Introduction and Ryan's Cancer Story

All right. Get ready. Because we're going to learn about the true root causes and secondary drivers of cancer and foundational stuff that is free with Ryan Sternagel.

Angle, along with his wife Teddy Ryan, is the co-founder of the Stern Method, a platform informing and inspiring families to prevent and reverse cancer and to succeed on all fronts.

In May of 2014, their son Ryder was diagnosed with stage four neuroblastoma, which is a childhood cancer of the nervous system, 11 days before his first birthday, through an integrative approach, leaving literally nothing on the table and ridding their lives of all possible causes, which included building a completely nontoxic house in the middle of the woods.

Today, ten years later, Ryder is thriving. You could follow more about Ryan, Teddy, and Ryder at the Stern method.com and get ready. You're going to absolutely love this interview.

All right, dear friend. How you doing, buddy? Quite well, doctor Z yourself. Awesome. How's your lovely wife and kiddos? They are, They're great. They're great. Everybody's.

Everybody's doing great. Like, I was just telling you, they're actually out of town for the week, which gives me a little extra farm work. Got it. The horses need to be watered, and the chickens and ducks need to be fed.

And the cats and dogs, and we can't. We can't keep step. We can't seem to stop adding new animals. But, other than that. Yeah. No, it's it's all good stuff.

We we feel. I feel very blessed to have those animals. I'm not complaining. It's awesome. I hear that's that's the homestead addiction. Well, folks, we are just blessed to be here with the founders of our seven wonderful supplement that we're going to be talking about in a minute.

Founders of the Stern Method. We'd love for you to give everyone just a snapshot into, you know, we've known each other for a minute now, and people that haven't seen or heard of your work.

It's it's very powerful. Your story, why you do what you do. And I think, Ryan, that's one of the things that I've most been attracted to when we first met too, is just we've heard it so many times and it's almost cliche, but from Your Pain was birthed a purpose, and then you just started sharing and genuinely sharing what you've learned from your experience.

And it was a gut wrenching experience. And then you had to deal with another gut wrenching experience with, with, you know, with Rocky. And then it's like one thing after another.

You've been, you know, it's kind of want to cue this up for you to share. Everyone, you know, how we met, how you came on doing this online thing, but you've been so faithful.

I just want to encourage you. Just in the Lord for a minute. You've been so faithful with what you've been given to freely give it away. And you've helped tens of thousands of people, and you've helped them freely.

You've blessed them. But you've been such a great example of how not to let our tragedies of life take us away from what really matters. Truly. So yes, your kids are doing well.

Your health is doing well. Hallelujah for that. But more importantly, the impact. And and there are several of us that have, you know, had this kind of experience.

And if I had to guess, I think that's why we're so tight. We're so close because we resonate with that. We both have similar backgrounds in that sense, and it's why we've also, I feel, speaking for you, but we can resonate with other people that really struggled and really wanted to help.

I mean, so folks, you're talking to a guy right now. I'm talking to a guy right now. If you're watching, he's not at home because he doesn't have EMF in his home.

I mean, he he lives the walk more than anyone, literally next to anyone that I know. And, and so maybe kickstart that, like, why are you so crazy fanatical where you don't even have Wi-Fi in your home and just give everyone a little bit of a background here?

It seems to be the stir Nagle family family motto or family mom thing, going through something crazy and then putting it out there and helping people.

But hopefully that that cycle has come to an end and this will just help people going forward. That would be nice. But yeah, as you know, doctor Z, my my son Ryder kicked this whole thing off when he was diagnosed with stage four cancer, just 11 days before his first birthday.

And that was pretty crazy, because I guess it came as a little added, added insult to injury or whatever you want or whatever you want to call it, because we were already going down the holistic, trying to be healthy, getting rid of toxicity, not doing injections in childhood and you know, all these things.

Right? And dude, we were already and that was before, before I was even even born. We were eating organic and doing detox programs and and all these things.

Right. But, you know, you just you never know. And worlds are crazy place. And, yeah, he was diagnosed. And like I said, that was that was not good, but it was good that we were already, already going down the holistic road, because I had already been researching and we, we got into like, watching alternative cancer documentaries kick even before, even before he was diagnosed.

Right. It was just interesting to us for some reason. Right. And said, well, I guess I guess we know why it was interesting to us, but, yeah. So we we already knew already knew where to look.

And, you know, the, the original Truth About Cancer series came out like, I think two weeks after he was diagnosed. And so we were really. Yeah. I didn't realize that. That's fascinating.

Yeah. It's pretty wild. So, you know, of course, we're sitting there with pen and paper in hand and writing down all the doctors and all the supplements and everything we were hearing about, and I'm just ordering things right and left and, yeah.

And in the middle of that, also clashing with the conventional medical system, we weren't necessarily saying that we didn't want to do any chemo whatsoever.

But, I mean, we we asked for a second opinion and that got us a nice child Protective Services case opened against us and fun stuff like that. And, then it became a question of how much and, you know, when do we have a choice and as to when we're going to stop.

Fundraising, Support, and Free Foundations

And the story kept changing and so on and so forth, and it just got nastier and nastier and more controlling and just, you know, it's an already really stressful thing.

And that became a really stressful environment situation. So speaking of going to extremes, we ended up moving here to Utah, where we are now and, in beautiful Park City and yeah, kind of started fresh there and, and landed on a team that was by no means, you know, alternative.

But they were a little more. And you're the parents. And if you want to, if you want to back off, we're here to support you. And, you know, if you want to start again, then then we're we're here to support you for that too.

And we'll, we'll keep, we'll, we'll take a wait and see approach and keep monitoring closely. And MRI is every three months and these sorts of things.

And at that point we just doubled down, tripled down on, on all the alternative holistic naturopathy whatever you want to call it, stuff. And yeah, that was that was the last conventional medicine he ever got, which was at that time, halfway through.

What he should have had is kind of a starting point. You're supposed to have supposed to have eight rounds. We're at the fourth round and we quit chemo and, yeah, yeah, it's.

Yeah. And that was 2014. So crossed the five year mark. Crossed the ten year mark, which is a really big deal. And it's always cool because you know, his birthday is his birthday is 11 days after his diagnosis date.

Right. So each birthday is always a little little extra special. Not that not that every parent's, celebrating their kid's birthday isn't special, right?

But, yeah, something little extra special about his birthday. And yeah, we actually realized that on his on his 10th cancer versary was the first year we actually forgot about the cancer versary which was.

Which is pretty neat, too. Yeah. Yeah. And then, you know, like, like you said, doctor Z, you were you were one of our early inspirations to actually make make a, make a big thing out of this.

Right. We, you know, we we started putting everything we were doing out online to Facebook for two purposes. One, I was straight up for fundraising that we were in, a, you know, kind of starter job fresh out of, not fresh out of college, but still early on out of college, young couple with the first kid and paying off college debt and all that stuff.

And here we get hit with, we get him at the stage for diagnosis and I'm, you know, researching IV, vitamin C and all these supplements and saunas and ozone and it all these devices that cost money and know trying to afford all this stuff.

So, yeah, I mean, we're putting the whole journey out there for, for folks to follow along with and, you know, attached to attached a fundraiser to it and ended up raising tens of thousands of dollars to be able to afford all that stuff.

And, along with help from family and friends and all that, of course. But, but yeah, it just kind of, you know, it just kind of grew into a thing. And then we started getting so many questions about what we were doing that it made sense to start a website.

And then, actually when we moved, this was be I like to think that this was the one good thing that came out of Covid was, was telemedicine laws laxed up.

Right. But, this was before Covid and we had we didn't fully realize it at the time, but one of the best naturopathy oncologists in the, in the world in, in Seattle, doctor Paul Anderson.

But when we moved here to Utah, we couldn't really there was nobody nobody here. They came close. Right. And, so I, I started the podcast to kind of get around telemedicine laws and figure, well, if I, if I can't find a good doctor here, then I'll just interview him and, you know, then they'll thank me for interviewing them.

And it's it's free. Right. So, that's where the podcast came from. And then I interviewed this really good doctor standing in front of you or sitting in front of you, doctor Z here.

And and he encouraged us to really go all the way with it. And, a few months later, I lost my job, and it was

probably the big guy confirming that that that's what we're supposed to do. And here we are all these years later and helping a lot of people.

And it's been a lot of fun. Man. And you just. And for those of you who can relate, whether it's a cancer story or whether it's, any sort of just any tragedy, you'll see God's fingerprints all over it, like just, you know, just coincidentally, couple weeks before the diagnosis, there's a documentary in front of you about about cancer, the truth about cancer.

And then you just have this weird, eerie, just desire to like, hey, let's dive deep into cancer information and, Hey, you know what? I'm going to introduce you to a crazy, crazy essential oil guy from Atlanta who's going to talk your ear off about how you should be following your ministry a couple weeks before you get fired.

It's just, this is life. It's just how God does things like. And I want to kind of open us up to everything in this and not to get to super spiritual.

But you're being lead robbing lead. And it's whether or not we listen, he who has an ear, let him hear. That's one thing I love and appreciate you. I mean, but the reality is God just did things like he didn't even wait for you.

It's like, you're fired. You're done. You're good to go here. So, we're going to talk today about real root causes. Secondary causes. We're going to talk about three stuff.

And I want to like kind of lead in on this because, I would love for you to talk a little bit about the money aspect and especially crowdsourcing, crowdfunding, that sort of thing, because that's much more acceptable.

Dare I say that maybe when you started ten years ago, it's almost like by virtue of anything, there's a GoFundMe like whatever now, always, I mean, especially, well, it kind of drives me crazy going the other way, right?

Yeah, people people started to go fund me for their plastic surgery or whatever. Ryan's like, come on, you're ruining it for the people that really need it, right?

But, but yeah, it's it is. It's a great thing. Yeah. So go for that. Just talk talk in terms of people that are dealing with in the context. Obviously you're talking about health issue, cancer or just whatever mounting medical bills like the, you know, single income or, you know, Teddi wasn't making millions of dollars, right?

So you guys are a tight budget young family. Walk us through a little, just kind of inspire people. I mean, just inspire people about certain things you can and should consider doing when it comes to the funding, but also the free stuff, because a lot of the things that we need to do are free to set the foundation to heal.

It's not like you need to save up $50,000 to go to a clinic in Mexico right now, like you still need to do the work, because after the Mexico clinic, you still got to go home.

And if you don't have home care, if you don't have a good protocol system, if you do not have a good different way of life, you can't go back to eating McDonald's and go back to Mexico every other month.

Right? So kind of walk us through and the financial piece, and then we'll go more into maybe some of the lesser known causes and things that people aren't considering.

But I think that's really important. Yeah. Yeah. I mean, it's it's a really big thing. And, Yeah, I mean, one there's a, there's saving money, there's creative ways to save money, right, on things.

And there's also there's also bringing more money in. So you can consider those two aspects. Right. Well, one of the I guess first off, one of the, one of the kind of three things that, that, that, that I like to talk about kind of relates to this.

Right? It's it's also just let go of things you have no control over. Right. And so that can be anything from I mean,

just just don't watch the news. Right.

Because you have no control over, over what's happening on the news. And even if you know, this audience isn't, isn't, you know, watching the NBC Nightly News or, you know, watching Fox or MSNBC or whatever it is every night, you're you're probably watching alternative, alternative media, news, whatever.

I mean, it's just as bad as far as, you know, getting worked up over things you have no control over. And, you know, you can also you can also kind of translate that over to, over to the financial aspect.

Right? One of our early on mantras was, was do the best with what we have now and, and always work towards more. Right. So we have this much money. Let's do the best that we can with as much money and be working towards more at the same time.

Right? Or working towards figuring out how to say, figuring out how to make more these sorts of things. And so yeah, I'm not I'm not saying don't care about getting the stuff you, you feel like you need, but but also like, I was like I was telling doctor Z that what I wanted to focus on here was, was also just really reminding people that there, there is so much you can do that that doesn't cost any money.

And, you know, I like to say the foundational stuff is free, right? And and it's foundational. They don't call it foundational stuff. They don't call it fundamental stuff.

For no reason. That's because it really is foundational. And and fundamental. And even if you can't afford all the exotic IV therapy and every cool healing device that you find out about and all the supplements and these sorts of things, and we we talk about all these things in our, in our programs and our email list.

We we made a supplement, which I like to think is a pretty good idea, right. And a good value and all that stuff. But, yeah, but before all that, I mean, there's just so much you can do.

A couple things on the, on the saving and making more aspect on the making more. Yeah. The fundraising is a really big thing. You know, it's we we kind of took it to the extreme and it was before everyone else was doing it.

And for, for liposuction and whatever else. Right. But, it's it's still a really big thing. You can still put what you're doing out there. You can still, you know, have an online fundraiser.

People will donate to it. You know, I made it a little practice every night to just I just went through every Facebook contact. I had every one in my, every one of my cell phone, everyone I've ever emailed with, anything, really, anyone I've ever met.

And I just made it a little 15, 20 minute thing every night to send five of those people a message saying, hey, here's what's going on. Could you please share our fundraiser?

And, you know, a lot of people get nervous about asking for money. You don't even have to ask for money. You just asked to share the fundraiser. And then most of those people will, you know, at least a lot of them will donate to the fundraiser at the same time.

So there's that. There's also I like to point out there's there's a zillion cancer charities out there for me. I mean, there's there's the there's the ones that fund the drug companies who don't need the money anyway.

Mind-Body Healing and High-Vibration Living

Right. But then there's also the ones that that actually help people going through cancer or people going through hard times. All these things that we tried to keep an up to date list on our website for a long time, but then that just, you know, that they're adding they're they're coming up and going down all the time.

It gets impossible to track. But I mean, you can just do a do a search for charities for cancer patients or charities

for, people in need or whatever.

And you get less and less and less of them. Right. The the big thing is none of them are going to give you $10,000, but they're all going to give you a few hundred bucks to, you know, that however much they're going to give you, the big thing is filling out all the paperwork, which which takes a lot of time.

So if you have somebody on your in your support team, you know, somebody who wants to help. And usually when we, when we hear, when we get offered, hey, what can I do to help?

Or, you know, most of our instinct is to say nothing, actually come up with something valuable like that and have them, you know, do do the first application yourself so they have all the information and then give it to them and they could be applying for five, ten, 20 charities a day.

And that's can be a really big source of income. So there's that. That's a really, really good idea. I think that's worth repeating and noting. We're talking best friends, talking grandmas, talking sisters, brothers.

Right. We're talking people that you can trust with your personal information, people that are willing to spend that extra 15 20 minutes and you could do it watching your favorite Netflix show, right?

You just filling out a form, but it's one less thing that you're doing. And if it is maybe a half an hour a day, but that is a really, really good idea.

And also to think more about what to do for delegation, there's a lot to be said, even giving you a half an hour here and there to take a nap, you know?

So, if you have young kids, like, what would that amount to you guys, especially moving to Utah? How many people did you know? Imagine if you had someone willing to hang out with the kids, or you guys went shopping or just had a lunch together?

Like just there's a lot of ways that people can help without giving you a dollar. And yeah, that's one of the things we we talk about a lot is, you know, that that's one thing. Right.

But but also make a list of, you know, when you're when you're mowing, you're when you're mowing the lawn or whatever. Right. And, do I need to be the one doing this?

Or if I have somebody actually asking for help or asking what they can do to help, could they be the one mowing the lawn? Could they be the one doing the doing the juicer work every morning?

Could they be the one cleaning the house? You know, whatever it is. So you can focus on whatever you think would be the best, use your free time researching or, you know, doing sitting in the infrared sauna or doing whatever mind body healing practice visualization, breathwork type thing you want to do.

And yeah, yeah, it's a really big thing. If you get intention intentional with it and, and actually ask yourself, you know what? What help could I receive right now that would be extremely beneficial.

Yeah. Yeah, you can you can free or, you know, go go out in the woods. That's one of my free things. Right? I, you could be going out in the woods rather than doing the dishes.

So. Yeah. That's good, that's good. How about you list a few more, like going back to the foundational stuff like, a lot of it seems to be focused on the hyperbaric, super expensive therapies that people need to do the supplementation, whatever.

You got to go to clinics in Mexico. That seems to be the thing that everyone does. And and I want encourage people to with how easy it is to start a private Facebook group and invite all your friends.

And even then, it's even easier now than maybe it was before. With one click of a button, you can invite pretty much all your Facebook friends to a private group just to follow someone's story.

And I had a friend back home whose wife was diagnosed with stage four, and he wanted to send his wife to a clinic in Mexico, and he ended up getting 40 $45,000 within a couple of months.

And that was his thing. I mean, daily updates multiple times a day. And it was just education to let the family know what was happening. But also, like you said, it was it was part of the fundraising.

know you you you mentioned this doctor Z. And I think it's I think it's worth repeating as well on the on the clinics in Mexico, I always say, if you've got 40, 50, 60, 70 grand laying around and it's not a big deal, then absolutely great.

Great jump start to the healing journey. Right. There's you know, you got all these all these therapies and devices and nutrition and everything is right there.

That's. Yeah, I'm not saying that wouldn't be a great thing, but if you have to, if you have to scrimp and save and, you know, even fundraise for that 40, 50, 60, 70 grand, and then you're coming home to the same mattress that's been off gassing formaldehyde into your face for the past five years.

And, the, you know, the contributing to the cancer. Right. And and now you can't afford a nice nontoxic mattress. You probably should have stayed home and bought the nontoxic mattress.

Among other things. Right? So, yeah. Yeah, I like to point that out whenever I can, because it's the, every day I'm talking to, you know, in our, in our membership group and, and interviews and so on and so forth, talking to so many people that have healed from cancer and the percentage of them that fit holistically.

Right. And the percentage of them that went to, you know, one of those clinics is very, very, very small. And people did it just fine at home. So I always want to I just want to throw that out there to folks.

I love that. All right. We're going to go into more high impact toxic products you must avoid because you kind of see to this with the with the mattress thing.

But we could go more into that. But free stuff, free stuff on the scourge. People with just like top ten. What are your top ten things you need to be doing now that don't cost you a penny? That will set your foundation? Yeah, yeah, and that's it.

I talk about the nontoxic stuff all the time. And it's that's, that's that's easier to do now than, than ever. Right. And you just sits there's so many options out there.

It's not as hard to research this stuff as it used to be, but, you know, like I said, I think some sort of we none of these things are probably things you've never heard of before, but it's it's all stuff that just needs really banging in because again, you know, it's we talk about all the expensive supplements and therapies and so on and so forth, because they are helpful.

But you I think now more than ever, right. The, the we were all hoping the economy was going to turn around and that that's not really happening. There's the money's tight. Right.

So, when I hear people talk about I wish I could afford all this stuff, I go down the list. Right. And are you doing all these things that that could really, really, really, really make a difference?

And not just conceptually, right? Not just. Oh, yeah, I know that's a healthy thing to do. But no, there's there's cancer specific research on all these things and, you know, no, no, they're not doing any to, you know, all of them.

So yeah, I mean, I mentioned that before, but but I mentioned it earlier, but just some sort of consistent mind body healing practice, whatever that is, it's it's always the first thing that, you know, people, I'm going to do breathwork or

I'm going to meditate or I'm going to, you know, do my, do my chants or listen to healing music or whatever it is.

Right. And there's all these different things out there. Right. And I'm not going to prescribe one of them. I do like, you know, if you're looking for somewhere to start, just like a guided breathwork type thing, because then you're getting kind of oxygen, you know, extra, extra oxygen boost at the same time.

And, and it's kind of like, a lot of people with, with meditation and stuff like that, they have a hard time. It's not as easy as it sounds, right? But, breath works kind of like it gets you into that state anyway.

It's it's kind of like a kind of, like a cheat code for getting slipping into that parasympathetic state. So that's a really big. But again, it's, it's, you know, we just had, Donnie Yance on our, on our going integrative plus Q&A call.

Right. And Danny's one of the, you know, best, best integrative holistic cancer doctors out there. And he made the definitive statement that getting it out of sympathetic mode to fight, fight or flight, getting into parasympathetic the rest and digest is the most important thing that any cancer patient could do, right?

Yep. Yeah. And like I said, we all get excited about I'm going to I'm going to start this new mind body thing, whatever it is. And you do it for a week and then it feels good.

Or at least you're kind of getting into it, and then life gets in the way. And then any you don't do anymore. Right. But it is. The mind is the most powerful thing, more powerful than any, you know, any supplement, any therapy, so on and so forth.

And that that goes to, you know, I mentioned. Yeah, all those, you know, whatever it is, meditation or breathwork, stuff like that. But within that I would say, you know, either either combined or separately, a visualization practice of some kind.

Right. Yeah. I mean, you know, Bruce Lipton has proved it. The, you know, Rupert Sheldrake, all these, all these people, right, that have proved scientifically that, you know, what, what goes on your mind, in your mind, literally.

Not hypothetically, but literally affects your blood chemistry. Right? Immune markers go up. You and any, any, any physical thing that you're looking at, if you, if you really put your mind to it, things can change just with your mind.

Yeah. I think the, you know, it's it gets a bit esoteric if you want to start going down that road. But again, just as far as what's proven scientifically and that's what epigenetics are all about, right? Yes.

It's diet, environment, lifestyle, so on and so forth. But I mean, the, you know, study after study, experiment after experiment has been done showing that your epigenetics, the way your genes express, can change just with the power of your mind.

So really lean into that. Right? And do you know, whatever it is, visualize, you know, it sounds cheesy, but visualize yourself being being healthy, living your life, not caring about cancer.

Do some sort of, you know, phrase, you know, whatever it is. And maybe instead of maybe instead of getting and getting mad at the you know, Sydney Sweeney has good genes thing.

Say I have good genes, right. Because then then you will. So yeah, it's it's a really big deal. The, the visualization slash gratitude slash really feeling it.

You know, be grateful for everything you have. Be grateful for your body's ability to heal all these things. I could I could keep rambling there, but hopefully you get where I'm going with that.

Well I'm trying to find it. I, I'm, I know exactly where I'm going with this. I just can't find it on YouTube right now. What were some of the things, your favorite things that you started to do with Ryder as he got older?

Feeding. And I'm feeding you a softball here and think about my audience. Right. So what kind of audience do I have and what was I'm most impressed with?

I mean, like, what kind of stuff did it? Did, did you do and why? Yeah, I mean, we had our it actually grew into and to Ryder memorizing entire chapters of the book of John.

Right. But chapters, chapters like The kid like five years old reading chapter three, The Gospel of John and I, it's like, this kid's a seven, dude, and you're in your sauna.

I mean, this is something like, this is your boy. You're hanging up your boy in your sauna. This was why you shouldn't be doing the grass because you're with your son.

Healing from cancer. Reading the book of John, memorizing it in the sauna like, I don't know, man, it's still touches me to this day. Like, just what other things did you do like that to bring him to a place of.

Because, you know, how you going to a five year old's not going to visualize. They don't know what you're doing and like you're walking them through. It's a two year old, right?

I mean so when did you start to do that kind of stuff. Yeah. I mean, really and that was the frustrating part. It early on when I was learning about all this stuff and yeah, resolving past traumas and all this, I'm like, well, you know, how am I going to teach my one year old to resolve his past traumas?

He's he's going through a trauma right now, right? Yeah. But I mean, on that end, just for any parent listening, I, I came to peace with that. The more I can incorporate that in myself, the more it's going to, you know, pass on to my kid and that sort of thing.

Right. But, yeah. I mean, when when you started talking, we were doing actually, even before I was talking. Right, I would, you know, but every night when he was in bed, I would just sit there with my hands on him and just, you know, visualize him being better, send, you know, whatever amateur energy, work type healing energy I could into, into him.

Right. So, so there was that. But then. Yeah, but then when, when he started talking with we, we started doing breathwork type stuff and we'd have our little morning routine.

And we do, we do a bunch of deep breaths and then, you know, repeat I am healthy, vibrant and and thriving over and over and over again. Right. You can you know, I think I think that video stuff floating around somewhere out there and yeah, yeah, stuff like that. And we, we just baked it and, baked it into the routine.

And I think that's another big thing to talk about, right, with, with all this type of stuff, is that a lot of this doesn't come naturally to us because it's not like, it's not like most of us grew up doing all this stuff.

And so, you know, learning about it's one thing and then, you know, trying it out, it's another. But I mean, for, for most of us, you really gotta you gotta sit down with your calendar.

Yeah. Put it on the schedule, figure out, you know, what part of the day it makes most sense to take a step back and do these sorts of things. Usually the mornings better.

So you just knock it out and you can be sure to be done with it. It's way better to go to bed early and wake up early anyway. So yeah, just just try to try to do as much of that as you can and do a lot of this type of stuff, you know, first thing in the day so the day doesn't get away from you.

But, but yeah, yeah.

Nature, Sunlight, Exercise, and Sleep

No, we, you know, we're consistently and even just, you know, it's another it kind of bleeds into, you know, the mind body practice but also just, you know, making sure to making sure to have a high vibration environment, with, you know, your, your surroundings, your home life, your relationships, the people you interact with, so on and so forth.

I mean, even even before we started learning about, you know, I don't know, energy is contagious and stuff like that. It was just kind of intuitive. I mean, there was like when we were inpatient in the hospital, there was some nurses that just had a bad vibe and said, we don't, you know, get get us a different nurse.

We, you know, I don't I don't want this person around us. Right. So yeah, it's just and you have control over that, right? Yeah. And, you know, something like, if it's a, if it's a, you know, troublesome relationship on the personal front, that's, that's always a little tougher.

But, you know, you do the best to say I, I'm healing right now. I'll, I'll check back with you later, you know what I mean? And just really be conscientious about everything that goes into your emotional, energetic being because it's, you know, like I said, it's just as important as any any supplement therapy, whatever it is probably more important.

All right. So we have create a healthy environment in terms of, the people you're with, you know, when you're looking at what you're calling like a high vibes sort of mentality, it's just like you want to be around positive people.

You want to be positive yourself. You need to be thinking positive. If you're dealing with someone incapacitated or a child, you cannot do this themselves and you do it for them.

And then all the while, you're actually helping yourself. Meditation, prayer, something, mind, body. You really need to get that under control. And you know, and I know a lot of the clinics, again, a lot of the famous clinics, they have emotional recall therapy, they're dealing with stuff.

It's just not, hey, here's, you know, light therapy or some crazy fun juice. It's just you got to deal with the emotional piece. Yeah. And that's why, you know, we we have our, our going integrative plus, program where we do Q&A with the top integrative cancer doctors.

And, you know, all of them say you got to get your mind right. Right. I'm not the guy to do that for you. But yeah, you got to do that one way or the other. Right?

So we we added the we added the mind body healing calls and the end of that program just because, you know, we get different different emotional type people on and you know introducing different concepts and so on and so forth because it's that big of a deal.

You know, the other thing that you were that I started thinking about, well, while you were recapping that doctors is, You know, more on the, you know, self-talk sort of thing.

It's just being being aware of what's going on in your mind at all times and starting to starting to retrain that. Right? I mean, most of us, you know.

Life as it is, media school, all the things. Right. It's. Yeah. You know, we we tend to think negatively and as a, as a, as an influence. Right. And call yourself an idiot and, you know, stupid and all these things.

Right. So you'd be be aware of that start to actually really, you know, it's it's not going to happen overnight. But start to start to self-correct instead of saying, gosh darn it or something more, you know, vulgar than that, say, you know, bless it.

And you know what? Whatever it is, yeah, we were the we we built our house in the in the middle of the woods, right? Because we wanted to be in control of our in control of our environment.

And it was, it was a few, like, fundamentalist Mormon type guys that were building the house and I said something

like, I think they were putting up joist hangers.

And I had some experience with putting up joists, and I said, I hate joists, right? And I said, yeah, I, I don't prefer them, but they're okay. And it's like, oh, you know that that's, that's what I should have said.

Yeah. It's the gentle. Yeah. It changes everything doesn't it? It changes everything. How we interact with people, how we think and that's why being around people is so important.

And you said something that we need a, an under like it kind of I don't want people to just throw away these little tidbits, but if you're spending all day doomscrolling and if you're spending all day listening to the news, you're just overloading your soul, you're overloading your mind.

And that's why I emphasize that. And I encourage you rather because I haven't heard a lot of people say that. And I recently heard an interview from John Eldredge.

Talking about how and I see this more clearly than ever, like we weren't designed by God to know what was happening 100, 200, 500 miles away, like we're we before internet, before telegraph, before the telephone.

We just had our community and no one had any idea what was going on in China. Nor should they, because it's just enough to handle the problems that you have right now.

So we're being overloaded. The wars in the middle East, the financial troubles in, you know, whatever the South Pacific. And you just it's just so much for the human soul to handle what I'm dealing with, let alone other people's stuff.

So if you're going through a tragedy, if you're struggling through something like a cancer diagnosis, you don't need any more of anything on you. And it's not ignorance in a negative way.

But you need to not put on the world's stress, and you don't even need to know other than what you need for your work, your provision for your family.

But who cares what happens to the stock market unless that's your livelihood? But the reality is, we need to take that step back and disconnect. And that is a wise comment.

But our soul cannot handle this. Let go of things out of your control. And that's not to say that you shouldn't care about what happens in the world, ever.

You know that. But we when writer was healed and Covid happened and the, you know, the we got pat like health passports and across the entire state of Utah.

Right. Because I felt like that was something in my control that when we when we got it done right. But that was long after writer was healed. I guess we were going through high grade eczema with Rocky at the time, but, you know, whatever.

We did, we did both of those things at the same time. But. Yeah. Yeah. So, I mean, if you're in a position to change something in your, in your local environment and you're not dealing with some sort of crazy healing journey, then.

Yeah, I mean, we need more people caring about what's going on in the world, but, you know, you you can't make a difference in the world with, you know, if you're trying to reverse stage three cancer at the same time.

Right? Just just do that and then you can get back to, you know, maybe helping out in your community and these sorts of things. One more thing on the, the high vibration environment, not just not just people, you know, but also just, I don't know, really, really think about your really think about your home environment.

And, there's, you know, all the nontoxic stuff. Yes. But also just how beautiful of a of a place. Can you make that

right? Can you, can you put some art in there that that makes you happy and it doesn't, you know, you don't need to go to an art gallery and spend $5,000.

You can get a print or, you know, a canvas or whatever it is. Right? And, you know, put, put plants all over your house and plants are good for oxygen and detoxing the environment at the same time, but they also just make you happy.

And there's all sorts of studies on, you know, just the more exposure, the nature, the better. You know, can you put a water feature in there? Can you, you know, get a, get a cheap yet somewhat good speaker if you don't have a nice speaker and play, you know, classical music or healing music or whatever, whatever music kind of soothes you and all these sorts of things and just try to make it the most, you know, happy I have, I have in place.

You can. Yeah. And that's one reason why we, we fell in love with essential oils, because when you go to the spa and you spend Uber bucks to get a massage, it's aromatherapy all over the place.

It's calm, soothing music. And you go there, you feel like you're healing and you leave and it's like, well, why would I put on my rock music or death metal or gangster rap and then put on an ear for free have like air freshener in my car, you know, just think about the juxtaposition of that.

Make your home a healing spa. Truly make your home a healing spa. So we're we're men. We. It's just feels like we just started to open up this discussion.

I was out of time. I want you to be able to talk a little bit about, the drivers of disease, really the true root causes of cancer that people aren't really talking about.

But any other things, like I, I'm thinking, you know, like, if you can just list popcorn a couple, I'm thinking I would think you would say sunlight grounding, like, what kind of things can people should be doing now?

Just, hey, you need to have this be part of your routine. In addition to the mind, body, like anything else that we could give them. That's. Yeah. Let's do I mean, you you hit the nail on the head.

Of course. Get outside, get in the sun. Get in nature. If you want actual, well, two things. One, the sun is is the sun. That's. You can't get that that, that drop that comes out of the vitamin D bottle or in the pill or whatever.

That is not the same thing as sunshine. Get the sunshine if you are, you know, upset that you can't afford whatever fancy light therapy device that, you know, sounds really cool.

You know, the sun has infrared and red light and it just get out and that, you know, we like a light, light therapy device. It's more full spectrum. But again, you know, the the sun is the full spectrum light therapy device, so, so get outside in it.

And then the nature again, it's like, you know, we went to the extreme and built a house in the middle of the woods. But before we were doing that, we we put it on the calendar again to, you know, get out in the woods, you know, and then we would have to drive to the woods wherever that was.

But, you know, we did that a couple of times a week. If you want scientific rationale for that, just look up the forest bathing studies and, you know, that that they measured all these sorts of immune markers and all these different things.

If you're a if you're upset that you can't afford the, the high end immune supplement, again, look at the forest bathing studies and look at how that skyrocketed people's immune system just getting out in the woods.

Sprouts, good old sprouts. It's not necessarily free, but it's, you know, it's pennies. If you just start, if you just start a good sprouting practice and that's ultra dense, nutrient dense nutrition that, that, you know, it just takes the time of rinsing.

And a couple times a day, you can juice those things. You can put them on a salad, you can put them on top of anything you cook. They're delicious. Broccoli sprouts, so forth and all that stuff.

It's it's good stuff. Should talk about exercise. Again going back to our going integrative plus you know what one of our members asked Doctor Paul Anderson, that's again one of the best naturopathy oncologists in the world.

What can I do to control cancer stem cells? Right. The really bad ones, that are treatment resistant and all these things. And, he's he's kind of the king of, like, exotic ivy nutrient therapies.

And so I was kind of rubbing my hands, getting ready for what he was going to say. And, and, he started talking about exercise as the, as the best thing you can do to control cancer stem cells.

And when you think about exercise, it's usually, you know, your mind goes to cardio and stuff like that. That's important. But the last few years I've come to realize there's as much or more research and cancer specific research on muscle, and the more muscle the better, both from both in terms of, not having not getting cancer in the first place and, outcomes.

Right. Like the more muscle you put on when you're going through cancer, the better your chances are, or the more muscle you have when you're going through cancer.

Cancer, the better, better chances you are. So, you know, whatever it is, bands like exercise bands I think are actually the most efficient, form of form, kind of weight training, muscle training, as it were.

And it's a lot cheaper than getting yourself a big old set of dumbbells and, and that sort of thing. And it's also more, you know, more joint friendly and all that stuff.

Yeah. What else talked about sleep. But again, sleep. It's, it's it's, it's, you know, if you're, if you're not getting a good sleep, do whatever you can to readjust your schedule to get a good sleep.

I, you know, I started, I think, when I turned 40, doctor Z and I realized that I hadn't gotten more than a night or two in a row of a proper sleep and 15 years even before.

Right. I was diagnosed, and, I'd realized that I should really start, you know, talking, talking about Ryan walking the walk. That's that's the one thing I was definitely.

Or walking the talk. That's one thing I was definitely not walking the talk on, because I figured I was too busy helping everybody else. And these sorts of things.

But I actually started getting a good night's sleep for, you know, every night. And it feels amazing. And I can tell I'm a much healthier person, even with all the other stuff I was doing.

And you know that that is the time that your body heals. So, you know, look into all the sleep hygiene stuff. That goes along with all the light hygiene stuff, right?

You know, watch the sunrise, watch the sunset, read lights after the sun goes down. Don't look at screens after the sun goes down. All these things again, if you're, you know, wishing that you could afford that fancy mitochondrial supplement.

Well, you know, the, the the the the light hygiene combined with the sleep hygiene and actually getting the sleep. There's your mitochondrial supplement.

There's your melatonin, you know. Well, I guess high dose melatonin is is a thing. That's a research thing in itself. I don't know if you're going to get high, high dose melatonin, but again, melatonin is the most, you know, arguably the most anti-cancer molecule your body produces.

Naturally. And most of it most of us are not producing nearly enough ourselves. So. Yeah. Time restricted eating, intermittent fasting, prioritize. Eating dinner early versus eating breakfast late because that's going to help your sleep as well.

I think, you know, you hear about everybody's bragging about, you know, how long they can go before eating breakfast. I think that needs to be flipped is how early can you eat dinner and stop eating?

Yeah. If you're if you wish you could afford an infrared sauna or a cold plunge, you can do hot baths and cold baths and, hot, cold showers and so on and so forth.

But it adds up. It adds up, and then it becomes a lifestyle. Yeah. And if you go back and if you just so that's wonderful. And folks just think, think in terms of optimizing one thing.

And if you were to optimize sleep, for example, and have that be the focal point, that will dictate a lot of what you do throughout the day, right? Like Ryan was saying, it'll determine when you will eat, when it'll stop eating, essentially whether or not you want to implement any sort of things, like you could diffuse some essential oils at night.

It's like, okay, what am I going to do? When am I going to turn off the screens? When am I going to turn off the Wi-Fi? Your schedule will start to shift, and then you determine when you want to wake up and just your whole lifestyle will move around that.

If you make sleep the number one, that might be a great idea actually. Like because if sleep is your number one, KPI, like we say in the marketing world, your key performance indicators, if a good night's sleep is the main thing that you're doing, all the things, everything that Ryan said is going to contribute to that.

And you'll know how well refreshed you wake up and you'll know whether or not you're on a healing journey or not based off of how you're sleeping. And that's something that you can measure.

If you can't afford, you can get an ordering, and other things to really determine that more. But I like that. I actually I never thought of it in terms of that.

Like, you focus on one thing and how do those other things support? So yeah, it's morning sun light morning outside start to wind down. Yellow lights, candles, like the whole shift of what we have in this blue light box that we call our house.

It's wonderful. So this has been great. Like, it's just very practical, very real. I mean, you've came through the fire of suffering. You've interviewed, and I didn't mention this, but you've alluded to this.

I mean, you've interviewed hundreds of the world's top oncologists and experts and part of your Integrated Plus program. You interview doctors regularly every month, right? So, you know, just, you know, we're out of time, unfortunately.

But, what what can you lead people with when it comes to this concept of just the true deepest root causes of cancer? Like, just just leave people with some food for thought, like, you know, everyone's probably thinking, well, I've heard sugar, I've heard radiation or just whatever people might be thinking about it, but can you give some people just some guidance of where to consider so they can maybe start doing some self work to look at, hey, am I contributing to this thing or not?

Well, again, yeah. And it's I guess I guess what I wanted to talk about there was you hear all these different things and it gets, it gets confusing. Right.

What what is the root cause because you hear about cancer is a, you know, it's, it's a disease of mitochondrial dysfunction. It's an immune failure. It's an epigenetic thing.

It's oxidative stress. It's, microbiome, gut dysbiosis. Right? Disease begins in the gut, all these things. But it's like when you start going down the list, it's well, what what caused the mitochondrial?

What caused the mitochondrial dysfunction? What what caused my immune system to fail?

Root Causes, Secondary Drivers, and Supplement Strategy

What caused, you know, my my gut to become out of balance, all these different things. Right. So when you boil it down, I've, I've kind of found, you know, I kind of sum it up is just removal from nature is the, the ultimate root cause.

And then within that, it's deficiencies and toxicities. Right. Both in the, you know, the, the physical nutrients that you get from food that we don't get anymore and the energetic nutrients from nature, negative electrons, negative ions, so on and so forth, we don't get anymore.

It's and then the, the physical toxicity, all the chemicals, heavy metals, so on and so forth, all the energetic toxicity, which, which is the EMF, these sorts of things.

And and then, yeah, stack on to that. The, the emotional spiritual, mental, emotional, spiritual stuff, which you could kind of call your own separate category.

But I think, I think if we were living a truly, you know, quote unquote natural life, we wouldn't have as much of the emotional, mental, emotional, spiritual stuff going on either.

Right? So yeah. But then but then that's not to say, you know, if you've got if you've got an active cancer, that train has now kind of left the station and it's.

So I'm not saying don't focus on the immune system and the mitochondria and, and the microbiome and so on and so forth. Because now you got to push all that stuff back the other way.

That's, you know, a, a phrase I like in the naturopathy oncology community is you can't you can't detox your cancer away. Right? So, yes, any, any solid cancer program has to, has to be an aggressive nutrition slash detox program, slash emotional healing to, you know, to to to address those root causes.

But then you've, you've also got to be addressing what I call I call them kind of the secondary drivers. And that's, that's all those things you hear about. Right.

All those things that lifted off hormone imbalance, nervous system imbalance, infections again, immune system, epigenetic stuff, so on and so forth. And well, yeah, to make a plug that's that's why I happen to think that that our product, that we made is, is a pretty, pretty good, you know, it's a pretty good idea.

Our seven, it is seven of the most. Yeah, yeah, we kind of went off the research. Right. And speaking of all those doctors I interview, and there's, you know, there's there are thousands of nutrients, compounds, whatever you want to call them that, that have anti-cancer research behind them.

That's kind of the beauty of, of plants, right? Is they all heal. But then there are those that have you can go to PubMed and type in, you know, these specific compounds in combination with cancer and get, thousands of studies versus, you know, maybe 5 or 10 studies and those, those nutrients, those compounds happen to be the ones when, again, when you ask a natural biotech oncologist or somebody like that, you know, what, what are your go tos?

They'll kind of give you the spiel of, well, I treat everybody individually and so on and so forth. But if you if you really pin them down, you know, these are, these these are the things that they're all going to they're all going to eventually say, which, yeah, I mean, it's, it's it's stuff that we all it's stuff that we all know about.

Right? Curcumin, EGCg from green tea, quercetin, grape extract, astragalus, Korean ginseng, quercetin, selenium, yeah. Yeah. And so I mean it's it's it's the stuff that, that, you know, when you go to an acrobatic oncologist, somebody like that, it's they're invariably going to advise some of these things.

I got tired of looking around for the best possible source for all of them. I also got tired of ordering seven different bottles for all of them. And again, going back to the sourcing, just, you know, you've been on this supplement crusade doctors, you've, you know, really, really digging into the heavy metal content, the, you know, glyphosate and it's is it is it being are the extracts being extracted with, you know, acetate and all sorts of nasty chemicals or not all these things.

Right. And it's all the things like whenever we research any supplement for anybody, right, for ourselves. Right. Because anything we talk about is that's what we use for ourselves.

You know, it's it's it's exhausting. I, you know, I get a certificate, an out of analysis from every different company, and, that's the process I went through and making this product.

And again, it's I like to think, you know, all those all those secondary drivers, when you start going down, the research that addresses pretty much all of them, not saying it's going to, you know, not making any claims or anything like that, but you can find studies on all those different secondary drivers.

So I like to think it's a, it's a pretty good place to start. And I want encourage people to check it out. I'm holding up the bottle. If you could see if you're listening.

You can't you can't see obviously. But seven Botanicals and Minerals for Oxidation and Inflammation reduction support our seven. You can go to our health naturally.com.

Check it out. It's it's something that I think we all need to consider more when we do invest in our health. About what am I actually taking? And you'll be surprised, y'all.

And I'll leave you with this, a couple. I'll give you another website to go to. Go to the stern method. And if you're interested in even kind of diving deep and, seeing what Ryan and Teddy can do on a regular basis with the integrative oncologist that they know they have their their monthly program going integrative weekly, I'm sorry, weekly going integrative plus, going integrative plus.com.

This weekly support group. And there's so much more to it. But anyway, the reality is, is you'll know that, they don't compromise in anything. And when you start diving deep into the supplement industry, for all intents and purposes, most companies sell whatever the manufacturer offers them, and the manufacturers are looking for the cheapest cost of goods, period, so they can make the most profit, most supplement companies don't have any sort of qualification or, purity specs, and they just sell whatever.

And so when you, when you dial in and you're like, what is the source of this? What is the source of that? Is it really bioavailable? You'll find that a lot of us are literally just throwing money away.

And that's sad. And and some companies don't know better. Is there such a thing? Other people are doing it on purpose. But the reality is when I when I look at this bottle and it's glass and there's no even, you know, what is a cotton swab in the, in the thing because you guys don't even want any sort of potential plastic or any kind of waste.

Like it's just puts my mind to rest in a lot of ways. I know that you did the due diligence. I know that this is source properly. I know this is whole food based.

It's not based off of petrochemicals that are synthesized in a lab. And that's where we're going. Yeah. Like that's really where the supplement company is, are going.

Depends on when you're listening or watching this. Bill gates is fake. Butter seems to be making all the news in our world right now. All you gotta mix is carbon. Carbon and hydrogen.

And you could literally make butter, right? Just add some, also fires and flavor. That's where we're going. Everything is, beware of probiotics as well because now most of them are genetically modified probiotics.

So yeah. Is it helping. That's what we're doing. Is it helping us? Is it hurting us. So check out our seven. Check out Ryan and Teddi. Check out integrative plus buddy we can go on for hours and hours.

I feel like we just touched the tip of the iceberg. What? You offer so much more continuing ed in your support in your membership, in your programs, on your website.

Lot of free advice. Go through the archives of old podcast too that you can get again, go to the Stern method.com. That's your home place to go pick and choose.

Any last minute words of advice for our lovely listeners? Yeah, just, you know, learn to learn to listen to yourself more. Be your inner guide, that sort of thing.

You know, you know, you mentioned you mentioned the aura ring earlier. Doctors have been going back and forth on that, but I wanna, I'm going to start just learning, like, you know, I'm just going to get really in touch with how things make me feel.

Right? Yeah. Just just the more you can, the more you can be in tune with what's good for you and what's not good for you, and what you should do and what you shouldn't do.

And listening to that inner guide and, you know, that was that was such a big thing. And, you know, within the inner guide, that's that's coming from the big guy.

And, yeah, yeah, that's the more you can do that, the better off you're going to be. It's awesome. Takes time to develop you all really takes time to to develop.

And if you need certain help and tools to get there, it takes years sometimes. Right. It can take months. And yeah, I love that. I love that you listen to the just the wisdom that God's get given us.

And sometimes we have to unlearn to learn. So a lot of food for thought. This is definitely one of those you're going to want to listen to again kind of discussions.

Again, Ryan, thank you so much and your lovely family. Blessings on y'all. And happy I mean ten years. Unbelievable. You guys have gone through so much.

And now to see you on the other side of this, being able to help people. And on so many levels and such inspiration. So thank you. And folks continue.

Continue on, press on, learn and never settle for anything less. And God's best you. What you heard was a lot of empowerment. You follow this advice, you get your power back.

And ultimately that's really the key. The more power we get back, the more we are empowered to make the right decisions for ourselves. And that's really where change and healing happen.

So, as always, Doctor Eric Lansky, my hope and prayer is that you and your family truly experience your abundant life. And until next time, we'll talk to you later. Bye bye.