Introduction to Dr. Sharon Stills

The root canal is keeping a dead body piece in your body. It's like if you had a, you know, if your gallbladder was necrosis, they take it out. We don't keep dead things in the body and teeth are organs, we often don' t think of them, but they're organs.

They have lymphatic supply and blood supply. And so if the tooth is dead and we save the teeth, We end up creating a low-grade infection. So this low grade infection is another way It affects a cancer diagnosis because now your immune system is being diverted from going after cancer cells and going for viruses and bacteria and fungi and so forth.

This is Doctor Talks. Hello and welcome back. I'm your host, Dr. Jen Simmons, and I am delighted to introduce our next guest. This is Dr Sharon Still.

She is a naturopathic medical doctor who helps perimenopausal and menopause women to pause and evaluate life. so that they can live their second act of their story stronger, healthier, and sexier while aging backwards.

I love that approach. It is so vibrant and it is fitting for a woman with the bright red lipstick. who kind of exemplifies this kindof vibrance. And if you are dealing with that population, that is perimenopausal and menopause, then youare also dealingwith the breast cancer population.

So I am delighted to have you here to share your story, toshare your experiences, to shareyour brilliance and wisdom with our audience who really needs to hear from you.

Dr. Stills, welcome. Thank you, it is a total pleasure to be here. I'm so happy to have you and I want to jump right in. And I wanted to start with you telling us about your unique approach to the breast cancer patient, because I know that you're seeing them, especially because you are focused on this population.

So I would love to hear about how you serve that population and what you do differently. Sure, yeah, it's interesting as you were reading my bio, I was thinking I have been working with women dealing with breast cancer diagnoses, even men, not as often obviously, but way before I really focused on menopause and the two really do go hand in hand because we know that the diagnosis explodes after women go through menipause, and they're losing their hormones.

And it's really the opposite, as so many things are in medicine, of what we're told by society of causes illness and what is really causing it. Yeah, because what you're referring to there is, you know, we talk about estrogen causing breast cancer, and yet breast is seen when estrogen is depleted.

Terrain-Based Breast Cancer Care

Exactly. I always say it's the same thing for men too when we talk about prostate cancer and we're told that testosterone causes prostate, cancer we are told, that estrogen causes breast cancer, and it is actually the opposite.

It's when it declines, otherwise we would see a ton of teenage boys and teenage girls going through puberty and having these diagnoses, and that's not what we see.

And so it really, so I have a lot of unique approaches just from over the years of where and how I've studied and what I'm seen in clinical practice going on.

Over 21 years now, I was counting the, the year the other day, like, oh my goodness. Yeah. It's always scary when

you do that. Its safer when just plow ahead.

That is one of the things that I uniquely do is work with women prescribing bioidentical hormones when they either are told they're at higher risk or if they have active diagnoses and of course afterwards.

And I think afterwards is such an important point because I thing a lot of times if we're dealing with a serious illness like cancer and then we beat it, then sometimes we take this attitude, especially in the mainstream, that we'll just watch you every year and do some tests.

But to me, the work really begins because we have to really make sure that don't invite cancer back in. And so I take a very terrain-based approach. Because cancer grows where cancer is invited.

Balancing our terrain if our hormones are balanced, if emotions are balance, our lymphatic system is flowing, If our scars are cleared, and our nervous system are regulated.

And we can dive deeper into anything. would like, but if we're looking at all these things, then cancer is like this hotel is not really that comfy. Think I'm going to check out and go somewhere else.

And so I really look at the whole person. I was taught years ago when I first started studying over in Switzerland that breast cancer. Is never an emergency and that when we get this diagnosis, of course it's scary.

our emotions go high and sometimes when our motions go higher, our logic can go low. And it's scary. I have actually gone with numerous patients over the years to their oncology appointment.

Even knowing what I know and knowing my experience and how many women I've helped through this diagnosis, I sometimes go, oh my God, they really scare you.

And they don't have such great data often. It's like a 2% better chance of living. You know, it just doesn't make sense for what you're going to be exchanging for toxicity and stuff.

And so it's really important that we just kind of take a breath and think about like how we want to approach this as a woman dealing with this and who we to want be on our healthcare team.

And don't you ever wonder what those numbers would look like if they made the changes, even the basic changes that we talk about, eating a nourishing diet, fasting, having healthy ways to deal with stress rather than alcohol and pot and things like that, and prioritizing sleep, making sure that you're getting movement, maintaining your muscle mass, connecting, taking the trash out, right?

Getting rid of those environmental toxins that you can so easily say no to in your activities of daily living. Don't you wonder what their numbers would look like?

Oh yeah, it's why I'm in the trenches. I am a clinician. And patient driven and patient outcome and what I see. So I can appreciate a study, but absolutely, I always say that.

They did this study but they never took into account all of those things and so many more things that you just mentioned. And it's like, so how does this even equate to some whiz taking?

I always think in my head, like a poker game, I'll take your 2%. I'm going to call. Because, you know, it is like we know that we can do so much better than that without hurting people.

without hurting people. Exactly. Yeah, it really is true. So what is in your terrain-based approach? How are you changing people's terrain or their environment?

What are your considerations? So, there are a lot of them. Some of the first things I do is I just want to clear the field and clear, the nervous system.

So I, do a, lot, of neural therapy, which is a technique from Germany, injections into scars or into specific ganglia. that may be blocked to open up flow, to opened up connection and communication between the cellular receptor sites and the nervous system and polarization of cell membranes.

So I'll look at a woman and inject all her scars and a lot of times we carry trauma in those scars, whether it be physical trauma, or emotional trauma and we can have a scar that on our abdomen.

So a big one is if you've had a c-section and that goes across the whole abdomen and so it's affecting the stomach meridian. It's effecting the spleen meridians and it is really important just to open up and clear that.

Mouth Health, Root Canals, and Cavitations

The other thing that I look at right away is the mouth and the dentistry. And so I spent a lot of time. I went to naturopathic medical school here in the States in Arizona, but I was very fortunate while I as a med student, I got involved with European Biological Medicine and started studying over in Switzerland and Germany.

and I just returned from Germany a week ago. So I'm constantly learning and growing and collaborating with physicians and clinics over there because When it comes to chronic illness, such as cancer, they are, in my opinion, eons ahead of us in what they're doing and how they treating.

And so I think it's become more common knowledge here in the alternative medicine field in Finally, which I'm really happy about, about the importance of the mouth, but that's something that I just had drilled into me.

So when a patient comes to see me, the first thing I want to know is about your mouth. I wanna know, do you have mercury amalgams? Do you root canals?

Are there different metals? Do you have periodontal disease? Do have cavitations, which is infections in the jawbone? And these things need to be seen on specific testing.

So we used to do panoramic x-rays, Which gave us part of the story, but they weren't 3D. And so we missed a lot of cavitation. Finding a dentist, a biological dentist who'll do a CT cone beam scan for you is really important to pick up those cavitations.

What I can say is it's like anything. I often use chiropractic as an example. You can go to a chiopractor and have a life-changing orgasmic experience.

Your spine gets aligned. You're thrilled and it feels like you've been turned on and the energy is flowing or you go to chiropractor who maybe isn't that good and you don't have that experience.

And so that is definitely the case with biological dentists. There are a lot of people out there who are saying they're biological dentist and good for them and wanting to do better.

But the training is lacking and so I have had numerous patients who they'll go get the cone beam scan and their biological dentist or holistic dentist will look at it and say it's fine.

And then I send it over to some of my dentist that I work with, whether it be. in the States or over to Switzerland or to Portugal and then find out, no, there are cavitations and they were missed.

So I think one of the take-home messages here is to always have hope and to not take no for an answer. And if you know, that was me. I don't have a cancer diagnosis, but I had been told I didn't had cavitation.

Just intuitively, I knew I have to have cavitations. because of the experience I had when my wisdom teeth were taken out when I was a teenager and I left the day to go on tour with the Grateful Dead and didn't really take care of myself.

Of course you did. Why not surprised by that? I love that by the way. I just got a combing done and yes, I have cavitations and now I'm making arrangements to have the surgery.

And so it's just really important because this is, so I look at focal infections and so scars. Also, can you first make the connection? Because I think people really struggle with, well, if I had breast cancer, what does that have to do with what's happening in my mouth?

So your mouth is, and it was funny for me too, cause when I first learned about this connection, I was like, oh yeah, that makes so much sense. And I never thought about it.

I thought the mouth was just to go to the dentist and get cleanings. That's exactly right. and that's how most people think of it, right? So make the connection so that people understand.

So your mouth is that there's a few ways it's connected. First, there is a acupuncture meridian connected to every tooth. And so the tooth that is correlated with the breast is if you count from your front tooth and you go back five teeth, that upper molar is connected to the stomach meridian.

The stomach Meridian runs through the thyroid and runs though the breast, so it makes it the Breast Tooth. It's also why I see a lot of thyroid issues when there is a breast cancer diagnosis because this meridians is running through all these areas.

We have seen back in Switzerland, they took a hundred patients who were dealing with breast cancer and 97 of them, I believe it was, had a root canal on that tooth and had to have the root can now pulled.

And so we, we see it. I see when I run themography scans and I'll talk about that in a minute, but we this connection between the tooth. and a route canal, because a group canal is keeping a dead body piece in your body.

It's like if you had a, you know, if your gallbladder was necrosed, they take it out. We don't keep dead things in the body and teeth are organs. we often don t think of them, but they're organs, and they have lymphatic supply and blood supply.

And so if the tooth is dead and we save the teeth, we end up creating a low-grade infection. So this low grade infection is another way it affects a cancer diagnosis because now your immune system is being diverted from going after cancer cells and going to after viruses and bacteria and fungi and so forth.

And it's having to deal with this low-grade infection that you're walking around with. In the long term, it is exhausting your system. That's typically what happens is that people walk around these low grade infections And it's also mostly asymptomatic.

That's where people really struggle with the connection because they don't perceive a problem. Right, because if you had a tooth that was hurting and you got a root canal, the pain went away.

And so when I look at the body from a terrain-based, I'm looking at what are blockages? What are focal infections? the majority of them lay in the mouth, and so we have to get the mouths cleaned up so that we can clean the body up.

I have kicked numerous patients out of my office over the years who said, I can't afford to go to the dentist. It's you or the dentists. And I'm like, bye.

go to the dentist, get that taken care of in the clinics over in Switzerland that I work with. The dentist I was just at one of the clinic's last week and the dentists, the whole second floor, it's like five floors.

the second, floor the third floor is just all the Dentistry. It's interwoven that you see the dental before you the doctor, you get your mouth. it is much easier for us as physicians.

Yeah. Help someone get better if the mouth has been taken metals that are causing heavy metal blockages, we have low-grade infections, meridian implications, bacterial imbalances.

So there's a lot going on here. It's blocking our lymphatics and breast cancer diagnoses. There is a huge component to that of lymphatic congestion, and we have to pay attention to the lymphatics system.

And if our tonsils are blocked, we're not draining from the brain. We have wrap that into what we are thinking about. It's not just in mainstream medicine, it's go after the tumor and kill it.

In terrain-based medicine, it's look at what allowed the tumor to grow in the first place. And so, that's why if you just get a mastectomy, but you haven't paid attention to your terrain, there's still an opportunity for the tumors to go in your chest wall or to growth somewhere else because you have…

taking care of the foundation. And so teeth are, they're just super, super important. It's not just for any cancer, but it's really for kind of chronic illness, whether it be autoimmune disease.

So it is something that just always has to be addressed. understand and having surgeries or whatever or paying tons of money. And one of the things that makes me the saddest, the other thing is also implants.

Implants have always been done as titanium and titanium is just as even more toxic than mercury. So it's heartbreaking to me when someone comes in and they're like, oh, I just got all my implants done and their titanium.

I spend tens of thousands of dollars and I'm like Now we have to talk about replacing your mouth properly with the most biocompatible components so that it's not creating immune reactions from, like you said, an already depleted immune system because it has been going after all these low-grade chronic infections.

So you did say in the beginning that sometimes the right person is difficult to find. Is there a reliable resource for people to fine these biologic dentists who are more than just hanging a shingle but actually have the training and the knowledge base that people need?

So can I give names? Yeah. Sure fun. So Dr. Jerry Curatola in New York City. Dr Linda Golden on Long Island. Doctor John, I always say his last name wrong.

Augsburger in Colorado. Those are my three. in Austin, the first three are the ones that I personally work with. And then Dr. Witleski over in Switzerland is amazing.

So those are just a handful. There is the IAOMT, which is an organization. Most dentists there at least know how to do safe mercury removal. But they don't always all really understand how to look at cavitations and things of that nature and to understand to pull a root canal.

The way I was trained, and I know there's always like 10 million different opinions, the way was I trained from the hardcore Germans and Swiss stocks was no root canals is ever healthy.

all the root canals. And I know there are some holistic dentists who say, you know, they can treat your root canal and save the tooth and do it holistically.

I definitely don't agree with that, especially in a situation as cancer. You've got to get them handled. Because I do thermography scans and I'm scanning the teeth, I see it all the time.

It's always that breast tooth. it's like crazy. And, and it goes for, you know, lung cancer. I, see the lung tooth has an issue or it, it is not just the breast.

That's a very common thing I've seen in my clinics. So do you universally recommend that someone with a breast cancer diagnosis go see a biologic dentist, have a CT beam scan, a cone beam Yes.

Yes, yes, yeah. It's a must because if we're going to do all the treatments I'm doing and we are going be doing ozone or balancing the microbiome or doing hormone therapy, you know, all these things that I do and terrain-based therapies and home antibiotics.

But we haven't gotten to like the root of the block.

CRT, Lymphatic Health, and Mammography Critique

We're never going get to where we need to be because we have this major issue going on in the mouth. And so that's why the scars need to be cleared. The system, the organism needs to open up and the teeth is huge.

It's at least 70-80% of the blockages that are going. It's just to me, it's the first thing that has to happen. We can be doing little things along the way, but if there's an issue there, that have to be addressed.

And so I'm a real stickler on that because I want my patients to get better and I them to have the right treatments. Yeah. I couldn't agree more. While we're talking about that, can you tell us about CRT and what that role is in the treatment of a breast cancer patient?

Yes, so CRT is Computerized Regulation Thermography. It's a technology from Germany and maybe you're familiar with thermography where you go and you have a picture taken, but CRTs quite different because we're actually taking temperature readings with a handheld wand that's taking the readings over 130 points over the body and it's very holistic way of looking at breast health.

So we're doing all the teeth, we are doing the sinuses, the major organs and the abdomen, and we do the lymphatic system. It's one of the only ways to diagnose, like a diagnostic for the system and so it's why I got so obsessed with the Lymphatic System because I started doing CRTs also 21 years ago.

So it was something I was doing initially in my practice because they were doing it overseas. And I started seeing everyone had lymphatic issues, and I was like, wow, there's no blood test, no urine test.

There's not real test to check the lymph, but here is a way to actually check it in actual time. So the CRT is measuring your nervous system. It's measuring you regulation.

And so it's just not looking at pathology or anatomy, it is an actual in the moment dynamic look and evaluation of how your nervous system responds and what the capacity of it is of your organism and of you're organs.

And so for breast screening, it looks at the lymphatic system. It looks like your teeth. it, looks that your liver, and looks say your ovaries. We have all these from gazillion thermographies that have been run.

They have be able to put together. algorithms and see what is happening in breast cancer when it's developing or when its present. And so we see that the stomach is very cold.

It doesn't regulate. We see the tooth is blocked. The immune system is not regulating. Lymphatic system blocked, opposite ovary is having problems regulating, the sternum is blocked.

And so there's this picture we see that can tell us there is trouble brewing. What I notice is, again, like I was talking about the teeth being this huge problem, what I noticed is that the lymphatic system is always this big problem in there.

So I do a lot of work with my patients to clear the system. I'm not a fan of mammography, so I'll just tell you what I do. I've never had a mammograph.

And everything has its limitations, right? So can CRT miss things? Yeah, you know, can mammogram miss thing? Oh, well, mammography misses plenty. Can it overdo the nose?

And it overdiagnoses, and quite frankly, it causes more cancers than lives it saves. So, I mean, we should have abandoned the mammographic screening program years and years, years ago.

And we've been so brainwashed by industry into thinking that mammograms save lives, that women are actually afraid to get a mammagram and they're afraid not to and I get countless messages every single day.

What should I do? What I should do. How can I not have a mammogram? How could I say no? And I'm like, it's easy. Just say, no. It's not saving anyone's life.

And the statistics that they quote with a 20% reduction in death for having screened with mammogram is an absolutely manipulated false statistic that has, it just simply does not save lives and it's the reason why Countries in Europe and around the world have completely abandoned the program because it doesn't save anyone's life.

And I know it makes doctors feel better to write an amygdala slip because they feel like, well, at least I'm doing something. But why would you atleast want to do something that's harmful?

Right? If at leas you're doing somthing, tell people to examine their own breasts. Get an ultrasound. Yeah. If you feel like you at least have to do something, do, something that's not going to harm people.

But the society has been so brainwashed by that. So brain washed. And, you know, I have like doctors that troll me and say that I'm dangerous and I am going kill people because I tell people not to have mammograms.

They are going go down with this ship. right there, doubling down on nanograms. It's crazy. I know. So I look for someone in your area who does CRT. it's a really valuable tool to have for screening, for post-screening, because it is holistically looking at a lot of the issues in the terrain.

that feed into helping a tumor thrive and grow green. So it's been a big part of what I do. And again, you know, looking at what your lymphatic system is doing.

The only two ways I have found to really evaluate your Lymphatic System is through CRT and also through Curlian Photography, which is something else that I brought over from Germany and when you look in the curly and you can also see that there's lymphatic congestion.

You could also do bio-resonance testing to see if there is a lymphic issue. But there are no like, oh, I'm going to send you to Quest. I can send to you Quest to look at how your thyroid looks, but there're no lymphatics.

And so the lymphactic system, there a cardiologist, a pulmonologist. There are not lymphologists, the system has really been abandoned in medicine. That's important.

It's such an important sit. No one wants it. Too complex an issue. So that's a little bit of CRT. And I would imagine that CRRT, because you're talking about thermography, I imagine the thyroid has a large influence on what's happening there.

We began to talk a bit about the coincidence of thyroid disease and breast cancer, but I don't think it's coincidence at all. is far more common in women that have hypothyroidism, and that's because as the thyroid is our master metabolic regulator, as we become less metabolically healthy and less metabolicly sound, this is where that shift happens, that environmental chemical shift, happens that actually houses breast cancer, Exactly.

And a lot of autoimmune thyroid issues are driven by mercury toxicity. Then we go back again, you're like, why didn't you become a dentist? You talk about the mouth a little bit.

We go to amalgam fillings and that's just this chronic source of toxicity and one thing I'd just like to remind everyone because this is something I see and practice a that if you have gone and gotten your malathums removed and please only get them removed by someone who's trained, do not let your caring, nice family dentist remove them because you'll get more exposure, it'll do more harm than good.

They have to be removed properly. It's really important or don't remove. But that after you have them remove something I see is no one ever then like they remove them and then they're just like, okay, we removed your amalgams, but no, one never goes back in and does chelation and provoke challenges to see what's left in your body and help to escort that out.

And so it's great to turn the faucet off, But we have to remember that faucets was dripping for five, 10, 15, 20, 30, 40 years, and so there is a body buildup.

And so we do have to go in and detox that out almost always after we have the amalgams removed. I just see that's a step that is commonly forgotten about.

Yeah. The other thing is that when your nice family neighborhood dentist tells you, oh, you only have one little amal gum that has been in there for 40 driving elevated mercury levels, you have to know that that's simply not true and that the longer that amalgam is in there, the more it's off-gassing.

Yeah. What do they say? The amount of amalgam, if it was dropped in a lake, they'd close it down, but it's okay to put it in your mouth.

Detoxing Mercury and Dental Materials

And then of course, when you're getting them replaced, make sure that you are getting replaced with composites that are BPA-free. That's really important as well, because a lot of the earlier composits did have BPAs, so you don't want to replace one toxin with another.

So true. Okay, so let's switch gears a little bit and let us talk about some of the out-of-the-box treatments. So you started to mention ozone, mistletoe, immunotherapy.

Talk to us, and mistle toe of course being a form of immunotherapies, talk to about these treatments, what they're doing and how they benefit someone.

Yeah, and there's so many treatments and I don't treat anyone entirely the same. Everyone gets different treatments according to what their immune testing shows and what they need, but some of the big ones that I've just seen over the years across the board that really make a difference or if your budget is really of concern because obviously doing these things without insurance coverage can become costly.

But I always say mistletoe is such a big bang for the buck. And it's something that, you know, so mistletoe grows, we have it out here in the desert and grows in trees.

It's like a parasite, just like the tumor is. And so there's a thing known as the doctrine of signatures with herbal treatments and. remedies where the herb, the plant resembles what it's treating.

And so like if you think about ginkgo is used a lot for brain health and it looks like a brain. So mistletoe looks a parasite, just like tumor is. It could be used no matter what you decide to do.

whether you're looking for complementary integrative care and you are doing some traditional treatments of chemo and radiation. I help a patient decide, but ultimately it's their decision.

In my experience, my patients who have gone totally naturally I are a lot easier to treat and get good long lasting results with. That's just my personal experience and preference, but I respect everyone's decision of how they want to work on treating their diagnosis.

And at the end of the day, You have to lie your head down on the pillow and feel good about what you're doing. So mistletoe is one of those things that can be used complimentary or on its own.

And so it's helping to modulate your immune system. It's hoping to stimulate your system, so you are injecting it

subcutaneously into your abdomen and you actually looking for a response.

There are different kinds of mistle toe. Molly is a common one used with breast cancer, but it's not the only one that I use. I'm looking at it from a constitutional perspective and as someone dry or thin or over, you know, there's lots of things that go into it, But it is commonly, commonly used in Europe.

It's just what they do over there. And so I love just bringing awareness to it. Some doctors, we can use it IV. if we want to get more of a reaction, but the, it comes, mistletoe comes from anthroposophical medicine, which is based on Rudolf Steiner's work.

And from his teachings, you just inject it into the abdomen. You do it three times a week. you're waiting to a get a, reaction which might be a fever, might redness at the site.

and that kind of lets you know where your dosing is and then you are monitoring and you looking for feedback. from your body. And so that's a really important piece.

There are things that I like to send over to Europe for because they're not legal here in the States. Those would be hypothermia. So before you get into that, what do you think of directly injecting the mistletoe into the breast?

for someone who has breast cancer. Yeah, as long as you're with a doctor who knows what they're doing. But yeah, you can totally do direct injections.

That's definitely an option. Do you think that that is more advantageous, or do you it's stimulation of the immune system in general, and it doesn't necessarily matter where the entry point is?

Yeah, to me it's really an overall stimulation. So it might be something we're doing in combination, but it is really to train your system to turn back on your immune system.

Mistletoe, Hyperthermia, and Immune Support

The problem is our immune systems are shut down and we've done that to ourselves because we are the society of let's not get a fever, let us not be sick, lets not have diarrhea, And so if you look at it from a homotoxicology perspective, which is based on Hans Reckowig's work in Germany also, you know, there's a progression to developing a tumor, cancer.

It's the end. There's six stages. And the first stage is excretion. Its fever and sweating and puking and pooping. We don't do that. We do not let our children do it.

I do. If you walk away with nothing from this talk, walk with a new perspective on letting your body have a fever. It's actually good to get a fevers.

Your body is protecting itself. That's our response, that's are immune response. And when we tell our immune system no by doing things like taking Tylenol or Advil or whatever it is, we're basically training our system to no longer respond.

And then it sets us up and then we wonder why we're growing a cancer. So hyperthermia fever treatments are really important. Colies toxins is another fever therapy that they do over in Switzerland that I'm trying to figure out how I can legally do here in the States.

But that's something, you know, it always breaks my heart that some of these things that really work and are important. And all we're doing is saying we are raising the body temperature.

Over in Switzerland, they are doing extreme hypothermia, where they're taking the bodies up to 42.5. It's been shown in the literature. What is that in Fahrenheit?

It is like 108. 108.5. So we don't think of that as compatible with life, right? But it is a way to kill tumor cells. And so a lot of people do hypothermia to like, say, 104 degrees.

That's good, but what that is doing, the mechanism of action for that, is stimulating the immune system, which is important. You want to get the cells back in track.

Then as we go up in fever, there's actually a point where I believe it's about 105 or 106 or maybe 107, where then we actually suppress the immune system.

But once we push through that to this extremely high level, then the heat is actually going after and killing tumor cells. And so, of course, this is not something you're going to do at home, but these are options available to you overseas that are not being presented here in the States because we have the FDA and the fda, you know, wants to push mammographies and doesn't like to.

Push things and for those uncomfortable with any kind of natural therapy right like you can't trademark heat. And so, you know, they feel uncomfortable with all of that because it's not an income source for them.

And it is a shame because in the end people suffer, but there are, although you can't do it to that extent, that is one of the reasons why sauna is beneficial.

Right. Yeah, sauna is not going to give you that kind of response, but I love infrared sauna. I recommend them to all my patients. They're a great way to get those fat soluble toxins out.

One of the things I write on my prescription pad, because I don't use it for drugs, is you got to sweat daily, right? You got get your sweat on and that goes back to the breasts and the lymph.

And we got to move the girls. We got, we gotta excrete, We've got a sweat, get the underwire out, the bad antiperspins out. Got to let things move and we've gotta let thing flow.

It's really, really important. So it's just a whole… It is the underwater because it blocks flow? Yeah. It's definitely blocking the lymph. That's blocking congestion.

Creating congestion and maybe, I don't know if it's creating some kind of EMF issue, you know, as well. And of course, please don' carry yourself. I've had patients come in and they're like, they carry their cell phone in their drawer.

Yeah, let me, Let me. So, my mother-in-law, God rest her soul used to do that. that's not what killed her. That's a whole nother piece of just the invisible toxins, the electromagnetic frequencies that are affecting us, that our coming at us.

And so we have to have a good relationship. We're not going to totally ditch our cell phone. Like, I'm right there with you. I need my cellphone. A run my life on it, but we to to keep it off our body.

we We have talk on speaker, we we can. Yeah. Boundaries. Yeah, boundaries. I love it. Of course, the emotions. To me, I have to always bring the emotion in, especially when we have something like a breast cancer diagnosis going on.

To me, part of the terrain is your nervous system, is looking at regulation of your system of stress, of trauma, your transgenerational impact on what you're experiencing.

And we have to look at the emotions and our breasts. our femininity, they are self-care, their nurturing, how we feed our offspring if we've had children.

And so there's a lot wrapped up. Our breasts have become so sexualized, I can't even count how many times a woman gets divorced and then she's in my office six months later with a breast cancer diagnosis.

So there is a lots energetically wrapped-up sometimes. If you were born, and there's nothing you do about this, but like if you are born to a father who wanted a son and he got you and you're a girl, there is trauma and energetics in there that can manifest as breast cancer.

There's issues with bosses and brothers and fathers and colleagues and children. So there's a lot emotionally that goes on, the self-nurturing piece. Now, you know, we women are famous for not taking care of ourselves, for putting everyone else's oxygen mask on and forgetting about it.

Emotions, Hormones, and Healing Alignment

and going down the airplane. And so we have to be looking at that. There's always this point with a patient who comes to me and says, you know what, Dr.

Stills, I am so grateful for this gift of cancer. because it really taught me X or really helped my repair my relationship or it's really brought me home to myself and so there's always it sounds weird but there is always this gift if we will slow down and pause and and pay attention and look into it and so to me the emotional piece, the mind-body piece it can't be, yes it's very important to have your hormones balanced and like I said in the beginning there are actually estrogens like estriol and the metabolite 2-methoxyestradiol that I actually use to treat active breast cancer and of course the FDA has made it really hard to get 2 methoxyestrodial You know, so we have to be creative, but these things are actually useful.

Testosterone, progesterone DHEA, oxytocin, thyroid, balancing your adrenals, balance in your blood sugar, your cortisol, you're insulin. These things play a crucial role, But we to remember we are the mind and the body.

And so, we can't just go after I'm going to have the perfect hormone balance and I am going eat all the all the organic broccoli and I'm going to take the melatonin and the vitamin D and then on the flip side, we can't just because I've seen patients like this too who just want to dive into the emotional stuff, but they still want eat McDonald's.

And so it's really a journey of merging the two and finding balance for your body and your mind. Yeah. Yeah, but to just stress the point that you can't supplement or eat your way out of a bad relationship, a dangerous relationship.

You know, I have a patient actually right now who I told her that your recurrence is because you're in that marriage and that, you've been walking around for years knowing you needed a divorce.

Here's your permission. And we have to give ourselves permission to take care of ourselves and give yourselves what we need. And for some people it's really obvious and for other people, it is not.

But that if you receive a diagnosis, this is your body telling you that you're out of alignment. into that. This is your opportunity. Your opportunity to get back into alignment.

So I just want to review for everyone all the stuff that we talked about today because it was all awesome. How you use a terrain based approach to cancer so that you create an environment where cancer isn't invited.

I mean, I just love that so much that, you know, make sure that. You create the guest list that want, right? Exactly. And yeah. We talked about computerized regulation thermography and its roles in measuring your nervous system regulation and how important that is in the scheme of things because it's how we're responding to our environment that allows us to know if we are doing the things that are right for us.

Because if your environment is right, for you, then you'll respond in a positive way. Right? And we talked about the importance of oral health, knowing what's in your mouth.

And if there are things in you mouth that don't belong there, then you need to get that taken care of and that needs to be your first priority. Because you can't, this is another way, you cannot diet your way out of it.

You can supplement your weight out it and there is no path to healing while you are continuously suffering in that way. And it is directly connected to the breast through the meridian.

And so, and it's not just the breasts health that will suffer if you have these issues going on in your mouth. They lead to a variety of chronic disease.

We talked about the value of mistletoe and in reigniting your immune system, because we need to have our immune systems come back on board if our body is going to be healthy.

We've talked a little bit about hyperthermia. Uh, we didn't get to talk about low dose naltrexone, so we'll have to come and revisit for that. But there are many ways of reignitating your system.

and that is a necessary thing to happen. And finally the emotional component and having nervous system regulation, dealing with having healthy ways to deal with stress, acknowledging the trauma, the transgenerational effect that's happening and realizing that our breast cancer is so deeply tied to our femininity and that we have to acknowledge and respect all of that as we go through the process.

Dr. Stills, this was amazing. Thank you. We'll have do this again soon. Yes, we could talk all day, right? We could all talk day. So until next time, it's Dr Jen Blackman.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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