How To Heal Your Cancer Trauma For Better Treatment Outcomes Transcript

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Introduction and Raj Janau2019s Background

Hello, everybody. Welcome back. I have the distinct pleasure of being in the zoom room with a dear friend and colleague. Started out as a colleague. Now is a dear friend.

I should have put that in the right order. Raj Jana, this year I met with you. You are such a. You have such an eclectic background. I mean, you started out as a former reservoir engineer.

We don't have to do a discussion about that later. But you also are the 40 under 40 entrepreneur category. You are a media host, who is just absolutely passionate about helping people build businesses and spreading messages of consciousness in that work space, in that space, and to improve the the work environment, the human environment, and the planetary environment. I love that about you.

You also are the host of the wildly successful Stay Grounded podcast, which is a global wellness platform that reaches thousands of people every single week on.

I think you said you're over 70 countries now that you are reaching into to help folks really discover empowerment perspectives around mindset, emotional well-being, and spirituality, as well as tools and frameworks for developing the self-awareness needed to show up fully for the people and things that matter most.

I love that that you're doing that. You're also. This is where your near and dear to me. And while you're on this discussion today, you are the CEO of Liber8, LIBER 8 And this is a human transformation company that uses a blend of technology, with precision wellness tools, with peer support and resources to help clients just really uncover and transform all kinds of unprocessed emotions, of unprocessed traumas, of sabotaging belief systems, all these things that can actually contribute to poor health.

And so you, my friend, are making a huge ripple in improving cancer outcomes. And this is how and why our paths crossed. And so a little bit of context, you and I got through a lot of different circuitous pathways.

our paths crossed several years back where, many folks might know, you know, if you're if you're listening to this, if you're new to me and you're new to Raj, but at least to me, if you haven't read Metabolic Approach to Cancer, we talk about these ten kind of categories that contribute to the creation of disease and specifically cancer in the body.

And one of those ten categories are those ten drops in the bucket is the very drop in the bucket known as a mental and emotional drop in the bucket. Our mental and emotional intelligence, our mental and emotional resilience, our mental and emotional resourcefulness.

And so though I and many of my colleagues in the metabolic oncology space have literally thousands and thousands of resources, unlimited resources on offering tangible solutions for things like dietary and lifestyle modifications and supplements and nutraceuticals and pharmaceuticals and off label drugs and, impactful testing where we fall short is in how we can support and manage this most important, most critical 10th drop in the bucket.

From Engineering to Systems Thinking

And so you, my friend, you apply the same methodology that we do at the metabolic terrain and of health. We apply this test, assess, address. Don't guess approach to wellness and disease prevention.

We do that really well across the board. And what your little niche your piece of the pie brings to the table is you at liberate. You do the same thing a test assess, address, don't guess approach to personalized precision and emotional healing.

That is unparalleled to anything I've witnessed you in the 30 plus years I've been in practice. So my gosh, my friend, the the piece of this is so huge and so what I want folks to know, it's like, this isn't just this isn't just theoretical, which you guys have created.

What was so beautiful about our relationship is that we had this huge community of patients, a patient advocates and of doctors who have been able to go through the liberate process in real time, even help you define and architect this amazing tool.

But we also benefited greatly from having tools that were not that were not in existence before we met you at liberate. So I am grateful beyond words that you are here, and I cannot wait for you to share with the community about who you are and what this is all about.

So let's just let's just dig right in, my friend. So how do you take a linear thinker. You know. former reservoir engineer and suddenly become a systems thinker, wellness creator or wellness advocate?

Where did this journey begin for you? One thank you. I appreciate the the words of confidence to love the, I feel that we feel the same way about our partnership.

Just the work you're doing for thousands of patients is is unprecedented nature. So, like, you know, just the fact that we get to play alongside you and support this important drop in the bucket, as you say, it's a privilege.

And we're very grateful. my journey. So I started petroleum Engineer, and I guess if I think about it, I like to think of I'm very grateful for that first career because it taught me how to think in systems.

I'm really glad that you mentioned that because, you know, this problem. I think the reason why there really hasn't been somebody come in and bring the level of scientific rigor that we've been able to bring is because of the lack of engineering minds in the mental and emotional space.

Well, like generally when we talk about mental and emotional, it's very esoteric, very woo woo, very like, like emotions. And there's all this stuff and there's all this growing body of science and research and psychology that suggests the mind body correlation.

But there really hasn't been anybody who's been able to engineer, of systematic framework for bringing all of these different modalities, all of these different psychological theories, into a step by step system to create consistent results.

And that's ultimately what my first career was able to do it, or at least it gave me the the chops to then be able to bring it to liberate. So I just want to name that, because I never even realized that until you just mentioned systems thinker, but petroleum engineer read the Four Hour Workweek, which is a book, by Tim Ferriss.

For those of you who don't know Tim Ferriss, he's he's got a wildly successful podcast, and kind of opened my world up to online learning and then realized I wanted to be an entrepreneur. And so then I started, kind of starting little side hustles left and right, and, and then on my first side hustle, I launched.

I was it was a coffee company, but which, really the mission of the company was to help people use coffee to live happier lives, which was inspired by me losing, a really close mentor.

three months before his retirement date, he. He passed away from a heart attack. And it just really inspired me to want to help people, to use something as simple as a cup of coffee to create more meaning in their days.

And that was really like the first step of me wanting to just use business as a vehicle for good. Like, if I had to really sum up the idea, that's really kind of played into everything I do now.

It's really just that desire to want to use an incredible vehicle like business. And so built that company.

Personal Healing Journey and the Birth of Liber8

and as a part of that launched Stay Grounded, pun intended as a tagline for my coffee company. And then in 2019, I sold a major portion of that company and then started going down the podcasting route and doing a lot of deep, self-love work.

Let's just put it that way. Like I was in a nine year relationship that was not in a good standing. My health was off. I was drinking a ton like, I just had all these.

I was so dysregulated, let's put it that way. And I then started, out of a need because I was literally couldn't sleep, like my health was shot, like like I was getting triggered left and right in my relationship.

I started looking for answers, and that's when I stumbled into hypnotherapy and I stumbled into, you know, psychedelic assisted therapy. And I started stumbling into all these different modalities to help potentially regulate myself.

As I went down that route, it just became really, challenging because I was going to all these tools, which I thought were the answer. I thought that the psychedelic was the answer.

I thought that the therapy session was the answer. I thought that breathwork was the answer. I thought that the eMDR was the answer, and I was giving them all a shot.

But what I wasn't doing was I wasn't learning how to address the thing beneath the thing beneath the thing. right. Like so you go into these tools and you open up all this stuff and you feel amazing in the moment, and then you go home and you're back in all your stuff.

And I didn't know how to work with that stuff. And that was really what then was like the seed that began the concept for Liber8 Like it was really the concept of like, how do we work with our stuff, which is actually the thing that's contributing to the illness that's contributing to the challenge.

Like the repressed emotions, the the hidden traumas, the the beliefs about ourselves that we're not enough or beliefs about health that that we that we that we fall back on because of what society's given us.

I mean, like, there's so many factors in our psychology that are contributing to the state of dysregulation. We're in. And as I started going into that right, I was like, I don't know how to do any of this.

And and that's when my engineering mind came back in and started kind of hacking my own psychology, if you would. And then I started meeting other scientists and neuroscientists and psychologists and brilliant human beings on the path that were doing the same.

And about a year later, when then I, had a dear friend passed away from stage four cancer, which was, really formative for me. you know, we were working on the solution for, again, nervous system dysregulation and doing the deeper inner work.

And when he passed in the last eight months of his life, I saw him have the profound realization that his traumas were preventing all of the therapies that he that he was doing from working, like he had a top 50 health podcast.

He was doing everything except the mental and emotional. And then he realized way too late that, wow, like, I'm getting in my own way, my beliefs about my self-worth is preventing me from asking for help.

My fear of death, my fear of passing on is preventing me from sleeping properly. Like it was like he had that big awareness. And then I saw him throw everything in the bathtub at his mental and emotional well-being.

But it was too late and I saw. But it also changed my life because I saw the impact that made on his family, his four year old daughter and a seven year old son.

I saw the impact that made and it changed me forever. Like they still remember Papa as somebody who passed, loving himself into death and such a powerful message.

And and then after that, shortly after, when we met, lo and behold, came in like, full sparkle, just looking for looking for the most epic solutions. You were building something so epic.

And you're such a pioneer in the space that was really at the forefront of like, hey, this emotional piece matters for my cancer patients, I need solutions.

You have something that can support and that's when we were already working on liberate, and that's when our paths collided. And, you know, almost about three years later now and, you know, hundreds if not thousands of test cases and case studies and data points later like to be able to now have a program that's that's consistently creating outcomes for patients to to step into more resilient mindsets, to have more regulated nervous systems, to create more safety so that all the therapies that they're doing can actually be more effective, like it's such a gift.

So I really have to say so thank you for, again, just our collaborations over the years. And it's such a treat, to be here, just sharing it with this community and this audience and to get the word out.

And, and leaving a and leaving a legacy because this hasn't been done what liberate has created. And I'm so excited that I had an opportunity, along with my colleagues, to catch a glimpse like, no accidents, right?

That we stumbled upon you. and all of these pieces that happened, you guys were the answer to a lot of our prayers in this. So it's huge. So I know the answer to this question I'm about to ask you, but I would love for you to express this or really say I have some of the, understanding of this.

What of the answers to this question? So I would love for you to share your thoughts on what have you learned about the importance of addressing emotional trauma to improve patient outcomes, like, what are some of the highlights through this crazy journey you've been on?

Oh, man. I mean, there's so much research that I'm actually like, I have a paper up on my screen right now that was in Nature Medicine. I think it like was released in May of 2023, or it was actually published and at the end of 2023 that says the association between pretreatment emotional distress and neoadjuvant immune checkpoint blockade response in melanoma.

Shut the front part. Like, I'm like, it's I'll say that I actually can't believe I haven't seen it yet. I literally was like like I, I was sent to me because they're like guys like it's like, this is in November of 2023.

So it's like it's recent science. Like the world is starting to realize at a scientific level. Yeah. But just what we've seen from I mean, then there's the Aces study, right from, you know, years ago that suggests that, you know, people that go through disregulated experiences, adverse experiences.

And if they're not equipped with the tools to handle adversity, that trends in the body in the form of a limiting belief, in the form of repressed emotion, in the form of trauma that's stored in the fascia, like, and if untreated, or if added to from the stressors of life itself, it can lead to, weakened immune responses.

Like, I mean, there's so much science. I just really want to start with the science first, because I think coming back to the mental and emotional aspect, like it can be very wound and those can look at this is like, oh no, it's like it can't it can't be that.

Right. But it very much can be. And in our experience and what we've seen, it is, and for the emotional experiences you had in your life, the repressed emotion, the anger, the shame, the fear that you never got to feel throughout your life like whether it's because of that being in your body.

And then all of a sudden you had a divorce happen or a loss happen and you didn't have the tools to handle that, and then now you have cancer or or you were fine throughout your life and then you got cancer.

And because of what that means as a society, the words you got cancer and the fear that that evokes in your brain, I mean, we've talked about this in length or just about like how in the past, getting those three words did mean a death sentence.

And so in society, there's just this culture of like, oh my God, you got cancer. And then you take on that fear and now you are dysregulated. You're triggered, you're anxious, you're afraid.

So it doesn't matter which bucket you're in. At the end of the day, this work is incredibly supportive for patients who want to, again, get their nervous systems to a place that is in alignment with the goals that they have for themselves.

Because you might be taking all these therapies and doing all this work.

Why Emotional Trauma Matters in Cancer Care

But if your brain is constantly in a state of fight or flight, thinking that because you have cancer, you're about to die, it's going to be very difficult for any of those therapies to be supportive.

And so this is what I saw in my dear friend Tristan when he passed. And this is what we see in our communities. And so I said, whatever bucket you're in, addressing the mental and emotional aspect of cancer care to me is incredibly important endeavor and one that's very worthwhile for patients and their family members.

You know, think it's great because you did not commit this as a scientist or a clinician. You know, that's the one thing. And so, you know, to ask them, like, what have you learned from this?

Even you've become a citizen scientist in going through this process. And you have learned through conversations with all these experts that you've met along the way and multiple conversations that you and I have had and pushing me.

I mean, I just want the listeners who might be new to this to understand that, you know, there was a doctor, Robert Ader was known as the man who coined the concept of psycho neuro immunology.

the people who kind of took his, you know, wrote on his shirt tails, people like Candace Pert, who is no longer with us, but she wrote this really powerful book called The Molecules of Emotion.

So literally, it's kind of the, the by the metrics of biologics, of emotion. And then we have people like Doctor Bruce Lipton, who I'm proud to have gotten to know this year, who his work from the 1980s and 90s informed my own health journey, even though his book Biology of Belief did not hit the the airwaves, if you will, until 2011.

I've been reading his research a cellular molecular biologist whose research was showing that are thought to do, in fact, change our genetic expression in our response to big and little tease and our response to stressors and our immune response to these things.

I even turned my major into a psycho neuro immunology major when I was an undergrad. Thanks to my own journey and stumbling upon these three amazing human beings, the future of this has turned into a most people watching and probably heard of Doctor Kelly turn in her.

And this was a sociologist in the oncology space who kind of her little perturbations about, you know, spontaneous healing, spontaneous healings. And she got curious, started asking questions.

And over ten years, this woman went down a lot of rabbit holes and found a thousand patients that were thought to have a spontaneous remission from whatever chronic severe illness, most of which were cancers.

She followed them to the end of the Earth, asked a ton of questions, and at the end of the day, her her research revealed. Much like what you and I are talking about, that there are, ten major factors.

It started out as nine, but she's an added one to that sense. But, in her book, Radical Remission, you'll see there's nothing actually spontaneous about it.

It is very much about meeting yourself fully. And part of that may be through diet, through supplements and through exercise. Those are the three. And those three of the ten are the only tangible.

The. Other seven common denominators of thrivers in both the treatment of and prevention of disease or the spontaneous remission. Hers really dove in to all things you and I are talking about.

So spiritual connection, emotional connection, resilience in this space, comfort, safety and their lives. Connection to other I mean, it's massive. And so we have really good research out there.

And I love that this paper that you just share with all of us just coming out, we literally have, you know, a few of these coming out every single year.

I think we are on to something that it's going to be happening more and more often. It's a rush. You guys are ahead of the curve on this, taking it to the next level, because I haven't seen it enter into the sort of technology space yet.

And as far as I know, because I've been looking for it, I know you have been looking for it. It's like you've created it didn't exist yet. I think you guys are the front runners in bringing this into a tool that we can all access, because most of us now think through this technology filter.

So stinking amazing. So tell me, like, give us just like a little generalization about this platform. Now people are kind of like enticed to go, okay, yeah, there's some science behind this. Yes. This makes sense. Yes.

I should get curious. Yes, I should probably look into this drop of the bucket. Yes. There's this guy who's created some type of tool. What the heck is this tool box?

Let's talk a little bit about that. Yeah. So the I coined it. Yeah. It's what we call an emotional lab report. And so we run emotional lab reports on patients or anybody really who wants to get a better understanding of the thoughts, beliefs and underlying factors that are contributing to present day stress.

And then those emotional lab reports also are a part of our programs that we develop, which are precision emotional healing programs. So you had mentioned that.

So really the data that the data driven approach is from the emotional lab reports, and then the precision emotional healing programs is the personalized approach to finding the right tools that are for your unique psychology.

Right. So not everybody you can't say that meditation is for everybody. You can't say that breathwork is for everybody. You can't say hypnosis, it's for everybody.

In fact, if some people you went to with hypnosis, they would shut down immediately because their belief system believes that hypnosis is fake or that I don't want to be hypnotized.

But the people that really believe it, it can have miraculous healing potential and say more than the tool it actually is the awareness of the psychology.

It's the awareness of the belief systems. It's the awareness of who somebody is and their own emotional expression and the things that are triggering them and why they're triggering them.

And really going into that psychological discovery process that then allows for, any therapy to actually be effective. Right? So it's like so that's really at the core of it.

Like our emotional lab reports begin with, you get access to our app where we then take you into our process of tracking your triggers and your emotions and your thoughts.

And then we take you into one on one sessions with peer support specialists on our team, where we then guide you through processes to uncover even more information about your emotional health history.

We collect deep intakes and then using all that, we generate a personalized precision emotional healing program that you can act on in safe community settings with others that are just like you, that are working with similar issues and traumas, and that may not have a safe space at home to work through this.

And that's really ultimately what we've built. And everything's quantified too. So we're tracking the release over time. And in the same way you mentioned, like we run multiple emotional lab reports in our programs to truly see the change in your in your psychology.

Like if you came in with a belief that you're not worthy of good health. Well, our intention is by the end of this program that you actually feel so excited to step into the next chapter of your life, right?

Like that to me, is the difference. It's not to stay. And like, we want to support you and maybe, you know, get in the tent and go creating a tent in the in the cancer bucket for a bit.

And then packing up the tent and leaving you to identify with being sick or being broken, or being like anything less than the brilliance that you are.

And so tracking the emotional and mental change over time is ultimately what we can do with our emotional lab reports. And then that's what allows our programs to be so effective.

I love this, and, you know, because we were able to be kind of your beta. It sounds so I don't know. Oh, cliche perhaps, but. It's the alpha. We were it won't be that we'll be your alpha.

I mean like our community got to experience this firsthand. And we've watched the iterations as you developed it further. Like we were literally like the first iterate, like just through the whole process.

And one of the things we've learned as the clinicians, you know, either going through it ourselves or our patients or our patient advocates going through this, we're even learning what metrics are changing within our patients.

The Science Behind Mind-Body Connection

So because we're looking at a million different labs and we're looking at imaging, and we're looking at wearables like RVs, and we're looking at blood sugar responses and cortisol responses and all these things.

We have measurable quantitative data to support that. An approach like this does, in fact make a difference. And we're hoping that we'll be able to do more research together on this arena.

But it's like there's a part of is just sort of like a big duh, right? That like we, you know, people. I mean, I'm curious about this study. You just pulled up about the checkpoint inhibitor and improving your mental health before going into that process.

Well, of course this is going to make a difference. We have people like Bernie Siegel back in the 1980s from, you know, telling us that women who were in breast cancer support groups had a better overall survival than those who were not in a support group.

And, and a better overall, you know, progression free survival. So I even love that you guys have woven in this sort of do it yourself at home, in the comfort of your own home, with your with your app, enter a interface.

Then it moves into a one on one deeper dive in interface and a safety like an invitation to explore this safely. And then it opens up into a wider arena if people choose to move into this more, I guess, support group space.

Yeah. And that is where it's like if any one of those places helps and there's so much opening up with this. But it's

like so unique to what you said because you started out this conversation today about going it alone for yourself.

And you tried on everything for size. And I am definitely I was that person. Like every self-help book, every self-help retreat, every single thing. I did them all right.

We would have saved me tons of time and money and energy to just learn how my body responds to stressors, and then what tools make my body respond to having more resilience around those stressors.

Pretty simple, pretty simple. And you have brought a tool that creates a from an AI around that, but also a high touch, not just high tech approach to that.

I mean, it's data driven and heart centered. All right. Like I want to I I'd love to believe that technology by itself can solve all of our mental and emotional issues. But I really do feel like, you know, we learned our limiting beliefs from others.

We learned our we received our traumas from others. Like we are biologically wired to belong. And so if we learned all these aspects of self from others, the way we're going to heal them, release them, transform them, transmute them is alongside others too.

And so that's why I like our programs. Like we systematically create experiences to develop greater and greater levels of safety with being seen by others.

Right. So in our programs, like you begin with the one on one peer support specialist who's trained in our protocols that has gone there, been there, done that, who's holding space for you to open up.

And then we create experiences to go deeper alongside others that are like you. And what we find is that like resilience is this thing that's built as you feel safer and safer as you increase your capacity to hold and be seen.

Oh, like just even saying that out loud. Like it's like I can feel it. Like because we're so isolated, we we we we power. We we want to hide our parts.

But when there's nothing within us that we are afraid of. And when we learn that these limiting aspects of ourselves are learned, now all of a sudden we can step into a whole new version of ourselves, and then cancer becomes the catalyst to transforming your life.

It becomes this thing that showed up for you. And it sucked. And it was awful. And it was it fun. And like, it's now a, a mirror for you to see or like, it's like.

Like I love to think of, you know, you, you know, in our programs, we call all these aspects of you, like your little gremlin. This little gremlin that's just like.

And if I even come to think about it, like, all these beliefs that we learn about ourselves are a part of this part of ourselves. It's it's almost like the cancer to. wow.

You know, it's like it's like, oh, like something that we've been really leaning into more of. It's like all these aspects of self that are cancerous, the space of releasing them so that you can have less of these detrimental energies or detrimental psychological wiring or neurological imprints, whatever word we want to use for the science of the womb, it doesn't matter.

Like when we release these aspects of self, the body can return to its natural, harmonious, regulated, safe state. I love it. Well. One of the things that I think was interesting going through our, our community, you know, using our community to to try this out on you had a few surprising findings.

Could you maybe speak, choose like one of the patterns that really stood out to you and your and your, you know, and deliberate community and perhaps, suggested tact stick that if a person listening to this has a similar pattern

that they're aware of might consider implementing, just start the resilience training process right away.

Yeah. so I think one of the first patterns that we saw from the first hundred patients that came through our system was, I mean, it was a surprising for me, and it's still surprising to even say it out loud, but it's it was the data that it wasn't like 70% of the patients that came through our system, had a core belief about themselves that they didn't matter and that they weren't seen by their lives, like they didn't feel seen.

How Liber8 Works: Emotional Lab Reports and Healing Programs

And, you know, I think that's such a core reason why when I when I think about even like some of our favorite, you know, like cancer support groups, like there's a reason why like the leaders of those communities pour so much energy and effort into creating safe spaces is because that it's like they want to feel seen.

And so you see these behaviors expressing in the world around how like when you don't feel seen, the wounding carry the the way it might express. And so for that, the step and this is going to be a broader concept and then I'll break it out into tactical tips and tools.

When you don't feel seen. The antidote is not to get someone else to see you. it's for you to learn how to see yourself. Ooh, child. With you. To develop the intimacy with the parts of you that don't feel seen.

Maybe it's a little child. Maybe it's a seven year old part of you that's just feeling really afraid and alone and abandoned. Maybe it's a part of you that you haven't been listening to and, you know, kind of dismissing to the side so that you can do the things to feel seen by the people, the spouses, the work colleagues, whatever.

And so the beginning exploration is to build that into intimacy with yourself, is to really when you when you're in those moments where you feel unseen before you do anything, pause.

Yeah. And pull out a pull out a journal. A journal is how I started on this path was just to bring out a journal and just start to sit with the question, what do I need?

What am I not allowing myself to experience right now where a need that I have right now that I'm not expressing? And what's at the root of this trigger that's showing up?

Because under every trigger, there is an unmet need with a child that is acting out on behalf of you right now. And so when we can begin to build into some intimacy with that child through thoughtful questions like I had the ones I just mentioned, mindfulness and pausing, you know, if you do go through any of our programs, this is an essential part of our programs where we teach you how to pay attention to your triggers and build more awareness.

but those are that's where I would begin, is really like, it's this is the technology of mindfulness. If I really had to zoom out like it's the oldest technology in the world, and I can't to this day find something more empowering than recognizing when you're in a trigger and then noticing that this is that part showing up so that the next time it shows up, you don't get spun out.

Yeah, and that's the building blocks of becoming a more resilient human being. Oh my gosh. And so many things. So many things. I'm I'm betting a lot of people will just have to like, replay this little section over and over because it just sits.

It's like a mic drop in that moment. But I think we're I want to ask the question now is, in an ideal scenario, how early in diagnosis of cancer or cancer treatment, you know, or the process of the cancer process, would you want someone to be working on their nervous system regulation?

I mean. So here's here's my my take on this. And there's a lot of level of nuance to this. So I'll mention that too, because in an ideal world, we would want you to begin immediately.

Right? Right. Like it's like, while you're waiting for your doctor, we want you to get your nervous system and your

mindset and your beliefs in a place that you can show up and actually be able to receive what the doctor is, with you.

Right? Like, it's like, so it's like getting on the same because if you don't, then your doctor's going to have such great intentions and they're going to share everything, but then you're going to have the resistances, you're going to fight back, you're going to have all of the the blockages that prevent you both from being on the same team.

So there's and I hear that a lot from patients. I hear that a lot from doctors like there's there's this like there's this tension that happens when you begin this journey because you're so afraid and you're so anxious.

And so if I had to create an invitation, it would be find your community, begin getting resources to really elevate your your sense of self, your your, your nervous system so that you can be, an incredible advocate for yourself as you go on this healing ride.

So that would be my that would be my, my. And I also recognize that it's a lot it's a ton to like, open up. You're already being inundated with the millions of things that you have to do.

There's burdens and fears and worries and anxieties. So if you don't have I think at the very least I would just get community. Yeah. Community is the first step.

Build a support system around you and get out of the fear mindset. Yeah. And if that means if that means working on your mental and emotional train first or alongside all the work you're doing, that's what that means.

It doesn't mean you have to go like all out and, you know, make this your soul work and look at your day. I'm not saying prioritize the mental and emotional over everything else.

What I'm saying is integrate it into your care with the same level of weight that you might, like getting all the supplements that you'd be trying to get because I see it over and over again.

The patients that prioritize this alongside all the other treatment modalities have better results than the ones that don't. And I would I would second that.

I would ditto that for sure. And I think that's really interest because I feel like you're like, well, I'll deal with this later or I'll just never deal with it and I'll just do the tangibles.

And one thing new, that old adage of like, what's the best exercise for you? And sort of that, that what you're saying here resonates like the one that you'll do.

And so what I think you're kind of offering to the audience is that whatever level you're able to start, the process is going to be absolutely helpful.

And so that I think is really, really powerful right there.

Community Feedback, Resilience, and Practical Tools

I'm going to finish this with a Q a question that will take us home with here. But before I do that, I really want you to like tell, tell folks how they can find out more about liberate and tell them about these monthly start up and starting cohorts so that anyone listening to this has an opportunity to jump in to this program at any time.

so we we launch cohorts on the first Wednesday of every month. Well, so depending on when you listen to this, it might be in July or August. yeah. The first Wednesday of every month you can join a cohort with other patients and other individuals that are in the cancer process.

And our programs are really simple. They're $600 and over three months. You're going to get three 90 minute, one on one sessions with experts on our team, multiple emotional lab reports, a community to support you, live

workshops with experts to work through your triggers that are showing up.

And the intention is by the end of that three months, that you are at a baseline level of emotional resilience that allows you to be empowered, excited, calm, confident, compassionate, and at peace.

ultimately, like we want to give you the skill sets to be able to ride the life that you're in, And and that's ultimately our mission is to teach you how to ride the bike of your own mental and emotional well-being so that you can go out into the world and be more empowered and resilient.

So that's the program. you can go to liber8.health/cancer And we also have a 10% off code that I think is somewhere in here. Perfect. You'll get a like he's you're offering a free gift to this, gift to this community of a 10% discount on this offering, which is awesome.

Yeah, yeah. So if anybody wants to use that, they can. And, and. Yeah, I mean, that's, I guess that's the big thing, like, we're where we do this and, you know, this is where our hearts at, like, we, we know how difficult this is.

You know, we have incredible advisors and mentors and partners like yourself, nature, who are consistently helping us turn this into an even more impactful program as we grow and so.

Well, it's completely selfish because we need help in this area. And so we're incredibly grateful. It's not like, oh, let's just go do this to be selfless.

No, this is we've got we're very selfish about the need for a tool like this. And I'm very excited for people to hear about this in this, you know, Cancer Summit that's just bringing in so much innovative thought and so much hope.

And I think you bring another very, very powerful tool to the table. A lot of people are wanting to talk about these tangible, kind of sexy treatments.

And honestly, this is the most sexy treatment of all, in my opinion, of what happened here. Oh, you'll feel sexy afterwards. I'll tell you. Yeah, yeah.

There you go I love it. I feel empowered and confident and really like, that's, you know, whether you want to call this woo or not, like, you know, feeling empowered then creates the environment where you act empowered.

Yeah. And those actions are all going like so whether it's the feeling that creates the improvement or it's the feeling that then leads you to taking actions that lead to the improvement, it doesn't matter.

And so feel sexy is. The source of empowerment. Well, and I think that this is the perfect question to question to kind of take us home. Here is what one empowering new belief around navigating cancer.

And all. This community and all this world would you and still and why? Cancer is not something to fight. It's something to understand. it's here to teach you something about yourself.

And that may be hard to swallow. And if you can really lean into that, and recognize that cancer is your greatest teacher, it's a cry for self-love. It's a cry for you to look at the parts of your life that you maybe haven't been as, aware of or as present to, I think.

Getting Started with Liber8 and Closing Reflections

Well, I know, actually, that that that mindset can really shift the way that you live your life, and allow this chapter of your life to be an incredibly it's not going to be easy.

I'm not going to say that, and it's also it can it can also have so much growth and so much clarity about yourself. I mean, we've seen so many patients come in and do this work and shift their relationship to cancer.

And now it's something that they're actually grateful for because of the lives that they're living. And that's a possible city that's available to every single human being who hears the words, you have cancer.

that's what I'd say, I think I think. That was just spot on. Well, Raj, thank you. And thank you liber8 for bringing a much needed, much needed tool to our community.

Thank you. Thank you.