like that can change so much by just putting your energy and your time and your passion into doing what you love to do every single day radically will change.

So when I think about many people, you know, working with lots of women, in my practice, and men for that matter, when you're really, you know, you maybe you're going through a divorce or you lost a loved one or you're ready to, like, take flight, have wings for a new vision that you have for your for a business idea that you know is going to radically change a lot of people's lives.

But what is it that gets us out of that cocoon and into that butterfly? That's the regenerative message that we're sharing. Many of these people are sharing with you that it's possible, but you've got to completely desire change.

You have to go the distance you get to. You say, I love that, that, or you get to choose to become that butterfly by choosing this regenerative lifestyle.

I love that you brought up, you know, emotions and forgiveness and mental, emotional, spiritual health. We have an entire segment within depth presentations just on those topics.

As part of this symposium, I encourage everyone tuning in. Go listen to at least 2 or 3 of those, because just forgiveness alone is huge. But you know, all of these other, emotional traumas and depression and so forth that are causing us all of these health issues when we resolve those, as you were so eloquently talking about, you know, life becomes so much more enjoyable, which leads to greater health, which leads to longevity, so on and so forth.

So make sure to go listen to those, presentations. And Doctor Robin, I just want to say, you know, thank you so much for all the great work you've been doing for decades now.

Thank you for all the wisdom and experience you shared in this interview. I really appreciate and honor you for, you know, you just gave, a huge checklist of things that everyone should be doing right now for regenerative health.

And I appreciate that. It's incredibly valuable. So thank you so much, Nathan. It's such an honor. And to all of you, keep going. The distance. Never, never, never give up.

There's so many unbelievable resources out there and incredible technologies and therapies that are just waiting for you to know about them. And and so many gifted, very passionate, heart centered practitioners that I happen to be good friends with all of this country and all over the world.

Like, yes, just reach out and there are so many to help you. And number one, you got a desire that's so deeply inside yourself. You your life matters.

So true. Thank you so much, Robin, and I want to thank everyone for tuning in to the Conquering Cancer Summit. Please share this with friends and family together, we truly can make a difference for the future of humanity in ending the cancer pandemic.

Thank you and I wish you ultimate health and happiness. Be well.