From Seeds To Superfoods: How Sprouts Can Transform Your Health Transcript

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Introduction to the Cancer Solutions Summit

Hi, everybody. Welcome to our plant based Cancer Solutions Summit. And I'm excited to have a great guest today. Very important to your cancer free future.

And in any case, as I do this summit, I get more excited with each interview I do because I really feel that the cumulative effect is just going to be phenomenal for society and for each individual person listening to this to, to protect their future against cancer.

So today we have something very important to discuss. And that's sprouts with the master of sprouts himself, Doug Evans. Let me tell you a little bit about him, okay?

Because Doug's been involved in the natural, healing and, you know, plant forward world for just decades. And he's the founder and the CEO of the sprouting company.

So he knows everything about sprouts. He's actually a former paratrooper in the US Army's 82nd Airborne Division. You know, and he's an early pioneer in the natural food industry.

He authored the bestseller The Sprout Book, which read number one on Amazon plant based books. Currently, he resides in one Valley, Hot Springs, California, southern California.

Like a desert, you know, so if you there's not much food out there. So you got to sprout there, I guess, to live. But, in any case, he's revolutionizing home gardening.

He's making sprouts easily available, easy to make, and giving people the knowledge and the ability to make sprouts healthily, efficiently. And of course, you know, and of course, abundantly and cheaply too, you know, so it's affordable.

You can grow fresh fruit right in your own kitchen. And his mission is really to help you do this and enjoy the most nutritious food on the planet, which is sprouts.

And we're all incorporating sprouts in our diet today. And then we're going to talk about why we do that and how you can do it. All right. Welcome to Glad You're Here.

Hey, thank you so much, doctor. Mean, it's it's an honor to be with you. And you've been an inspiration for me for my entire 26 year journey in this world.

Wow. Cool. I'm glad we've known each other and contributed to each other's work. That's really phenomenal. So, well, thank you for having me on on the summit.

And, you know, I'm looking forward to sharing, the inside. You mentioned that I am in the desert. I live on a little oasis called Wonder Valley Hot Springs that's in the Mojave Desert near Joshua Tree.

And it was here. And I've been plant based, and I've been following your neutral terrain diet for decades. And when I moved here, not only was this an environmental desert, this was a food desert.

So I had no health food stores, no farmers markets, no, restaurants. And and as you know, and I've seen you hard working in the garden.

Doug Evans and the Power of Sprouts

It takes weeks or months or years to grow food. Edible food. Right, right. Except for sprouts. And that's when I was staring up at a dark sky, you know, looking at a billion stars.

And the universe spoke to me and said, Doug, you know how to sprout. Which was true because I had known how to sprout. But I always thought of sprouts as a superfood, as a snack, or as a garnish.

But it was only here when there was no other food available, that I decided to go all in on sprout and within one cubic foot, using six jars, I was able to grow thousands of calories a day of sprouts.

And the the insight that came from that was, number one, sprouts were vegetables. They weren't just this little garnish, they were vegetables. And they were actually vegetables that contained the stem cells of the plants.

And they were living vegetables that were concentrated, and had 20 to 100 times the phytonutrient content of mature vegetables. And so it was like, wow.

And then if you think about it, the average leaf of lettuce travels 2000 miles across the country till it gets to the grocery store. And every day that it's traveling, it's degrading and it's decaying.

And here you're able to eat fresh living food. And when I say living, it is still growing. It is pneumatically active, it is electrically charged and so not only are you eating something that's more nutritious than what you could buy in the in the grocery store, you're eating something that's fresher.

And that became very, very powerful. And then this and you're a doctor, you're a scientist. I was, you know, a, someone who is on my own health journey.

And I started to really care about what I was eating. And when I went down the path and when I interviewed you and you wrote the foreword for, you know, the scrapbook, it it you directed me to look at the peer reviewed research.

And there were more than 2000 people published papers. So first thing, the anti-cancer compound that exists within broccoli sprouts alone. So just imagine this enormous body of work just around the the compound of broccoli sprouts.

Right. And broccoli sprouts get so much publicity and knowledge and people are aware of it. But and I'm not and I'm of course an advocate of broccoli sprouts.

But just because there's not as much studies done on other types of sprouts doesn't mean we don't benefit from getting a variety of different types of sprouts with compounds that haven't been discovered yet, and these compounds work synergistically.

This is the beauty of this pro this program and the protocol putting together prevent cancer. It has to do with a diversity of nutrients that come from mixing these foods and these substances synergistically.

And this is what you can do with sprouts because number one, like you said, they're you can make them yourself in the fresh but very often you're getting even.

Some organic produce could have contaminants in the soil it's grown in. And we're controlling. So we're getting high quality sprouts. We're getting seeds that are made to be sprouted.

They're clean. We're sprouting them with pure water. We're using them as a bigger portion of our diet. And we're getting and we're reducing and we're increasing the level of and variety of nutrients by eating a variety of different sprouts.

Even though we have broccoli spent at the most research done. And even though we know broccoli has a super powerful effect from common cancers, there's still a host of other different types of compounds found in other

different sprouts.

So we don't have as much data. We still have a lot of data, and we know that variety is the sprout of what gives you the sprout of life. Like the spice of life variety gives you the sprout of life, the life giving anti-cancer effects that are so powerful in sprouts.

That's right. I think it's the microbiome microbiome diversity that you could get with with sprouts. And, you know, it's interesting what you were saying, that there's a lot of, attention to cruciferous vegetables in general.

Being in the having glucosinolates. But if you step back, something as simple as a lentil. Right. And lentils are the staple of the plant based diet around the world.

Sprouts as Living, Nutrient-Dense Food

When you sprout a lentil, you increase the vitamin C by 300% and you quadruple the antioxidants and you're gonna eat it without cooking it. Then it becomes, that's right.

Yeah. That's right. So, you know, that was so you you I just want to add because you lose the anti nutrients when you sprout too like the fighting cancer and the anti nutrients that make the cooking so important to get lower the anti nutrients when you sprout them you you just the anti nutrients disappear.

That's right. When you sprout a legume or a pulse you reduce the fighting acid. You reduce the enzyme inhibitors. You reduce the lactic and you're actually getting the plant.

You know, there's a lot of talk about oxalates, right? When you're when the oxalate hasn't even formed yet in the sprout. So you get something that is bioavailable.

And when you're consuming the sprout, you're getting the soluble and the insoluble fiber, and you're getting it in this living bioavailable format. And this is not very well known to most people, but every single sprout contains every amino acid to form complete proteins.

Now they're in varying levels. So the garbanzo beans, the lentils, the green peas, the mung beans, they have higher of certain amino acids than others.

But if you pair them together, you pair lentils with alfalfa sprouts or broccoli sprouts. Along with mung bean sprouts, you get these full proteins and this amino acid profile without any of the bad fats, without any of the toxicity that could come from cooking the acrylamide.

So you're getting something that is bioavailable for dominantly water based, right? Because the sprouts are living and you you get it. The entire crop is in under a week.

So this is something, you know, that is so beyond human comprehension today. Because in the United States, in so many parts of the world, people think that food comes from the grocery store and it's in a box, it's in a bag, it's in a jar, or it's in a bottle.

So the idea that that you can have living food that that grows exponentially in days is unprecedented. It. Yeah, it seems like also too much work. I can't do that. You know, it's like I'm too busy.

I can't make sprouts. And like, you know, it's too much too busy to make sprouts. But I think that you've helped us really make it much easier to get it, to do it less time consuming and to do it really clean, you know?

Well, I think what happened is I realized that there hadn't been any innovation in sprouting in hundreds of years, and that people were using a mason jar and cheesecloth and a rubber band.

And the mason jar was designed for canning, and the cheesecloth was designed for making cheese. And it was

small. So I took a very scientific approach to say, what is the fundamental first principles required in order to germinate the seed?

And once I started with that, you know, it took years to actually make things because we make them. And I made sure that anything that touched the sprouts was either glass or stainless steel, because I didn't want plastic.

And now, you know, this for me, was seven years ago when I began this journey. You know, today the issue of microplastics are becoming more prevalent.

But intuitively, I knew that the materials that you want to consume the sprouts from your glass and stainless steel, right. You know, it's so it's so true.

You know, there's like, how well we're everything people are eating. Is that a plastic? You know. That's right. It's crazy. Everything. And of course, even the vegetables we buy in the store are packed in plastic.

It's like, you know, of course, mostly people drinking water in plastic jars of drinking, you know, coffee and plastic lined cardboard cups and put in hot drink.

And their bodies are full of plastic. But in any case, we're this is all about detoxing our body, lowering the level of exposure to chemical compounds. I'm saying this.

I mean, this summit is all about lowering our level of exposed chemicals and flooding our body with a high concentration of chemo protective nutrients within each cell.

So the cells have these nutrients that we're living with for, for, and for decades with these protective nutrients in our cells. And it's not like, you know, we have, you know, you're going to pile on the sprouts.

It's like you're living with these things in your body and it gives you and over time, your body, really your immune system, your body functions the way it's designed to function.

And that's where we get the highest degree of cancer protection. Living this way long term, a chronic way that you we live with exposure to these to clean foods with, with a high degree of chemical protective compounds and variety.

Yeah. Well, I think that, you know, that's what really got me into the journey. My mother died of stomach cancer and my father died of heart disease. And then my aunt developed type two diabetes, and they performed a double amputation of her feet below her ankles.

And to me, I'm such a sensitive being that I was, like, contracting because I thought, like, I was genetically cursed, that I was going to die next. Yeah.

And and then when I discovered, that there was an alternative way and that when I met, that my first plant based, leader, her name was Denise Mori. And when I met her and she said to me, she looked me right in the eye and she said, you are living a carcinogenic diabetic heart disease late in life style.

And if you stop, like punishing yourself and you stop abusing yourself with eating these processed foods, this meat, dairy and animal products, and you shift to eating fresh, ripe plant fruits, vegetable seeds, nuts, seaweeds, sprouts, you know that you could change.

And it was like, really? And so every day for that next two weeks, I made a goal that says, just for today, I'm just going to eat my favorite fruits and vegetables as much as I want until I'm no longer hungry or I'm full.

I'm just going to go down that path. And because I was working, I was, doing some social activity and I had this strict guideline that I'm not going to poison myself.

Sprouting Methods, Jar Setup, and Seed Quality

I'm going to nourish myself. That's when my my life exploded into this abundance consciousness. Because when I had the guidelines originally, I thought like, oh, there's not going to be enough to eat.

And then, you know, when I came to the Eat to Live retreat and you have these beautiful chefs and you prepare all this food like it's it's unbelievable variety.

As soon as you open up the consciousness and, and you just establish some boundaries and some guidelines of what you're willing to eat. So, so since you're living in the desert out there, you know, how much how much sprouts, if you say, if you're eating, let's say you're eating how many calories a day, 1518 hundred, whatever it is you're eating, what?

How much how much sprouts do you eating a day? How much, what percent of your total caloric load comes from sprouts and how much spend? And you're using six sprouts so you can use one, six, six of the jar, the Sprouting company jars, six Inspiring company jars.

And that's for you. That's for me. And I share some with my two and a half year old daughter. And my wife will add sprouts to every every dish she makes right for me.

I'm consuming approximately 1000 to 1200 calories of my diet with sprouts and with sprouts. So if you think about it, one cup of sprouted garbanzo beans is 250 calories.

Okay, so so. And one jar will will generate, you know, several cups, of sprouts. So it's very easy to have that. And then the rest of my diet is, is some, is some fruit and some sea vegetables.

And what about lettuce and stuff you don't need. No no no no, I, I, I, I have replaced I mean Joel you'll you'll appreciate this. This is my other big insight.

I've replaced lettuce with sprouts. I've replaced rice with sprouts. And I replaced pasta. Even the gluten free and alternate hostas where using in our household we grow sprouts.

And then my wife makes an incredible marinara sauce and she pauses. Beautiful marinara sauce over the alfalfa and the broccoli and the radish sprouts.

All right. So go through each type of sprout that you use in your diet. How many? What? All the variety of different things you sprout on. And within a week and you all go, I know they're like 7 to 12 days, but do you harvest everything in some day, seven days with some of the largest sprouts?

You go to ten days, you know. Well, I, I'm staggering the crops and certain crops like the lentils and the mung beans and the garbanzo beans and the green peas, those I harvest in three days.

Three days, three days. All right, so you got to go through this. When we go, let's go through each sprout that you use and how many days you harvest each one.

And of course and, and kind of a feeling of like of why of six jars with this one jar of this or I mixed two, I mixed these two things in one jar together.

Mix two types of sprouts in one jar. Let's go through it real quickly. Sure. So, one one thing, which is my staple is I'm doing the broccoli sprouts in a dedicated jar.

So one quarter cup of seeds will yield six cups of broccoli sprout in five days. Five days. Okay. And that's your broccoli sprouts for the week. That's the broccoli sprouts.

And later you start. You put it in the refrigerator when it's ripe, and then you start sprouting for the next five days.

Yeah. So so that that routine will probably out of those six servings, consume 2 or 3 of them that first day when the harvest is ready.

Like, we'll just, you know, just pull them out and eat them. And by the way, you can juice the sprouts and you can blend the sprouts or you can eat them, you know, with something.

So I'm doing the broccoli sprouts. Then we have a salad mix. Give me one second job. I was thinking you could, like, fill up your bathtub with sprouts and just, like, take a bath in the sprouts.

Okay. He left for a second. We'll cut this out here. Yeah. I'm back. So the salad mix is alfalfa, organic alfalfa seeds, broccoli seeds, lentils, mung beans and radish seeds.

So I'm getting six different I'm getting five different kinds of sprouts in one salad mix. Variety. And so you can. But so the all these different size sprouts, lentils are big ones are bigger alfalfa small broccoli, small radishes tiny.

The different size sprouts you could keep all mixed together. You could put them in a jar and you could grow them all together. Correct. That is an. And how much do you how long do you let that cook for in the space?

That is a same five day just five days. So we use this mix five days and that's another jar. You have one broccoli sprout jar and one mix of lentils, alfalfa among green radish and broccoli.

And this this is Joe. This is, sprouted garbanzo beans. Right. And these these are very quick to sprout. So you soak these overnight, you rinse them twice a day, and then you can start to eat them, you know, on the second or third day like they've already you've removed the enzyme inhibitors.

They've they've activated the germination process and then they're edible. And these without cooking, without heating them, without boiling them. You just put them in a sprout and 3 to 4 days you can eat them.

Correct. And those I put right into the refrigerator and it's interesting to I use these as an alternative to regular hummus. So I will take the sprouted garbanzo beans and a fermented pickle with the brine or homemade sauerkraut with the brine, and I blend them together and I make a hummus.

Right. And then after that, it's all kind, unless you can make it without salt. Well, the interesting thing, Joel, is how and this is I don't recommend this for unless you're really committed, like we are, we make, that we use celery juice as the, the sodium chloride in order to ferment, the, the, the salt and vinegar in that or anything.

And just the sounds. Yeah. The mental intelligence. Yeah. Yeah. The vinegar ends up acidifying it and I want to ferment it. Right. So it's a, it's an interesting is that word fermented comes from doctor fermented.

I mean I was just going to say that could be your whole line of, fermented foods. Right, doctor. Fermented foods. I was just a doctor. Demented. Yeah, I mean, okay.

Do you, like, do do you do any fermented foods, Joe no, I don't well, you know, with the retreat, I have chefs. They make some, you know, pickles and cabbage, but they don't do it with any salt or sodium.

They just use our vinegars and just let it soak in the vinegar and kind of taste like a pickle, you know, or taste fermented. But it's really there's no zero sodium, right?

It's it's it's acidified. It's not it's not okay. We have the broccoli sprouts. We have the mixed sprouts with alfalfa, mung lentils, radish and broccoli.

You have the chickpeas. That's three of the containers. That's three of the containers. Keep going. Yeah. What do you. And then and then, for us, we love the sprouted lentils and cook the sprout lentils, you know are are delicious.

They're crunchy. They're nutritious. You put one container just for lentils, one one container just for lentils. And

you'll do one of these things every day. You're filling it.

You're cleaning and and bring and opening different pot. Correct. But how many. Okay. So everything you're saying is five days and the broccoli in the mix 3 to 4 days in the in the chickpeas. What about the lentils.

How many days. The lentils are also three days. Also 3 to 4 days. And then the next two jars for me are is another salad mix and another broccoli. And I just stagger them.

Oh, just so you stagger them. Yeah. Right. Yeah. So that we always have the fresh crop because they the, the, the by staggering them they, they end up syncing up with the garbanzo beans and the lentil sprouts.

So those I get two crops in a week versus the other one's getting one. This is definitely good. It's helping. This is helping me too because I got to get more jars and staggered because you I have.

The problem was I make the sprouts, they eat the sprouts. And I got to wait for a new job to make newest sprouts. We have so many. I have so many days waiting for a new batch to come up.

I got to stagger it and keep it going. Yeah. And by the way, you know, we we created a free app, the Sprouting Company app that you actually can put in your staggering schedule.

And we'll send you notifications and reminders of when to harvest, when to soak. So you could be always reminded, of of where you are with your sprouting journey.

And I made that as a free app just as a public service. Oh, so now what about the quality of the seeds you're putting in to make the sprouts? They're just not buying any seeds anywhere.

Oh, you know, so people are what's the word they're sometimes warned against like infections or bacteria or contamination and sprouts coming from the seeds.

So is the source of the seeds gives you an extra degree of protection against contamination and seeds. Yeah. If you were to think about the lentil sprouts, the you know, if you look at the seeds that that I source at the sprouting company, right.

We are getting the top shelf. We're buying the first degree right from the harvest. They go right from the harvest, they get dried, they get they get analyzed.

We actually do a batch of the seeds. We we take the waste water and from the wastewater. We then proceed to send that out to a lab to test for pathogens.

And then we take the seeds and we measure and we test for germination rate. So this is a very clear process that we want to use organics seeds that are tested for pathogens tested for a high germination rate.

And then they get package. So if you were to compare that to you know, a seed.

Sprouts in Cancer Care and Treatment Caution

Oh by the way, just because of the concern with glyphosate and roundup, we send all of our seeds out to get an extra degree of certification so that they are certified glyphosate free.

Because just another point. But if you have no possibly of contamination, no possible contamination. And if you think about just where when I was starting, I was just getting seeds that are in the in a bulk bin, you know, in a health food store, that there could be literally no exaggeration between 1 and 5 years old.

Yeah. Right. So and what people don't understand is mold isn't just something that's black and wet in, in, you know, after a flood mold, there are mold spores in the air.

There's mold everywhere. So if you if you want to control your environment and then you, you rinse the seed and you could surface sanitize them, you know, at a different degrees.

But if you have take your equipment and you properly wash it with soap in warm water, and then you get the seeds from a known and trusted source, and you're growing in a clean environment where you know, the most dangerous thing.

And I think, Doctor Michael Greger wrote this in his book that it's safer to eat out of the toilet than it is to eat out of a sink that had chicken in it, because they're now able to sell chicken with varying degrees of salmonella on it.

And they recommend don't even wash the chicken, you know, just grill it because of, of the foodborne pathogens. And so I said, that's why I wash my vegetables in the toilet.

I'm not sorry when one of those loads today. Yeah. Well, look, I just want you do you just do some baking? Baking soda or baking powder in the toilet?

And you wash your vegetables in the toilet and you can flush the toilet? Well, if you're eating the new territory and diet, your poop is probably cleaner than most people's food.

Okay, so I think our jokes are getting a little too off the deep end there. Okay, well, that's what they have editing for your, make a note. So but it's very important.

So so we, we, we get the seeds, we know the source. And by the way, you know, getting seeds that are domestic are much better than getting seeds that are coming from China, right?

Where they're where they could be grown in sewer sludge, you know, with other toxins. And I've nothing against the you know, China. I just want to things that I'm consuming, I want to be.

We know what you're consuming. We know what's there. And I just should add that we're talking about. Yes, preventing cancer. And yes, taking people who have diagnosis of cancer and getting this on this whole diet, the whole portfolio of all these foods that are protective.

But we don't. But obviously, we still have to take some caution if people are undergoing chemo. So for the week they're undergoing chemo and one week after when they're neutropenic, then we then just to be extra, extra safe, we don't feed them sprouts, but they're still having sprouts the whole time.

You know, up to that point, except when they're actually getting chemo because we're then they're avoiding almost all raw foods. Yeah. I mean, it's interesting.

In that case, you could have you experimented with sprouting with juicing the sprouts and then heating it up, you mean. Yeah, just getting and warming.

Warming the temperature. Yeah. You know, and and, and it's just a we're just extra precautionary cautious because that's the common state of idea that when people are undergoing chemo, they're neutropenic.

They can pick up an infection very easily. They have no the immune system. So we kind of cook everything or boil, cook heat everything to make sure they're not exposed to any bacteria in their diet at all.

And then, of course, once they're past that stage, they're back to the healthy diet with the raw foods again, you know. Yeah. Well, look, I mean, I think it really takes a thought leader like you to challenge that.

And to see, you know, why that contemporary, the contemporary state of thinking, you know, is against this. Because I think, you know, when someone is being exposed to the chemo or the radiation is when they need the, the, the life force the most.

Yeah. Well, you're right, but we have we I hear you, but we can't take you know, you can't go so far against the norm in some of these cases. Because if something happens to a person, then, you know, it could be very, you know, we can you can't take any chances. So.

But in any case, and we don't know, you know, when we, we have to on the side of caution, we always on the side of caution. And we know that most people undergoing this type of program, they don't have they don't undergo chemo.

And if they do have they do need chemo. It's, you know, it's it's they're only off the sprouts of the raw foods for a relatively short period of time.

So okay, well, look, you know, in a way you, you want to be responsible, and you want people to heal. And what what kind of results are people getting?

You know, when they're following the your protocol with and without the chemo versus just going down the traditional, chemotherapy path? You know, that's a lot what this, summit is about, the fact that when you do traditional treatment, it doesn't give you, a high likelihood of a permanent cure because some stray cells change their mutate, don't escape chemo.

They're stray cells. They kill most of the, you know, the aggressive cancer. And those stray cells come back two years later, five years later, and now they're not responsive chemo anymore.

And the recurrence of the cancer can kill the person. So it's so critical. And some of these diseases do better without chemo anyway. So it's different for each.

Each case is treated individually. Nevertheless when you when you utilize this protocol the the dietary protocol enables the body to to prevent against recurrence of that cancer.

And we then chemo from causing other cancers to damage other cells in the body and create other cancers. So this is so critical whether a person has chemo or not.

And the results have been in because I've been doing this, you know, for for decades now, is that seeing people that are surviving and being healthy 15 years later, 20 years later, 25 years later, 30 years later, we're seeing people who have serious cancers like metastatic ovarian cancer, metastatic breast cancer, you know, we're talking about that are now alive, surviving 15, 20, 25 years later.

So we're seeing true remissions with no recurrences. And that's the reason people are doing this. And if you if if someone was diagnosed, is there a path that they could go without the chemo or you or you think that's an important integral part of the the treatment?

Have you seen people doing it in all natural through diet and lifestyle and going into remission? It depends on the type of cancer. See cancers that some aggressive cancers were growing very rapidly and can kill a person rapidly, and those we usually recommend chemo for because they could, because it's in a high risk and with rapidly growing cancers and rapidly spreading, cancers, are sensitive to chemo because they unravel their DNA and more sensitive to the poison.

It's the indolent, slow growing cancers that don't kill people like garden variety, estrogen positive breast cancer and typical prostate cancer. That chemo doesn't even work and doesn't even extend lifespan have no significant increase in lifespan because the cancers are not that sensitive to chemo, and you just putting a new toxin in the body that can cause other harms, other potential harms, and then people do better without the chemo just doing the diet.

So it's not one it's not one blanket answer for everybody. It depends on their individual case. Obviously it has to be a little bit customized. Well. And are there other doctors along with you that that follow this protocol?

You know, when someone gets diagnosed like this, is I hearing this from you and this protocol is sounds new, even though you've been doing it for for decades. Yes.

And they're, you know, obviously, I've been a mentor for many other doctors.

Love, Mindset, and Closing Reflections

And, you know, one of the founding members of the American College of Lifestyle Medicine, but I have a doctors rotate through my practice. They've worked under me. They've they've worked with me.

And I've communicated with a lot of doctors who call me. And I advise. So clearly there are, there's a small cadre of doctors who, who utilize similar methods that we do here, for sure, but not.

But of course, as you know, it's a, it's a, it's a handful. You know, it's we're we're talking about people conventional oncologists and conventional naturopaths dietitians.

They don't do as aggressive a nutritional program as we do. And they don't appreciate and see the magic, the miraculous results that we see. And that when people do this, to a high degree, a higher degree of nutritional excellence, what I'm saying is that as we ratchet up to the degree of nutritional excellence, accordingly, we get synergistically more great benefits.

So we're not doing this in a sloppy fashion is precision nutrition. We've giving really maximizing the body's ability to defend itself. And it works. You know.

And of course, what we're doing today and and giving people the the addition of sprouts is sprouts the part of the protocol, you know, that's part of the best part of the protocol.

They're therapeutically and they're chemo protective and they're they're important part. So well thanks again, Doug and I, we got to wrap this up. But anything that you feel that's important, you should say before we we say goodbye I yeah I, I really feel that, a lot of people, when they have cancer, they have a disease, they develop an adversarial relationship, you know, with the cancer or with the heart disease.

And I think everybody needs more love and that the more that they love themselves and the more that they love the disease, they can become in harmony with it and give the pie the chance to heal like so.

I really think that love is the answer, and what they need to do is, love themselves and understand that the cancer is there as a teacher and it's an opportunity for them to make lifestyle changes, relationship changes because life is so impermanent.

So a lot of the times and, you know, we're going down a whole different path. You know, people can, you know, develop cancers because of they're angry or the resentment or they're, they're jealous.

And so just lightning up and just loosening up. Any of the things that are, contracting and constricting in their lives is really important. So I really I don't know what your feeling is on that, but I really think that people can love more, love their body, love every cell in the body because the cancer is not separate from the being, it's part of the being.

And if you want to to go away, you, you know, help release it by doing the activities so that the healthier cells can can take control. Well, I'll tell you my brief view on that.

It's that, yes, we are grateful for the miraculous healing power and the magic that's in the in, in superfoods and in high quality food and taking control of our health.

And by the way, most adults over the age of 60 in America have cancer cells in their body. If you don't have a diagnosis of cancer, you probably have cancer cells in your body.

If you eat American food, you've got cancer cells in your body. In other words, everybody has cancer. It's not just almost all adults in America have cancer.

Save lives on American food most of their life. This is not manifest itself with a mass big enough to be seen on a mammogram, yet a big enough to see. So there's still cancer.

The body's always trying to defend itself against cancer. We all are trying to keep cancer from actively getting out of our body. But now we have control.

We have hope. We are. We are not fearless and we have positivity in our life and all those things, positive hope. And and we're doing something. We're taking control. We're not helpless.

We and we know what we envy. So we take so we gives us a different way of seeing the world and a different way of of having our cells work together and our immune system function better.

So yes, we it's a whole new concept of seeing life and what we have. We're doing the best we can with the life we're given. And this new knowledge base gives us the ability to protect the things we love in life, and to take better care of ourselves and the people we care about and have compassion for others.

Right? And it gives us to have anything we want to do that gives us a feeling of mission. We can be do better, a better job of it, and feel more self esteem for us.

Being more compassion, caring for others because we take better care of our own health and we can do a better job. And what our mission is. Amen. Joel. Thank you sir. Thank you so much.

Thank you Doug. Okay. Thank you. Good having you. And best best of luck to you. Your family of course. And and all the people of this. Happy New Year and thank you for doing what you do for all these years.

It's very it's very needed and necessary. So thank you all. Bye bye bye bye.