Exploring The Energy Of Breast Cancer Transcript

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Introduction to Energy Body Healing

Welcome back to the reverse Autoimmune Disease Summit 5.0. And this time we're talking about healing the energy body. And I'm really delighted to bring back a dear friend and colleague of mine, doctor Carol Lurie, who is a dedicated practitioner with over three decades of clinical experience as a natural path acupuncturist and homeopath.

She's helped thousands of women recover their health and restore their life through her integrative and complementary protocols involving focus on nutrition, targeted supplementation, lifestyle changes and an empowered mindset.

She specializes in complex and chronic disease management, specifically focusing on the emotional aspect and metabolic factors of breast cancer. In addition to her clinical practice, she developed an online program where she's able to bring her knowledge and caring to women throughout the world.

Welcome, Doctor Lori. I'm so excited to be here. Thank you so much for having me. So let's talk a little bit about like when we sometimes people might not be able to make that connection between reversing autoimmune disease and breast cancer or.

Right. And when whenever I show a diagram of a leaky gut or, a stress response, you know, that's happening from the body where the you're perceiving yourself is in danger or not safe or somehow upset.

And then that then triggers the adrenals to release cortisol into the system. You know, that's not supposed to happen in perpetuity, just in short little bursts.

And over time, if that's happening chronically, it can lead to this degeneration of your health, which is autoimmunity and cancer.

Stress, Autoimmunity, and Cancer Connection

So I'm really delighted to have you come in and talk about this, subject, you know. Yeah. Autoimmunity and inflammation and cancer are on the same plane.

Yeah. And you can't have one without the other. They're all contribute to each other and reducing, as you just mentioned, the cortisol, the stress response and reducing your inflammatory quotient.

And we'll talk about how you can do that. Attending to your autoimmune illness is really a requirement when you want to recover from cancer long term.

Really really. Well said. So if so, a lot of our viewers will have had the experience of being diagnosed. You know for the first time with an autoimmune on this.

And I've been diagnosed with both breast cancer and rheumatoid arthritis in my lifetime. And so I'd like to have you talk about like what's the the first step that you need to take if you get a diagnosis of breast cancer?

I think the first step is to exhale because we tend to take a breath in. And that is the beginning of our stress response. And you go into hyperactive mode and it's in emergency mode.

And really it isn't. You need to. Exhale and realize that autoimmune illness, cancer, any serious chronic disease takes a long time to develop. And unless a tumor is pressing on some vital organ, it's not a surgical emergency to have a biopsy or just make two serious decisions.

So I really recommend. I know this sounds very strange. It's just to try to get your nervous system under control and to develop the mindset moving forward of an impact, what I call an empowered mindset.

Because there's a lot of different pieces that go into creating, a serious diagnosis, such as breast cancer or autoimmune illness. And then there are many modalities that you will need to bring together to feel like you're on top and you're in charge of what's happening for you.

It takes a while to get all those things stacked up.

First Steps After a Breast Cancer Diagnosis

So if you need to take 2 or 3 weeks to organize your healing team, that is really appropriate. You you don't need to rush into a biopsy tomorrow. Exhaling is good.

Exhaling is really important. I had to do that myself several times this morning. And yeah. So we when we talk about the energy body I'm I'm always talking about it from the perspective of I your Vedic medicine with the Pancha coaches, the five layers of us where we have our physical body, and then you've got your energy body and then your emotional all mental, and finally your higher self.

Or it's called Ananda Maya kosha, which is your bliss sheath, which is that portal to what Carl Jung called the collective unconscious. I love that so beautiful, beautiful Chinese medicine, you know, brought some of that along to.

And so when we're talking about energy, right. What is the energy of the mind, the mindset that that is necessary to reverse breast cancer? I first of all, I love the way you described how your medicine plugs into the collective unconscious.

It's all on the same paradigm. It's just from a little different modalities and a little different perspective. I think for me, I often start with mindset as the beginning, entrance into working with the woman because the mindset for me is really important.

You can have the exact same thing happening in a day. And if you have, a, a mindset in which I'll use a union term, you're in a complex, you're going to look at everything from a very negative, upset perspective, distorted.

But it feels like it's a reality. Whereas if you're in a meditative, calm, centered place, really clear about what you're going to do today and you haven't decided you're going to put 15 things on your plate as opposed to five.

The the day can feel very different. So I an empowered mindset for me is about really acknowledging your fragility and your vulnerability.

Mindset and the Layers of Healing

I think that's important. We don't use those words enough. And as you just mentioned, getting in touch with all those layers, as many as we can in any given moment, I don't think it's possible all the time to be in touch with all of them, but to bring in what you can to keep you centered and calm as much as possible.

Now, we're not we can't be perfect, quote unquote in this, but every little bit counts. And so there are a lot of practices that can get us access to all of those layers.

Do you have any that you recommend to your clients? Oh, absolutely. First of all, I think, finding, a meditation, online that really speaks to you. There's many meditations that are available.

I love listening to Joe Dispenza this morning meditation. For me, that is very calming and very empowering. If you don't want to listen to somebody, you can just do some breathing opening in through your mouth into your heart, and then blow that energy out through this imaginary hole in the top of your head.

My meditation teacher taught me that I think that's a very beautiful way of being centered. There's the bio mat which you have at home, and you light lie on it and it really shifts your energetic field.

There is, doing hydrotherapy with hot and cold. If you have a sauna or you want to sit in a hot bath tub with Epsom salts and then get out and wrap yourself in a cold towel, that is constitutional hydrotherapy.

We learned about that at naturopathic medical school. There's walking in nature. There is gardening. I mean, it doesn't have to be some serious activity where, okay, now I'm going to sit down and change my mindset or my energy.

It's something that you can easily incorporate into your daily life. Beautiful. So how does energy influence cancer? The growth of it or the lack of growth?

Well, I think we need to talk about this from the perspective that if you're if you don't want to think that, oh, I have bad energy or I messed up my energy, and that's why I developed cancer.

So we have to really take this from the right perspective, that there is no one thing that causes cancer. And, there are things that we can control and there are things that, control is an illusion.

Daily Practices for Shifting Energy

I know in our society, we like to feel like we can control many aspects of our life and when I do some deeper genomic assessments of somebodys breast cancer profile, there are genomic snips that we have no control over, and some of them can be aggressive and some of them can be not a big deal.

But we need that information to then decide how your what your best treatment options are. So energy as a homeopath, there are certain diseases that have my asms or energetic fields.

And the term my ASM is a homeopathic medical philosophy, and it applies to, for example, cancer has a certain energetic field and that cancer is my ASM is a.

You might feel like rush rush rush do do do have to do this. I have to do that. And for women, there is a tendency to take care of everyone. Before we take care of ourselves and put ourselves last.

And there is a syndrome that I call the blurry boundary syndrome. And that's an example where people are asking you to do things all the time and you go, yes and yes, of course I'll do that.

When really, the answer is, I'm not able to do that. And notice I didn't use the phrase, and I'm sorry I'm not able to do that. It's just I'm not able to do that.

And when you start to recover your health and you look at your friends and your family members, and you start to shift your availability because you're prioritizing yourself, and your friends start to get a little pissy with you or angry because you're not so available.

That's a really that's a clue that you need new friends, that they're really not your true friends. Because true friends, it's not always an equal 100%, but there's a give and take that we apply in our friendships so that you're not always the person who is giving.

Yeah, that's a that's a really good pointer for people. But I don't want to hurt their feelings or I know they'll be disappointed in me. So I have to like x, y, z, whatever.

Right. Yeah. So do you have any cases that you can talk about where that's made a difference for people? Yeah. I had a I have a woman. Her name is Ellen, and she came to see me ten years after her breast cancer treatment.

How Energy and Boundaries Affect Recovery

And, in those ten years, her health had deteriorated to the point where she had developed couch potato syndrome, where she was felt so poorly that she was barely able to get off the couch and, the little energy that she did have, she spent running around doing errands for family members and for friends and her church group, and then she would come home and feel horrible and be on the couch.

So it took a couple weeks of her seeing me weekly, and we started with the healing smoothie, and we immediately changed her nutrition notice. I don't use the word diet because it's not a diet.

It's how we look at food and how it how we nourish our body with food. That made a dramatic difference. Within five days, her constipation or the irritable bowel syndrome, had dramatically reduced and her sleep had improved.

So because she wasn't having energy, she was drinking too much coffee in the daytime and eating too much sugar. So just making some simple changes. Within two weeks, she already began to feel differently.

And then we gradually started incorporating positive movement. And she had a treadmill in her crash, which she was never able to get on. So we started out with five minutes a day on the treadmill.

Now this is where mindset is so important because you could say, oh, five minutes, what's the matter with me? I only did five minutes. I'm hopeless. It doesn't matter.

That's one perspective. Or you could do five minutes. That's fantastic. I hadn't been able to do five minutes three weeks ago. I'm really proud of myself.

So getting in touch with how you talk to yourself as a woman is really helpful. And some of that comes up when you meditate, because we have this little incessant voice always in the back of our minds.

Right. Oh, you didn't do this. You should have done that or you forgot to do this or why didn't you do it this way? This wasn't. It depends on your Enneagram type.

Oh, okay. I you know what? You're probably right. That's a modality that I believe in, but I'm not that familiar with. Very good point. You're any type has a critic that never goes to sleep.

But some people do mind does. But yeah, but I've worked on it. Right. Somebody told me what my number was, but I forgot, and I'll have to look it up. Yeah.

I think that's a wonderful assess, method to use to assess who you are. And within a not within a non-judgmental perspective. So, she, you know, she was a self-critical person, but I really helped her realize that we could turn the volume down on that.

And so within a week, she was doing ten minutes, and then within two months she was doing 20. And then she came in one day and said, you know, I love bike riding.

And I said, well, this is great. She said, but my bike is, you know, I said, you know, this is a moment to go and treat yourself to a really good bike.

So she went to, and future forward the quality of the bike because she told me she wanted to do long bike rides. I said, so get a bike that's going to take you on those long bike rides.

Case Study: Rebuilding Health Through Lifestyle Changes

So she went to a local bike store and she got exactly what she needed. And it was a lot of money. And she had never spent that much money on herself. That's something right there.

And but it brought her a lot of joy. And she started out five minutes a day, five miles biking. And that was a huge accomplishment for her. And at the end of three weeks, she was doing 25 miles.

And not only was it great for her, it was her son who was a teenager who you could barely pry him away from his computer. He started biking and her husband biked.

So it was this family activity that they were going on. These long bike rides and out in nature over the weekend. And, pretty soon she was up to 50 miles a day over the weekend.

And then there was a breast cancer, bike fundraiser from San Francisco to Los Angeles. And that had been something that she'd always wanted to do, but she never thought she could.

And she joined, and she did 25 miles a day, four days in a row to raise money for breast cancer. And that took ten months. That journey from being a couch potato and being nonfunctional, to being able to attend this wonderful event for raising money for breast cancer 25 miles a day, four days in a row.

It was a transformative, life changing experience for her. She lost weight, her. But, her diabetes was non-existent anymore. Her attitude changed. She bought new clothes.

I mean, she she felt empowered. And her relationship with her son and her husband improved, and they had to be brought up, you know, because the family was no longer eating fast foods.

And down the street. So takeout. So it was it's a wonderful journey for her. And it's very reaffirming that it doesn't take a lot to recover your health.

You just need to do it in a systematic, slow order so you don't get overwhelmed. It took a long time to get sick. It's going to take a while to recover.

That's really important to realize, and I always call the place where people are willing to get there is the misery to motivation ratio. Yes. Yeah. Right.

And and it's like human nature kind of makes us be really miserable before we're motivated. And I'm just going to say to our audience, please don't do like I did.

Oh. So, so to really just give everybody a little break, the messages we get as a society are not about what you and I are talking about, right? The messages are take a pill and you'll be fine.

Yeah. No pain, no gain. Right. Yeah. So in in the era that we live in right now, how can we use energy to stay on our path of wellness and healing and and loving ourselves enough to engage in self-care and the way that we're talking about, watch as little television as possible.

You know, it's a waste of time. Spend that time where you would be watching television, reading or knitting or doing yoga or listening to podcasts that really nourish your interest.

Find a few minutes every day when the weather is nice to be outside in nature. Even ten minutes can make a difference. I make ideas and I forgotten I9A day I do outside every day.

Well that's wonderful. I mean, that's what is so important. I mean, that is my sanity and my health formula for me. Yeah. Well, I love looking at the photos you post on your wall for your hikes with your dogs.

I mean, you can just feel that nature energy. And that's what we need to bring back into our beings is the nature, energy and connecting with nature is really connecting with your soul, as you just said, get an animal.

Yeah. You know, dogs are you and I have a colleague. Anytime there's a problem, she gets another puppy. And, you know, they're just these little love bunnies.

Silver. Yeah, yeah. Oh. Adopted another puppy. I it was a problem. We got another puppy. Yeah. They're like, these are Kitty. If you're a kitty person, they're like these little love.

Yeah. It's you know. Yeah, yeah. It's so funny. Yeah. They, they, they also keep you honest. I think if you choose to allow that from them, where, you know, they they'll see you as the person you're meant to be first of all.

And secondly, they need to be cared for. So it's important like the caring for them has you caring for yourself absolutely 100% right.

Self-Care, Nature, and Long-Term Healing

The dog needs to be walked, so you get to go out whether it's raining or freezing out. You are out there. And they need to be fed really healthy. And so you know hopefully you're not just feeding your pet healthily you're also feeding yourself. So.

So yeah good good advice good tips. Is there anything else that you want us to know. Before we sign off. Health is a journey. Life is a journey. And you need time to integrate what has happened to you in the past?

I always say to women, have you ever had any upsetting or traumatic experiences that have brought you to this moment? And they go, well, you know, this happened 25 years ago, but it couldn't be that, so what has happened 25 years ago as a protective measure?

We can't deal with it. Then we put into our cells and our soul, and we get life piling up. And then the quotient of being able to deal with that, the scales tip, and all of a sudden your psyche is saying, no, you can't not deal with this anymore.

So I think that I know this may sound strange, but when you are ill, it's really an opportunity to, get things better in every little corner of your life.

And it doesn't have to be a horrible thing. It could be as pleasant even going through chemotherapy. If you're prepared, it could be pleasant because you're in the right framework.

You have the right support and your you know what to expect, and you know how to deal with the symptoms and the side effects that come ups. And that's what you are proposing in with your wonderful summit is like, let's, let's slow down and learn about who we are and get the right energy into our life.

Beautiful. Yeah. The, what you're saying, you know, like 25 years ago, something could have happened. And I don't think that has anything to do with what's going on today.

So I always think about it like building an elementary school on top of a landfill. Eventually the city from that landfill is going to seep up to the floorboards and, you know, and it's going to cause problems.

And so, absolutely, you don't want to build a school on top of a landfill. No, no, you don't want to build your really positive life that you two zero want on top of a toxic landfill in your in your mind, in your body either.

Right. Exactly. Yeah. That's the metaphor. Yeah, I know I'm I'm agreeing with you I know, yeah. So this is a really important right to clean that out.

So I appreciate you pointing to that. Well, doctor Larry, we are, going to point to how to get Ahold of you and everything with this talk. And I so appreciate you spending your time sharing some of your wisdom about reversing breast cancer in the energetics of cancer.

Thank you so much. Thank you. All right, everybody, until next time, be well.