How To Assess Your Cancer Risk And Terrain Transcript

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Assessing the Cancer Terrain

Hello, I'm Dr. Michael Karlfeldt One of the most important things when you are preventing cancer or addressing cancer is to really kind of assess, what kind of a terrain is the cancer growing in, that that becomes so, so important because cancer doesn't happen in a vacuum.

and it doesn't just happen that one instance when you are diagnosed, it has been taking place for years and years. So you have all these years of opportunity to address it before it takes place in your body.

So how do we assess the terrain? Well, first we need to then look and see what have we been exposed to in our lives. Are we do we have silver fillings?

Exposure History and Risk Factors

Do we have we received lots of vaccines with aluminum in, do we, what kind of a work do we have? Do are we an auto mechanic? Right. Hairstylist. have I lived in moldy homes?

You know, so all of these things will give you clues as to what may exist within your terrain. Also, what kind of a diet have I been eating? So you may be dealing with strong nutritional deficiencies.

so there are a number of labs out there that you can use. they're specialty labs, but they become a really important tool, to see what's going on in your body so we can assess and see what is the the heavy metal, the chemical load in your body.

what kind of pathogens are we dealing with?

Testing for Toxins and Pathogens

are there, you know, a black mold that you may have been exposed to and your immune system is really, active against that and showing up and and putting a lot of stress on immune system, or do you are you dealing with a leaky gut so that, you're eating food that's triggering inflammation, that, puts stress on the immune system and suppress your ability to battle cancer cells?

also, they're tests where you can then check and see what what is your circulating tumor cell count as so that you can see, am I at risk for something.

Is there something floating around that I need to be concerned about? so it is really, really important to assess your risk. and as I said, cancer is not a single event.

It is an accumulation of things that have taken place over a long period of time. So you have lots of opportunity. And it's not like it's not like all of a sudden when your car crash.

Now I'm thinking about putting my seatbelt on. you need to put it on immediately. because we are dealing with, you know, one out of two almost that that is diagnosed with cancer.

So, we are all at risk and we all need to address this. And obviously, if we are diagnosed or we've gone through treatment, we're currently have no evidence of disease.

We want to make sure that.

Cancer Risk, Prevention, and Early Action

What is it that we, you know, where am I at and what is it that initiated the cancer to start with? So, there are a number of labs that I suggest. what I highly suggest is that you, you know, pick up my book.

You know, a better way to treat cancer? and it's a it's filled with information in regards to, you know, how you can assess your risk and how you need to, address your terrain.

So when you're then finding out, you know, let's say you're dealing with heavy metal toxicity or, and the thing with heavy metals is not just the heavy metals in themself, that is impacting you.

They also have like, estrogenic effects. And they have there's so many other effects.

Heavy Metals and Their Effects

They create dysregulation in the hormonal system, and they put stress on the immune system, trigger inflammation, and then also, create weaknesses within the tissue because where minerals are supposed to be in and the tissue, if we are mineral deficient, then these heavy metals then become, take the place of them because the body continually builds tissue.

And if we don't have the appropriate building blocks and it grabs the next best thing, and then so it may grab, then lead, cadmium, mercury, aluminum, you know, in the place of the minerals and nutrients that need to be in there.

And the production of tissue in the production of enzymes. so it has a, a in addition to just being there in the body being toxic. And it has a lot of other detrimental effects.

And that's why it's so important that we address them. I love things, you know, for like heavy metals, there are a lot of different tools available. Chlorella. You have zeolite.

Detox Tools and Supporting the Body

you have, you know, there are lots of different binders out there that can be really helpful, to, to grab on cilantro, bringing in minerals like selenium as zinc, all these are different tools that can really benefit you in clearing out the heavy metals.

Once you understand what it is, and it's easier to address. So, make sure that you do address your terrain. it becomes really, really important to understand where am I at and what do I need to do to fortify my body, to mitigate risks as much as possible.