How To Make Your Healthy Cells Cancer-Resistant Transcript

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Cancer spreads beyond the tumor

Hello. This doctor Michael. Karlfeldt. When we hear that we have cancer and were diagnosed with cancer. We become so focused going after, the tumor and cancer tissue.

What is even more important to consider is that, people really don't die from the cancer, from the the tumor, the initial tumor site. It is when the cancer start to spread and go into other areas.

That that is what really brings a person down. So instead of focusing on the the tumor and going after the tumor, it is even more important that we fortify our healthy cells are healthy tissue as much as possible so that we make them resilient.

Fortifying healthy cells with nutrition

We make them cancer resistant. And so in order to be able to do that, obviously, if we bring in things like, know chemo, radiation surgery, we create trauma in the body and we also, reduce the health and the resilience of our healthy cells.

So we need to work even harder if we do that, to support the, the tissue that is not cancerous, to make sure that it does not, they don't they don't convert and they don't convert to the religion of cancer, within our body. So, each each tissue, in order to be able to stay healthy, they need, they need nutritional building blocks.

And so we need to look and see what can then fortify what kind of food will fortify our, our healthy cells the most. And so we then obviously look towards, you know, living food, you know, food that that brings life, that have enzymes in them, that have minerals, that have vitamins.

And a lot of other phytochemicals that we don't even know, yet, but still bring all these benefits over and above of what we have cataloged as, as being, micronutrients.

Eating the rainbow for nutrient density

So by ingesting these nutrients, we are then fueling our healthy cells with, with defense so that the cancer cells, even though maybe the tumor is still there, maybe it's still look the same size.

Maybe, when we do a Pet scan, it lights up as much, but we know. But, bringing in these strategies to fortify our healthy cells with good nutrition. We know that the rest of the body is much more resilient.

And being able to withstand, you know, the cancer's desire to spread and take over. So, bringing in healthy building blocks becomes really, really important.

And what kind of food is that? Well, so there are a lot of different diets that you can go on. But the essentially what is important is that you bring in and nutrient dense food, you know, food that is full of life and energy, each each vegetable and each fruit, each berry.

And they have different colors and each color represents different phytochemicals. So by eating the rainbow, eating all these different colors, we know that we are going to have more of a variety of the different nutrients that we need in order to be able to have more of a complex defense mechanism.

Using frequencies and energy support

And also we know that, you know, mass or the fiscal substance, our living bodies. I mean, we will look upon this and, you know, we touch it and it's, you know, it feels physical.

But at the end of the day, you know, if you look deep, deep into, what fiscal material is, it is just frequency. So then bringing in healthy frequencies into our lives becomes really important.

And how we feel emotionally, our thoughts, as part of that process and also being out in nature, you know, feeling the wind blowing our skins, you know, being exposed to sun, all these things bring healthy frequencies to us.

And also the living food, they when they're exposed to sunlight, they, they they absorb these frequencies and, and hold that energy within themselves.

And when we ingest them, it releases that those frequencies over and above just the micronutrients that we look at. And, and they're amazing frequency tools out there that also helps to kind of fuel up our body.

You know, we have things like PMF, you know, it's a powerful tool. We have, different Rif technologies that are out there. I use another in addition to that, I use a machine called moniker that I love or a or scan or, you know, there's so many different amazing tools out there that helps to kind of bring in frequencies into our bodies so that we can then, fortify our healthy cells, as our tissue can be strong, as we are then battling cancer.