## Introduction to Dr. Ben Edwards

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 Ben Edwards is founder and medical director of Veritas Medical in Lubbock, Texas. He received his undergraduate degree from Baylor University, then attended the University of Texas Houston Medical School, and completed his residency and family practice at McLennan County Medical Educational Research Foundation, where he was Chief resident.

He practiced conventional family medicine as the only physician in the county and rural post, Texas for eight years until a divine appointment turned his world upside down.

And looking forward to hearing a little bit more about what that experience has been like, which introduced him to the concept of addressing root causes instead of just managing diseases and symptoms.

So in 2012, he established Veritas Medical, and he now oversees seven nurse practitioners at three clinics across West Texas, teaching people how to steward their health through the Veritas four pillars, which are nutrition, hydration, movement and peace.

And we'll get into more depth on those as well in this interview. Doctor Edwards, thank you so much for joining us. Hey, Nathan, thanks for having me.

I appreciate the invitation and appreciate all you're doing to bring some perspective to the cancer treatment field. So you were practicing conventional family medicine, right?

And, and something opened your eyes and you started going down this path, let's say more integrative, more natural, you know, more I would even consider effective approaches to helping people deal with chronic diseases.

What was that thing that opened your your eyes, if you will? Or what was that divine appointment that you call it? What happened? Well, the exact time I had appointment was my nurse practitioner at the time had celiac disease, and it had been diagnosed with that for a number of years and was on conventional therapy for that, which is simply avoid gluten, eat a gluten free diet.

And he was doing that, but he wasn't overall healthy. I mean, he was a little overweight. He had some fatigue issues, sleep issues, mood issues. He met a doctor to bed and breakfast one weekend when he was out with his wife at the speed of breakfast, and told the innkeeper that he need a gluten free pancake.

And she said, well, sure, we can do that. But hey, there's this doctor who might cure you of that. And of course, you don't cure celiac. He kind of laughed at her, but long story short, he ended up meeting the doctor.

The doctor said there's no such thing as diseases. There are consequences. And if you weren't born with it, you probably don't need to keep it. There's a root cause to stuff and of course, prac that sort of resonated with him.

But part of his his conventional training said, no, that can't be true. Long story short, he implemented some of these natural techniques, which is basic dietary and lifestyle changes, and it radically transformed his life.

He was able to eat wheat again without having an extreme reaction. His complexion cleared up his mood, his energy, his sleep. He was a cyclist and cycling times got better.

He just got healthy and. But the biggest thing was he could eat a bite of wheat and not get bloody diarrhea and

stomach cramps and be out of work for a day.

So that opened my eyes and I felt a moral, ethical obligation for my next celiac patient. Was I just going to say gluten free, or was I going to say, hey, there's an option?

## The Celiac Case That Changed Everything

Option one eat gluten free or option to steward your health more optimally. And maybe you'll be able to tolerate a little gluten here and there and, decided to do that to give that option.

So I called that doctor up. And that was the beginning of the end. As you mentioned, I was at a conventional family practice, small town country doctor.

So I like to describe it. For eight years, both my granddads were before me and I wanted to be like them. I just wanted to be a small town country doctor thing.

But this opened my eyes to a whole new realm of medicine. And actually, the very first integrative conference I went to was a cancer conference. So I just drove in the deep end right off the bat.

And at that conference I met Ty Bollinger and he handed me his book, Cancer Think Outside the Box. And it blew my mind. And Nick Gonzalez was there, gave the keynote lecture, beeline it up to the podium after he was done with that lecture and just couldn't believe it and of course, bought his book, a doctor, Laraine Day and Charlie Gersten.

And just my eyes were totally opened, from that one conference. So that in a nutshell, that was the divine appointment. It all started with my nurse prac and celiac disease.

You know, what's really exciting about that is the fact that you are I mean, this is both exciting and a little saddening is but you really like in the 1% or 2.01% of, you know, unfortunately, medical doctors in, in the medical community who when, a patient goes out and finds another path towards healing, most doctors do not question that.

They don't want to research further. They don't call the nature path that that person went to. They said, how do you do this? What do you do, etc. it's like you knew that you had to learn and find out more and you were open to that.

And I think that's really exciting and a huge like testament to the work. You know, you've been doing, in this field and, you know, all the medical doctors that, are part of this symposium, all the ones I know, the ones I've been working with since 2013, have similar experiences where they, you know, started finding out, wow, there's naturopathic approaches, there's holistic approaches.

There's r you Veda, there's acupuncture, there's, you know, Western, Eastern Chinese medicine and so on and so forth. And they start recognizing that, wow, all of these other fields of medicine have massive potential and efficacy, and they start implementing it and seeing great results for their patients.

Yeah. Unfortunately, you know, you hear from a lot of people that that's just not the case with, with most medical doctors. And so what were some of the things for you that started to solidify, you know, that path and that approach for you?

What were some maybe, patient experiences you were seeing? What were some other. Yeah. Well, that's the first thing I did was I called a doctor up and said, who are you?

What are you doing? You know, I gave him the third degree on what's going on here because this was like, crazy to me. And he started just coming back with all these answers that resonated as truth in my spirit.

Like one thing he said was, hey, next time your car's making a weird noise, you're going to take it to the mechanic or the alternative mechanic. And I was like, okay, he said.

Its point was, hey, God put natural laws into this universe that govern this universe. And either you can understand them and abide by them or you cannot, whether you're an airline pilot having to follow the law of gravity or a, you know, structural engineer having a or a combustion, the combustion engine with a mechanic, you know, but bottom line, cinema, ten sickest patients.

That's what solidified it for me. The worst diabetic, you know, he's on three different meds. He's ready for insulin is A1 sees high and he doesn't want to do insulin.

I said okay, well there's this doctor you could go see. He doesn't believe in diabetes. You don't believe in diseases. I had a lupus patient. Worst lupus in the world.

Had been on all the specials. Been to the big medical center in Dallas. Chronic urticaria that nobody could figure out had been all the specialists. Horrible depression, a lady with or a gentleman with chronic prostatitis couldn't get over it.

So these ten sicker than sick patients that had been everywhere sent them all to this doctor. They all came back better. Most of them all the way better.

So at that point, I'm all in. I didn't understand it. I was having cognitive dissonance. How could this be? I'm looking at ten of my sickest patients.

I've known these patients for eight years, and now they're all well and they're off their midst. They're diabetic. He was 73 years old, and his A1 c was in the ninth when I sent him.

He came back with an agency of sick something and off his meds blew me away. So the evidence was in front of me, even though it did make sense and my medical training didn't prepare me for this or teach me this.

And that's, you know, as I started to dig in, it became clear there's only two options for medical doctor. So I don't blame the medical doctors that go to school with the right intention, with a good heart.

And they love patients most. Almost all of them. They're in there for the right reason. But then there's this indoctrination and someone took the option off the table, what I call option three fix it.

And it left us with just two options. Option one suffer and do nothing. Option two take the pharmaceutical or take a surgery. That's it. Those are the two options.

So I walked across that medical school stage, got my diploma, got my white coat and fired out into the world into West Texas. Wanted to heal the world.

Highly trained doctor, but with only those two options I just told two patients just for the interview. Started making a diabetic, cure for Covid. They're not our patients.

I'm opening up our practice to the general public to treat Covid. But this lady's diabetic, obese, has RA and hypertension, and I couldn't help myself.

You know who was supposed to be a five minute visit for Covid? I said, hey, let me teach you about insulin resistance real quick. Let me teach you why the medications are just treating the smoke, the high sugar.

They're not treating the cause. Insulin resistance drew it up on the whiteboard. The key under the keyhole explained the whole thing. I said, go read Jason Fong's book on fasting.

I know the obesity code. And she said, you know what? I read that book. My sister gave it to me. I actually started doing it, and my sugar went from 400 to 98.

Over time, I lost a bunch of weight. I felt great. I went back to my doctor and he told me, I can't do that. Diabetics

can't fast. That's the that's the disconnect that doctors come out of school thinking.

We learned it all. We're in the best medical education system in the world. So if I didn't learn it, it couldn't be. That's what I thought. That's what most doctors think.

We just are so close minded and really arrogant. I hate to say, but looking back now, I totally get it. We're not trained in nutrition, not trained in the terrain.

We'll talk about the four pillars to get any of that kind of education. Two hours of nutrition and four years of medical school. Doctors just don't know this.

We only know option one suffer or option two pharmaceuticals and surgery. We don't know. Option three let the body fix itself. Someone took that option off the table.

I tell my patients, you know, I think it's just someone got together 50 years ago and said, hey, Americans aren't going to change their diet and address their stress and their lifestyle.

They're sitting and all that. They're just not good. So that option's off the table. There's only two. So we've brought the third option back on the table.

## Seeing Results in the Sickest Patients

And what we try to do is teach people the four pillars so they won't need a doctor. So they won't have cancer. They won't need a natural cancer therapy.

It's way better to have prevention than have treatment. So that's where we've landed. Yeah, we're going to get into those four pillars. I really want to, you know, hear them as well.

And I know they're going to be really valuable to all of our listeners. Before we do, I want to encourage people to go listen to the interview. I did with Doctor Peter Glidden, who's a part of this symposium, because that interview, we actually go into depth.

If you want to understand more of the history of, you know, what's being called the medical monopoly, it started over 100 years ago. And understand why, just as you said, so many good intention people go into, medical school with intentions to say, you know, saved lives.

And that's a beautiful intention. They're good people. But because of what's happened with the medical monopoly and all of these other what we call alternative, which used to be called quackery, you know, methodologies of healing, holistic naturopathic, etc..

Haven't had a seat at the same table as the conventional medicine. It's why people don't know about it. They don't have access to it. Medical doctors are taught it doesn't work.

Don't research it. Don't you know if your patients talk about it, just forget about it, right? Like you said, there's that indoctrination and it's not you know, medical doctors, they just don't know what they don't know.

Right. And so it's really exciting to hear you talk about this. It's huge awakening you've had and all these great experiences that you have in supporting your patients.

But I do want people if you want more depth on that, that's a really great discussion around that subject and give you a lot more understanding and history about what's actually going on and what you can do to help, naturopathic medicine, holistic medicine, or, you know, all kinds of what we call alternative medicine actually have a chance of having a seat at the same table, which right now is ruled by the pharmaceutical companies and so forth.

Which I think, you know, it'll be beautiful. We can actually make a positive change in that direction. It's Doctor Peter

Glidden. But moving deeper into this discussion, obviously you've learned a lot.

You know, you get to work hands on with patients. You, you're implementing these, methodologies that you've learned and you've experienced. I'd love for you to talk.

Yeah. About what are those for? You know, pillars, that you talk about, and and how does that actually how can that support people who have cancer? Right.

So as I started to dive deeper into this more holistic, alternative world, it became pretty clear to me. And the literature is clear on this, too. I mean, 95% of all cancer is not from genes.

It's from diet, lifestyle. It's been established. So what does that mean? And as I started walking through this with patients, it became clear to me nutrition, hydration, movement and peace.

Those four things were absolutely essential. In fact, I was at my second conference I went to after that first cancer conference was a bioidentical hormone conference, and there are some brilliant physicians there.

Alternative guys, one fifth generation, endocrinologist from Belgium, and they were just doing an amazing job of kind of micromanaging all the different hormones, the adrenal hormones and sex hormones.

I mean, all this, it was amazing. But it seemed really complicated to me at the time, too. And so my question at the end of the three day conference, I got up to the microphone and I said, hey guys, amazing.

Thank you for all the information. But you know what? If I could get my patients to just eat pretty clean and occasionally not eat hydrate well, move a little bit every hour and be at peace instead of fight or flight mode all the time.

How much of all of this hormone therapy would we need? And they looked at each other. The panel did, and they looked at me and said, you'll never get your patients to do those four things.

So I kind of took that as a challenge, but also as an answer of, hey, if you could really get those four things done, you're probably not going to need most of these for sure. Pharmaceutical treatments.

But even the what I call the green version of pharmaceutical based medicine. So I started to see that a lot of integrative clinics were really just switching supplements in the place of pharmaceuticals, still treating the symptom right.

Diabetes as a sample. People using berberine instead of metformin, you know, great. Berberine great. It's all natural side effects, but you're still just chasing blood sugar instead of dealing with root causes.

So we got to be careful there. And as we move into these even affordable therapies for cancer, I want to just drive home the point that let's not get to the place we have to chase all these symptoms, including chasing the tumor.

Let's work on this foundation. And it turns out when you work on the foundation, nutrition, hydration, movement and peace, those are the ingredients that set the body up to fix itself.

It sounds so simple, but you know, if you give your vehicle the right kind of gas and motor oil and keep all your fluid levels topped up and rotate your tires and keep the air on the tires and do everything that owner's manual says to do, you should expect it to function and basically maintain itself, and that's what the body will do.

It will maintain health if you can give it what it needs. So it's all about building your body's resiliency and resistance. We're never going to be able to completely avoid all toxins and all stress and all these things.

But if we're more resilient and resistant to those things, our body can push back against them. So, we really drive that point home. And when it comes to cancer, you know, we tell every patient, yeah, we can do X, Y, and Z things,

but we're not even going to talk about that until you're a one.

See, your three month blood sugar average is below five until your fasting insulin's below two. We want you metabolically flexible. We've got to start there.

We know this cancer has a lot of mitochondria is where everything's at. I think people are understanding that now all chronic disease across the board.

It's all about the mitochondria. Can your cell make energy and can it clear the exhaust bottom line. Can it do that. Can it do it efficiently and effectively.

And if it can't, then you will be a set up for cancer and other chronic diseases too. So let's talk about the mitochondria. Let's fuel it well let's get it efficient.

And it boils down to those four pillars. In my opinion you got to have that foundation. Bottom line. Well and it's you know, really the same thing for any viral infection like Covid right now.

I mean, I want to make this distinction because sometimes we subconsciously don't realize this. I mean, we're kind of a lot of people believe cancers like something you catch, even though they don't think of it as like, it's not contagious.

They know that it's almost like it's something you catch, not realizing it's something your body is making because of the internal environment, right?

The stressors, the toxins, the poor diet, etc.. So I want to make that distinction clear. So there's no confusion. Your body makes cancer, your your body catches viruses or bacteria even though our bodies are more bacteria and viral, you know, DNA than our own human DNA.

But I want to just talk a little bit about Covid. And have you talked about that? Because I know you've been, putting out some really great videos and information on it.

We don't have to go too deep, but I just want to, make that correlation between what you do to prevent or help reduce or mitigate or, you know, reverse the effects of something like a Covid, you know, viral, symptomology.

From from the Covid versus, you know, cancer. It's it's it's very similar to the things you would be doing for both. Right? Yeah. Exactly. So the people that do really bad with Covid, they're in this chronic inflammatory state.

And the cytokine storm is massive inflammation state. Well that's what chronic diseases too. Whether it's heart attack and stroke, cancer, Alzheimer's it's all inflammation.

## The Four Pillars of Health

Everybody understands this now. So there's a relationship is inflammation. Was our body's so inflamed is one of the anti-inflammatory mechanisms not kicked in properly.

And I like to talk about this in terms of germ theory and versus terrain theory. But right with germ theory you can throw in gene theory when it comes to cancer.

So yeah germs are in the in the picture. They're part of the puzzle. But just like flies they come to where the trash is. Cockroaches in your kitchen. How do you get rid of those?

You can go kill the cockroaches all day or you take out the garbage, clean up the trash, don't attract the cockroaches are another good examples the algae that grows up on your fish tank.

You can go in every day and scrub that algae, or you can get the pH right and the temperature right, and the

carbon dioxide level balance in the algae is stay suppressed all by itself.

Same thing with Covid or any other germ. It's all about the terrain. Is your terrain inviting Covid in to manifest and trigger this inflammatory cascade?

Or is your terrain managed well where it will gobble up Covid and you don't need to have a symptom? So it's really, really important to understand. I mean, who's dying with Covid?

All the people with co-morbid conditions, they're metabolically inflexible. They have diabetes and obesity. They have metabolic syndrome. These are the ones with dysfunctional terrains.

So yes, there are oncogenes with cancer too. But those genes get turned on by the exhaust by the toxins, by the terrain garbage. Because when you make energy, you make exhaust.

We call the exhaust free radicals. But think of it as black smoke coming out your tailpipe. You can clean that up, make your exhaust system, better where you're not pumping out all the black smoke.

It's that black smoke. The free radicals that go turn on the bad genes. So, yeah, genes are in there as part of the the the, picture of cancer, but it's really the poor terrain that's turning on the bad genes.

So it's a secondary effect. So it's really almost the same thing, whether it's a germ versus a gene with cancer, it's all about what's the environment like, what's the terrain like.

And if your body's equipped it will gobble up Covid and you'll never have a symptom. So if you haven't equipped your body and you are not metabolically flexible, maybe you have some of these comorbid conditions.

You could still quickly reverse some of that by fasting. Cut your sugar and carbs down. Get your vitamin D level up. I prefer a natural version of that to cod liver oil and sunshine.

De-stressing. Go take a walk around to the earth and get your electron to get the earth's electrons coming into you. Basic, simple stuff that'll mitigate your risk, but also just doing some anti-inflammatory things.

If you're in the middle of a Covid crisis, there's a pharmaceutical approach, you know, colchicine and steroids and all these things will suppress inflammation.

And then there's a more natural approach to lots of different antioxidants, like vitamin C, ozone and UV light help mitigate that immune response, that inflammatory response to.

So there's a number of great therapies that the literature even is clear, is beneficial in that Covid, which we can go deeper into that if we need to.

But basically you're trying to tamp down and balance out that overreactive immune system. But really the question is why is your immune system stuck in this overreactive, inflammatory, state?

Why did it not turn itself off? Well, it's because your terrain wasn't right. Your antioxidant enzymes weren't properly. Stewart, your glue out and superoxide dismutase and catalase and all these things that will combat the free radicals.

You don't have it. Why don't you have it? Because you're not nourished, right? Usually. Yeah. It's, Yeah. Thank you for that. It's reminded me of something I've thought about, lately, and heard somebody else say that made me really kind of chuckle, but also recognize what's happening if you're watching mainstream media at all.

This is, you know, really, I think the only time in human history where they're, they're making healthy people sound like they're sick by making the term asymptomatic seem like it's a bad thing.

You know what you're saying? Like for color, for example, or any viral infection, asymptomatic means that your system is working and functioning. Your immune system is functioning.

You know, as it should. It means, yeah, you might test positive. You're not having symptoms. Why does somebody not have symptoms where somebody does have symptoms?

Because your immune system is working the way it should be. If it is, you're not going to have symptoms. Right. So he said to me is not a bad thing. It's a good thing.

Yeah. And you can either relate that Nathan over to cancer. I mean there's some patients we're following right now with liquid biopsy. So that's a blood test.

You draw the blood and send it to a special lab that can detect circulating tumor cells in the blood. But there's a level if we can keep it below the certain level, like, say, five cells per ML or whatever the cutoff is, then that tells us your immune system's function and keeping that in check.

You know, some people even look at cancers of management. Let's turn this into a chronic disease management. Or we can just keep your levels low. You know, there's some evidence we all have cancer cells.

It's a matter of your immune system keeping those cancer cells suppressed and killing them. Can we keep this terrain so, efficient that we can identify and kill and or suppress and keep these cancer cells from manifesting into a tumor and metastatic lesions that could, take our life?

So kind of a similar deal. Yeah. You can have a virus come into you, bacteria come into you, but you're symptom free because your immune system is highly functional.

It's all about an efficient immune system. But really it's about an efficient cell across the board because we don't want Alzheimer's either, and we don't want diabetes and we don't want hypertension, heart disease.

We need efficient heart muscle cells. We need efficient brain cells. We need efficient liver cells to detox stuff. We need efficient immune system cells for Covid and for cancer.

So it's all about cellular efficiency. Stuart. That cell in that mitochondria nutrition hydration movement and piece. We're going to cover a lot of bases as far as mitochondrial health.

Absolutely. You know it reminds me of something Doctor Thomas Loti said in my documentary about cancer that's always stuck with me. Says, you know, let's say you have a tumor, but that tumor never grows another millimeter, right?

You can live a normal life for years. By ten, 15, 20 years. You may have no symptoms from that. You may have, you know, and if it's not growing anymore and it's not spreading because you're doing things that are keeping the cancer cells in check, you're going to have just absolutely normal fine life.

So it's not necessarily always about we got to get this out of me as quickly as possible, which is what we're conditioned into out of fear. You know, when we go in and get a diagnosis or prognosis, it's surgery, radiation, chemotherapy, immediately get it done.

And in many cases, for most people, it just doesn't have to be that way. You don't have to rush into these things. You know, you can do your research. You can get more consults.

You can talk to, you know, people like yourself, you know, Doctor Edwards and and visit other, you know, not naturopathic clinics, integrative clinics and educate yourself.

Listen to all the interviews in this symposium before you choose. You know which path you want to go down. The more education information you have, the more empowered you will be to take and walk the right path for you.

And so I love that you said that it's it's like Doctor Thomas Leary says, you know, you could still totally live a normal life if it's not spreading. It's not growing.

You know, in cancer, in most cases, until the later stages almost have no symptoms for most people. You know, that's the incredible thing, right? Is with people think have cancer.

They losing their hair and they're bald and they're sickly in their own lives. And they're in so much pain. Like when I saw my own, grandfather go through that chemotherapy radiation.

So how much pain he was in and couldn't even walk to the bathroom without just so much pain. It wasn't the cancer doing that. It was the treatment, unfortunately.

And so we have to distinguish those differences. And I wanted to ask you, I mean, you shared a handful of things that are basically free people can do, you know, go outside vitamin D, get grounded on the Earth, exercise.

You know, you talk about your four pillars nutrition, hydration, movement and peace. I love for you to take just a couple of minutes, maybe on each one.

I know we could go into a lot of depth on each one, but if you had to explain so very practical things in nutrition and hydration and movement and in peace, like, what would that look like for somebody who's like, okay, I can start doing a few five, ten, 15 extra minutes every day focusing on movement and focusing on peace practices and nutrition.

You know, I could do an hour, like, what would you what would you tell people? Yeah, well, first thing with nutrition, I do recognize that there are different, clinics and different philosophies.

You know, Gonzalez had lots of different, diets, you know, do you go vegan? Vegetarian? Do you go, you know, more ketogenic. But bottom line, real food.

We need real non processed food. And depending on what doctor you're with, what clinic or with maybe what cancer you have and various factors, you may be more plant based.

You may not be as much as plant based, but in general it's I call it God food versus man food. It needs to be natural, real, unprocessed food. If man puts his hand on it, most likely he altered it in some form.

That benefits the producer and the pocketbook does not benefit your mitochondrial health. So be very careful with anything coming off the shelf. So locally grown, vine, rock and fresh.

You know, wild car pasture is all that real food. What was that animal? If you're eating animals, what is it eating? Is it eating what God intended for it to eat, such as grass versus grain.

So that's simple. Number one unprocessed real food. God food versus man food. But second there is narrow the eating window. Doctor Sasha.

## Terrain, Inflammation, and COVID

At, Salk Institute, his book circadian code talks about a rat study where he didn't change the food even. It was just regular rat chow. But he narrowed the eating window, and when it was an eight hour eating window, these rats didn't get cancer or any other chronic disease.

So narrow the eating window down. You know, that is intermittent fasting that creates metabolic flexibility. So those are the two biggest things in nutrition.

Is that processed real? Yeah I was just going to say yeah. So that's so people who don't know, you know about intermittent fasting like that would be eat your first meal at 12:00.

You know, at lunch and then your last meal by 8:00. Right. So you're having at least, you know, 16 hour window where you're not eating anything, which, you know, allows a lot of cellular regeneration in the body.

Yeah, that's the healing time when you're not putting food in your mouth. Your body's left is able to heal. And that's when the cancer cells can die. Apoptosis, the mitochondria, those carburetors that make your energy.

We want them to be efficient. And the inefficient mitochondria will go through my tough ag. That's where they'll die. You'll take out those inefficient ones.

So fasting is really, really good and simple and cheap. You'll actually save money if you're skipping a meal. And then I always like to throw in salt and sea salt.

We are so de mineralized. All these metabolic functions require minerals. And so that's an easy way to get it. Just pour the salt on if you're scared of salt.

There's, the salt fix is a great book. Salt Your Way to Health is another good one, but these are super simple, real food. Narrow the window, add a bunch of sea salt.

You're going to get way down the road. Can you do even more things of course, there's always more to do. But those are super basic, simple things to do from a nutrition standpoint.

You know, there's juicing, there's all kinds of stuff, but these are just real basic things that are cheap, easy, and actually save you money. So hydration, what do you recommend for people?

How much water so they drink. What should they be drinking. Right. So I don't subscribe to the eight ounce eight glasses a day or do half your body weight in water.

I mean, that's fine. It's better probably than staying dehydrated. But everyone's so unique and individual. I mean, what season is it? What's your indoor environment like?

Are you in the middle of winter with lots of heat and humidity low and you're just breathing, you're evaporating off a lot of water. You in a humid place or not? And are you exercising?

Are you eating your water? Gina Bria. Her book which talks about historically, ancestrally, she studied anthropology most societies ate half their water.

They ate food that had water in it. You know, compare a medium rare steak to a piece of beef jerky. How does that change? They dehydrate it. There's a lot of water, actually, in meat and of course, vegetables full of water.

And the water in the vegetables is structured. That means it's H302. It's in a different form and it will penetrate your cell membrane better. You will hydrate better.

So you really want to eat your water. Chia seed pudding, smoothies, vegetables, real food, unprocessed food. Eat half your water. So what I tell my patients, but look at your urine.

If your urine is clear, like water, you're hydrated. If it's too yellow, you're not hydrated. It's going to be different for everybody. But I really like good, better and best when it comes to water.

So good is clean water. We just want it clean, you know, filter it. You know, the negative of arrows. It takes out the minerals, the good stuff too. It cleans everything.

So you want to put the minerals back in. So step one is clean. Step two is re mineralized. And then step three what I would consider best is structured water found in nature is structured rainwater is structured.

Water in motion. Going down a brook or coming out of an aquifer in a spring is it water inside these plants? It's

structured so you can get devices under the sink or handheld.

There's lots of different ways to do it. I really like the wellness enterprise. Put a plug in for them. But Gina, Brita, the Hydration Foundation totally support her and her work, and they explain the science behind the structured water course, Doctor Gerald Pollack or Tom Kalin.

They're all about structured water. So I love structured water, loved regionalized water. So a pinch of sea salt in every glass I've got right here. You can probably see the sea salt in it.

Everything I drink, I put sea salt in it and I try to structure it. So that in a nutshell is hydration. You want to be hydrated. Cells work better when they're hydrated.

I love that you said think about getting, you know, a lot, at least 50% or more of your water from your food. I mean, if you look at a watermelon, it's like 80% water and it's structured water and you're getting, you know, vitamins there, some minerals as well.

You know, you look at oranges, you look at apples, you look at berries. They're filled with water, but they're also filled with fiber and tons of phytonutrients that your body needs to heal itself.

So, you know, a lot of people, they might eat up and down and an apple, and that's all they have for the day for their for their fruit. And they're healthy.

The healthiest version of water. I mean, you can eat, and there's, you know, mastering diabetes. Robbie and Cyrus, they're part of the symposium. If you want to know the fastest way to reverse type two diabetes, you actually get off the high fat diet, get onto a high carbohydrate, highly nutrient dense, rich plant based diet that is lots of fruits and vegetables and legumes and things like that.

And they're reversing type two diabetes and 80 to 90% of people. So, you know, that's another thing that also supports cancer is all side of nutrients that reduce inflammation, help the chronic inflammation to dissipate and help the regeneration of the cells, so on and so forth.

So I'm, you know, I'm really glad, really glad that you said that which is which is huge to add more fruit and vegetables and watery foods to your diet.

Soup is great too, right? You get all the nutrients that are good, that you see things like that. And I can let let me real quick, you just reminded me of something.

I was at a conference. I think George Washington University has put it on their integrative medicine department. And there's a guy, I forget his name.

He stood up and gave a lecture on cranberries. And I didn't realize there's like 100 different species of cranberries. He honed in on the think it was 3 or 4 different species of cranberries, and they isolated 8 to 10,000 different phytonutrients in each species of cranberries.

And 90% of those phytonutrients were not replicated in the other species. So these are unique to that one species of cranberry. Wow. Thousand different nutrients.

And that's just a cranberry. It's incredible what plant chemicals are in these different berries. And I mean food you know, plant foods in general. So yeah it's a good point with the side of nutrients.

Yeah. That's fascinating about cranberries. And yeah I've heard like we we but we know of like over 30,000 or more phytonutrients in plants that we still have no idea what they are, what they're called, what they do.

We just know they're good for you. So eat them. Yeah. So. Yeah. Thank you. So you're there. There was movement. What does movement look like for somebody with cancer?

Right. Number one, just get up and move. We're not designed to be in a seated position all the time. You've probably heard sit ins. And no smoking will increase your risk for cancer and a lot of other diseases just from being seated all day.

So the misconception is I could sit all day and then go to the gym at the end of the day and work out for 45 minutes and be okay. No, and I'm not saying don't go work out, but it doesn't mitigate all the negative impacts of sitting all day long.

So you need to be cognizant of your time in the chair throughout the day.

## Nutrition and Hydration Basics

Get a standing desk, walk to the cooler. Go up and down the stairs, set a timer, make movement part of your day. Better to do it outside where you get the vitamin D and be in nature.

There's lots of studies that talk about just being in a green space drops a cortisol level. Your five is life hormone. So that's number one is just move.

And then yes I like to encourage my patients to do some hit training where they can oxygenate. Really well and increase that metabolic flexibility. So hit training high intensity interval training.

These are short bursts 30s 90s or so. And as hard as you can go as fast as you can go but then go, you know, three minutes of just regular pace. But after three minutes you hit it hard again for 30 to 60s.

And you can do that with anything rowing, bicycling, walking, running, pushups or whatever. Just do the intermittent up and down as far as intensity goes.

So I really like to hit training. If you can do stuff barefoot outside and get the grounding going or the earthing, I really like that too. And I mentioned the sunshine and vitamin D, but the biggest thing is just move, do something enjoyable because if you don't enjoy it, you're not going to stick with it.

But when you move, you oxygenate the body better. You detoxify the body better. You have this whole system of vessels throughout the body. They're called lift vessels, lymphatic vessels.

It's where the body dumps all the dead. Viruses and bacteria and toxins and dead cancer cells. It's your waste collection system. And this system of vessels from your head to your toe, does not contain a pump like your artery and vein vessels.

As a pump your heart. This system of vessels does not have a pump. And it required for movement for this fluid to move and get these toxins out of you, you need to move.

You need to be up moving against gravity. That's what allows this fluid to flow out of you. But also movement allows us to re-energize. This is Gerry Tenant's work.

The battery packs, he the different muscle groups will energize the acupuncture meridians. So from a more energetic standpoint, we can re-energize some of these pathways just by getting, our, our movement and of course, muscle, you know, some resistance training muscles, more insulin resistant or insulin sensitive, I'm sorry than fat cells.

So we want more muscle tone. All this will help prevent cancer, but it also sets you up in the treatment of cancer and detoxification of these cancer cells and the toxins associated with them.

If we move a little bit. Yeah, I love you said, you know, do some do something that you enjoy doing. It's like, you know, if for you going to the gym for an hour, once a day, every day at the same time, it's something it gives you routine and you can get into that.

Do it. But you don't have to go to the gym to to move, to exercise, to work out. Right. And you go play tennis, you go play racquetball. You can go cycling or jogging, you know, fast pace hiking, you know, go go outdoors and do some kind of labor around your yard that, you know, you're picking up rocks or wood or things, you know, that will build muscle naturally.

Like, all those things are such good ways of of moving. Right. And and as you said, you know, we need to be moving every single day. We're designed to. Yeah.

So I don't encourage cancer if you have cancer now and if you're or any chronic disease where you feel like you're immobile, you're stuck in bed, you're in so much pain or, or you don't have the muscle strength and you just think you can't move.

I mean, I tell my patients that are in that situation, just do some tow races back and forth with your toes, or write the alphabet with your big toe. Do some leg races just sitting in the chair.

You can do some leg races, you can do some basically some curls. And then you can add a can of green beans in each arm. So there's always something you can do even if you think you can't.

And it's those little movements still are of benefit. So I really encourage even those patients who feel like they can't get to the gym or get outside.

Yeah. That's great. I mean, you've got gentle yoga. You've got, you know, qigong practices which are amazing, that can be gentle and simple and all the way up to intense and challenging.

So, always lots to do. Yeah. Thank you for that. And and so the fourth one you say is peace. What what do you mean by that. What does that look like. Yeah.

So this is probably the not probably I believe it's the most important of all the pillars. And really it's probably foundational. And the other three pillars could sit on top of this.

And this goes back to doctor Lee Cowden, one of my mentors, president of the Academy Conference of Integrative Medicine. And he told me early on when I was making this transition into a more, a deeper understanding of medicine.

He said, when it comes to the cancer bin, you've got to help people reach a point of peace and internal peace, true peace. And usually there's going to be unforgiveness in their heart relating to some event or person in their life. And he said 80%.

This was his kind of estimation of cancer patients. They're dealing with unforgiveness. And he said you can do all the nutrition, hydration, movement, detoxification, ozone, mistletoe, UV light, whatever.

But if they have a foundation of of lack of peace and unforgiveness, your chances of success go way down. So in his experience, and this kind of points to a new German medicine doctor Hammer, and which probably we don't have time to get into, but but his whole theory is based on we have, unresolved emotional conflict at this quantum level.

You know, I explain to my patients, you know, we're a West Texas pretty conservative. And, you know, you start talking quantum, they kind of their eyes get big.

So I tell patients, hey, if I put a microscope on your hand and I looked at the skin cells and if I could do a high powered microscope and zoomed out, what would I see?

I would see carbon and nitrogen and oxygen, these atoms that are all the periodic chart, all those atoms you learn in chemistry. That's what we're made of. That's what everything's made up.

But what's that atom of of carbon. Nitrogen really made of protons and neutrons in the nucleus. And then electrons buzz around that nucleus. But the space between that nucleus and that electronics buzzing around it is comparable to putting a penny on the 50 yard line of a football field and then go to the very top of the stadium and, you know, have a mosquito fly around where it's mostly empty space, these atoms that make up our skin, but not just our skin.

As chair, I'm sitting in the brick wall behind me, the iron beams that hold up this building. It's 99% empty space. So what's in that space when you really go down further past the protons and neutrons and electrons, you get into quarks and tachyons and fermions, and you get to where it's not a particle anymore.

It's vibrational energy. It's frequency. Waves of energy. Think of, you know, microwave energy or your cell phone. How do you how can you talk to someone in England?

Well, these waves go through the air. So really we're we're an energy. We're energetic beings. And what Doctor Cannon would explain to me is when you have a thought, say unforgiveness or bitterness or anger or resentment, it causes a change in the vibrational frequency at the subatomic level.

And it's that alteration of energy that attracts the toxins, like the heavy metals or glyphosate or whatever toxin.

## Movement, Detox, and Lymphatic Health

And it's that toxic exposure that attracts the bugs like Candida or Covid or parasites or whatever bug you want to chase. So we said, it's fine to chase bugs, it's fine to detox toxins.

But what it really impacted me when he said, you can kill alligators all day long, but if you don't drain the swamp, alligators come back and meaning you've got to get down to this more quantum subatomic level.

So it boils down to our thoughts. You know Bruce Lipton's work biology. You believe it's not your circumstances. It's not the fight. You just got in with your your girlfriend or your boss just yelled at you or the IRS into your letter and you're going bankrupt.

It's not the circumstances Bruce Lipton showed us. It's our interpretation of what kind of goggles are we wearing that we're looking at life through. And he calls it false beliefs.

I call it a lie. So I believe there's truth and there's lies. And if we're believing a lie, if we're looking at that relationship or that argument or fight or this circumstance or that trauma from years past, if we're not looking at it through the goggles of truth, then it will set up abnormal vibrational frequencies in our body.

So this is, to me, absolutely foundational. I mean, Doctor Laraine Day talked about this early on. She was a head of orthopedic trauma surgery, I believe, at UC San Francisco a long time ago, back in the 80s, had breast cancer.

And to hear her story that she was basically dying on her deathbed, on hospice with metastatic breast cancer. And she felt like God told her, unforgiveness, you have unforgiveness that are in your heart and showed her what that was.

She had a true forgiveness, and it changed her. I mean, from that moment on, she started healing and yes, she was doing all the other great things, but she attributes that forgiveness, true forgiveness as being the foundation of what allowed her to, beat cancer, live from, you know, many, many, many years after that.

So I'm a true believer in we can't just do stress management. So fight or flight mode. Yeah, that's a real thing. But we don't need to be in it. Or if we get in it, we need bail slip out of it.

So you can do techniques to make yourself flip out of it. But then if you go right back into your job or your relationship or whatever, you're going to come back to that tense fight or flight mode.

If you haven't changed your thoughts about that situation. So obviously we're getting down more on a personal

spiritual journey that everyone's got to kind of wrestle through themselves.

And I encourage people to do that. I'm not trying to put my beliefs on the people, but when they ask, I'm more than happy to share. And where I go is biblical and not religion.

I'm not talking church and religion. I'm talking there's this book. It's actually 66 books written by 40 different authors over 1500 years and three different languages, three different continents.

You start just looking at that like, wow, this is like impossible that a human being can wrote this book is my is where I landed. After I wrestled with this, I decided, man, this is a supernaturally inspired book and you gotta get religion out of it and you gotta.

It's all about relationship to God, the one that created you. Put your with a purpose and a call on your life. That's how I look at it. And when you're lined up, walk in your purpose.

The whole reason you're put on the earth when you're doing that, you should be at peace. Of course, all these thoughts come in our mind that get us off that well.

I can't make money or I won't provide or protect us. It's all comes out. This provision protection in my mind. We don't trust. We don't trust it. There's this.

There's God of higher power that will provide for us, will protect us, will make a way for us if we will trust and walk in the thing he put us here to do.

So we're all off doing these other things that draws fight or flight. So that's that's kind of my take on it. Again, people have to wrestle through that themselves and, and but I encourage people to do it.

Get on your journey, start your wrestling. There's no time like today to start looking in unforgiveness and looking at anger and bitterness. We're not designed and meant to operate in a state of anger, bitterness and unforgiveness is well, yeah, I love you know, you really talked a lot about, you know, really connecting to a deeper spiritual experience, deeper spiritual connection.

And it really comes down to a daily practice, right? I mean, the more you practice kindness and compassion, the more you read, you know, spiritual literature, spiritual texts, the more you meditate, the more you pray, the more you connect to a deeper spiritual experience, whatever that is for you to create or to a higher power source, to the earth, to whatever it is that you're praying to or meditating on and connecting to.

You start to feel more peace in your heart and in your life and in your mind. And you wake up, you know, I wake up by the daily gratitude practice first thing when I wake up.

And for last thing before I go to bed. You know, I spent a good 5 or 10 minutes just thinking about all the little things. My children, you know, it's safe space for us to live.

The work I get to do, people I get to help. Just think about the, the, the little things in my life to be grateful for every morning and every night, every single day.

That's a practice, right? And start to retrain your brain. You start to reshape your subconscious thinking, you know, get into a little argument or dispute, immediately.

Because of practice, I can split the switch off in five seconds and I'm out of it, you know, whereas before it might be something I hold on to for an hour or even days.

It's like, don't let it go. Not worth it. Deep breathing. It's gone, you know?

## Peace, Forgiveness, and Spiritual Health

And it's like, the more we practice and then I find myself in less and less of those disputes, less and less of those angry situations that not perfect and not enlightened, you know, yet, but certainly getting better and better with practice.

And I think that's what it comes down to, right, is having a spiritual practice that we that we really connect to and really, dive into every single day focusing on positive thinking, focusing on, you know, our prayer meditation, focusing on being, you know, happy, healthy, loving, kind people.

And as you said, at the cellular level, you start to look at the energetics of the human being. You start to recognize that the body is so much more equipped, the immune system is upregulated, the adrenal system is turned down.

Your fight or flight system is turned down. Now your body can heal when you're in that state of peace, as you say. So yeah, yeah. I love your four pillars.

I love the, you know, the way you've explained everything. You make it super simple. Everything you've shared so far. I know at your your clinic you even have, you know, more like, extensive, you know, integrative type or natural type treatments that people can come and actually do in person.

They can get some more, you know, extra like high powered support, which is great. I love pretty much everything you've shared so far is like free, say, effective things people can do at home on their own, which is fantastic, right?

And I just want to reiterate to everybody at home, I know it's not as sexy sounding or cool. Some of these sound basic. They're powerful, super powerful.

I think some of the most effective integrative clinics around the world, really drive this point home with their patients. You got to have these basics down, and then the mistletoe works better.

The high dose vitamin C, IV works better, the ozone therapy works better, the poly MVA works better. All these different things that are known to be beneficial from around the world, and have literature to support them work better when you have this foundational, nutrition hydration movement piece there just no doubt about it.

And they show winners in particular is driven at home with me. I mean, it's like the first question to ask if, I've called her up is what's a onesie? Basically, I'm not going to talk to you bin until the A1 says, you know, below five.

It's that important. So and in Doctor Tony in minutes, I've seen patients down there too. Amazing. These are incredible patients. I just want encourage real quick.

We can maybe wrap it up, but I had a patient with stage four colon cancer meds to the liver. What to hope for? Cancer. Tony minutes. And she's cancer free to this day.

Her Pet scans clear. It's amazing. I mean, I never seen that she shouldn't have. By this time. You know, this six, seven years into it, it's very rare to have a spontaneous remission like that.

You think about a couple of people. Tony Antonio Jimenez, hope for cancer. Oh, I mean, the patient, we say her name was Tony or. No. Oh, no, no, no, I know it's Tony who pretty much had the exact same experience and went to the clinic, and she ended up to volunteer at one of my conferences.

But yeah, a lot of great stories like that. Yeah. So just a really encouraging time to be really a part of integrative medicine. So happy you're doing this, forum that where people can learn, get educated.

You know, the root, the Latin root of physician is teacher. And if more doctors taught and if we were taught broader and then we could turn around and teach, it would be incredible.

We can have a health revolution. So the fact you're teaching your this platform to allow physicians and other health practitioners to teach, it's all about knowledge.

You know, Scripture says like people die from lack of knowledge. So you're bringing the knowledge in a platform or others can bring knowledge. That is awesome.

You know, all the listeners out there. Be empowered, be encouraged. You're the cure. I have a podcast called You're the Cure, and I named it that because it's true.

Your body has what it needs and it has the the intelligence and has the capability to heal itself. If you steward it right, if you line up with the truth and steward it right, so be encouraged and just.

Nathan, thank you so much for for all you're doing and for the hope that you're giving people Doctor Lake out and said, Ben, there's no such thing as false hope.

There's either hope or no hope. So thank you for doing and the hope that you're providing for people and all the different outlets that they're being exposed to to go get, therapies and get quality care.

Yeah, absolutely. My pleasure. I want to thank you for the great work you do and for, you know, spending the time with this here on this interview, giving people a lot of really great solutions.

They can do, at home. And I wanted to ask you, so people want to learn more from you directly, or they want to come visit one of your clinics in Texas.

## Clinic Resources and Closing Remarks

What's the best way for them to get in touch with you and your team? Okay, well, Veritas Medical is the name of our clinic. Veritas medical.com is a clinic website, but we've also established Veritas Wellness, Dot health.

And the focus of that is more education. So we have wellness navigators kind of like your health coach. You can zoom with them. There's a weekly class that we do each week.

There's a lecture on the four pillars, and they can just walk with you from a health coaching perspective. So Veritas Wellness, Dot health, Veritas medical.com are there to, probably best places to reach us.

What is what is veritas meaning Latin for truth? My wife and I were laying in bed one night when I first started getting introduced to the truth, and I said, man, this is amazing, and it's just the truth.

What's Greek for truth and what's Latin for truth? And I forget what the Greek was, but Latin was veritas. So we googled real quick Veritas medical.com.

And if I have that, nobody had it. So we took it. And it's been awesome because it is just walking in. The truth is, is the key. So, yeah, yeah, I'll spell it for people in case they can't make out the pronunciation.

Veritas is Veritas. The it is Veritas medical doc. Doctor Edwards, thank you so much again. Really appreciate your time. You bet. Thanks for having me.

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.