Introduction to Nathan Crane

– Our next guest is someone who I met a couple of years ago and has really become a dear friend of mine. He is an amazing man that is helping so many people in the world specifically deal with how do they work with cancer?

How do they, how can they heal from cancer? He's done a lot of work around that, but he does so much more. In addition to that, he's actually the president of an organization called the Holistic Leadership Council, where he has created an organization that I'm proud to be part of and brought so many holistic health leaders together so they can collaborate and share ideas and really come up with even better solutions. And he's got a huge heart.

He really wants to see people be healthier and happier and he's had his own journey that he may share with this. But you know, where he grew up in an environment that was not ideal and he had some issues with addiction instead of succumbing to that and letting it ruin his life though.

He really used that as a launching pad where he shifted his life to become not only an amazing person in the health industry, but an amazing husband. He's got a beautiful wife and an amazing dad. He's got to just amazing young kids.

Nathan's Cancer Mission and Documentary Work

So I want to induce you to Nathan Crane. Nathan, Great to be great to have you on our summit. – Tom brother. Thank you so much, man. I appreciate it. Appreciate you doing this, appreciate you having me, appreciate the introduction.

I mean, I the work you're doing in the world is so inspiring to me. So I'm just honored to be here to share, to help people who are struggling with cancer, struggling with the fear of cancer or maybe who you know, have cancer that runs in the family. They want to see what they can do to prevent cancer or they themselves are dealing with cancer and they're looking for, you know, real solutions um for themselves because the more we understand about it, what it is, what causes it and what we can do about it, the more empowered we are to actually make really good decisions for our health, so happy to share as much as I can.

– Yeah, we're gonna dig into that. So one of the things that you're on the board of directors of the Belgian Ski Foundation, a nonprofit that's actually conducting scientific research into natural solutions for cancer. Uh You do your conquering cancer summit that anybody that is interested in that absolutely should attend because you do an amazing job on that and, and in addition to that, you're an award winning award winning filmmaker, what was the name of the film that you just did recently within the past year?

– Yeah. So the documentary I spent about five years on, actually, it came out in the last couple of years and it's won 20 awards at different film festivals. It's called, it's called cancer, the integrative perspective. And, you know, it was, it was a labor of love and uh we've helped a lot people with it and I love, you know, I loved the learning throughout the process.

Not only learning through that documentary, but a documentary series that I've done and summits and so forth. Like I said, it's like the more you learn, the more empowered you can be because cancer is this really scary thing, right? It's this thing that we're afraid of because we don't understand it. And, you know, when I saw my grandfather suffering not necessarily from the cancer but from the treatment he was receiving from the chemotherapy radiation that had made his hair fall out and it made him really weak.

And I remember sitting next to him in Arizona and he, and he just told me how much pain he was in. I could see how much pain he was in.

Cancer as a Wake-Up Call and Gift

But it was actually my grandma who told me, you know, he has trouble Joe Just walking to the bathroom 15 ft away because it's so painful and cancer rarely has those kinds of symptoms. Some cancers can, depends on the advanced stage of it and where it's at. But rarely you have, you don't, you don't really have those symptoms from cancer.

For the most part, maybe at late stages most people get those symptoms from chemotherapy and radiation. And when I sat there and saw him suffering from that going from being fairly active mobile, not in that kind of pain and weakness to, to struggling so much and sitting there next to him feeling helpless, you know, hopeless. Like what can I do?

What can I say? I don't know anything about this thing called cancer, even though I've been in the health field for years for whatever reason, cancer never came across my desk across my life, across my research, across my interest for whatever reason. And then I just felt like there has to be better solutions for him and I didn't know what to do.

And shortly after that, he passed away and that really, I was 2013 that sent me on this just mission to learn everything I possibly could. And what I've learned along the way is that, you know, when we understand that cancer is actually a primarily a result of diet and lifestyle, we can talk about the energy of cancer.

You know, this is the Energy Summit, Energy Healing Summit. We'll talk about the energy of cancer and what that means, how we can transform that energy, why it appears in our life.

But that cancer is actually trying to keep us alive, that it's not an invading enemy that's attacking us from outside. Like we think we get cancer. I got cancer. Cancer is something I got.

It was given to me. Cancer doesn't work that way. We make cancer and inside of our bodies, our selves through DNA, damage toxins and we can look at the cellular level of the cell, basically degrading and breaking down mitochondria, dying off fermenting and you know, becoming cancer and fermenting to stay alive. That cell is basically trying to stay alive to keep your body alive. That's what it is.

And so when we understand that it's not an invading enemy, we need to attack and destroy and tear out of us, our body does that on its own when we give it the right energy, the right environment for the body to, to eliminate those cancer cells, that's exactly what our body does.

So when we learn these things and then learn the solutions, it's like, oh my gosh, I'm so much more empowered. I don't have to be afraid of this any longer. And there's actually something I can do about it that doesn't have to destroy my body at the same time.

– I think that's a great goal for this interview is let's take the fear out of cancer, right? You said some pretty interesting things you said cancer is actually trying to keep us alive. I think cancer also is a wake up call for people, right? When they've been stressing and stressing and stressing and not meditating or doing, you know, yoga or tai chi gong or, just, you know, having enough sleep. Something's got to tell you this is not working, right? Or if you're not eating in a healthy way, something's gotta tell you and, and so it could be cancer in many ways can be a real gift for people that if they use it. Well, I believe, right, it can shift their life in a whole new direction.

Talk about your thoughts on that how cancer can potentially be a gift, a really amazing gift that can, that can bring so much more to your life than most people would ever think – We're working with, you know, thousands of cancer patients over the years. My conferences and my coaching programs, meeting people, personally interviewing them. One of the things that I've come to see, which is quite fascinating is there's this dichotomy and it's very hard for somebody who's first diagnosed or maybe has even been diagnosed for a while To be able to come to that and accept it. That this is a gift, right? In that moment, it's a curse.

It's a, it's the worst thing that ever happened to me. It's a death sentence. My doctor just gave me a prognosis that

if I don't do treatment now I won't survive or I have a 30% chance of survival or whatever.

First of all, we have to remember that those prognosis based on the conventional medical statistics. So that's based on, if you do their treatments, they don't give you statistics based on if you don't do those treatments.

So I'm not against conventional ness at all. There's a time and place for it. I'm just sharing with people. So they realize what, what they've been told. You know, it's like they tell you have a 30% chance of surviving. That's if you do the treatment, right? So moving on from that, you know, when I was producing my conferences back in San Diego and you know, we had just a whole group of amazing people on the team who had helped support and produce a conference. And I remember talking to um some people who would say cancer has been the greatest gift of my life.

How Cancer Develops and Why Fear Matters

Like it has been just a blessing. And I say, tell me more, what do you mean by that? It's brought me closer to my kids. I've healed relationships. I've taken better care of my health. I eat better.

I've, you know, I just, I sleep better. I feel better. I'm, I've taken my life and my health serious. I'm volunteering. I'm finding passion and purpose in my life. Like never before.

Because before I was working myself to death. I was eating like ship. I was, you know, not sleeping well, I was stressing all the time. And once I made the commitment that, hey, this is a wake up call, I've got to make these changes and they did, their life became so much better.

And so this person still with cancer, but outliving their, what I call the fake expiration date, your, your prognosis years past, you know, if you don't do Anything or if you start treatment, you know, 30% chance of making it, you know, 24 months or whatever and they don't do it.

And here they are six years later still with cancer, but their quality of life has actually improved significantly. Then I'm talking to somebody else over on this side and they say cancer is the worst thing that's ever happened.

Say, why is that? You know, tell me more. It's a death sentence. It's, I'm stressed out about it all the time. I've been doing treatments and I feel terrible. My hair is falling out, you know, I'm sick. It's like I'm dying.

This is man, I have compassion for that, right. I've been sick, I've been near death. Anybody who's been very, very sick before weekly, you know, in pain can have compassion for anybody going through that.

And so trying to tell that person, hey, cancer is a gift. You know, it's, it's a blessing for you. It's very hard to receive. But for people who are now, if you can try to expand beyond that and realize, hey, it could be a gift. It could be a blessing if you change your perception about it and say, hey, what is this cancer here to teach me?

Right? What is it here? What can I learn from this? Is it about my diet and life and energy and, and choices that has led to this point of cancer being formed in my body.

And what changes do I need to make? What transformations, what things do I need to let go of? What new practices do I need to implement that can actually help me transcend the fear of this diagnosis, the fear of this prognosis. And so it can be a blessing.

It doesn't have to be a curse, but that's also, it has to be a shift in a paradigm of thinking and how we look at it, right? Just like anything in life.

You know, you have a terrible thing happened to you. It could be a divorce, it could be, you know, uh there's a woman actually you know, her as well. Well, who's a friend and colleague, Dr. Keesha Ewers who, you know, had a had a really terrible thing happened to her son. She immediately blamed herself and within months had a breast cancer tumor grow and she knew it because she had already been practicing.

She knew exactly what it was. From, it was from all this self blame and judgment and regret, right? And so she started doing thankfully for her, she already had forgiveness practices that she so she went all in on, on just complete forgiveness practice for the perpetrator for herself.

And within three months, the cancer was gone. Didn't change anything. I accept forgiveness, deep forgiveness, true forgiveness gone. And why does that happen?

Because look at the energy of cancer, you know, energy of cancer. We were just talking offline about opportunistic things and cancer is kind of an opportunistic kind of disease in a way. And here's why if the environment in your body is set for cancer to, to thrive, then it will take that opportunity and it will run with it.

So it's cells that start replicating just incredibly quickly write these cells that have been damaged, the DNA has been damaged, the Mitochondria have been killed off.

Roughly about 60% of the Mitochondria have been killed off and the cells want to stay alive. So they start fermenting to produce, produce their ATP to produce their energy.

But it's very inefficient you know, aerobic like Allah assist or or normal healthy cellular respiration basically is, you know, your body is producing 30 something.

I think it's 32 or 36 80 P. Your cells are producing, you know, that's the energy currency for yourselves, right? Well, cancer is only producing like 3 80 P for example, or five A T V it's very inefficient.

And it uses a lot of glucose, that's a fuel source of sugar, you know, glucose, fructose as its main fuel source. And so the energy of that cancer is to stay alive, to survive.

And it looks at every opportunity to do that. And if there's an environment that is anaerobic, meaning low oxygen, there's an environment that's acidic, meaning that it is not alkaline. You know, the, the PH is very low. And it's an environment that is toxic. It's a perfect opportunity for that cancer to thrive. Now on the vice versa, we alkali eyes the body, we eat nourishing healthy energizing foods that are alive that are living.

We bring oxygen into the body, which there's ways to do that through exercise, through qigong practices, through breath work, right? And we bring a a harmonious low stress environment in, in this, at the cellular level in the blood. Then what happens is those cancer cells have a really hard time staying alive and thriving because you've kicked on your immune system, your, your body is releasing B cells and T cells and NK cells, natural killer cells and they go out and they target and identify and kill those cancer cells for you. So, you know, the big thing is turning on the immune system and we can do that through energy practices, through meditation, through breath work, through Qi Gong, through diet and lifestyle.

And realizing that hey, it's not an enemy, it's an opportunity. It's an opportunity, right? It's an opportunity and it's trying to stay alive. It's part of our body trying to stay alive.

But now we got to make some changes because the cancer has gotten out of control. – Yeah. No, that's great, great description. And I think a couple of things are really important for people to understand, you know, when, when people take just the conventional medical approach, it's kind of like, yeah, this thing, is attacking me.

I need help fix me and, they're not, they're not gonna, they're not changing their diet, they're not changing their sleep, they're not changing their stress levels and they're just hoping that some outside doctor and some outside therapies are gonna fix them and what you see, you know, what you see often in those cases is, you know, maybe they have surgery or radiation and yes, that, that cancer is gone, but because they still are the same human being that created that cancer right there in remission for a little bit and then it comes back.

So to really use the benefit of cancer, you've got to change yourself. You've got to, and when you do that all of a sudden like, you know what things happen, like you talk about, you know, the immune system kicks in and the immune system kicks into when you go from not being fearful into, like, just owning that you need to shift who you

are.

Fear is a huge depress er, of the immune system and, and people that are typically doing just the conventional route, they're pretty fearful. Right.

Prevention, Diagnosis, and Inflammation Reduction

Because they're not under any, they don't have any control over this, it's that radiation or that surgery or that chemotherapy or that doctor that's gonna come in and fix me and that's pretty fearful when you feel like you're putting your hands into someone else's, you know, into someone else's total control.

So, I love what you're saying. That's really, really cool. Let's talk about some different things that people can do to number one prevent cancer. And then we'll talk about some things that you've discovered that people with cancer can, can do to help themselves heal more naturally, even if they are still doing conventional treatment. Right.

If they take, if they take some control and some responsibility to do things they can, they can help that process, right. And even protect from some of the side effects of the therapies that they're doing. So, talk about preventing cancer first though.

What are some, what may be the top two or three things people can do to, to help prevent themselves from getting cancer. – Well, the cool thing is the, the steps for prevention and healing are basically the same one is maintenance, one is therapeutic and I'll talk about the difference here in a little bit.

But that's when you're talking about diet and lifestyle changes, transformations. It's basically the same thing. It's just when you have, you know, it's like your car, your six cylinder cars running on, on four cylinders versus running on one cylinder.

Right. So, you know, it's like you gotta do, your car is probably going to run very long on one cylinder. That's, you know, maybe a stage three cancer, for example, but you got four or five cylinders. Hey, cancer is on the way, we all have cancer inside of us right now. Every single one of us, I have cancer cells, you have cancer cells, everybody tuning in, you have a diagnosis or not. The thing is, are those cancer cells replicating out of control to a point where it can cause symptomology and can actually be identified through whatever it is a pet scan and ultrasound, you know, and MRI whatever it is to the point.

And that takes years, it takes years for cancer to replicate out of control, avoid the immune system or immune system being suppressed. And that cancer turns into generally a tumor is what we usually see.

But there are blood cancers, their bone marrow, cancers or other kinds of cancers as well that aren't tumors. And even the tumor is trying to save your life. It's the sales grouping together into one place. So imagine if you go in there and you do a biopsy and you stick a needle in there and all of a sudden millions of cancer cells just spread out into your bloodstream into your body, into your lymphatic system.

And now it's spread to the lymph nodes. It's a very common thing after biopsies. So, if you have a tumor, it's highly recommended by a lot of the integrative medical doctors that I work with to avoid biopsies at all costs.

So something a lot of people don't realize there are a lot of ways you can diagnose cancer non invasively, looking at c reactive protein and looking at inflammatory markers.

And if you have a tumor, it's like, well, hey, it's very likely it's cancer even if it is benign, let's just pretend it is cancer and let's make the changes anyway, right? Because the changes are only going to help you advance your health and longevity and quality of life.

So I just, that just came up. So I wanted to share it. You know, there's also thermography. Thermography is a fantastic noninvasive way to, to find out if, hey, is it likely you have, you know, cancer here, breast breast cancer, mammograms actually cause cancer.

So there's this huge push for raising billions of dollars and spreading awareness for women to get early testing through mammograms. What they're not told is that mammograms cause cancer, you're smush ng the breast, you are literally damaging the D N A and, and if there is cancer in there, you can spread it and make it worse.

So, thermography is a safe way. Ultrasound also damages DNA. But ultrasound can be a safer way to check for cancer. So there are a lot of things you can do to find out.

We're talking about prevention as well as, hey, maybe I've got something going on. I need to get it checked out. You can, you know, work with a functional medicine doctor to find out, look at biomarkers first, do everything you can to avoid a biopsy should be a very, very, very last result. You know, so the, – And when we talk about prevention, Nathan, what are some, what are, you know, just like your top two or three tips in terms of, you know, foods that help prevent from cancer or other lifestyle things that you've seen that are helpful and as you said, right, they're probably gonna be the same things that we're gonna, or similar things we're gonna do if somebody has cancer too.

But what can you go down that route for us a little bit? – Yeah. So you do. Thank you for that. And I was a little bit roundabout way of getting there is you do more, you want to do more if you have a cancer diagnosis versus, you know, if you just prevent and improve the quality and the length of your life.

And so one of the things. One of the core underlying mechanisms of cancer is inflammation. We know that chronic inflammation actually causes cancer. So chronic inflammation is and so both at the same time, it is a core cause of cancer. Literally the process of a chronic inflammatory repair and damage repair and damage repair damage creates cancer cells.

The science is very clear on that. A lot of people don't know that, but I've been researching this for over a decade. Looked at thousands of scientific papers.

I know that is a fact. The other thing is that inflammation is also a precursor or a underlying biomarker of potential cancer. So point being is how do we prevent cancer and how do we help our bodies heal from cancer? At the same time, we do everything we can to lower chronic inflammation, understand whether those things that cause chronic inflammation, right? And the things that cause chronic inflammation are toxins, stress parasites, mold.

Uh you have a mold infection, for example, V O C s coming off of off gassing inside the homes and things like that. And high inflammatory foods. So these are all things that cause chronic information.

So it's pretty easy to go. Okay, stop doing the things that cause chronic inflammation and start doing the things that actually are proven to reduce inflammation.

Diet Strategies for Cancer Prevention

And what are those meditation qi gong, certain kinds of sound healing. So looking at mental emotional, spiritual stress reduction practices, mindfulness, right? Which is why I love your doing this summit because I attribute 80% of healing to these factors.

There's no hard science to prove that. That's just my belief of having been in this field. For as long as I have, the 80% of the healing comes from the mind, emotions and spirit that I really feel as physical and so low inflammatory foods.

These and anticancer foods, the cruciferous vegetables, cruciferous vegetables are some of the most well studied anticancer foods on the planet. That's a brassica family. That's your broccoli.

That's these, these Nebraska foods that are fulfilled with sulforaphane, healthy fiber for the gut, lots of minerals and vitamins. So you're talking about broccoli, add broccoli a few days a week to your diet.

Add kale, add cabbage and collard greens. You can add these things in smoothies. You can steam them to reduce

if you're concerned about oxalate, spoil them for a little bit, you reduce oxalate content from 30 to 90%. So you don't have to worry about it.

You know, adding in these fresh green cruciferous vegetables a little bit every single day, mix it up, mix and match another one of the most anticancer foods.

Again, looking at the energy of foods. Why are these things anticancer if you go to the source of energy? I believe they, they have that energy within the life force energy that our body needs and connects to and can pull the nutrients from, to activate the healing response in our body. And that's mushrooms.

Mushrooms are an incredible anticancer food. Some of the most research done that I've ever seen is on the derma mushroom, also known as Rishi, Rishi Ganoderma.

You can get but also turkey tail and Maitake and Shiitake. E and you can cook with these. You can add them to soups, stews and soups. You can get powders of them.

I put powders in my tea of mushroom powder. It's got like five or six organic mushrooms in it. So these are very anti cancer. Also you can do, you know, so, so really nourishing alkali zing kinds of foods are really important. The Brassica family, green vegetables, you know, low glycemic fruits, berries. So we're talking about berries, for example, blueberries are fantastic raspberries.

Golden berries, you know, berries have some of the most anticancer and nutrient dense properties that you can put into your body. And then also, so we're still staying on food for a little bit more legumes.

So a lot of people are afraid of soy and here's the reason you shouldn't be afraid of soy. There is a massive amount of research from decades spanning that soy is one of the most anticancer foods on the planet. But the Lagoon family in general, basically, we're talking about beans and lentils, garbanzo beans, black beans pinto beans, lentils, soy, you know, you want these organics.

Are you eating? So you obviously want to organic because there's so much soy that is genetically modified, that is straight pesticides and chemicals, which we know many of those pesticides are known carcinogens which are going to damage the D N A and potentially lead to cancer because of the chronic inflammatory conditions. So you want organic, you want it cooked fully, you want to eat the whole food. The only study I've been able to found to, to find that attribute soy is being a bad thing that most people out there who are ill informed that seo soy is bad for you. Based off one study.

And this one study that I could find looked at soy protein isolate powder. They never even did a study on the actual plant itself. They did an isolate which is never a good thing to do when you're trying to understand, hey, is this thing actually beneficial or not.

And even the results from that weren't very terrible. They just very good. You know, whereas every other study ever done on soy that I have seen reduces breast cancer, risk, reduces prostate cancer risk, actually support people. Go, oh, it's gonna increase estrogen.

That's phyto estrogen. And in fact, it's completely wrong. What it does is it helps balance estrogen in both men and women to help block xeno estrogens from getting into the beta cell receptors. So soy lagoons you know, these things are fantastic to have in the diet. So that's diet.

But then really focusing on, I'll share some studies that I think are really interesting um on Qi Gong, for example, and and cancer. So some of the benefits they saw in some studies that were done on Qi Gong specifically for cancer patients was they saw less fatigue when people who were undergoing conventional treatments.

So energy and improved mood, they saw improved pain management. So they saw chronic pain go down quite a bit. They saw improved cognitive functions. So anyone tuning in who's been through chemotherapy knows the term chemo brain. It's hard to think.

It's hard to, you know. Yeah, it's just really, really, really hard to think. And there's like a big dog in the brain is chemo brain. And they saw improved cognitive function where they also saw improved mental functioning from the practice of Qi Gong.

If anybody doesn't know what qigong is, it's I'm sure most of you people do, but maybe some people don't write. It's an ancient Chinese methodology that stems back thousands of years. Depends who you talk to.

Some say it's 5000 years old. Some say it's 80,000 years old. Depends on the master Qi Gong teacher that you talk to. I practiced Qi Gong every day I have for years now.

I love it. But the song that I practice is actually a combination. It's called wisdom healing Qigong is taught by a master teacher called Ming Tong Gu. And that includes sound healing, meditation, subtle energy, subtle energy practice and subtle energy movements.

And what's fascinating is there's been studies on all of these aspects, sound healing, meditation, subtle energy uh and movements, you know, subtle, subtle energy and subtle energy movements.

Qi Gong, Sound Healing, and Energy Practices

These are kind of we need to identify those two different things where there's benefit from all of it. So and then if you're doing all of the same time, which is what this practice is that I do, you make the sounds, you visualize the energy, you do the meditation and you're doing the movements all.

At the same time, it's incredibly powerful. What they saw in some research with gong on cancer specifically was increased apoptosis, which is helping kill the cancer cells, natural process of the cancer cells dying off, it reduced inflammation.

So they saw the c reactive protein markers go down and other inflammatory markers go down. They saw it improve the immune function. There was a 2014 study that found that when they did qigong with conventional therapy, it had a significant improvement in their immune function. You know, the immune system is essential for helping fight off cancer. And we know that traditional or not traditional, it's a conventional medical treatments, destroy the immune system.

So enhancing the immune system with gong is very valuable. And there is some indirect scientific evidence that actually can have an influence on extending survival from cancer and cancer treatments as well.

And there's no side effects, right. There's no side effects from, it's only benefit or potential benefit and no side effects. I think that's really fascinating right there.

– I'm a huge fan of that too and I do it every day. And actually the co host of this summit is Master Chunyi Lin, who is Qi Gong master and as Spring Forest Qi Gong.

So I'm right with you. It really is an amazing practice. – And there's quite a few studies I saw one a few years ago where they were, they had cancer cells in a Petri dish and they were practicing Qi Gong.

It was, I believe it was some sound healing or energy like energy transmission. I couldn't find the study before this. But I remember looking at a couple of years ago, they literally saw the cancer cells dying off, which I think, you know, incredible, Incredible. Another thing too is in 1981, there was a biologist who was studying sound waves] and sound, specifically the effects of sound on human cells and sound on cancer cells.

And what they saw was that with certain sounds with certain notes, cancer cells started to lose structural integrity and eventually exploded in about 14 minutes. And then when they added the human voice, which was another study I saw as well.

On Parkinson's that increased dopamine that once you introduced your voice and the voice of the teacher,

dopamine levels shot up significantly in Parkinson's patients.

But in this study for cancer specifically, they saw that once the voice was introduced in the sound healing, the cancer cells were destroying at the nine minute mark.

So it was even more powerful than the than the sound that they were transmitting. So sound healing, sound bathing Qi Gong sounds even oh Ming, right? Oh You have this kind of primordial energetic ability to I think what's happening is that they are targeting anything in the body that is out of harmony with its natural healing state, right? Because our bodies want to regenerate, they want to thrive, they wanna they wanna heal, they want to be healthy.

Every cell is looking for that. And I really think what's happening is that once you apply that intention, that sound that energy focus that any cell that is not in alignment with its natural wholesome healing state starts to die off.

It's like okay, this is telling me time to go. This is an ancient methodology, right? Master Chuyi Lin is an amazing Qi Gong teacher. I was actually practicing one of his classes the other day which was super powerful, very very powerful, wonderful spring forest Qi Gong as he said, you know, these kinds of things. Just so talking about prevention, talking about healing prevention. You know, for me, this is not medical advice. Of course, this is just my personal opinion.

Practice, Qi Gong 30 minutes a day. You have a chronic illness practice in an hour, in the morning, an hour at lunch, an hour at night. What's happened is I've literally watched people reverse multiple diseases doing exactly that three hours a day. – Yeah. And here's the thing though, like, what you're saying is so true and you're really giving people hope and information and yet there will be people that will hear this and go three hours a day, like, come on, like they won't like it's to save your life, right? You know, three hours a day, like you don't have to do the rest of your life. But three hours a day, come on, like you've got to shift who you are to be able to heal.

You can't just go. No, I, well, I just want to heal and maintain the exact same lifestyle. Eat the same old crap. Think the same old stressful thoughts, sleep through hours. That doesn't work.

– So let me give you two examples, so powerful. Gentleman by the name of Tom. I did a documentary on him. It's on youtube actually different Tom. And he was in a wheelchair, had just had his gallbladder, I think removed was on the last days of his life. Had cancer was on 14, 15 Medications had Lyme disease and like three or four or five other chronic conditions including cancer, as I said, showed up to a retreat in Santa Fe, New Mexico and just as a last ditch effort to save his life, like nothing else was working at. No hope.

He was, you know, he was dying and in chronic pain and he had his, his lower vertebra completely fused and they said you will never twist again. Right. And he Now, so they're wheelchair weak, dying multiple medications here. A few years later, 100% healed from everything off of every medication and completely pain free.

Recovery Stories and Daily Practice Commitment

And I was there and I met him and I talked to his family and his Children and his partners and everybody to confirm all of it, including the retreat where he healed where he didn't go in there and heal in a week.

He left there after about seven days and knew he was onto something. Yeah, he went back home and online started practicing three hours a day. Okay. So here's the three hours days comes from right here that I want my life back. I don't want to see if this works.

I'm gonna give it everything. I got Scott and that, you know, I'm gonna do it. So he started practicing three hours a day in a very short time. He got off all of his meds reversed every chronic illness that he was dealing with, made amazing decisions for his life. And now is living energy I went swimming with him in the freezing water in the winter in San Francisco a few years ago and he was, we went from that wheelchair. Few spine can't move to swimming like a child in the ocean. Laughing. Having an amazing time with another person, Bianca Mole. Let me show you another story because if people think this is, you know, made up or whatever, this is very real.

Right? There's no promises. I can't promise you're gonna cure anything. But just when other people have done it, it gives you real hope. Bianca Mole diagnosed with Parkinson's tremors.

Parkinson's is a really scary disease, right? So it's a neurological disease. It's also a chronic inflammatory disease just like cancer. The brain continues to get worse and worse and worse and worse.

The body continues to be less and less functional to the point of you're basically in a wheelchair. You have no quality of life and you die. Not a very pleasant death. You start, you know, releasing your bowels all over yourself. Not and this was was what they told her.

Here's where you're going. This is what's gonna happen. It's gonna get worse. The best we can do is give you medication to help, try and slow it. Well, the medication wasn't improving anything and it was continue to get worse. She found gong this form of Qi Gong, wisdom, healing, Qi Gong.

Same thing. Notice the benefit. Realize what do I have to lose started practicing an hour in the morning, an hour in the afternoon, an hour at night, sound healing, meditation, movement practices, etcetera, etcetera.

In a very short amount of time for her, it was less than a year, very short amount of time. Parkinson's completely gone this day. They say nobody can reverse Parkinson's. Nobody can cure Parkinson's.

And here she is, I stayed with her at her house. I met her, I interviewed her Children, her family, her friends, everybody that knew her because I wanted to find out was this real Bianca Mole Parkinson's that, that documentary is also on youtube, A very real thing in China.

There was a medicine less hospital where they documented something like 100,000 people with every chronic disease on the planet came in. They just did basically all day, not all day, every day, but that's pretty much all it was was and uh and they documented like a 95 or 96% cure rate until the Chinese government shut it down. This was all documented by master paying grandmaster Dr. Pang. I can't remember his last name. And so yes, like I said, prevention, energy, feeling better, etcetera, 30 minutes a day, chronic health condition.

You really want to get serious about it three hours a day you want to or not.

Where to Find Nathan Crane

And then the other things to improve the diet, improve, you know, eat healthier foods. And guess what we can live a long, healthy, vital, vibrant life without disease. We don't have to have disease.

You don't have to have pain. We don't have to have these things if we're making better choices now. And as you said, it takes a shift in our mindset and a commitment to our health and to a bigger reason to live.

And once we have that, we can make the changes, we need to make. – Amazing job. Nathan, you've helped a lot of people with this interview, where can people find out more about you and your work?

– Yeah, thanks Tom. I think the best places just nathancrane.com I post blog articles there. I've got a free Ebook actually, it's an Amazon best selling book.

I just give it away for free for everybody. So I wanna get this information out there. It's called Becoming Cancer free. You download that for free as well.

All at Nathancrane.com. – N A T H A N and C R A N E.com. Everybody go there, check in with Nathan, get that book. He's a, he's a beautiful human being and, and I'm so glad to have you here.

Nathan. Thanks so much for being on with us. – Awesome Tom. Thank you. I appreciate it, man. Wish you all so much health and happiness, take care.