If you recognize that you've got a fire going on in your body, yeah, you want to put out the fire, but you better also find the arsenis. You know, Dr.

B says all the time about cancer, it is necessary to kill the cancer but not sufficient. They said, all right, your typical treatment is going to be chemo and radiation.

Didn't really like the sound of that, But first I came here and did a detox. Kind of the bottom line is that if you don't do both, You're only treating half the problem.

So you're two years. You're in remission. How are you feeling? You feeling good? The lump is gone. Welcome to the Deeper Healing Podcast. I'm your host, Danielle Howley.

This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer. You're going to hear amazing patient recovery stories, raw and real in their own words.

People who found answers after everything had failed them. you're gonna hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal.

Let's dig in. Hello, everybody. I have an amazing guest today. This is Aaron. Aaron is just an Amazing person. He's got quite a story. he is Air Force, he's from Tennessee.

Love me some Tennessee, Tennessee is the best. And he Is here post stay and heal. Two years, it's two years out, right? And He is going to tell his story, so how did this all begin?

So September of 2024, I got diagnosed with scrimmable cell carcinoma. Cancer was stage three. And then I knew a fellow that came here before, so I know about deeper healing.

So four to six weeks, something like that, later I was down here and did a two week stay and heal. Before you even get to that, what led you to know that you had cancer in the first place?

And then you said, I think I know where this all started. So it was Memorial Day of 24. I had a lump on the side of my neck. Like big enough that I can feel this?

Well, you could see it. And I didn't even feel anything. And I had this lump on the side of my neck. My wife saw it. She was like, yeah, you need to go get that checked out.

And then I started going to a bunch of different doctor visits and they couldn't figure out what it was. So, if you have a swollen lymph node, it kind of hurts.

You feel that. It wasn't like that? I mean, You could feel it if it pushed on it, It was sore, but I didn't bother. But it wasn' bothering you. Yeah. And so you go to the doctor.

So first thing is they gave me a Z-Pak, thought I had like some type of infection, so they get me with a bunch of antibiotics. That didn't do anything.

Then I think I did an ultrasound after that, and then they did a biopsy and CT scan at the same time. And then the biopsies came back that it was cancerous.

Once it cancer, they said, all right, your typical treatment is going to be chemo and radiation. Didn't really like the sound of that. Meanwhile, you look young.

I'm just curious. Are you like in your thirties? Yeah. Like you're like a young, young person. Okay. Yeah, and then I've always been healthy. So I never really had any kind of health issues.

Were you like, how the heck do I have cancer? And I'm 33, 34 years old. Yeah. What's going on? Yeah, that was kind of my thoughts. It's like well, I mean, even before like deeper healing, clean eating and all that stuff, well I always ate clean like my whole life.

So I was like wow, this doesn't make any sense. Then I tried to figure out where it came from. And then it was 2021 I deployed in Iraq and I in a toxic environment that is known to have radiation in the area.

And I left that area, went to another base where we were living on the local environment. So that just meant that I didn't have any food. I went from a toxic exposure to a malnourished state.

And pretty much that's how cancer works is it attacks your cells, your cell break down and they just can't convert energy normally anymore. So you get, I was stressing my immune system already from the toxic environment.

And then I went to a mountain or a state where I like double, it was a double win. When you say a toxic environmental and you talk about Afghanistan, and I think like toxic burn pit, was it burnpit?

Yeah. Okay. Yeah, the burn pits are crazy. Burn pit stuff. Then also where the base had got hit with a bomb. That was, a dirty bomb that we were fixing the airfield.

Oh my God. Oh, my god. So you were like extreme concentrated environmental toxin exposure. Yep. Then you get deployed. And when you say no food, like were you literally in the field and there was nothing to eat?

Yeah, it was we were on field rations because there is only so much food to go around. You only ate twice a day and then it only was limited amount. Oh my God, thank you for your service.

I lost like 25 pounds in 25 days. My God. And so then was your deployment over, you come back and now you have this lump on your throat. Well, I came back and I was back for a handful of years and then I got that lump on my throat.

Okay. Were there any other symptoms? No, didn't have any. That's what everybody usually if they end up with squamous cell carcinoma on your tonsils, normally you end have an issue swallowing or your throat hurts or something like that.

I don't any of those. All right. So they're like you have cancer. Let's get you in for chemo radiation. What happens next? So I went, I kind of followed up with the first radiation doctor and I didn't really like what he had to say.

I can't remember if that was before or after I came down here for the two week stay and heal. Okay. But I saw him and I was like, yeah, I don't really dig this fella.

So then I ended up finding another doctor. I kind of did some research on the radiation stuff and did the proton radiation in Knoxville. And then went in and met Dr.

Grover over there, talked to him, and he seemed like a lot better option. So I ended up doing the chemo and radiation with them. Okay. But first I came here and did a detox.

And I think the staying hill here, we did the detox and kind of boosted my immune system up and got all my strength up before I did to chemore radiation, which was pretty rough.

So smart. I mean, it's so amazing that you knew that, that that even put that together. That was very, very smart, so he did the cellular cleanse, the blood, UVB, IVs, and the whole stay-in-heel program for two week intensive beforehand.

It's so funny because one thing that Dr. B says all the time about cancer is necessary to kill the cancer, but not sufficient. And what that means is poisoning the host is not enough to make someone well.

So finding the cause, which you knew was a lot of extreme exposures, you had to get that stuff out of your cell. The cell cleanse was probably absolutely game-changing for you.

Tell me, what was your experience of deeper healing? Of course you come in from Tennessee. What did you think? I kind of knew what deep breathing was about because I had a buddy that came here at lunch and talked about it for like years, so that's how I knew to come down here.

That's smart. I don't think most people would connect those dots at the stage you are at. Yeah. A lot of people come after chemo radiation and their remission, but they're like, wait a minute, what can I do to make myself sustainably well?

That we'll see a lot people do that or they'll do it side by side if they live here? Well, I found a doctor in Knoxville that does like the holistic healing stuff too.

And pretty much as soon as I got done with my chemo and radiation, I started in with them and I'm still with him. I just go every two months now and get checked out.

Good. So you're two years. You're in remission. How are you feeling? You feeling good? The lump is gone. Yeah. Lumps gone, been cancer free now for almost two Amazing.

Amazing, and then you're still working. I know you are being really good about reducing exposures and living well. Right. That's a big part of it. And I've talked to a bunch of cancer patients who are like, you know, I'm wondering if I should change my diet.

Well, how are you on your sugars? And they're like oh, I haven't changed anything and I'm like, I probably want to look at that. Well, if you don't look what sugar is in, it's in almost everything on my shelf.

I know. It's so hard. They always say you just have to avoid the packaged, packaged processed, you know? But once you make the change, once he make that change and you break the addiction, he break that sugar addiction.

Well, I don't even think it's necessarily a sugar addiction. It's just knowing to look. And being educated about what is really sustaining you. Right.

I can't believe you lost 25 pounds in 25 days. Yeah, lost twenty-five pounds and twenty five days then and then whenever I was doing the chemo and radiation I went from 159 pounds down to 123 pounds.

Its hard to imagine you at your size that light. Oh my gosh. Isn't it amazing how the body can recover from such extreme hardship? That's amazing. So what would be some of the gems that you would give other people out there?

Other military guys? I mean, one thing, you know, Dr. B has so much passion for, first of all, a lot of bases are really toxic. There's been a lot of talk about the bases with the mold and whatever.

The base where I grew up in Pennsylvania had a severe, it was like a foam, I don't know, some kind of foam retardant that they were using with jet fires that all went into the drinking water that the base was using.

So there was a massive problem when I was child. And it went into the water locally where I live too. But also like the burn pit guys, these guys come back.

They have so many health issues. If they put them on antidepressants, they're not even talking about it. Like they need very intensive detoxification to clean up what they've been exposed to.

It's not really discussed, you know? So what are some of the gems that you've learned on the journey? Definitely detox. I like this armor. Yeah, are you doing that regularly still?

Yeah. Oh, good. I do sauna and I'll do a cold plunge now. That's amazing. Can't do the cold Plunge. Just hate being cold. A lot of people don't like that.

No, I think that's almost more of a mental thing. Build your mental stamina. Yeah doing the code exposure stuff. Well, because nobody likes doing it. You military guys are tough.

There's no doubt. It is mind over matter. That's amazing. Dr. B on his TED Talks said one of the most important things we can do, it's like all cause mortality goes down if you saw it even two to three times a week.

That is something that we recommend, you know, for everybody. So obviously you said you already eat clean. Yeah, so we're eating clean and that means more or less high protein, low carbs, and low sugar.

I've tried doing the keto diet and I can't do the Keto diet. You know, and honestly, I think finding a balance, like we're kind of ketogenic too, but we've really gone to the einkorn flour that is super clean and unprocessed and has no junk in it.

And if anyone wants to look that up, it's called Jovial is the company. I love that. So you're amazing. You're cancer-free. Your stay-in-heel is two years old.

I love having people that are post-stay- in-Heel because you know, you leave your stay in heel and everyone's like, oh, that was an amazing experience because the experience is really good.

But then the number one question they want to know is, do the results sustain? And I think one of the really important things is the stay and heels, the jumpstart.

It gets you really moving on the track in a quick way, but it's all about your lifestyle choices. It's not about come here for two weeks and everything's good forever.

You have to make the changes, reducing your exposures. And obviously you're not on a very toxic base anymore. a huge part of it. But I think the message out there to a lot of military people, like I wish we could get rejuvenates at every base, you know, every VA hospital.

That's my dream is to just be able to have that more accessible. And we fundraise for the veterans. They need this badly. So I thought it would be fun to get Dr.

B's clinical perspective on Aaron's case. Aaron is kind of unique in that he was seeking help before he had treatment for his cancer. He recognized, I think, the dangers of the burn pit and made the association between the possibility of those environmental exposures and his cancer.

Anybody who's going through chemo or radiation, it's a huge physiologic stress. And your options are to try to build yourself up ahead of time to help your body better able to tolerate that stress or do the treatment first and then try and rebuild later.

kind of the bottom line is that if you don't do both, you're only treating half the problem. We've discussed before in other podcasts that it's necessary but insufficient just to kill the cancer.

I thought it was interesting that he was so proactive that here I have this massive lump, it turns out it's cancer, but before I do anything, I'm gonna go to deeper healing and get cleaned up and you get all these toxins that have built up in my system.

I though he very smart and proactive to even know to do that. – I've got a few kind of analogies that go along with that kind attitude and one is, if you recognize that you've gotta fire going on in your body, Yeah, you want to put out

the fire, but you better also find the arsonist.

Don't find a guy that lit the fires. He's just going to go light a fire someplace else. And the amount of toxins that are vaporized in these burn pits, I mean, they threw everything in there.

Old garbage, excrement, motor fuel, gasoline. just anything that could be used in any possible way by the enemy gets tossed in these pits and doused with diesel and burned.

And then they're just literally just inhaling at 24-7 their whole deployment. Burn pit and firemen. Same problem. Firemen are walking into these burning buildings with everything being burned and vaporized.

chemicals, plastics, metals. These fires burn a tremendous heat that nothing literally survives. And all this stuff gets vaporized. The easiest way to get something into your body, breathe it.

Why? You might ask why. Why. I would have thought water, but it makes sense. Well, if you look at your total body exposure, you should drink maybe two liters of water a day, right?

Right. So you got a couple of liters water. And if got one part per million, 2000 parts. If you took all your food and ground it all up and made it liquid, probably another two What about cosmetics, stuff you rub on your skin?

Maybe 60 to 90 mLs a day max. How much air do you breathe? Yep, that's true. I have no idea. 12,000 to 15, 000 liters. Wow, okay. So your order of magnitude is huge just from the air you breath.

I always tell people to get water filters first. Should I be telling them to air filters? Indoor air pollution is much worse than outdoor air pollutions.

Air filters are a really good deal, depending on where you live. If you lived out west where they had a lot of mining operations, clearly arsenic in the water supply will give you hypertension and heart disease.

No question about that. It kind of depends on you where live and the best idea is to test your water. Okay, and everybody out there, do not forget, Dr.

B wrote an entire guidebook and everything in there is a live link. Where do you get it tested at? How do do it? What if I have a well? what air filters do like?

That is an amazing resource for everybody. And I think to take it back full circle to Aaron, I'd think Aaron did two really smart things. One was he knew to get the junk out of his body and clean up before he started his treatments.

And the other thing that he did was he made the lifestyle changes at home in Tennessee. Exactly. If you don't, you've got to make sure that you not only have you arrested the arsonist, but you also arrested all his colleagues.

Yes. Stop it from coming in. So, all right. Thank you, Dr. Bae. Great job with Aaron. Parting words. I guess eat clean, exercise. Read the labels on the back of the packages at the grocery store.

If you're not doing that, you'll be surprised on what you are eating. You don't even realize what your putting in your body. And even like the cleansers, I always say to people, it's like spring rain and they're spraying this chemical in a room where they are sitting and it is a little tiny bathroom.

They're like, but is that bad for me? I'm like read the label. It says it right on label, caution, eye, skin, hair. Don't breathe it. You're spraying it in a room with no ventilation.

What are you breathing? And it's just crazy. The other big thing I always think is just the water. Filtered water is one of the most important things that you can do.

And just talking about being in small room, you know, really consider just chlorine in hot shower. Those little

changes that can make those chlorine filters on the shower are $20. They're DIY.

You can do it yourself. These are simple hacks for your entire family. Not everyone has the funds to do a whole house water filtration, but if you can, that's even better because then it's your cooking, your drinking, and your bathing.

I would say things for the audience. There's the deeper healing guidebook that goes through all of it. Good, better, best for how to just do lifestyle changes at home.

We're here to support you if your sick. If you want cancer support, Or you're a veteran. How many of these guys got a burn pit letter? Did you get a Burn Pit Letter?

Yeah. So the Burn pit Letter is literally like you have been exposed to and it's like the list this long and It's just the scariest thing. It has very serious health effects.

They get this letter in the mail. Well, then what? Uh, you got to act at the VA too, which just got a whole bunch of like two pages of presumptive conditions of if you get diagnosed or anything, they're like, yeah, we did that.

It's frightening. And I mean, They're not there for like three weeks. They are not for six months. Some of them are years and it's 24 seven that burn pits running.

So basically they dig a hole in the desert. they put all of the waste in hole and they light it on fire and its someone's job. to actually just walk the pit.

But everyone is right there. I think I looked it up, there were 7,000 burn pit letters received just in our state. And I'm sure that number is greater.

It's definitely greater, this was years ago. That's just one state, so this is a national thing, and that's not even including the pilots, the guys that are never in burn pits, but have very serious exposures on the regular.

We need detox to be a regular part of our lives to stay well in a toxic world. Deeper Healing is here to help. The resources we have, the MD guidebook, obviously Becoming a Patient, also our shop section on our page.

And for anybody who's like, I wonder what my body burden is, we've a free quiz right on the homepage, Toxin Quiz. two minutes and it will give you an instant result.

It's really good because I think a lot of people don't really understand. Yeah, they don t realize. So we all need to be cognizant of the toxins we are bringing into our world, creating our own blue zone at home so that we can live a long, healthy life with our brains and our cells.

without cancer, so proud of you. You're amazing. And honestly, you got here fast just because somebody told you about it. So thank you for being willing to share your story because these podcasts reach people that you'll never know.

Thank you, Aaron. Thanks. We hope this episode inspired you here's how to go deeper. Visit deeperhealing.com to become a patient. Online we have loads of courses and a free toxin quiz.

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