Facing Your Fears: How To Tackle The Anxiety Of A Terrifying Prognosis Transcript

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Introduction to Doctor V and Her Mission

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 V is the founder of Breast Cancer Conqueror and the 70 Central System, as well as co-founder of my Breast Friend. Signature process has empowered thousands of women in over 56 countries around the world.

Our mission is to save lives. One breast at a time. Doctor V has personally conquered breast cancer twice, which gives her an empathetic perspective to understand other women facing this healing journey.

Her signature book, Heal Breast Cancer Naturally, is the number one Amazon bestseller in ten categories and in five countries. You can learn more about her great work at Breast Cancer conquer.com.

Doctor V, it is so good to see you again. I know it's been a while. Thanks, Nathan. Thanks for having me. I'm really excited about this symposium and the message of hope that you'll share with millions of people around the world.

Yeah. Thank you for all the great work you do and for being here to help inspire people. I'd like to dive right into your own journey. You know, let's start, if you will, sharing what it was like for you when you when you first got cancer.

What was that experience like hearing those words? Hearing that diagnosis. What was that like for you? Well, like most women, it was pretty shocking. Not anything I expected.

You know, I was a wellness warrior. I was in practice for 23 years, and I was in the shower, getting ready for work, doing a breast self-exam, and then, bam, you know, felt that lump that changed the course of my life personally and professionally.

First Breast Cancer Diagnosis and Initial Shock

And, you know, I had to ask myself the question, how could somebody like me develop breast cancer? I ate organic before organic was in style. I exercised, I was into chiropractic care.

You know, I thought I was doing everything right. And yet, here I was facing this diagnosis with breast cancer. And it was pretty humbling. Pretty shocking.

But it definitely, brought me to my knees. And, you know, I went down that that journey of lots of, reflection and prayer and meditation, trying to understand, I mean, the big picture, I knew that cancer was just a symptom.

It's not the cause. But I had a difficult time understanding how someone like me could develop breast cancer. And so you're sitting in the doctor's office.

You get your results. They tell you you have cancer. What goes through your mind in that moment? Well, interestingly, it was a friend of mine who was a medical doctor, and, he at the time, you know, looking at 2004, he was working, with patients, you know, holistically integrative before it was, you know, much more popular and, you know, it.

I already already had a sense. You know, my gut told me it wasn't. It wasn't right. And, I, I kind of had a good hunch what what I was dealing with. And, you know, when he said those words, it was, well, I kind of knew anyway.

So, like, what do we need to do? You know what what what do I need to do? I knew what I needed to do on one level, that it was good that, you know, I had kind of an objective, person who would able would be able to kind of, you know, move some of that maze of information that we all go through, that overwhelm, that confusion.

So that was that was very helpful at first. So you it sounds like you were pretty, you know, empowered right from the beginning, solution oriented, like, okay, it's time to do something versus, you know, a lot of people are in the shock phase, which is like, oh my God, why me?

What is this? It's like, you know, just total shock and fear and anxiety. Did you have any of that fear and anxiety or were you just like, boom, straight to solutions?

Well, I have to say, you know, the I'm sure the first few days, you know, there was I had to let it sink in. And I had seen in my practice, what traditional medicine, conventional medicine did to people versus those who chose evidence based natural medicine.

And, I had so much confidence in the path that I was going to take. I know the body has an amazing ability to heal, given the right circumstances and the things that you do for it.

So once I let that settle in and I said, okay, like you said, bam, you know, what do we need to do? What's the game plan? So that's, you know, that's a huge blessing for you, is you have all this experience, this wisdom, this knowledge of natural medicine, of, you know, the the cancer is a symptom of a deeper underlying cause, like, you already know all these things, which is a strong foundation for you.

Right. Some people tuning in, they might be on the same level and still but still dealing with some fear, some anxiety, and other people tuning in. They may not know any of that and are just in total shock.

And, what words of advice do you have for people who, you know, have their have quite a bit of fear and anxiety still wrapped around their diagnosis and maybe don't have that strong foundation like you had.

Yeah. Well, when you when you hear those words, you have cancer.

Facing Fear and Choosing a Healing Mindset

You know, the first thing that comes to our mind is what, you know, a balding, sickly person struggling to stay alive because that's what conventional medicine has done to people.

Right? That's that's the image that we think of right away. Cancer equals death, right? And so, you know, my my suggestion is to recognize that this is not an emergency situation.

It's not like you're dying of a heart attack. You have time to really look at your options, get another opinion. Do your research. You know, don't just rely on another you know another person's opinion about what you need to do.

You know, take responsibility for your health. And, you know, cancer, as we mentioned, is a symptom. It's not the cause. So your lifestyle and everything that you've done to this point in your life physically, mentally, emotionally, spiritually has led to this turning point in your life.

And you have a choice. You can be bitter. You can. You can be better, right? You can be a victim. You can be a victor. So it's it's really about, you know, taking that responsibility.

And and the good news is, is that since you had a measure of responsibility and allowing the cancer to grow in the first place, then you have a lot of choices and a lot of things that you can do to reverse that.

I mean, that's the great news because once you understand what cancer is and what cancer is not, then that fear just dissipates and melts away. I love that you brought up the fact that, you know, it's not cancer that makes people sickly and lose their hair, and this is something that I constantly am sharing and teaching with others because like

you said, we have this mainstream narrative that's been ingrained into our psyche, into our subconscious, that cancer is associated with sickness and death and losing our hair and weakness and throwing up and vomiting and actually, cancer rarely ever causes any of those things or those symptoms for people. Right?

Unless you're in a, you know, a late stage, you know, cancer that has spread throughout, you know, it's metastasized throughout, maybe your lymphatic system and your, your body and in your digestive system or whatever it might be, you might be having some chronic symptoms that are worse than others.

But majority of people have very little symptoms from cancer, right? It's the conventional treatment, the chemotherapy, the radiation. And distinguishing that I think helps us a lot to go, okay, this, methodology, if people choose it, fine.

But this is what's going to lead to all of those symptoms, all those things we've associated with cancer. It's not cancer causing that. It's not a conventional medical treatment.

Correct. And I don't want to, you know, deter anyone from, from doing that. If you choose that, that's fine. That's up to you. But what we want to do through the symposium, through this interview and through the other interviews, I highly encourage you to go and listen to, is to give you a wealth of knowledge, understanding and practical tools to enhance your immune system, to support your body's natural healing, to help you, whether you choose conventional treatment or not.

So even if you do choose with conventional treatment, but you're taking care of your body in the process, you'll be much more likely to heal long term than than not taking care of your body.

Not taking care of you. Nutrition, your diet, your mind, your spirituality, all of the things that you already mentioned, which which leads me to kind of the next, I think, natural question, which is, okay, so you had your diagnosis, you already had a strong foundation, you got grounded.

You said, okay, it's time to start focusing on solutions. What were those next steps that you took for yourself? Well, I had to look at what were the pieces of the puzzle that I was missing.

And, you know, there were moments where I was kind of jumping all over the map and doing a little bit of this, a little bit of that.

The 7 Essentials Healing Framework

But then I, you know, I just kind of had a light bulb moment and I said, there's there's got to be a system, a simple method that I can say, okay, I've tackled this, I've tackled that, and I looked at all the different aspects that are involved in a healing journey.

And that's when I created the 70 central system. So it's a step by step guide that if you follow, you never have to fear cancer or any disease again. You know, just do you want me to run through them or you want to want me to talk about them?

Yeah. I'd love for you to run through them. And, as well as. Did you come up with these immediately? Did you develop them over time as you were going through your journey?

What did that, you know, kind of development process look like? Yeah. And I, I mean, I remember the day where I was sitting in my office and I just started writing, just started journaling, and I realized all the different pieces that needed to come together for somebody to heal.

And that that was going to be my plan of action. Had the time, I had no idea it was going to end up being a, you know, registered system that, you know, thousands of women around the world would be using.

So it was it was just, you know, a download, I think it just came to me pretty, pretty quickly. Beautiful. Yeah. So,

yeah, if you'd love to, to go through, briefly.

Okay. Yeah. Just real briefly. So essential number one is let food be your medicine. And I'm sure your audience is very much aware of, of food and how it affects our health.

There's no cookie cutter diet. There's no one size fits all. It's not just about being a vegan or vegetarian and juicing. And it's not just about being keto and paleo.

You know, there's there's balance in between. It all depends on your genes and your, you know, your weaknesses, your digestive system. So you have to find what works best for you, test and assess.

Right. Secondly is reduce your toxic exposure and essential number two, we live in a toxic world. We can't live in a bubble. But there's so many things that we can do to neutralize some of those toxins that we're exposed to.

So look at what's in your home. Look at what you're putting on your skin. Look at your EMF exposure. That's very, very key. And regularly detox. We have to detox every single day, no matter how clean we try to live, there's always some sort of toxic exposure.

So coffee enemas, sauna, sweating, you know, all those things that we can do to to detox. And number three is to balance your energy. Now we're one billionth physical matter.

The rest is all energy. So how do we balance that chiropractic care. Acupuncture making sure you're getting restorative sleep. Exercise, moving your body, balancing your hormones.

Now that's that's key especially for for women and men. You know, your hormones are not causing cancer. It's the chemical estrogens and the xeno estrogens that you're exposed to in the environment and your body's ability to detox.

So so don't fear your hormones. You need them to heal. That's very, very important. I want to do I want to mention there especially for women tuning in, I'm doing an interview with Doctor Michelle Sands all about hormones.

So make sure to listen to that. I mean, you have a lot of good work on that as well. And I suggest people read your book, doctor V, because you talk a lot about how to balance hormones.

You coach people through that. You have online programs. And for those tuning into the symposium, make sure to go listen to Doctor Michelle san's interview as well, because we're going to dive deep into how to do that.

Very important. So important, number four is healing the emotional wounds. And part of our discussion is about that, right. Facing your fears. But really, you know, looking at, your childhood events, your teenage events, your adult events, taking the time to nurture your soul to, you know, forgive yourself, forgive others, looking at various techniques that can help to release and retrain your brain so that you're not stuck in those, you know, reactive ways of thinking and being so really, really important.

And that I think if I were to redo it, I would put the emotional wounds at number one, because I think that, you know, our mind as we know, affects so many aspects.

Every single thought we think affects our ourselves in a positive or negative way. So that's, that's really key. And that's a difficult one because people, have a hard time.

Just it's not it's not tangible. It's not like taking pills or doing something physical. Right? It's about pulling away and really giving yourself the time to, to heal internally.

Number five is embracing biological dentistry. And we know that our teeth are live organisms that are connected to all our organs through the acupuncture meridian system.

So if you have a root canal or an amalgam filling, those things are toxic and they're releasing toxins in your body and it's affecting the energy flow on those meridians to the breast tissue.

So very, very key to work with a biological dentist I saw, I want to mention that real quick. I saw a study that was done a number of years ago. And I'm trying to remember the exact percentage, but it was something like they they, identified women who had, root canals on the same side as breast cancer.

And it was almost like, almost close to 100%, if I can remember correctly, that the root canal that they had was on the pretty much like the same tooth, on the same side as they had breast cancer.

And there's some really interesting evidence, you know, starting to emerge that when they remove those, root canals, breast cancer can actually go away, as well as chronic back pain and other chronic diseases associated with it.

So it's really fascinating. I saw a documentary a while back called Root Cause. Yes. Netflix took it off because I think too many dentists were complaining.

Is what I read anyway. But I saw it on Gaia. Root cause, Gaia TV, which is a great documentary which goes into more depth on that subject. Yeah, yeah, they interviewed a lot of doctors from all over the world, and unanimously, they, they agreed with the root canal amalgam issue on those, meridians.

All right. So where are we? And number six is to, heal your body with therapeutic plants and herbs. And this is often the number one question that we get.

What can I take so I can kill this cancer and boost my immune system. And and again, there's no cookie cutter, you know, formula. It all depends on, you know, the type of cancer, all of those things.

And we do recommend specific kinds of testing to be able to determine which supplements are going to work best for you. So whether you do bioenergetics testing or the rock grease test to see exactly which supplements are going to target the cancer and boost your immune system.

But some simple key things is, you know, your vitamin D level. That alone can reduce your risk of recurrence and developing breast cancer in the first place by 83%.

So make sure your vitamin D levels are optimal. Make sure you have plenty of iodine trace minerals you know, magnesium, zinc, selenium, all key components of the immune system.

And there's, you know, all kinds of formulas. And you can, you know, read the book, go to my website.

Second Diagnosis, Self-Care, and Life Changes

And there's all kinds of information you can get there about that. And then lastly is essential number seven. And that's adopting very early detection.

And testing and using tests outside of traditional medicine. You're not going to learn much about your body by doing regular, you know, traditional testing.

So, you know, you have to think outside the box. So making sure you're checking your inflammatory and inflammatory markers every quarter, especially if you're on an active healing journey.

Using the RGC test, there is another test called the cancer profile that measures the hormones that cancer cells give off. So you can, see if there's, you know, some activity going on there.

Using thermography, I'm not going to tell you not to have a mammogram, but, you know, we know that, the pink movement has really created a, a frenzy about making sure you get your mammogram every year, but there's still

364 days of the year where your breast tissue can change.

So be very vigilant, you know, use another screening method, back it up with ultrasound. Even if you use thermography, you know, back it up with ultrasound as well.

And it's key for women to learn how to do a proper breast self-exam. And this is where my breast friend comes in. So this is a silicone breast model that was created by the Mama Care Foundation.

And this was the model that was used to train thousands of doctors and nurses around the globe for over 30 years now. They asked me to take this to the general market.

So women would have access to this model. Obviously, I made it look a little bit prettier than theirs. This is ugly beige. But anyway, you can see that it's got lumps in it.

So it teaches you what to feel for how to feel and where to feel. So it comes with an, video, an instructional video booklet and all that. But, you know, take responsibility because you have access to touching your tissue every day, every week, every month if you want to.

And your doctor or the machine that you use to screen is only once a year. So be very vigilant in noticing any changes that are going on. So, I have a question about, you know, as you were you obviously had a lot of experience in research and knowledge.

You know, that led you to coming up with these seven essentials. The cancer diagnosis, I think was was probably just the catalyst you needed to compile this information not only for yourself but to help others.

And that's, you know, we're doing some talks on that throughout the symposium, which is how to turn your cancer diagnosis into, you know, a life of meaning and purpose.

And I certainly, you know, commend you for listening to that inner guidance that led you to becoming somebody who really helps other women through this terrifying journey.

And at the same time, I'm curious, did you immediately start implementing all seven of these things from, you know, the beginning or did you accumulate them in your own protocol over time?

Well, a lot of these things I'd already done. So the dental aspect, you know, I had had my amalgams removed in 1990, early 1990s. So, you know, there was just some things that I was already applying and doing.

But I think the process of putting it all together in one system just made it just clarified things for me. And and as I started sharing this with my patients, it just seemed to click for so many of them.

You know, it was simple because they could they could connect all the dots and see all the things that they had to work on. It wasn't just nutrition, it wasn't just detox, but it was the whole thing put together in one package.

So did your did you use any conventional medicine at all, an integrative approach or did you stay all natural? Yeah. No conventional, medicine at all.

No. No kimono, radiation or surgery. Obviously. I used, you know, blood work and I did a lot of IVs and, you know, integrative things like that, but, nothing conventional.

And how long did it take before you had, cancer free? So 2004 through 2006 was my first healing journey. Then, big surprise. I was, five years into coaching women.

Who had breast cancer. I was known as the breast cancer conqueror. So this was nine years after, you know, my first, healing journey. And, you know, again, I knew, you know, I wasn't feeling well, I was overworked, I was taking on all this energy of women with breast cancer, wasn't sleeping well, I was stressed.

And, you know, I just created the perfect storm for cancer to show up again. And, that was that was tough. That was, I think, harder than the first one because of, you know, who I was and in the public space.

And obviously I didn't say anything to anybody except my, you know, close friends and immediate family. So for three years, I diligently worked and applied, and I realized that there were more emotional things that I had to work on.

And I think my biggest takeaway from that healing journey was self-care and learning to say no and setting boundaries. And, you know, I don't have to live with my nose to the grindstone.

I can be calm. I don't have to be stressed if I, you know, I made myself a promise. When I feel myself getting stressed, I pull away, shut off the computer, take some time for myself.

And that was really my biggest takeaway to learning to to take care of myself. And then that cancer went away. Yeah. 20 2018. Yes. So 2018. So yeah. And that was three years.

So three years okay. So the first was a couple of years. And then nine years later the second diagnosis took a little bit longer. But you're probably wiser and healthier and happier than you were after the first one.

Yeah absolutely. Absolutely. I say that, you know, happier and healthier than I've ever been. It was, it was a long journey, a long process. But I, you know, I rearranged my life.

I stopped doing personal coaching one on one. I trained other coaches. I just, you know, set more boundaries for myself and just shifted everything from a work perspective.

Worked a lot less than what I was doing.

Hope, Purpose, and Closing Remarks

And, you know, just found joy. I mean, the I love this this saying from, this book, getting well again, I forget his name. He was an oncologist, radiologist back in the 80s, way ahead of his time.

And he said he found that cancer patients needed to do more things that brought them joy and less things that brought them pain. And that was that was really key.

And and recognizing that cancer is a message of love when you're in it. It doesn't feel like that way sometimes. But if you keep asking yourself, you know, what is the gift?

What am I learning here? What is this tumor? What is this lump telling me? What can I learn from this? How can I grow then? You know, you. Those are the answers that'll come to you and it's it's transformational because it's not just getting rid of the lump or the bump, right?

It's about transforming your whole life physically, mentally, emotionally, spiritually. So that that old life that you had before is is gone. You know, you have evolved into a happier and healthier person.

Yeah. I think that's, you know, the biggest takeaway here for anyone with a cancer diagnosis. Or if you're dealing with fear, anxiety around this is there is hope.

So that's one of the first things you said. You also said don't rush into anything. You have time. It's taking years for this cancer to form in your body.

So you have some time to consult. Talk with people like doctor B, consult with other integrative oncologist, do your research, read some books, watch some documentaries.

Take your time tuning in and deciding what's the best path for you. Certainly. I love your seven essentials approach

because it makes it easy. Practical. I don't know, easy.

You know, obviously any life changing things aren't always easy. Let's say simple and practical and seven steps. We can all do seven steps, right? And stack them on top of each other.

And, you know, I love that you said, you know, cancer is repeated again. Cancer is love. Cancer is love. Well, it's a message of love. A message of love.

Yes. Yeah, I love that. Which is I mean, I'm taking that is what you just said a moment ago, which is, you know, self-care more. We all need more self-care.

We all can use more self-care, and we all can use and be more loving and compassionate to ourselves. So thank you for that. And thank you for, you know, the great work you do.

You're such an inspiration and I hope everyone tuning in has just got a ton of value from this. I'm sure they did. So yeah. Thank you. I really appreciate it. Doctor B thanks, Nathan.

Thanks for sharing my message of hope. Absolutely. 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.