Introduction and Cancer Philosophy

Well, Dr. Sharon Stills, thank you so much for for joining me on this segment of Cancer Breakthroughs 2.0. This is, I'm excited. Me too. Thanks for having me on. Always nice to see you.

And always nice to help educate about such an important topic that so many are dealing with these days. And you've you've have I mean, you've so much experience in regards to working with cancer patients.

you work with doctors in Germany and a lot of, you know, German medicine that, that you focus on. So tell me a little bit about, you know, what is your view on cancer and what is your way sort of say to kind of navigate, when, when a patient's dealing with cancer?

Good question. So I actually I went to naturopathic medical school to be a pediatrician, and my whole entire training, I never saw a cancer patient, a patient dealing with cancer.

I don't like to say cancer patient. And I just corrected myself because I think that really gives someone an identity, that all they are is cancer. And when in reality, they're just a human being who is dealing with a cancer diagnosis, it doesn't have to define every single ounce of their being and what they are about.

So I went to school to be a pediatrician because this was back in the 90s and there were no summits and there were no podcasts, and I had to navigate on my own how to help my eldest son heal from some chronic ear issues he was having.

And I thought, I'm going to go to school and help other people do this. I didn't know, you know, the internet was like the furthest thing from my mind.

It didn't really wasn't like out there. Like it is now. And so I did that. And then I opened up my clinic. And the seventh patient in my door was a gentleman in his 60s.

He had been diagnosed with pancreatic cancer. Stage four told he had about three months to live, he should go home and get his affairs in order. And he was driving by my office.

He saw my sign that said Naturopathic Solutions. And he was like, you, you're going to help me. And I was he was my seventh patient. I was like, fresh out of school.

I'd never done any work with cancer. And I like took a deep breath because, you know, you hear pancreatic cancer, stage four, this is a death sentence.

And I was honest with him and his wife. I said, look, I've never treated anyone who's dealing with cancer, but I understand how the terrain of the body works.

I understand my medicine, the way I view it, and I will help you. I barely even charged them because I felt like, oh my God, who am I to say that I can help you when I've never done anything like this before?

So long story short, the things that I did and we can talk about his death sentence went away. He ended up living another ten years. He walked his daughter down the aisle.

He died of an unrelated issue with some kind of issue with a valve in his heart. So he, you know, he he had a really lovely ten years after that. And for me as a new physician, it taught me a big lesson, a couple of lessons that I want to share with the listeners.

One is that there's always hope. So when someone tells you this is the end, don't necessarily believe them. And two, it taught me that I don't have to be so afraid of the big cancer diagnoses that the body heals the way the body heals.

And so, long story short, he took me to his church to pray for me and pray with me and to celebrate. And so the next thing I knew here he went to a very large church, where I was living.

And the next thing I knew that there were a lot of people who were dealing with cancer, and they were all in my office. And so I quickly became a, naturopathic oncologist.

Early Patient Success and Hope

And that's kind of how I got involved with, helping people who are diagnosed with cancer. So it was a fabulous lesson for a young doctor. It really showed me, well, I believe in the power of our medicine.

I believe in the healing power of the innate of the body. And it it changed the way I viewed illness. It changed the way I practice. And it's been 22 or 23 years now.

That was back in 2002. So I guess it's been 22 years. and I've since treated, you know, hundreds, thousands of patients and helped them. And of course, you know, there there are some patients who come and, and it really is too late and, and it and then the cure becomes about letting go and dying with dignity and grace and understanding that, that that that just the the transition is where you need to be.

So I think it's a fine line between not giving up when there's hope to be had and or realizing that you've done all you can and it's your time to to pass on.

Yeah. And, I, I really, you know, if you know that you're moving your transitioning, then you still have that quality of life and also being able to interact with family and, and less pain while also being lucid and kind of experiencing that, that moment, being fully present during that journey.

and and naturopathic medicine can really be beneficial during that time. Yeah. I've had patients who have just been grateful because just that they've been able to die and get that extra eight months with a child or make it through one more Christmas.

And and it's been a process of letting go and gathering the lessons. And I actually just finished a certification. I became a death doula, which I, you know, people listening may not even know what that is because I didn't even know what that was until a couple of years ago.

My favorite author, Jodi Picoult, wrote a book and the the main character in her story was a death doula. And I was like, what is that? I had heard of a birth doula, right?

Someone who comes and helps you when you're giving birth and then helps you take care of the baby. But a death toll I'd never heard of. And so I just finished my certification, because I think that death is something that we don't do well in our society and that we're afraid of, and we don't celebrate and we don't, you know, we we push.

I remember when I was a massage therapist, before I went through my medical school training, and I was doing treatments in a cancer wing, in a hospital, and there was a patient who was clearly ready to leave the earth plane, and her family was just in.

Oh, Joan, what are we going to have for lunch? And, you know, Joan was not even there anymore. And they were so in denial. And I remember, like, just working on the patient and saying, it's okay.

You know, you can go, they're going to be okay. Like permission because we we don't talk about it. We don't celebrate it. We don't embrace it. And so I know we're talking about cancer, but I think that we also need to learn that we're all at some point it's part of the human gig.

It's going to happen. We're all going to die. And if we can start to understand that and let go of the fears of it, we can actually live more fully. And I'm sure you hear this too.

But I always, always, always, always hear a patient at some point. And it's when I know we're going to, we're going to reach that cure where they say, Dr. Stills, I'm so glad I got this cancer because it has given me the gift of whatever that gift is healing my childhood trauma, reconnecting in a deeper way to my family, walking away from an unhealthy relationship, whatever it is.

But there's always that gift that comes along with a life threatening, serious diagnosis. Yeah, yeah. And that that's exactly. And it's kind of when the body's been trying to communicate, you know, for a while, you know, please look at me, look at me.

And then after a while when we don't listen, then something, you know, the body starts screaming and lo and behold, that that's cancer. And then we when we then acknowledge that voice and really look at it, then it and really like you mentioned, is it's a powerful gift.

And I just like you, I don't know how many people there are so grateful for what they learned and how they evolved and who they became. while going through their cancer journey, you know, and in both directions, you know, some, some people that, that transitioned and some people that, you know, did well, you know, both directions say they really appreciated, you know, who they became and the who they evolved to.

Yeah. I think it's like I always get that warm fuzzy feeling when they say that because I'm like, yes, we're arriving because in my opinion there's always I mean cancer, such a multifactorial disease process, I feel like most diseases are multifactorial.

And there's always that emotional component. There's always that where you're out of alignment or you're you're having processed a trauma.

Death, Dignity, and the Gift of Illness

And a lot of these are coming from our childhood and from whether it be, you know, capital T trauma, like, sexual abuse or something or even the little Ts we all interpret and take on these traumas and these conflicts in different ways.

And what could be a tiny little conflict to someone could be a very huge trauma to you that can end up causing conflict in your organs. And so I do a lot of work with color puncture, which is the work of, Peter Mandel from Germany.

A lot of who I study, whether it's Germany or Switzerland, it's all the good. I learned that early in my career. Like, if I want to be a good doctor, I better start heading overseas and figuring out what they're doing.

And we actually when someone is dealing with a cancer diagnosis, we do treatments called conflict therapy to start unwinding the conflict in the brain, and that is hindering them from from healing.

And we can see that through curling in diagnostics. So we talk a lot about energetics and how cells are not just biochemical processes. We think everything is biochemistry and physics, but there's the whole realm of energetics and how cells actually talk to each other through bio photons, which are guided by sound and by color and light and so we can shine light into the body, and it can make a communication to another part of the body to unwind a trauma.

And so we do conflict therapy. When someone's dealing with cancer, we do a lot of mother father therapies because a lot of us are carrying this wounding from our no one's perfect.

So, you know, you don't have to pass the test to become a parent. You don't get a handbook. You just kind of wing it right. And so we all do the best we can.

And for some, that's less than others due to their own traumas that are unresolved. And so we have to be open and willing to start looking at these emotional issues.

We can a lot of times patients come in and they just want give me the list to supplement it, give me the diet. And and that is important obviously what we're where we're eating and the supplements, you know, I use supplements as you do.

They're like my medications, but it's really hard to turn around a chronic illness like cancer just by eating and swallowing pills, you have to be really ready, willing and able to start looking at the emotional pieces that are impacting you.

And I think it's really important that you be willing to dance on both sides, because I've had patients, I always tell a story. This one patient, because she just stood up so, so severely in my mind.

She had an inflammatory breast cancer and my clinic had it was on the ground floor and a corner was all glass windows. And I'm like, who is that chick standing outside like smoking a cigaret and eating M&Ms?

And my my front desk goes, I think that's your next appointment. I'm like, oh, okay. And she came and sure enough, it was she was my next appointment.

And she was so in touch with she totally understood why her breast was inflamed and how it had to do with the relationship with her son and what she was like.

She was so on top of the emotional stuff but didn't want. She's like, I don't need broccoli. I'm just going to heal it through the energetics and the emotions.

And I begged and I pleaded with her. And once she let me give her a high dose vitamin C, and she was like, no, that's not for me. And she probably lived longer than she should have.

But she ended up succumbing to the disease process because she wasn't doing the other things. And then you have other patients who are like, I will stand on my head in the middle of traffic and swallow 60 supplements, if that's what you tell me to do.

But they don't want to dig in to the emotions. So I think it's really important when you are, like you say, on a cancer journey, on this journey of disease process that you be willing to kind of take, you know, one from column one from column B and merge, truly merge and work the whole body mind complex.

Yeah, I agree, but I want to go back a little bit. You kind of briefly went through to the bio photons and the communication and the body. yeah. At Kirtland, you know, therapy. So explain a little bit more about that, you know, in regards to how cells communicate and how what happens with cancer cells, you know, cancer tissue in that communication with other tissue and curly.

And I mean that that's looked I mean we know curly in photography. So you know, expand a little bit on that, that that's fascinating. So with the curly and diagnostic, it's a way to actually look at what the frequency, what the bio photons are doing.

So you're taking a picture of the fingertips and the toes. And so it's like a giant like a TV console. And you put your feet up and you put your hands up.

It's a pitch black room, just like if you were in a dark room for photography and then you get a photo of the emissions of your fingertips and your toes.

And through that, Peter Mandel, who is beyond genius, has mapped out what all these areas mean. So in the thumb, in the left hand, you can see that's the preconception area.

And then each finger is aged up to three up to six, up to nine. And you can see if the emissions are not all uniform and bright. You can see if it's missing or fuzzy.

You can see where the trauma occurred. You can see what age the trauma occurred. And what's interesting in their work, because I've been over to his clinic a couple of times just recently, they don't get so bogged down in like, well, let's go, because a lot of times you don't even have the memory.

They don't get so bogged down in. Tell me the story and let's, you know, just keep talking about it. And running the mouth, they just see where it happened.

Emotional Roots and Energetic Therapies

And then using different colors, different crystals into certain areas, they can rebalance and reconnect and, and. I don't want to say a race, but a race, the trauma where it's not affecting you anymore.

And then what's really nice is after you have a treatment, you can go do another photo and you can see the changes. So the energy in the photos is guiding the treatment.

It's not just kind of guessing. It's like you have this real hard data. It's like blood work. But for the energy system where you can treat, test, treat test till you can see the whole picture filling in and like on the feet, for example, underneath, like the pad, the soul is what represents the mesenchymal or what we call the extracellular space or even the fascia.

and you can see if that's really congested, which with a cancer diagnosis it always is. And so we think a lot about the cells. And the cells are of course important.

But to me, what's even more important is the the terrain that the cells live in. Because this extracellular matrix is where disease or health truly begins or ends.

And if we don't have an open matrix, which is really the communication, which is really the antenna, which then can relate to the mitochondria, we can't detox, we can't have our lymph is not cleaning up.

We're not getting nutrients in, we're not getting oxide in. And we're creating this whole terrain where tumor cells are like, oh, I like it here. I'm going to grow.

And so we have to really look globally. So we're not just looking at the emotions, but we can see as we balance the emotions, the physical will often come along.

And then of course we want to support it as well. And so one of the other things that I always hear also, I don't know if you hear this, but almost every time I hear it, I don't understand why I have a cancer diagnosis.

Doctor still is because I never get sick. How could I never get sick? But now I have cancer. And so then I think about home toxicology, which is the work of Hans rescuing another German, which the heal remedies are based on.

And what he shows he has the six phases. And so you start out healthy and in a healthy system, you are actually getting a fever. You maybe you're throwing up, maybe you're having diarrhea, you're sweating, you're excreting.

And this is really important. And what's happened in our society is we don't like to do those things. So we take and die predicts are and die diarrhea or whatever it is that we're trying to excrete.

And we shut it down. And so we've forgotten our bodies have forgotten how to have fevers. And so fevers are, you know, so if you're listening and you don't get fevers, like that's my assignment for you, like go figure out how to get a fever because, you know, I'll send patients and they're like, all right, top of our list is we have to make sure you get sick and your body, because that's a training camp.

And I use remedies from Germany that are actually, a pathogenic bacteria URLs that I can give because they turn on the immune system, they wake up the natural killer cells, they wake up the granulocytes, and they say, you know, you're going to pretend we're sick just to turn on the immune system because if we don't let our bodies get a fever, then everything gets shut down.

And so in that six phase, we don't get a fever. And then the toxins start to deposit in the body and they just go along where first they're just depositing into the extracellular matrix.

They're shutting things down. And then they have what's called a biological divide. And then they cross over. And now they start affecting the cells as well.

And the end result of that is cancer. And so to to heal cancer we have to back things up. And so one of the things is we want to see that your body knows how to get a fever, that your body knows how to get sick.

And so we have to, you know, we look for these quick fixes. We don't feel good. We take Tylenol or an aspirin. We have an ear infection, we take an antibiotic.

But we don't realize that that quick fix, which may be, you know, making us more comfortable in the moment, time after time after time, is creating problems that are going to result.

Chronic illness. Excuse me? I mean, I used to say, and Doctor Raoul taught me this in Switzerland. He would say cancer is never an emergency, right? It takes time to grow.

Now, since Covid and vaccines, we're seeing these turbo cancers, so it's a little different. It used to be never emergency. Now sometimes we're seeing all of a sudden it's like boom, there's just a stage for cancer that's just showed up so that, you know, the the field of medicine and the terrain we're playing in now has dramatically changed.

but typically cancer is the effect of life long or years long, decade long choices of what we're eating, thinking toxins were accumulating, or lifestyle choices and so forth.

And so we need to kind of reverse them and back them up. Yeah. And I love I yeah, I hear that again and again exactly what you're saying. You know, the cancer patients coming in and saying never been sick.

I live healthy and I eat well. I'm a yoga teacher. I'm, Yeah, on all of these things. And then, you know, I'm the last one that you get sick. You know, the last one that you'd have cancer, you know, because I've always done well.

So then they assume, like you're saying, that their immune system is strong because they never get sick. You know, the reality is that their immune system is is not strong enough to become sick, you know, because when you're you have a fever or you have, you know, produce mucus, all of these are immune system reaction, meaning that the immune system is cleaning things up.

And if we don't clean things up on a regular basis, where are they? Well, they're going to stay in the body and they are going to then congest and create that kind of a terrain that makes, makes it friendly for cancer to, to develop.

Exactly. And, you know, I'm not saying you should be sick every month, but a nice cold or flu once a year, year and a half is, is just shows your body is working and doing what it should be doing it.

And I like to do, science is a lab and they have, Christopher Johnson, he's a PhD immunologist, very brilliant. And he created a panel called Lymphocyte Mapping.

And I run these on my patients because they really it's not enough to just do a CBC. You got to really dig deep and see what's going on with the natural killer cells, what's going on with the one to balance what's going on with your CD4 and your CD8 and really dive in and dig deep so you can specifically because we can read, oh, mushrooms are good.

Oh, this is good. Oh, that is good. But you want to find out what's going on in your immune system. And then you want to address that because we all you know, I can have 25 patients dealing with cancer sitting in front of me.

Biophotons, Terrain, and Homeotoxicology

And they're all going to have different protocols because they all have arrived at a cancer diagnosis for different reasons. Yeah, exactly. A breast cancer.

And I have that. You have patients that call and they you know, they say, well, I breast cancer. So what. Give me some supplements for breast cancer. And and it really has nothing to do with just that cancer.

It has everything to do. You know, with the journey, how a person got there, what kind of terrain you're dealing with, you know, the psycho emotional.

So you have to look at all these things. It's not just here, it's a pill to, you know, clear out unwanted estrogen or, you know, there's so much more to to the whole journey than that.

Yeah. And I look at, you know, the body as a system. So I didn't miss if I didn't talk about the teeth real quickly because that's one of the first things I do.

I when I was a very young doctor many years ago, doctor from actually Austria was in town. Doctor Vernon, who is no longer with us, but he was actually Doctor Rally's teacher, and he was at my clinic and he said, I'm going to watch how you see patients.

And I said, no, I'm going to watch how you see patients. You know, you're the expert. I just graduated like six months ago. And so the first patient that came in was a patient I think was dealing with kidney cancer, if I remember, as a very long time ago.

But he was a very different personality than me, very, you know, gruff Austrian, very like to the point. And he just like, let me see your mouth and opened up her mouth and drew her chart and showed her where all her teeth need to be yanked out, where she had root canals and this and that.

And I had to do a little damage control afterwards because she was a little taken aback. But again, it taught me a really important lesson that a lot of when we look at what's blocking the field, what's blocking the autonomic nervous system, we look for these focal infections, whether it be something going on in the appendix or a scar, but the majority of them lie in our mouth.

And that's why it's really important to align with a good biological dentist. And I emphasize good because anyone can say they're a biological dentist, but they might not actually be one or might not actually know exactly what they're doing.

And so we have to handle we have to remember every tooth is connected through traditional Chinese medicine, has an organ connected to it, and I always see it's not even like one, the connection with the upper molars and a breast cancer diagnosis, or the front teeth with kidney or bladder, prostate or lower teeth.

with colon and lungs. There's there's always this connection, a root canal, a cavitation mercury lodged in. And so I often kick patients out. I learned this in Switzerland where they actually have the dental and the medicine.

It's all under one roof. And the doctors, you go see the dentist first because it makes our lives a lot easier and a lot easier to help you. If all this is cleared and we don't have to deal with this because we can do all the healing herbs and diets.

But if you've got major infections that are just draining your immune system in your mouth, it's really hard to get better. So you have to be open to dealing with the dentistry.

And I think it's becoming more well known. When I first learned about this, you know, 25 plus years ago, it was so unheard of over here in the States.

And it's no fun to like, have to go to the dentist. It's painful. Talk about trauma. It's expensive. It's a lot of things. But it's a really important part when you're dealing with the cancer diagnosis.

You have got to clean up the terrain of your mouth. Yeah, yeah. And we we we have, one, one of the best ones that's going to be part of this summit here as well.

Doctor Jerry cura told us. So he see somebody that I know we both trust very well. and. He's doing my cavitation surgery in a few weeks recording this.

So. Yes, you you have to have someone you trust. And there there's, you know, they're out there. I keep telling doctor Kara Teller he needs to train more, but you just have to be careful.

I've had experiences where patients have gone and seen someone they thought was a holistic dentist who did more harm than good, and then that's a very uncomfortable conversation.

You know, after they just dropped $30,000 and they're missing teeth and you have to go in and repair. So, it's something you want to do, and you just want to make sure you're doing it with the right person and get a second opinion.

I send a lot of my CT coming scans over to Doctor Cura told US office. So he can look at them and I can double check if someone is not seeing him and they're seeing someone nearby, that they're on the right journey, in the right path.

So, so take me cannot through a, you know, a cancer patient coming into your office kind of take me through how you navigate that journey of that individual, so that that people have a, an appreciation of what that, of, you know, everything that goes into that.

And you know what? What you know, what you're looking at. So, I mean, initially, I always do a very thorough intake so I can get a sense of where we're leaning, where they, you know, maybe they come in and they're already eating a really clean diet.

And even diet is different for each person. Some patients I'm doing keto, some them doing vegan. It just really depends upon their constitution, what their needs are, what their blood type is with their cancer diagnosis is.

So, you know, we're handling the diet. We're handling the emotions. I'm getting a sense of how much that's going to play a role. We're injecting clearing all the scars so that the nervous system is regulating.

We're working deeply. I do heart rate variability testing, and we're working deeply to upregulate the parasympathetic nervous system because it's always, always in chronic illness not on board.

The sympathetics are stressed out and the parasympathetic. And so I find it's really important, you know, to upregulate them. And as we upregulate the parasympathetic the sympathetic will come down.

Dental Focal Infections and Biological Dentistry

I'm doing computerized regulation, thermography testing on every patient, which gives us an idea of the teeth and what's going on. And are the teeth regulating or not.

And it's looking at all the organs. So we can see, because a lot of times things are not showing up on, traditional testing. We can see them earlier through regulation, through looking at how the autonomic nervous system.

And so for women, thermography is looking at breast health. And for men it's looking at prostate health. And it

reminds us that the breast or the prostate do not exist in a vacuum, that there are lymphatics that feed in that the liver is playing a role, that the teeth are playing a role.

So we're looking very comprehensively we're developing IV plans because IVs are such a great way to get medicine, and especially when we have something that is serious and we get to really put a halt to it quickly.

So looking at oxidative therapies, looking at injections, looking at drainage remedies to make sure all the among arteries, the bile, the liver, the lymph, the kidneys, the lungs, the fascia is unrestricted, that everything is flowing.

We're looking at the right supplement plan. I like to use mistletoe. I think mistletoe is very powerful. you know, I like the doctrine of signatures with herbs, where so if you look at mistletoe, it's, you know, a parasite hanging on a tree.

And so it's very indicative of how cancer is in the human body. So mistletoe can be very beneficial. We're using in my new clinic oxygen bathtubs to oxygenate the body.

We're using therapies to stimulate the mitochondria. we're looking at the invisible toxins and really making sure that all the emfs are being mitigated, because that's a huge problem that not enough people are talking about.

I feel like we think if you know, you don't see it, it doesn't exist. But all the toxins, the worst toxins are things we can't see. So, we're doing, you know, significant testing because a toxic load. Right.

So I look at it as we get a backpack when we're born, some of us who have great constitutions, they get giant backpacks, you know, so this is like the 105 year old grandmother who is smoking a cigaret and drinking whiskey and rocking on the on the, on the porch and like, you know, she's fine.

And then there's people like me who get, like, born with little baby backpacks. And so, you know one thing, eat the wrong thing, or you get exposed to the wrong thing and you don't have the Constitution and you get sick.

And so with cancer, with any chronic illness, we want to unload the backpack, because when the backpack gets filled, that's when illness happens. So we want to start taking things out.

And so toxins is a huge place to start because there are intimately involved in a cancer diagnosis. There's always a toxic load, whether that is heavy metals, whether that is mycotoxins, whether that is pesticides or herbicides or plastics or endogenous toxins from metabolic byproducts.

We have to look at viruses because viruses have a huge correlation with cancer. So it's pretty comprehensive. And it and that's where it gets to be different for everyone.

Right. Because what we find determines you know, I do like 4035 vials of blood to look and see what's going on. And so we just have to, you know, it's like put on our Sherlock Holmes sleuth cap and the big magnifying glass and just start looking and seeing what is going on for each individual.

So it's hard to say, like, yes, there are things like high dose melatonin and curcumin. There are certain things, but I hate to just give like a a list.

You know, if you're dealing with cancer, take 500mg of curcumin every three hours and take proteolytic enzyme. You know, these are all important things.

But you could take too many things and that can stress your body, too. So it's really important to get a good work up and see where your weak links are, where it's like, we look like, where's the window in?

Where are the things that are affecting you the most that we can make change in so that you can get better. And kind of an ending conclusion? I'd love to hear because we started with the journey, you know, with the pancreatic cancer patient that walked in.

Your seventh patient, what did you do? Yeah. What kind of therapy did you do? This gentleman saw that he lived ten years longer. I mean that because that that's phenomenal.

I mean that it's obviously they a stage four pancreatic, you know, medical treatment really can't touch him. Yeah. It's, So what did you do to change his course?

Yeah. And interesting. So with him, it wasn't really emotionally. He was like solid. He had a great marriage. He was very religious. So I always ask patients, you know, do you have a religion, a belief in a higher power?

And I don't really care what it is. I just care that you have something. It could be that you go out and, you know, hug trees and pray to the trees.

Comprehensive Cancer Intake and Treatment Planning

And but I think it's really important that we have a connection, whether it's organized religion or on our own or whatever it is. My experience has been those patients always do better.

And so he really had that. So I didn't really need to focus. So he but he and he was willing to do anything. And so the first conversation we had in my office and this is 2002, this is a long time ago.

So like, I didn't even know about like intravenous laser then or, you know, a lot of the things that we do now. But I remember the first conversation was about why he couldn't eat margarine and why butter was a better option.

And it was like it was literally like a 50 minute conversation with him and his wife. And they left and I thought, oh my God, this is like I am swimming.

I am swimming against the stream here. And but I always keep an open mind and I thought, I don't even know if they're going to come back. Like, and they came back and he was just willing to do whatever.

So we did high dose vitamin C and missile toe. We did very high dose, pancreatic enzymes. So I kind of, you know, started looking at like, what was Nicholas Gonzalez back then doing for pancreatic cancer?

I spoke to what was the dentist name that he, that Nicholas Gonzalez had kind of created his protocol with. It's he's since passed away, but I like tracked him down and called him.

He was like in the middle of the like in the Nebraska somewhere and I so I started using the high dose pancreatic enzymes. I radically changed his diet because his diet was margarine and processed foods.

I put him on high dose and he would come in. At the time I had, a foot bath and we had a lymphatic machine like you would hold the thing, the little generators up to your neck or your back.

We did constitutional hydrotherapy. I put him in the sauna, I put him in the footpath, I put him in the lymph. Radically changed his diet. Did high dose vitamin C, did mistletoe, did a lot of supplements.

I don't even remember all the supplements we did. You know, I never, like, kept track of anything. I never wrote it down. You know, that chart is like a long gone.

but he was taking upwards of. I mean, just the pancreatic enzymes alone were like a hundred tablets a day. put them on clean, filtered water, you know, detoxed him, and, you know, those were like, the main things.

So it wasn't even, like, super, super fancy. And this was pancreatic cancer. So he had the right attitude. You'd he had the right, you know, spiritual connection.

He had supportive family. We had a water machine in the office at the time. I'm not sure why they didn't get a water machine in their own home, but they would schlep like big glass bottles and they would fill their water every day

and they would come in and he just had a positive attitude.

He was like, you know, I'm going to beat this. I can beat this. And he significantly, you know, he stopped eating margarine. He started to understand and he started to get educated.

And, you know, it was just his journey was to, was to heal. And then of course, he became, you know, spokesperson for natural medicine and healing. And it just, you know, I feel like it was also like, you know, he came to help me, right?

I helped him, but he helped me become the doctor I am today. So I feel like, you know, we we have these soul connections and these contracts or whatever you want to call him, and he was a huge lesson in my, my journey to becoming a physician.

And of course, now, you know, we have so many more tools from, you know, red light mats and Weber lasers and PMF mats and different, Eboo and all of these other things that we use now, which I didn't have back then.

This was 2002. Yeah, yeah. I mean, and that's the thing. Yeah. Nature of that is really evolved a lot. You know, the integrative oncology, the tools we have I mean it's just phenomenal.

But we you know and but the, the kind of the, the old true ones are still the true ones. I mean still high dose vitamin C, mistletoe, pancreatic enzymes.

they're still powerful, powerful tools. It's just that we have more layers, you know, that we can add. And, yeah, I as you're probably seeing, I mean, cancer that we dealt with back then, looked different than what we're seeing now, you know, so we we're having that to kind of evolve with, with the disease in a way.

Exactly. And I did a lot of sonam remedies and heal remedies, drainage remedies, Bacana remedies. So that's always part of what I do with everyone, which really I think makes such a huge difference.

I credit a lot of why I get such good results to using those remedies from Europe, because they're not just feeding nutrients to the cell, they're actually draining the organs so that they can receive nutrients.

And they're balancing the milieu, they're balancing the terrain. They're balancing the pH. And so they're really getting to the root of the issue. And so I did a lot of that with a lot of suppositories.

And, you know, he was just he was just, you know, I think I always say because I, I treat a wide variety of patients with a wide variety of issues. And I think my most motivated patients are patients who have a cancer diagnosis because we want to stay alive, and patients who are working on getting pregnant.

because that's also such a huge stress and such a huge desire. But I hope that my my dream is that, like everyone becomes motivated, even without a diagnosis, just motivated to be the healthiest they can be and to take, you know, I had a patient say to me like, who was different?

Smoking patient? I was like, you know, there's a good chance that's going to cause cancer right at cigarets. Well, if I get cancer, I'll quit. And it's like, no, no, no, no, no, no, that is not the mindset of healing, you know?

So we have to and we do, especially here in America. We have that, you know, when it breaks, then I'll deal with it. But I want to change the where I dream of the day where patients wake up and they go, I feel freaking amazing.

Today I'm going to call Dr. Karlfeldt I'm going to call Dr. Stills because I want to keep feeling amazing. And that's how we, you know, like in the olden times of traditional Chinese medicine, they would only pay the acupuncturist.

when they were well. And if they got sick, they didn't pay because it was thought that he wasn't doing his job or she wasn't doing her job, keeping them healthy.

And so we really, you know, if you're watching this just because you're curious and you don't have a diagnosis, like, don't wait till you have a diagnosis to then go get worked up and find out what your toxic load is like.

Find out now and start emptying your backpack so you don't have to get to the point where you get the diagnosis. Yeah, yeah, I very, very, very well said.

Yeah. We, we we're living if like you mentioned with the EMF, you know we we can't see it then it's not there, you know, so we are not experiencing symptoms of a disease.

So then we don't have to do anything.

Pancreatic Cancer Case and Closing Advice

You know, the the key is to, to be preemptive, to support, to build health, to build optimum health, to build that buffer zone so that you don't start to step into the land of chronic disease.

You know, and, and, and, and chronic disease, like you mentioned earlier, it takes time to develop. So you have all that time to to make adjustments. But if you don't make adjustments and the chronic disease comes, then it's all those things that you have to undo, you know, and that is all that time that you have done something that could harm, you know, created a harm to the body.

You have to undo all that. And that's going to take a lot of time. Yeah. We want to be motivated by being preventive and even just, you know, my bare minimum for patients is like, get a yearly blood work up, get a yearly thermography scan.

Let's look at your blood under the microscope. Just some basic things. Because we can see us trained physicians, we can see changes. I can see oxidative stress starting to settle in.

We can see the immune system starting to get stressed, and we can catch things early. But you have to be you have to be looking because sometimes disease is very silent until it's not.

And then it's a lot harder. We're not saying it can't be done because obviously we both do that and help patients because a lot harder to reverse than just to prevent.

I agree. Well doctor, still, thank you so much for for all your wisdom, for everything that you're doing and you're you're such a power and such a light.

Yeah. And around where whoever gets to be around you, they're blessed. well, same same to you. Okay. Thank you so much, Dr. Stills Thank you. Thanks for having me be here.