# My Personal Story of Breast Cancer Hope Transcript

(Transcripts are generated by AI and may contain errors)

## Introduction and Lisau2019s Healing Journey

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

So Lisa was diagnosed with breast cancer in January 2019, pretty recently. And more than two years later now we're interviewing her today. She is thriving and healthy, crediting nutrition, meditation, mindset, movement and, other holistic and natural and integrative modalities and methods for her success.

We're going to dive into her story. I think it's going to inspire a lot of you, whether you're going through breast cancer or any kind of cancer to have more support, have more information, maybe on some of the things you've been thinking, and, help share some really practical tools that she's been using that's been helping her.

I think her story is going to inspire you not only to take maybe some risks that you've been afraid of taking because whatever anybody else has been, warning you against out of their own fear.

Maybe not for your own betterment, unfortunately, but also how to listen. Learn to listen more to your heart, your own intuition, your own internal guidance, and release some of that fear that holds you back from making the decisions that you feel inside yourself are best for you.

So you can go visit her website at my Conscious healing.com. You can follow along with her journey, her story. She may be may even be doing some coaching soon.

You know, we were talking behind the scenes, so my cards is healing.com. You can get in touch with her there. And Lisa, thank you so much for being here.

Thank you for having me. And I'm so excited to put this out there and provide some information and maybe some support for some people watching. Absolutely.

I think it's going to help a lot of people. And, you know, I want to kind of, address something that I think is is important to me and maybe to some of our viewers is I mean, you're still pretty young, right?

And 38 to 38. And so to get a cancer diagnosis at such a young age, unfortunately, we know more and more people are getting diagnosed with cancer, with cancer at younger and younger ages.

But why do you feel you got cancer at such a young age? It's interesting. It's a really good question. So I've done a lot of soul searching in the last couple of years since my diagnosis.

For that answer. And I am positive, my mother's history. Has been my mother, my grandmother. The generations before me have all had cancer. And, for me, I think that I definitely turned my genetics on.

I was not taking care of myself at all. I was living a life of basically not consciousness.

## Why Cancer Developed and Lifestyle Factors

I was just kind of going through the motions of life and being very busy and not taking care of myself. I was surrounded by a lot of stress. I was eating really awful foods.

I was not moving my body. I wasn't sleeping right. And all of those things awakened whatever that that that genetic makeup is, and turned it on for me.

And I feel like it was kind of a warning and a wake up call so that I would take a look at the things that I was doing and the people that I surrounded myself with and the foods that I was eating and the sleep that I was getting.

And just basically even my vocabulary and how I was talking and speaking and I, I would say that I think in the past I would have come from a very egotistical, victim mentality, and that has very much changed.

It's still a work in progress, but it's very much changed in the last two years. And I think that, that's why I was diagnosed, so that I could take a look at my life.

So when you say that your diet was really bad, what did a typical, you know, breakfast, lunch, dinner look like? So I, I not I'm in public relations and I deal a lot with restaurant the restaurant industry and the restaurant business.

So it was late nights, a lot of alcohol, basically eating pizza, carbs, dairy, cheese was like my favorite thing in the whole entire world to eat. I don't eat any dairy now, but, yeah, it was just not good.

It was like artery clogging diet. Like I didn't have red meat in my diet. I thought I was eating very healthy because I was like, oh, I'm basically vegetarian, a chicken and turkey.

But, I was eating a lot of carbs, a lot of potato chips, a lot of, processed food and wasn't cooking enough. I was always eating out and eating late, and I wasn't getting enough sleep at all.

I was out late a lot, and that was years. I've been in the restaurant industry working, and then going into public relations. It's been years. So that was my lifestyle, just always moving and just eating on the go and not being conscious of what I was putting in my mouth at all.

You know, I mean, we know at least with standard cancer testing today, we know at least in most cases, you know, seven years before a tumor is identified, right?

Sometimes ten, 15, 20 years. Now there's more and more testing. A lot of integrative centers are using where you can catch cancer cells through, you know, in your body much sooner than that.

But generally speaking, you're talking seven plus years. So, you know, if you're living that way for seven years, ten years, 20 years, of course things are going to happen in the body, right?

Where are you going to create a perfect environment for cancer to thrive. Interesting. I say that because during this time too, I was married and I was in a marriage that wasn't a healthy relationship.

So there you go. Was your it was your husband that gave you cancer? No. No, no, he's. Oh, that wasn't me. Okay. Okay. So just. Yeah. But I was not fulfilled.

I was in a relationship that wasn't fulfilling to me. And I was working very hard to have somebody see me. And, him and I are friends now, and we can talk very candidly about this, and we get along great.

But then I was longing for something more in my relationship, and I was also emotional eating because of that. So the stress of just being in a relationship and not being seen the way that you want to be seen also can add to like that not feeling loved, you know, like that can add to all of that stuff turning on.

Absolutely, absolutely. If you're unhappy in life in any way, especially and not really enjoying basis for so a long enough for a tumor to grow. There you go. Yeah.

And then you add on top of it the bad diet and the lack of sleep and all the other things you're talking about. Right. You got a perfect storm, right?

And so, you know, you you talk with people who have cancer, they're reaching out to you. They're they're asking you for support and guidance or asking you for hope and, and and you, you know, you're getting some good insight

into what other people are going through.

But when you're with somebody and they tell you, you know, I eat, I eat pretty healthy. So I think I'm fine with my diet. What are some of the, misconceptions you found in talking with people who think they eat healthy? Right.

But actually, when you look at the diet, you find out it's not very healthy at all. So number one is if you think you eat healthy, but there's any bloating or inflammation or any kind of discomfort or sleepless nights or not going to the bathroom regularly, go get a, food allergy panel.

Like, I cannot say this enough to just even if you don't have cancer, but if you think you're eating healthy, some of the foods that we eat are not good for us, and seasonal foods are actually the best for our body.

So if we're eating things that are coming from the ground and they're organic and sustainable and they're literally there's no processing to it, that is your best choice.

I feel like people who say they're eating healthy because, you know, they're having a smoothie in the morning or whatever, strawberries might cause inflammation for me that they do eggs, strawberries, walnuts, chickpeas.

There's there's some items out there that are good for you but aren't good for me. So so I think that before we people just start saying I eat healthy, it's really important to make sure you're eating properly for your body.

## Diet Misconceptions and Personalized Nutrition

You know, it's really important, that you said that especially like, if you have cancer, we know that, you know, cancer, one of the fuel sources is glucose.

Is sugar, right. And people who reduce sugar with cancer say, well, I'm not eating any more sugar. But then you look at, well, they're eating tons of complex carbohydrates and even simple carbohydrates, right.

Fruit, grains like rice and gluten, you know, wheat and other gluten containing grains. And they're eating, you know, even quinoa, which we consider to be healthy.

But they're eating lots of these things, even though they're organic and they're plant based. You know, I'm not saying all grains are bad. I'm not saying all carbs are bad at all.

But when you have cancer, you have to be even so much more mindful, right? Because all of these carbohydrates turn into sugar, especially when your body's not burning.

If you're not exercising enough, you know, or you might have gut issues. Almost everybody who at the Cancer Center for healing, who gets tested for parasites, Candida.

Almost every single patient has one or both. And so that's messing up, you know, the intestinal flora. And they're feeding on all that glucose. And it just creates this cytokine storm and this, you know, this inflammatory response.

So, you know, and I'm not promoting ketogenic diet in any way either. I think there are some problems with that. But, you know, really getting fine tuned, talking with nutrition is finding out, like you said, what's going to be best for your body.

But we do know reducing sugar and carbohydrates and introducing a lot more fresh vegetables, a lot more greens, a lot more, even berries instead of fruit, you know, nuts and seeds instead of grains.

All these things can really help your, your body to heal, right? Absolutely. Is that what you're doing now? Diet. Yeah. So I'm mostly plant based. I have no carbs, no dairy, no sugar.

I do eat like a green apple. I do have a banana once in a while, but, I try to stick to blueberries. Like, I eat

blueberries like crazy. Blueberries and almonds are like my afternoon snack, and, I, I, I did start recently incorporating some grass fed, pasteurized meat back into my diet because looking at my blood work, I am deficient in a couple areas.

So, and we did notice that soon as I did start to incorporate like lamb and bison and some of those things back in salmon, like once a week or very rare, that does help in my blood work shows it.

So I just really I get my bloodwork done every three months, and it really gives me an idea of where I need to like home, back a little bit, or where I can have a little more freedom.

I'm definitely very careful about it, but plant based is mostly. I do a lot of salads, a lot of green juice, a lot of roasted vegetables, a lot of raw vegetables.

And basically the veggie farm. My fridge is just lemons. Spinach. I, kale, celery juice all day long. Yeah. It's not very exciting, but honestly, I love it.

And I'm not hungry. I'm really not. I find that I'm fueled. I, I'm very active. I'm on the go. My day starts at six, seven in the morning, and I have a very regimented routine for myself in the morning when I get going.

So, I do about a million things. I take supplements and during my tea and have my bath with Epsom salts and do my essential oils and like, do my meditation and do all my things before I even, like, pick up my phone.

And then I start with my juice and then it goes from there. And I do like a big salad, and I usually don't eat past 7:00 at night. That's that's awesome.

That's a huge piece right there. Maybe we'll talk a little bit about why and how and what happens, you know, biologically with that little bit. But I have two questions for you.

First one, what's your favorite green juice recipe? And two for, where do you get your testing done? Do you go to a local clinic or do you do it, from like, an online at home service?

No, I have, okay. So local testing. I have, a spot that takes really good care of me to get my high dose vitamin C, IVs. They're weekly. It's called peak wellness.

They're in California, and they're here in Greenwich, Connecticut. And, they do my blood panels and work with my integrative oncologist and my I have a regular medical oncologist also, just to keep them around.

And he definitely he listens to me, which is nice and kind of gives me my space and my freedom. But, you know, he does give me his opinion, but he's. But the nice thing I like about him is he's been around for a really long time, and now he's starting to really understand the integrative part.

And he's starting to like, read studies and learn. And he he's amazed by me. So it's great. And so I get my, my blood testing done there. I definitely like the hands on and the personal I'm one of those people who needs to be, like, cared for.

I'm kind of high maintenance that way. So I want a nurse. Like, I want a blanket. I want like, you want a massage? You want a massage while you're well, you're getting your vitamin C.

Yeah. I had a manicure. Yeah, I'm a little spoiled about it, so I'm definitely taking care. And that's. That's self-care to the max. I mean, you know, we all need self-care in our lives.

Absolutely. More power to you. Yeah. So that was the first question. And then, sorry, what was the other question? So testing. So you see, the local, which is great.

I know there's online tests for people who don't have somebody locally, as you said, though. I mean, you know, I

have a whole module in my upcoming, masterclass in July called Becoming Cancer Free.

It's a nine module masterclass, and it's one of the modules is all about why and how to build what I call your integrative success team, which you've been doing right.

It's having an integrative oncologist. I always recommend having, you know, a Doctor of Nature opposite, or a naturopathic doctor or a Doctor of Oriental medicine, for example, somebody who's really trained in the natural as well as an integrative oncologist who has access to, you know, some of the latest medical, systems and devices and testing and things like that.

So overwhelming like it is. So the fact that you are offering that is amazing and it's so overwhelming, so I could say anything like just one thing at a time, like literally one step at a time, because you're not going to find your people.

For me, my people just started coming to me like I got. I believe that when you're on the right path and you're supposed to be doing what you're supposed to be doing, you're not making choices out of fear.

Those people will show up in your life and they're there to teach you a lesson, and they're there to work with you. And some of my doctors have come and gone, and some of my nurses have come and gone, and some of my therapists have come and gone.

But I'm never without a team. They might not be the same team from two years ago. And not for any reason other than I just outgrow them because I get all the information I need, and then I just continue being led by my intuition and my own guidance and listening to my own body.

My body's smart, our bodies are smart. They they move all day long for us. They know what they're doing. Yeah, I love that. So so the second question I had was, what's your favorite green juice recipe?

Oh, yeah. Right. So my go to lately has been water. I use filtered water and then it's been celery, cucumber, spinach, kale. And sometimes I blended in the ninja, but then sometimes I use my juicer.

So it just depends how, like, liquidy. And if I want, like the texture. Because sometimes I like I'm weird. Sometimes I like to feel like I'm chewing my juice, even though, like, it's.

I don't know, but. Yeah. So ginger, tumeric, kale, spinach, celery and green apple is usually what I put in.

## Integrative Care Team and Daily Healing Routine

Yeah, yeah. Those green apples, obviously you put a lot more green, you know, green vegetables, very low sugar. Right. Super important. But actually there's a lot of benefit to a green apple in healing the gut and getting rid of things like candida and parasites.

But yeah, just want to put a note out there for anyone who doesn't know what juicing. If you get into juicing and you haven't been into it yet, make sure you don't do much fruit in your juices.

If you do like what Lisa does, you know one piece of fruit with lots and lots of balls is okay. You want to avoid the high sugar fruits. So because then you're just adding more, you know, fire more fuel to the fire in my house.

Are, green apple and blueberries. And occasionally I like a frozen banana. Like as an ice like, because I feel like I'm eating ice cream. Like as a treat.

So I'll, like, throw some almond butter on there and then know, what am I? You know, what am my favorite ways to make ice cream? So I'll take frozen berries, a berry mix of like blueberries, raspberries, blackberries, throw it in the blender, and then throw in a little like almond milk in there.

Right. Put it if you need it. They're already berries are already sweet, right? But for people who have a really sweet

tooth, you could put a little stevia in there. Yeah.

And then, on top of that, you could put, like, some almond butter or something like that. Right. Blend it up. Oh my gosh. I put a little bit of coconut in there to blend it out.

Or coconut flakes on top. It's like the best, healthiest ice cream you can make on the planet. It's so easy and fast without all the sugar. It's it's awesome.

Well, I'll try that. Yeah, it's a good one. So, What? At one point, I wanted to just point out here, for everyone tuning in, who anyway, if anyone hasn't noticed this yet about Elisa and what she's doing with her life and approach to healing, we haven't heard her say, you know, I've just changed my diet, right?

And I'm just doing better diet or I'm just doing more exercise. Yeah, I see you posting on Instagram, doing yoga and exercise and saunas and things all the time, right?

Or we haven't heard her just say, I'm just doing therapy or meditation. Right. What we've heard you saying is I'm doing meditation and I'm doing saunas, I'm doing I. V.

vitamin C, I'm doing yoga, I'm doing exercise, I've changed my diet. I'm green juicing, I'm working on reducing stress. I'm doing everything that is necessary to heal and to live a longer life and hopefully a higher quality of life.

And I just want to point that out because it is essential for anybody going through a cancer diagnosis that you approach this, as you said, one at a time.

But what I like to call stacks, right? So it's like, that's exactly what I did. First, I stack first, I do green juice in the morning. Great. I got a new habit, green juice every morning.

Then maybe I'll do intermittent fasting. Right. So actually I'll take a couple hours extra, not eat in the morning, and then I'll have my green juice right to to increase autophagy and cellular waste removal.

And healing and anti-inflammatory effects. Oh, and then I'll add supplements. Oh, I can take the supplements with my green juice. Oh, and then all of a sudden, a few months into it, you're doing like 12 things that are supporting your healing.

And that is so critical. I just wanted to point that out and it is so important. It's dedication and if the way that I can, the easiest way that I can put this because people always say to me like, it's just so much work, like it's it's easier to to have somebody else tell you what to do and just do that thing.

Like it just is easier. Yeah. It doesn't mean it's always the best thing. I prefer to live it in a life where I'm actually living, and I get to actually, like, feel and touch and see and not feel sick.

I, I never get sick, knock on wood, but, like, I never get sick. And that's because I'm doing all these things. And it is dedication and it's a lot of work, but I know that I'm doing it so that I can live and I can live well.

So that's my incentive and my motivation. So I hope that other people will want to live well, just like this. Because then all this other stuff is worth it, even though it feels like it's unattainable because it's so it's so easy.

It's so easy to do this. And but it's so easy to do the other things too. So. And I don't want to get into it too much. But like with all the commercialization and like, you know what we're told we need to do and, basically what people are telling us to do, you know, it's hard to get past ruffling the feathers of just doing the opposite thing.

But once you do, like now, I'm like, I don't really care what you say. I know how I feel, okay? That's what matters. I know how I feel. Talk about that for a minute.

That you're your previous life, right? Not too long ago. The late nights, the drinking, the partying, the the bad eating,

the high stress, right? The all of that compared to how you're living now, talk about that.

Can trace. What is your life like now compared to what it was? Forget about cancer. Let's say cancer never happened. Obviously you wouldn't be living this way now, but let's pretend cancer never came in your life.

And I feel that compressed into my life. I kind of live like it didn't really come into my life. My life is less stressful, number one. But number two, I can cope with things so much better.

Like, I don't need a crutch anymore. But my life is still so fun and full because I still do all the things I want to do. If I want to have a late night, I still have a late night.

I'm just not drinking all night long. Or if I want to go see friends and do something with friends minus you know what's been happening the last year and a half or the last year with Covid.

But like going and seeing people like I still do those things. I still am social. I still like to enjoy myself. I still love to travel. I still have to do all those things.

So it hasn't really changed much. Other than I just feel better doing all the things that I'm doing because I eliminated the things that weren't good for me, eliminated the things that were making you feel bad.

Yeah, physically. Mentally. Emotionally. Exactly. You do it. So what has been the biggest support for you mentally? Emotionally? Has it been therapy? What kind of therapy has been meditation?

What kind of meditation? What's been your biggest support there? Honestly, I go I like, change my mind a lot, like it's mostly yoga, to be honest. Like, I always loved yoga.

Like that was something I always loved, but I didn't do it. And now I'm doing it like five days a week. And I find that it gives me the balance. And I feel so strong in my body when I'm doing it.

And I do hot power yoga, which is infrared heated, and then I'm at the infrared sauna. But yoga is one of my best and top, but honestly, living. And I did a blog post about this recently because, you know, therapy when I first started, this was so great because it helped me work on my inner child stuff and helped me recognize the stuff that I'm still holding on to. And Nathan, I'm still holding on to these things.

I'm not like, they still bubble up. It's all coming up. It's still all comes by. At least now I am able to like, I don't need to call my therapist right away.

I can, like, journal about it and I can, like, work through it myself. And I recognize the patterns and I recognize the things that I'm making mistakes so that was my favorite then.

But now I noticed, like, I was being really, regimented and hard on myself a little bit because I was like, if I don't do my vitamin C this week, I, I, you know, I might backtrack if I don't, get enough sleep this week, I might relapse.

Like, there might be something that happened. So I would think that way. And then this summer, something shifted for me this past summer. And I spent time like in nature, hiking and having fun and laughing and just living and not thinking about cancer and not thinking about all my healings and going on boat rides and going kayaking and like, just doing so much stuff outside and being with my girlfriends that that was the moment for me that I realized my favorite part about my healing is actually living.

That's what it is. That's beautiful because it just keeps me going. Like I'm like, I have so much to look forward to. One of my things I have like, a little quick tips like PDF that people can get.

But one of my things is put things on your calendar that make you excited. Like, don't be doom and gloom about your diagnosis.

## Mindset, Therapy, and Living Fully

Start thinking ahead. The things that you want to live for and the things that excite you. Because that has been so helpful for me. And one of my favorite things, like, I don't have a dull moment and yes, I rest.

Yes, I binge on Netflix. Yes, I read books. Yes, I go to bed. I go to bed by 930 most nights. But, I definitely enjoy, like this weekend I'm going to the city.

I'm in Stamford, Connecticut, but I'm going to Manhattan, and I got myself a hotel and will stay the night, and I'm going to go out for lunch with my girlfriend and, like, I'm going to be safe while I do it and I'm just going to rest and hang out.

But just changing the scenery, too, you know, getting excited, you know, it's it's so important, right? It is so important because, you know, when you have things to live for, whether it's, like you said, going on adventures or exciting things or, you know, staying at a special place or going on a boat, or it's to live for to be around there for your grandchildren and watch them, you know, grow up or to be able to go hike in the mountains with your kids or your grandkids and experience that beauty of nature without the pain and the and the sickness and all that.

Or, you know, it can be simple things in life. I mean, some of the simple things for me in life, I absolutely love. I love waking up, walking outside, sitting outside reading a book, you know, watching the sunrise, drinking some tea.

Right. Like, I love those simple things. I love going to the mountains and hiking with my kids. Right? I love I want to be able to do that when I'm 90 years old.

You know, it's like, I love those simple things in life, and those things don't cost any money. Those things don't require a lot of investment of time or anything other than, you know, you need to feel good enough to do those.

But also doing those things often will help you to feel better so you can feel better to do more of those things. Right. So that's kind of a catch 22 is often people think, well, I don't feel well enough.

So I don't go hiking. Well, the reality is hiking will help you feel better. But if you're not ready for hiking yet, you know, getting a little bit of a personal trainer or physical therapist to help your body improve a little bit of strength, right?

So that if your knees are in pain or something like that, they'll actually improve. And then you can go do more of those things. So I love you said, you know, schedule things on the calendar that get you excited, whether it's a trip or an experience, you know, whether it's doing something, going for a bike ride.

Right. Anything that you can look forward to, you know, brings you more meaning in your life and then obviously service to others, whether it's volunteering, it's getting involved at your local community or church or spiritual group, you know, volunteering, being a part of something where you're contributing and giving back again gives you more incentive and reason for living.

The more we have reason to live, the more we're going to do the things that help us live well. Exactly. So where are you now? Where are you now? So it's just a little over a couple of years, right?

You've been going through this journey, been learning all this stuff. You've been changing everything. What is your diagnosis now compared to where it was when you first got diagnosed?

All right. So that is a story. So I was diagnosed with stage two triple negative one breast cancer. And then I decided to go the holistic route, the entire route.

And then a few months later my, my team, kind of collaborated and said, maybe it's time to devolve, so let's get a lumpectomy. And I was, you know, a little opposed to it.

Wasn't certain at first, meditated on it, and then I'm glad that I did it for the reason that when they did remove the tumor and I have photos of it, when they did remove the tumor, it was completely necrotic.

When they cut into it, it was fluid poured out of it. So it was actually the surgeon said it looked like it was killing itself from that or healing or like cleaning house from the inside out.

When, when? So when was a lumpectomy? How long after the diagnosis? Remember? November 2019. So January 2019 was my diagnosis. And then November 2019 was the lumpectomy.

I met you, that conference. And that was in January again a year ago. And then, now it I, I did have a scan, and now I'm like, on the fence of what I'm going to do next, like, if I'm even ever going to get a scan again.

And this is like a total personal choice, like I feel great. And that's really what I go on. But my scans did show that, there is a lymph node that is inflamed, and they did a biopsy on it, and it showed that the lymph node did have remnants of the original tumor.

And then, there are some very teeny tiny nodules on my lungs also, which is not rare for my type of diagnosis. But the best part is, is that was in March and it was a very March-May.

That was a very stressful time because, Covid had just hit and life had kind of went upside down. I had lost all my clients like I financially. There was a lot of stress, a lot of things was happening.

And, that's when I made this choice to stop focusing so much on the healing and start focusing on living. And then I lived all summer long. And then, sure enough, I got another scan this past November, one year post-surgery, and the scan showed that everything was the same.

Nothing had changed. So my oncologist was like, what? Like, how have you been able to keep everything stable? So I'm like, I'm just living and living my life.

Oh. So everything's stable. So. And I just got, a blood, a huge, expensive blood panel done. I just got the results back yesterday, and I'm like an A-plus on all my levels.

My tumor markers, my my hemoglobin, my my white, red blood cell count, like everything is in mint condition. So I'm just going to, you know, I think I'm just going to focus on my blood work and kind of go from there and focus on how I feel.

And instead of putting more radiation in my body and continuously getting scans every year, I'm just going to go with the flow because I find that those scans actually stress me out way more anyway.

And like I said, this is a personal choice. And it's my prerogative is that if I'm feeling good, I don't need to go looking for something. Well, and, you know, you're doing so many of the right things.

You've been researching, you've been attending the conferences, you've been watching documentaries, you've been learning, learning, learning as you continue to do.

## Diagnosis Status, Scans, and Closing Reflections

And then you're implementing, implementing. So it's like, you know, all the things you said you do and you're actually doing and continuously learning.

You know, when you know you're on the right path like that and you don't think like even I, it's like, I still don't have everything figured out. And I've got thousands of hours of research, you know, and experience and testing on myself and interviewing the world's leading experts.

And, you know, and it's like, I'm still learning, right? It's like I don't have everything figured out. I'm still learning. And

if you approach it that way, learning, implementing, learning, implementing, learning, implementing, you know, you don't have to be so afraid and nervous and have to get scans all the time once you know, you know where you're at.

But, you know, don't overthink it like we are guidance. Honestly, that's the other part is the answer. Every time I sit down and I pray, I meditate like there's signs all over the place.

I get affirmations and reinforcements from the universe, from God, from my angels all the time. And my I was telling you, my mom just passed away from her journey with cancer and you know, I feel her.

It's so bonkers because, like, she's come in, in my dreams, like all the things that are happening, like, it's like every time I turn around, she's like, you're on the right path.

You're on the right path. I keep getting all these signs. I'm on the right path. So I'm just going to stay on my path. I think for something to be wrong and to fix, there's nothing to fix.

There's just things to work on. Yeah. That's beautiful. You know, a lot of people don't realize that, even if you have radiation, chemotherapy, even if you have surgery, even if they remove the cancer, the tumor completely from your body.

Right. And they do, another Pet scan, for example. And it shows. Okay. You don't have cancer anymore. What what happens what most people don't realize is that almost, almost every single time you are still going to have circulating tumor cells, right?

You're still going to have those tumor cells. Those are the circulating cancer cells that are either in the lymphatic system, in the blood, in tissue, right, all over the body.

And they may be, a small amount that they're not detectable with most tests, or there may be a high amount, but still your doctor doesn't test for them.

Right. So that's an important thing as yes, you got scanned later even after a lumpectomy, they say, okay, this cancer is basically your body's eating it and getting rid of it and doing what it needs to do.

But your body still has cancer cells in it, right? And you got these circulating tumor cells. There's a great test you can get done at some integrative oncology clinics in another cancer center for healing. Does I think some others do them as well.

The RGC test where they can test, you know, for circulating tumor cells at much lower quantities, just so you know. Right. So you're like, okay, I've still got it, you know, moving around my body, which is which is fine.

I'm going to keep doing the stuff I know that's working, which obviously what you've been doing is working. So that's just something important for people to understand is like, oh, well, surgery doesn't solve everything, right?

Chemotherapy. Radiation doesn't solve everything. Even if they say the cancer's gone, your body still has those cells circulating in your body. And sometimes it's such excessive amounts that they're going to form a tumor somewhere else.

So I think that stuff doesn't get to the root that those treatments. Yeah, it's it's a treatment in the moment. And it just doesn't get to the root of what is actually causing it's it eliminates the problem right here and now.

But it doesn't look at the bigger picture. So I find that I'm not saying I'm right. I feel like I'm right for myself. But, I find that when we're looking at the bigger picture and not just the problem, then life starts to heal and we start to heal.

And I love that's what you've been doing and you encourage others to do is this holistic approach. It's this, you

know, mind, body, spirit, emotions, relationships, everything.

And that's what it takes. And so you're a huge inspiration to people. Thank you for being here on the symposium, sharing your story and your, your solutions.

And, you know, I appreciate you and what you're doing so much. I think you're going to help a lot of people out there going through similar circumstances.

Thank you. I appreciate it, and I want to thank everyone for tuning in to the Conquering Cancer Summit. Please share this with friends and family. Together, we truly can make a difference for the future of humanity in ending the cancer pandemic.

Thank you and I wish you ultimate health and happiness. Be well.