Introduction to Jonathan Landsman

Hey, everybody, it's Nathan Crane, director of the Health and Healing Club and host of the conquering Cancer Summit. Today, I am really excited to welcome you to this really special interview with Jonathan Landsman.

Jonathan Landsman is the creator of Natural Health 365, and he's reaching hundreds of thousands, if not millions of people around the world through his online events, including the holistic Oral summit, All Timers and Dementia Summit.

Immune Defense summit fatty liver doctor class and cardiovascular docu class. For over 35 years, Jonathan has been educating the public on the health benefits of an organic, non-GMO diet, high quality supplementation, and healthy lifestyle habits.

To learn more about Jonathan and join his incredible community, make sure to head over to Natural Health three 65.com. I'm really excited about the conversation today with Jonathan, because we are going to dive deep into many of the hidden chemicals in your home and, and, around your body care products and foods and water and air and things that you may not be aware of that could be contributing to, the proliferation of cancer.

We're going to dive into what to avoid and how to avoid it. We're going to dive into how to detox safely and get these chemicals out of your body safely.

And he's going to give us a whole shopping list of, natural solutions and different types of, plants and compounds and things that you can consider adding to your regimen to help your body detox and get these toxins out through your body can do what it was designed to do, which is heal and thrive, right?

So, Jonathan, thank you so much for being here, man, I appreciate it. It's my pleasure, Nathan. Very important stuff. And that's why I would encourage people to get pen and paper and take some notes, because I really pulled together a lot, which took me some time to do.

But everything off of our site, things we've been writing about for years. But I really wanted to give really comprehensive, good helicopter view as to what people should understand, but more importantly, a lot of things that they can actually put into play right away that will be very helpful.

So the kind of things my wife and I do all the time. Awesome. Yeah, I'm looking forward to it. I'll be taking notes on my end. I encourage everyone to take notes as well, but.

So let's dive right in. Right. Let's talk about chemicals. And what are some of those hidden toxins and chemicals that people may be exposed to in their homes, where most people today are spending most of their time, right, that they might not even be aware of, that can be contributing to, you know, disease and sickness in their bodies.

Absolutely. Nathan, it's really good that you're also putting it as hidden, right? Like it in certain respects. It's hidden in plain sight. And what I mean by that exactly is if you just look a little bit more carefully, they are on labels, right.

Hidden Chemicals in the Home

Some of these things we're going to mention like right off the bat, sodium lauryl sulfate, which is in shampoos, right. You can see that on a label. Great hidden in plain sight.

A lot of people aren't aware of the fact that that stuff that you put in shampoos and, you know, making nice and foamy and getting that oiliness out of your hair and it just all feels great and looks great and you think it's doing something wonderful is actually really bad for you.

And we'll get into what this kind of stuff as we go through the list. Later on, we'll talk about what it's actually doing to people. But hidden in plain sight is one thing, unfortunately.

More seriously, Nathan, a lot of this stuff is not even on the label. We're talking hundreds. There's no way we're going to cover all of it. But I give you some really big ones today.

A lot of it is not regulated. It's not necessary, you know, according to the rules and regulations and laws have certainly the United States and throughout the world, that is not really needed to be put on the label.

So a lot of these things are considered, you know, proprietary blends, you know, special secret formulas. And none of it is really tested for safety. And it's totally okay for the powers that be.

And meanwhile, a lot of people are subjected to all of this, and it really does have a nasty effect. So we mentioned sodium laurel sulfate right. In shampoos. That's a great example.

Formaldehyde doesn't sound really good, right? Candles and air fresheners. So when I mentioned these hidden right quote unquote toxins, I'm going to also talk about where you can find this in a lot of products out there if you're not careful.

Yes, in many cases you can find alternatives that are nontoxic. But, you know, to be honest with you got to do the work. So formaldehyde is definitely not something we want.

Parabens, which a lot of people may be familiar with. And they know this is not so great. Lead and Mercury in skin products so your imagination can go wild.

There a lot of stuff getting put on the skin with a lot of nasty stuff, including heavy metals. This phenol a right. That's another thing as well BPA.

A lot of people kind of heard that as well. Plastic water bottles and also in food containers. So, so many things that people are buying and using every day and can be found right inside their house.

This stuff is just sitting there. It's leaching out and going into the food. Chlorine and really nasty stuff. You definitely don't want to be consuming that in dishwashing soaps, so.

Well, wait a minute, I'm not eating that right. But of course you are. You're actually consuming it all the time. Imagine being in the kitchen when that machine is going all that hot water and you're breathing that in another area where chlorine is is in hot showers.

It's like being in a gas chamber, especially a lot of people that have these closed shower stalls, right, with like plexiglass or glass. And they're in these chambers with this fume.

They're inhaling it. It's going right into the bloodstream, up into their brain. So this is the kind of stuff you want to be careful of. But in dishwashing soap.

Absolutely. It's there as well, not just in showers. Fluoride. This is a biggie in drinking water. Too many cities still have this dumped into the public drinking water.

So yes, you can get it filtered out. It absolutely should be done. But fluoride is in too much drinking water. Prescription drugs. That's another biggie as well.

And that can be found in the water. That is all the restaurants, all the home cooking going on. So we don't want that. But prescription drugs are let's, you know, not be too graphic, but they're coming out of people and going into toilet bowls and then, oh yes, the city, the municipal water.

They'll tell you, hey, we're cleaning it up. No big deal. But there is absolutely no testing being done to discover if

there's prescription drug residue in all of these water supplies.

And, Nathan, there absolutely is. And people are drinking that down every single day and have no idea at all. So it's really important idea, obviously, to purify.

We'll be talking about that later. Not organic food just in general. And again, it's so easy to just kind of think of this as well. It's not a big deal.

I have a little bit of this to have a little bit of that, but everything we're talking about here, Nathan, is bio accumulative, right? So this is gathering up in people every single day.

So any non-organic food has a great increase for pesticides and synthetic antibiotics. This is just horrible stuff. Antibiotics are used heavily on most of the United States farmland as just one example alone.

And you know, where does that go? People want to believe, right? And they're even being told by bigger corporations, oh, it's nothing at all. We put it in the animals. Don't worry about it.

It's so infinitesimal. By the time it gets to you and you eat this stuff, don't worry about it. But animal products you're eating, if they are non-organic and they are not grass fed 100%, you are eating plenty of synthetic antibiotics and pesticides in most all the other foods as well that are even not not even, animal foods, but like plant based type foods, processed foods.

You're taking in a lot of that stuff and preservatives. It's a lot of nasty stuff that you're taking in. So blame it. Yeah. Really quick. I want to take a, one step back and give people a big picture here.

Right. Because you said, yeah, a lot of people think, well, yeah, you know, I've got some fluoride in my water and I've got some, you know, BPA in my plastic and I've got but I'm eating organic and I'm exercising, you know, I've got some sodium lower sulfate in my toothpaste and in my shampoo and I've got but those are just little toxins.

And they're considered safe by our regulatory organizations. Right. Our government wouldn't allow these things in our products if they weren't safe for us.

But I want people to recognize something really important here. Right? In 1905, just a little over 100 years ago, we had 0.05% of people being diagnosed with cancer.

In 1950, we've had it went up to 10%. And today in the West, we're almost at 50% of men. And women. And if you want to look at the, you know, one third of women are being diagnosed with cancer, one out of two men are being diagnosed cancer.

And those numbers keep going up. 10 million people dying annually. And if you look at what you know, there are many contributing factors. But if you look at one common thing that has exploded over the last 50 to 100 years is this proliferation of new chemicals.

The last statistic I saw actually came from the Smithsonian magazine, that I saw, which was over 10 million new chemicals are being synthesized every year.

So if you want to see a correlative factor of cancer explosion, and then we can look at autoimmune immune explosion and other chronic, you know, immune related metabolically related disease explosions last 100 years.

And then look at how many chemicals are being put into our everyday life. There is a very clear correlation there that we have to recognize, okay. These chemicals do have an accumulative effect.

Some of them are being called forever chemicals because they basically never break down. Right. And it is so important. What you're saying right now is one is not to, you know, put a bunch of fear in everybody's to say, look, these chemicals are all over, they're hidden everywhere.

And you have to become aware of them before you can do anything about it. And my take, I would say, Nathan, is this, a lot of the things you said. So right on. It's great.

But the idea that it is, not dangerous. Who causes cancer? Many of these things clearly do. I was going to mention that later on the the fine line and the legal ease behind all of this is just that it's on the manufacturers to say if they're safe or not.

And so they're safe. And the regulatory agencies actually only say, well, I mean, can you say that these are dangerous, you know, is there any proof that they're dangerous?

And so there's no evidence they're fine. And who are they going by?

How Toxic Exposure Drives Disease

The regulatory agencies primarily are just simply going by the companies supplying that information to them. A quick thing that people can check out, which is mind blowing in and of itself about all the toxicity that was dumped into a local water area and literally killing many animals and people, causing horrific tumors and all kinds of health issues.

Is a movie out there called Dark Waters. Now, I know the environmental attorney who actually is a corporate attorney that defended against things that he does now for over 20 years.

He was defending major corporations against people who would come after them for all kinds of what they would consider nonsense, and his job was to defend them.

His name was Robert Blot. And so this whole movie is about him and how he actually sued Dow Chemical. Dow Chemical for decades knew that they were dumping harmful, toxic, very dangerous, unhealthy, causing all kinds of disease, cancers, all kinds of health problems.

People were literally dying. They knew it. But the regulators, our agencies were only asking Dow all these years, well, how's it going? And they would do some tests and they would see these tumors and things in animals, but they would manipulate the, the, tests, studies the data, and they would just not report that there was anything to be concerned about.

And they made billions. Now, to this day, over 20 years of fighting, Robert Blot did before anything happened. And in the movie, it really depicts it quite accurately.

It is not overdramatize. He then got one lawsuit after the other one, to the tune of millions and millions of dollars that the companies had to pay out.

But it's like an expense line to them. So people have to understand this stuff is real. We should take it seriously. I think the saddest part about this in a certain sense, Nathan, I hope I'm not being misunderstood, is that people don't ingest this, like once and drop down, right?

They don't drop dead. So the point is, it's very hard to really take this in and go, oh my God, and sound the alarm to so many people who are unaware of this.

But it does build up and it does cause problems. And so real quick flame retardants obviously, and furniture, especially if someone's in the market for new stuff, you have to be really careful.

This stuff is on your furniture. It's going to be outgassing for a long time and it's really toxic f d and C dyes in makeup women are putting on in a certain sense.

I mean, unless I guess certain men put on a lot of skin care products and things, I guess that's possible. But for the most part, women are putting on way more stuff all over them their hair, their makeup, skin care, all these things.

And there are so many dyes in here that are just terrible. And of course, the volatile organic compounds which you're finding in, you know, new carpets and paints and perfumes and even in brand new cars, some models are just sick in terms of what you can tell, just opening up a car door and sitting inside.

I've had that experience many years ago, before I even knew a lot of what I'm talking to you about, and I just knew this is some nasty stuff. You just sit in there for just a couple minutes and you get massive head pain.

Imagine taking that stuff in over and over again what it's doing to all sorts of areas of your body. We're going to talk about that as well. But these chemicals I want to be very clear.

They do cause cancer cell growth. They do promote it in the body, there is no doubt about that. And people can do their own research. Don't get just don't just go by what I'm saying.

There's also mold inside the house. And that obviously is in many cases it's visible. You really have to just look, but don't ignore it like it's nothing.

And again, we can talk about how to mitigate these problems. We really just stay away from having this happen in your home, which is really important.

Indoor air pollution. As you mentioned before, Nathan, really huge, especially these days with the whole pandemic that everyone is experiencing throughout the world, many, many people are spending way too much time before the pandemic.

And now, especially since the pandemic, indoors and everything is sealed up. The homes are really well made right to keep heat and cold out and keeping heat and keeping the house nice and cool in the summer.

All of these things. But the windows shut, door shut. It's trapping in everything and people are breathing this stuff in all the time. Just dust alone is really nasty.

And again, we'll talk about what this is doing to people. And I just don't want to forget two other things. Nathan, we talked about this before going on camera, and it is mercury based silver fillings, and I always shake my head when I say that to anybody.

And if people have been following my work, they know I've been sounding the alarm for years. Silver fillings are not like a precious metal that you just feel great about.

Silver is over half of it is a highly neurotoxic substance, mercury that is put in these fillings and it is make no mistake about it, leaching out of your mouth and being absorbed by your saliva into your gut.

It's being absorbed directly into your brain, into your blood. The mercury based silver fillings must get out of the body. There's no two ways around it, and I've mentioned it before.

I know we've done other programs in the past. Nathan. There are top cancer clinics that will do nothing else with somebody until they clean up all aspects of their mouth Mercury based silver fillings, root canal, treated teeth that are fully infected, gum disease and cavitation, which is bone infections.

All of this is putting a tremendous stress on the immune system. You could take all the other things I'll mention later on, but if this stuff is going on in the mouth and constantly spilling into the body, it's a real danger zone that has to be fixed or else progress to healing is going to be at the very least, and I am being nice about this.

It's going to be inhibit for sure. And so we move on from there. Or, you know, to add to that. And then I want to talk a little bit more about it because you're obviously, you know, you have so much expertise in this area.

And I think it's really important to touch upon here. I mean, I just did a ton of research and gave an entire presentation on this exact topic, you know, and Mercury, people think of, you know, you say, oh, I got my silver

amalgams.

As you said, most people don't realize half of that is actually Mercury. And they don't call it mercury amalgams for a reason, because if they did, most people would probably say no, right?

But we know that Mercury has actually been identified as one of the most toxic, non-radioactive materials known to human beings, and that is what we're putting in our teeth.

So many people have these mercury fillings in their teeth. And what I found really interesting when I was researching this heavily recently was that, even though that, you know, we've been using Mercury amalgams for like more than 150 years, their safety and their risks has have actually never undergone the regulatory proof of safety testing that's required for other medical proof of safety testing in, or for medical implants in the US law.

And I find that just totally mind blowing, that we're able to put millions of these into millions of people's mouths, and there's no real regulatory, long term safety testing it's ever been done.

Couldn't agree with you more. I think every three letter agency that we can imagine, the Food and Drug Administration, an FDA, EPA, CDC, World Health Organization for all of these agencies across the board, every single time.

You can generally say very safely, 99.9% sure. We have often written about this on my website. There's a sliver of truth that comes out in every one of these agencies, thank God.

Right? But for the most part, they always side with corporations and no doubt anyone well-educated on these topics. They are citing and on a side that doesn't support life.

And so that's what I would like to see happen more and more, is that people become aware of these things more. We simply ignore what they're saying because for the most part, it's the direct opposite.

It's such a simple formula in my mind, being in this industry for 36 years, whatever they say, the opposite is true and very helpful to actually go towards and get closer to whatever they say.

Go the other way and you're doing great. So it's really, I always say I bring up all these things and I appreciate what you said before, Nathan. This is not fear mongering mongering.

This is not scare people. This is like be aware and just move in the other direction and things will work out well. One other biggie in the home, which seems almost like, you know, give me the chemicals, Jonathan.

But the chemicals are produced from toxic emotions, so I know it's way beyond the scope of this, but just quickly to just simply say resentment, anger over anything, even if in our minds it is quote unquote justified.

Guilt, low self-esteem, just negativity in general that just all these thoughts that then generate feelings of darkness, you know, to just put it in the most simple way, this dark type of toxic emotions that we have within ourselves and also what we generate just by simply the toxic interactions that we have with people right inside our home, the people closest to us.

This is where it's the most dangerous. Then generate all kinds of nasty biochemical reactions. And I was first turned on to this years and years ago when I was just a pup.

When it comes to being and, you know, being in a health and fitness industry with Candace Pert, PhD, a blessed memory, she's no longer with us. But the bottom line she wrote a whole book on molecules of emotion, and it was just fascinating.

And people want to get into something interesting to read. But it's just the bottom line is the way we feel then has a very real physical biochemical reaction.

So happiness and joy and peace and enlightenment and, you know, just feeling satisfied and grateful and thankful. These are not just cliches. These are things that if we start embodying that no matter what's happening outside of us, everything that's happening to us, everything.

And I've had plenty of bad things happen to me, happens for our greatest benefit. So it's very important to appreciate that every time something happens.

Not that we want it to happen, not that I wish it on anybody, but there has to be a very significant reason why stuff is happening to you. Just like if you were winning the lottery, that would be great.

If you make lots of money, if you get a promotion, if people are complimenting you, that's so wonderful. We got to deserve that, right? But in a certain sense, the bad stuff too, the stressful times, the difficult, the challenging things that we go through.

But we have to communicate maybe in a little better way. It's all happening for very important reasons, and it's really important to be mindful not to let that dark stuff, those emotions, overtake our life because they are very powerful and very destructive.

Yeah, I'm glad you brought that up. I mean, you know, we have an entire day of the summit focused on, you know, the biology of belief and mind body medicine and the power of your thoughts.

And you know, what you're talking about here is very real. You say, yeah, give me the tangible toxins. Our thoughts literally are tangible toxins.

Reducing Exposure and Detox Basics

They do manifest in the via the biology of the body, you know, and they can inhibit your immune system and down regulate your immune system function. And or on the other end of that spectrum is, you know, positive thoughts and caring thoughts and thoughts.

And we've our science has already, you know, identified this great work of hard math, for example, has done a lot of work in this just feeling emotions of compassion and love and joy and gratitude, for example, can literally activate an immune system response and help to inhibit cancer cell proliferation.

So, you know, I'm glad you touched it here. We do go in so much depth, you know, during the summit as well. But it's certainly a toxin when you're talking about toxins you cannot forget about.

It is probably, in my opinion, one of, if not the most important. So thank you for that. So, Nathan, I know you want to get into how does this what's the track?

How do we understand this simply and clearly in our mind. And when we let this in, like I've done for myself? Nathan, I know you wanted to talk about a bit about how this all actually promotes disease.

How is this really connected to cancer? And I like what you were saying before, that you touched on about correlation. Western medicine loves to do this.

Everything I just said, Nathan, it's just correlation. It's not really proven as a cause. This chemical, that chemical. You know what? None of it is evidence based, right?

What they're doing. Oh, will put lead in Mercury, and they claim perfectly safe. A little formaldehyde in a shot we might get in our arm. It's a little bit.

All of it on their end should be the burden of proof for them to prove that it's safe. And none of it is based in really good science. So all of this really does create a problem.

And how does this promote disease? What does this look like in causing cancer? Everything we just talked about this whole list of things. If it becomes too much, all of it is going into our bloodstream.

I think, one of the cancer teachers that I've worked with in the past a lot created a lot of programs myself about this. And he would talk quite a bit about how, you know, how you have stage one and stage two, stage three, stage four cancer.

Great. Stage one is all throughout the body. And at first a lot of people who first hear that. What are you talking about? Stage four is horrific. You know, it's lungs.

It's in the kidneys, in the bones. It's it's gone everywhere. Oh my God. Stage one can't nearly be as bad. But the truth is, the blood is what's gone.

So the blood has gotten toxic and has generated itself in a weak area. The lung, the brain, stomach, large intestines, wherever that person has their weakest link and has done all the things that that individual has had. Yes.

When it gets up to enough cancer cells clustered together, stage one, this is Western medicine. It's a very dumbed down, very narrow way of looking at what cancer is.

They never get into where it comes from. We don't have time for that. We have to just cut it out or burn it or poison it. But that's why I stop here at Blood Stream and say, this is what all this stuff is doing.

It's setting the stage upstream in our blood for us to be more likely to develop cancer cells. So toxic bloodstream. Clearly Western medicine, conventional science, all of these chemicals absorbed into the skin.

Breathing it in in a shower stall. Right. Eating this crap right. Seemingly not knowing. But now we're all aware, right? Creates hormonal imbalances. Clearly it's been recognized, yet we still see it in the marketplace every day to the tune of thousands of substances that mess with our hormonal system.

Well, what's the big deal with that? We get to number three, which is the chronic low level cellular inflammation. Right? This is the fire that is burning and burning and burning.

And Nathan, your young strong guy God bless you. Right. And so people go, I don't get it. This he was she was so good for years looking good feeling great.

But if the lifestyle is toxic over time, it's the bathtub analogy. It just builds and builds and builds. Everything seems fine. The floor is good, the ceiling doesn't collapse, everybody's fine below and on the ground floor from the second level.

But when the water starts spilling out and the toxins have built up too much, bam! All hell breaks loose. Excuse my French, but the point is, that's what happens.

So first seem to be fine for years. And then this low level chronic inflammation is what is causing poor brain function. Poor lung function. The liver starts to get fattier and more dysfunctional.

The kidneys are getting sluggish. They're not able to do their job. And again, I go back to what Western medicine does quite deceptively. Even if they don't mean it, it's not even my point.

They still do this very I don't want to say cavalier, but very loosely. They'll say, don't worry about these things that I'm talking to you about today.

Nathan delivers a detox organ. The kidneys don't just do their job. Don't worry so much about a little of this, a little of that. In fact, they tell people who are concerned about these things, you must have some psychiatric disorder.

You're a health nut because you're overly concerned about these things. I mean, it would be a joke if it wasn't true.

But the reality is that these things do have an effect, and the organs eventually get exhausted and dysfunctional, and then we have a compromised immune system.

And then, yes, boom, years later, cancer is 1015. You know, this 20 years in development, you go for a test. My mother a blessed memory. She's no longer with us.

She had ten years of mammograms. She was the perfect patient and everything was clear and quote unquote, fine. In the 11th year, she had breast cancer.

Now, Jonathan, you go on. You know, there were emotional things there, too. We won't go into all of that. The point is radiation cumulative effect crushing the breast.

Does that have some sort of risk to it? Absolutely. Even Western medicine admits that radiation exposure to the potential of increasing your cancers, cell growth.

So people like you said before, Nathan, you're very right. They're not being told, hey, we're going to put some Mercury fillings in your mouth. That's okay. Right.

It's just a heavy metal. It's neurotoxic. It's not all of it. Only 51% or so. Some other heavy metals will be mixed in. No big deal. You don't mind, do you? Just sign this piece of paper.

Of course. People want so uninformed consent is going on every day. When people buy all of these toxic things, they have no idea and they go around feeling fine.

And Western medicine is not helping with their very loose answers up there. Don't worry about it. You know these organs will take care of things, and it's a small amount of stuff and don't worry about it.

And they never even mentioned the fact that it is all bio accumulative. So I don't mean to go off on a rant, but you know this important. I'm glad you did, because I'm just reminded now of how many man hours and woman hours and millions of dollars and and millions of deaths had to happen before the cigaret industry finally was forced to put a label on cigarets saying this could cause cancer.

Right. And to your point and so, so on that point is, look, if you know these, these highly unregulated, you know, body care products and dental products and shampoos and lotions and you name it, you know, there is just not a big enough force right now taking them to litigation, forcing them to put, you know, these chemicals cause cancer.

Many of those chemicals are known carcinogens. They are in the list of known carcinogens, meaning we know they cause cancer, right. And many of the others are probable carcinogens.

In my opinion. If some things are probable carcinogen, you might as well just accept that it's a carcinogen. Right? But to your point of you can be in, ingesting these toxins every day for years and years.

And a great example of this is, look, you know, my grandfather, on my dad's side, and somebody probably has somebody in their family who smoked cigarets and drank alcohol and eat fried food for decades.

I said, oh, I had this person, my uncle, you know, for 50 years. And I asked him, well, what was the last two years or three years or four years of their life like?

And in many cases, and in my own family's case, it was would not be worth all of that 60, 70 years of toxic accumulation in the body. And yeah, you can smoke cigarets for, for some people decades, and it doesn't affect you until the late stages.

But those last couple of years of life are so painful and so devastating and in hospice and in pain. And, you know, every day feels like a year when you're in pain and you're suffering.

As many people tuning in may know, right? When you're sick, it is like time slows down and all you want to do is be better and feel better.

Foods, Herbs, and Supplements for Detox Support

And what I love about what you're what you're doing here and sharing with everybody today, Jonathan is saying, look, these are things you cannot discredit any longer.

These are things you cannot avoid any longer. These are things you have to take seriously. If your health and well-being and vitality and chances of preventing or reversing cancer are important to you.

This is a critical part of of what you have to focus on. We said couldn't agree with you more. I know a lot of people would like to know, well, what do we do?

And I can only share, Nathan, if you'd like me to go on now, please talk about how we live. Yeah, let's, let's just talk about how we can get rid of this stuff.

What is the action plan? And this is a helicopter view. And I always like to to reiterate that it is important for people to really do this first, do not get stressed out over anything I ever bring up.

I always say that all of the presentations that I do, and what do I mean by that? How can you not be stressed out because you're here to listen? Let's step in, be open minded.

But what I always say is the obvious, at least to me. I know this to be true. Every person listening Nathan knows what they have to do at a certain moment in time.

They get a good teacher in front of them. They hear something and it's like, that's it. Whatever that that's it is. Whatever that moment is for you, that's exactly what you should do next.

There really isn't any stress about it. And you know, Nathan, I did this with athletic training in a big way. It's where I made all of my money before being on the internet.

People were paying me a lot of money to do athletic training with them, and these are high performance athletes. But I would say the simplest stuff to them.

And it was true because I had performed at a high level in athletics, and I knew this to be true. And I had high level coaching from the Olympic Training Center in Marquette, Michigan.

I had done all of these things that I knew. What I was saying to them was true when there was so stressed out, what am I going to do? My life's a mess, I get, I what am I supposed to do next?

Well, this one thing you're talking about, the complaining about, this is the thing you should focus on. And this is all I want people to really let in to their heart, to their brain, and really focus on this.

So we go through some of these things. So let's go through the list. Stop buying toxic products. It's that simple. It's an evolving process. Don't beat yourself up. Forget about the past.

Just focus now on what you're going to do with your purchasing dollars and know that it is very powerful. My wife and I do this every single day, 31 years married, thank God, and we check each other all the time.

And yes, it's helpful to have someone to hold you accountable to these things. But write this stuff down. Start looking more carefully at everything you buy, and start buying some things that are a whole lot better.

And you know what? Some of the things that you might be buying that are really toxic, that you could just do it out, just save the money or redirect it into something else.

But definitely stop buying the toxic products now, removing toxic, carpets. That's a biggie. I'm I'm doing a lot of, building myself these days, so I'm very mindful of these things, but definitely choose wisely.

Right. If you can remove toxic carpets and get something that's obviously far less toxic, same thing with toxic furniture. Get it out or be sure not to buy it. Right.

Flame retardants we talked about before, just be mindful and don't buy this stuff and bring it into the home with the windows shut and breathe this crap in all the time.

Toxic paint, same thing. You can get far less of that toxicity in these low no VOC type paints. But still, you got to be careful. There's chemicals in there, windows open, all this kind of stuff.

So look for obviously no VOC volatile organic compounds in the substances. And the things that you buy for sure is a wise choice. And also eat organic.

So focus on whatever it is that you enjoy. Focus on eating organic 100%. So look for 100% grass fed, pasture raised. Same idea with the eggs that you're getting.

Obviously you have to be careful of this because what the animals are eating and how they are living eventually becomes a part of you. If you're eating those animal products, open up the windows.

It's a biggie for some people that just don't have the habit. Get those sliding doors open and leave them open, right? And if you need to screen it in, maybe because there's so many bugs and you're thinking of these things, but you want to do it, there's ways to take care of this, right?

Like get the windows open or put, you know, just those screens over those windows, but get those windows open. And another biggie is get plants. So I got a few here to make sure I didn't forget.

Lady palm, bamboo palm, rubber plants, Boston ferns. These are ones that really love to sort of gobble up and get those toxins before they could get to you, but get more plants inside your home.

Not a bad thing for your health. And they look great too. And then also use, use, use all the time as much as you can, especially if you're indoors. So much like I do.

I spend a lot of time indoors. Computers, my offices, they, the warehouse and I have all of these things. We have air purifiers all throughout, in all the different rooms, and they are running because why not trap all that indoor particulates, right, that are floating around?

Why would I want to breathe those in that cause that inflammation in our body, especially, God forbid, if you're dealing with cancer, cleaning up your indoor air space is so important.

And if you can't do it financially in all the different rooms, at the very least your bedroom six, seven, eight plus hours a day, a third of your day can be spent in a bedroom at night.

Purify that air so you're breathing in better. It's just absolutely critical. And clean up with soap and water. Use some essential oils, you know, and just put it into a pump and spray that on the counters.

And just get away from all of these antibacterial soaps and all of these, toxic chemicals that people are buying in the grocery stores. These supermarkets just get some good old fashioned soap and water or use some essential oils.

You get a nice smell to it. And it's just a great way to sort of stop this stuff from assaulting you. And that's really important. I know we're talking about detoxing and helping people who might be dealing with a cancer diagnosis.

The biggest message, Nathan, you know, I give all the time is stop the assault. I use the analogy of the machine

gun outside the house. You could pick up all the shells and all the broken glass inside all day long as someone is shooting that machine gun.

But honestly, the best move is to stop that person outside from shooting that gun and everything will be okay inside. So this is how we have to start taking it very seriously.

I am going to stop the assault that's happening to me and start taking control of how my health develops. I mean, on that note alone, you know, people go, well, yeah, I'm surrounded by chemicals everywhere.

Well, the truth is, 80 to 90% of these things can be mitigated by your choice. And you just gave us so many things that everyone tuning in can do by choice.

As you said, you vote with the power of your dollar. You buy the nontoxic, you know, lotions and creams and soaps. You buy the organic, you buy, you know, you vote with your dollar, you get the air purifiers, you get the plants.

We know from a NASA study that, you know, one plant per 100ft² in your home is is what it takes and works very effectively to remove majority of the VOCs from the air.

Right. And then the air purifiers take it to another level and the water purifiers and right, all of most of these things, 80 to 90% of the chemicals that are going in your body are by choice.

They're in the food, the water, the air, the carpets, the clothing, the toothpaste, all the things that you are choosing to buy and put in your body or surround yourself with.

And that's a very empowering place to be because you can say, oh, I can get plants. Oh, I'm not sure what happened there. Can you hear me? Everything's good now, Nathan.

Just a little hiccup, that's all. No big deal. All right, let me just make a. Yeah, we'll just edit that. Where did it cut out at? We can all make a choice, is what you were saying.

And then it started just like a broken record player. Okay, let me just, finish that, and I'll hand it back to you to. That'll be obvious, Nathan. You know, and, yeah, it'll be obvious when you do the edit.

Go ahead. So, you know, the important part about this is that it is an empowering place to be, right? Most of these things through your own choice, you can mitigate, eliminate, reduce majority of these chemicals from your life.

And that's a beautiful place to be. So, Jonathan, I want to, you know, ask you as we kind of come to a close here, you know, you've given some great things that people can do.

You have given some, you know, big picture, but also very practical things. People can do. You know, what are some even more specific things? Plants, supplements, herbs, other things that people can start taking to help, you know, remove those toxins from the body and help mitigate the toxins that are in the body.

We may never be 100% toxic free in our current world, and that's something we may have to accept. We can reduce and mitigate, I think, 80 or 90% of those toxins, but we're still going to have some toxins in our body that we need to detox.

So how can we do it safely? And how can we do it effectively? And let me just give a one little quick statement that obviously somebody dealing with cancer is very different than someone who just wants to avoid, you know, lots of cancer cell growth.

We all have cancer cells in our body. We want to stay as healthy as possible. Obviously, I want to say that in terms of detoxing, we don't want to be overly aggressive at any point, especially if we're low in energy.

We should be working with an integrative health care provider who really has an experience doing this with somebody. But in general, the idea, I think, is that the things I'm going to go through with you always should be there, even if you did something more aggressive, like chelating therapy, to remove heavy metals right?

It strips you of minerals. And so you have to be careful that you don't just think of, you know, the bombs to throw in you to just get stuff out. Because when you mobilize these toxins that are buried in tissue, if someone is in a very weakened state, heart issues, immune system problems, it can cause a world of hurt.

So what I want to focus on, obviously, are just suggestions, things that people can look into again with their health care provider or some really experienced health coach, so that they understand these are things that they can start blending into their life right away.

That'll help with removing unwanted toxins and, food wise, cruciferous vegetables. So obviously broccoli, cauliflower, cabbage, brussel sprouts, things like this are really valuable dark leafy green vegetables.

That is not just iceberg lettuce. What people will often say, you know, lettuce. That's great. Let's eat more of that. No. Dandelion greens, arugula, kale, Collard greens.

The rule of thumb is what tastes like really bitter is actually better, right? So that's a common thing that you'll hear in the natural health world. Bitter is better.

So those kind of greens are great. Micro greens I love them from a local farm. They literally bring it right to our door. My wife and I love these microgreens, broccoli sprouts, things like there's all kinds of different sprouts.

These young plants that are so delicious. You can literally have like a little lemon and oil type dressing and just eat the sprouts, maybe with some cut up cucumber tomato.

It's a great salad, tastes delicious, very satisfying and highly nutritious. And it really does help to facilitate removing unwanted toxins. Lemon for liver health is great, as I'd been with you, Nathan, the whole time.

A little lemon, squeeze it into water. Nice quality. Spring water obviously is very good hydration. I'm going to say all those obvious things that kind of not really brought up, but having water.

But squeezing lemon in is so easy. Organic lemon putting maybe a one drop of stevia, one drop of monk fruit man. It is a delicious drink and really helps you to get lemon into a great the liver, Chlorella, garlic, ginger, grape for gut health and so many other things as well for binding up toxins.

Really great mineral rich sea vegetables. I give a big shout out to that Nathan because my background is in macrobiotics. I studied with the biggest teachers in macrobiotics back in the late 80s, right in the heyday of macrobiotics at the Kushi Institute.

So I went all in with this stuff. That's where a whole other day went crazy. But I learned so much about the value of walks of May and Dulse and kelp and nori and kombu and arum and Haziq.

All of these seed vegetables are rich in minerals. These are the tools. These are all the ingredients that we need. So many people on mineral deficient.

And yeah, you could just think pop a pill for this thing or the other. But when you're eating these foods, science hasn't even gotten close to appreciating how very valuable all of these elements are that I'm bringing up.

As you start bringing them into your life, you will feel much more alert. You just intuitively going to know that you feel much better. So mineral rich sea vegetables, big shout out to them okay, great carrot apple juice.

Obviously Charlotte Gersten was a dear friend of mine. Her father, Max garrison back in the 30s, in the 40s was big about carrot apple juice and literally made cancer patients drink 13 glasses.

Their clinic in Mexico, it was like they would bring the glass. Okay, here you go. And every hour on the hour, Eli. And then they would stand there, drink.

No, no. Now finish it like right away. Right. Like don't. Oh, here's your glass. Let it sit there on the end table. They're laying in the bed. No, it's about really saturating your body with carrot apple juice.

Simple, easy to absorb and really helps to hydrate, nourish and flush out stuff that you don't want from your past life. So 13 glasses a day, right? Not just, hey, I had a carrot apple juice at 11:00 in the morning.

I'm good to go. So that was part of the Gerson therapy, right? Apples for the pectin, right. Helps to clean the blood. Beats great for the liver. Now don't flip out.

You start having beets actual eating of roasted or, you know, boiled and you're eating these beets or you have beet juice. The next day or so, you may see your urine is very, very dark or your bowel movement.

Oh my God, the red in the bowl don't flip out. It's not blood, it's the beat. And that's a good thing. See, again, conventionally speaking. Oh that's just very expensive waste that you're producing Bowl that is complete lie.

That is a great sign that your body has taken these substances and processed it through your stomach, through your gut, through your liver, through your blood stream, back in through organs and for elimination.

Yes. You see the coloring, like taking lots of B vitamins. And it's just this gold and yellow type, bright yellow color. Oh my God. But the good effects of what it's done in your body cannot be overstated.

So get that into you, fermented foods. Now this is a little dicey. This is not drinking down 15g in some of the more popular really healthy com. Boucher right.

With a there's sweetened pineapple and strawberry and they're delicious raw. Com Boucher I really wouldn't say lean heavily into that as your fermented source, but raw sauerkraut you can make your own with cabbage and sea salt.

It's really so simple. And pressing it over time and having raw sauerkraut is great for your gut and for improving your digestion and your immune system in general.

And miso soup. Shout out again to my macrobiotic, past and my training. Miso soup is amazing. Miso is a fermented soy bean. Chickpeas. You can get it from rice as well, but a fermented product, the paste that goes into water.

And then you can mix it with a little bit of onion, which is great for your digestion and Waqa made that sea vegetable I mentioned to you before, even cutting up little pieces of shiitake mushrooms.

Great blood cleanser and that alone is the simplest miso soup, I guarantee you. You start getting into having that every day. You will feel the healing properties of miso soup.

And it really was a staple for macrobiotic counselors that spoke to a lot of people dealing with cancer. It was one of those things that was very nourishing and healthy.

And so, again, just to plow through the herbs dandelion, dandelion root obviously a biggie. Cilantro, neem milk thistle. Amazing for the liver. Tumeric.

So all of this stuff is so amazing to the organs. So cleansing and oops, sorry, I got a little feedback for a second. Maybe I should not be so passionate about this, but anyway, I can't help it.

And so anti-inflammatory. So it's a great lifestyle, but burdock root is another biggie as well. Really good to have. Some of the things to help detoxify the blood, your liver and your gut.

So all of these things to burdock root, by the way, is like a carrot, long and dark brown. You know, you got to clean it up, obviously, really well. And then cut it, slice it up into slices, a very distinct flavor, but a really powerful herb, even though they can also call it a root vegetable.

Right. Because it grows in the ground. Burdock root is really amazing. Don't underestimate it. And a special note for ashwagandha.

Practical Takeaways and Closing Remarks

But people that have tremendous anxieties, you know, a liquid extract with the ashwagandha? Yes. They make it an alcohol base. You can get it. No alcohol, obviously in it as well, but ashwagandha is just great for helping you to feel less stressed out.

And God knows a lot of people could use that. Ashwagandha is great to have and the vitamins just really quick. The bees are great for stress in general and helping to again calm down these fires inside and make the body work better.

Vitamin C I could go on for a half hour about that. We have no time for that and vitamin D as well. People, Nathan, are grossly deficient in vitamin C and vitamin D, they've got to get their levels up.

They have to make sure they work in unison like C with quercetin. Really important to have together to help be absorbed into the body and do the best that it can.

Vitamin D3 is really important that vitamin D2 that's in a lot of organic, like almond melts and things like that, that's like toxic to get it. Vitamin D3 is the way to go with K2, boron, zinc, magnesium.

These are very important. Other substances that will help you to properly absorb enough vitamin D, and too many people are way too low in these vitamins that are really essential to help the machinery, our body, get rid of those unwanted toxins.

I hope that was a helpful list. That was an incredibly helpful list. I mean, you started going pretty deep into many of the things we cover in the anti-cancer diet.

Specifically, we cover a lot more in that entire day. But I'm glad and you touched on even, some other things that, that, that we don't cover in that day.

So, you know, I know people are probably going to have to go back and watch this again, which I encourage you do, because you covered so much. And I appreciate it because this is really about educating and empowering.

Right. So just to kind of recap here a little bit, you covered many of the toxins that are that are hidden in plain sight as well as toxins that we can see.

Right. And we know of and what to do about it, how to eliminate it, how to mitigate them, how to reduce them. This is critical. Step number one. Right.

Well, let's say step number one be aware of step number two, reduce eliminate mitigate. And in step number three which is you know, what you just talked about there is now empower the body to heal through these natural health methods is foods.

These plants, these herbs is, you know, getting the different vitamins and nutrients and minerals and fiber, nutrients and antioxidants and anti-inflammatory in your body as often as possible.

And by doing that, you're not only going to feel better, right? You feel better when these toxins are out of your body. You're going to have more energy.

You're going to empower your immune system. You're going to allow your body to do what it's designed to do, which is heal itself. So, Nathan, let me just let me just jump in real quick for one last thing.

What you said is so important at the end. How do I know if this stuff is working? If you feel better in every aspect of your life, psychologically, spiritually, emotionally, mentally, physically, your energy, your attitude, your ability to react in a healthier way, you just know intuitively inside you're a stronger individual.

If that is not happening, with which I doubt with all the things we went over today. But the point is, with whatever program you are doing, do not beat yourself up, but give it enough time and really take a careful look at it and quite honestly, maybe it's simply time for a change, but you should feel like you're going in that direction and it shouldn't be a mystery.

And you certainly don't need a PhD or a master's degree study to figure this stuff out. It really goes by what you think inside how you feel, you know?

Absolutely. And I think that's it. Right? Is people tuning in is can get really overwhelmed and go, wow, can I can't really do all that. But you can if you take it one step at a time, one step at a time.

See where you need to change the most, see where your most toxins are and start changing there. See what you know some of these herbs and supplements and nutrients that you're missing and start bringing those in.

And you do it one step at a time. And you you watch this again and you watch our other days and episodes and you keep educating yourself. You keep taking one step at a time.

And before you know it, you're doing all of these things all the time. And it's a natural part of your daily life, which I can testify to that for myself and my wife and my two kids, because we've been on this path for 15 years and, and now all of these things we do every day automatically, and we do it by choice because we love it and we feel great, and we know it's contributing to our health and vitality and longevity.

And so all of you tuning in, you can do that as well. And I want to encourage you at this moment to go to natural health 365.com Natural health 365.com.

Because there you can sign up for Jonathan's newsletter. You can continue you to get more of this in-depth information, watch podcasts, get videos, articles, great posts that he continues to share with you and the world about taking back your health through many of these natural methods.

So I encourage everyone to do that. And Jonathan, hey man, thank you. This has been just incredibly insightful. We got to go really deep in a short time.

You shared so much information and I truly appreciate it. This has been fantastic pleasure. Thanks, Nathan for the opportunity and I just hope it does help people out there.

Thank you. Absolutely. Thank you all for tuning in here to the Conquering Cancer Summit. Make sure to share this with friends, family, anybody who needs this life changing and really even life saving information, you know, together we truly can make a difference for the future of humanity.

And our big mission here is to put an end to the cancer pandemic around the world. By bringing this education to millions and millions of people. So thank you so much and I wish you all ultimate health and happiness.

Take care.