Introduction and Guest Welcome

Hello, everyone. Thank you once again for coming and attending this amazing summit. Conference. Summit, prostate cancer summit. We have our next guest, doctor Ryan Sternagal.

Ryan, thank you so much for being on. I'm glad to be here. Doctor Geo. And, you can you can just call me Ryan, because although I talk to a lot of doctors and, yeah, I consider myself a curator of the the top cancer doctors in the world such as yourself.

Not to, Yeah. No interest and no interest in trying to run around. Be an expert. Just just helping people out with what I've learned. Well, I appreciate your honesty and authenticity, for sure.

Ryan. You've got into integrative oncology maybe about ten years ago. And a big reason for that, I think, was, it's from a personal experience with your son.

Do you want to talk as much as you care about that? And. Yeah, what you learned from that process and where you are now? Yeah, yeah. The the very, very, very long story, fairly short is, is my my son was my son Ryder was diagnosed with stage four cancer 11 days before his first birthday.

It was, neuroblastoma. A childhood cancer of the nervous system can be anywhere from the brain to the spine. He had, a large tumor bigger than his kidneys.

Growing inside and out of his, out of his spine. And a couple secondary tumors and metastasis to the bones. And, all that fun stuff. And, yeah, it was actually actually quite the journey just getting the diagnosis.

We went to, we were told by three different doctors that, that, that even though there was a lump sticking out of his back, that's that's how he founded my my wife was nursing him one day and just got it when he bent over at the right angle.

She could feel this, you know, very, very defined lump on one side of his spine and and not the other.

Ryder's Diagnosis and Early Treatment

And, and then all sorts of, you know, other, other things that we'd been noticing and kind of just thinking that's, you know, our first kid and they developed differently and all that stuff.

But he wasn't, he wasn't even crawling. Come, you know, about a month before his first birthday, you could barely roll himself over. Didn't seem to have much feeling on one side of his, you know, one leg, one foot.

Didn't have much feeling was having trouble. That handling any kind of solid food whenever we tried to introduce it and, Yeah, all these things just added up to us knowing something that was horribly wrong but got told by the first doctor we went to that I don't know what the lump in his back is, but, he needs to be in speech therapy to teach him how to eat and physical therapy to teach him how to walk and, and then, you know, that wasn't acceptable to us.

So we took him to the hospital. The hospital took an x ray, told us to come back in six weeks. If, you know, a lump is still there. They couldn't see anything.

All they saw was that he was very constipated. That was another thing you could do is poop. And regularly all throughout his life. And then all of a sudden, he just stopped going and, that was not acceptable.

Took him back to another, you know, took him back to the demanded to see a higher doctor in the hospital. And,

they tried to write us off at first and we kept pressing and said, we're not leaving without an ultrasound and finally got the ultrasound.

And sure enough, they said, oh, looks like there's something there. We need to get an MRI. And, yeah, yeah. So then, he was eventually diagnosed with stage four cancer and.

Process after that. Did he have to undergo chemo? What changes that you make with your life environmentally and so forth to, I know from our conversation prior to the recording that he's an 11 year old now and relatively healthy, thank God.

So what changes what happened after that in terms of treatment and changes in your lifestyle? Yeah, we were already, we were already, as I was telling you.

You know, we were young, 28, 29 year olds at that point. And, just starting to start already venture into trying out different diets, learning about how there's, you know, the the fluoride in the water might not be the best thing for you. And, you should probably eat organic.

And so we were already going down that path and watching different, any kind of holistic, natural health documentary we could get our hands on. And as such, had already seen several, holistic cancer documentaries at that point.

And so we just got, you know, we we knew where to start looking and, and dove in with, with both feet, I guess, as the saying goes. And to start researching all we could and, that proved to be troublesome when dealing with the hospital.

You know, adults, at least you have your own free will to do whatever you want, even though they try to make it seem like this is what you have to do.

You know, you're your own boss. And that's that's really good for everyone to remember when dealing with the conventional medical system. Yeah. But, yeah, when it comes to children, they they don't really like you asking a lot of questions and, get, you know, get the state involved pretty quick if, you know, if if.

Yeah. Yeah, you look at them funny and. Yeah, we had we actually got a Child Protective Services case opened against us for, for asking for a second opinion before, you know, we we didn't want to dive right into chemo before getting a second opinion, which we thought was pretty reasonable.

And, so, yeah, it was it was pretty combative relationship with the with the hospital for a while. We actually ended up ended up moving states to find a team that, was more willing to work with us.

And that's, you know, a big part of what we preach today is not not all conventional doctors are going to be the same, even though when you're digging into the natural health world that, you know, sometimes, sometimes you get the impression that they're all prescribing the same stuff and you're going to get the same story no matter where you where you go.

But, that, you know, there's, a wide gamut of, of different teams and philosophies and viewpoints and people who are going to be open at least open to natural medicine versus those that are going to be completely shut down to it.

But yeah, in the meantime, he did have a, a large tumor that was threatening to paralyze or kill him in any minute. So we did end up end up going with going through with a few rounds of chemotherapy before we moved.

That shrunk the tumor to a, you know, to a manageable size, where we where we really started butting heads and, you know, having a difference of opinion again was, you know, how much does he need?

Do we really have to keep going with this? Can we take a wait and see approach? And so that's where we ended up moving and, actually backed off of conventional treatments halfway through kind of the starting standard of care.

Was surgical removal ever an option? It you know, it did. Everything was just to interwoven with the spine that, you know, the surgeons just said, unless it's absolutely necessary, we we definitely wouldn't want to touch it. Yeah, yeah.

So. Yeah. And you know, that being said, in the, in that process, we, yeah, started researching, doing everything we could, figuring out, all the things we could be doing at home versus all the things that, you know, we needed, we needed professional help on and, we we ended up availing ourselves of a natural path.

Oncologist. Actually, one of the one of the best in the country now teaches he spends most of his time teaching other doctors. Doctor Paul Anderson, and, He's the best.

He's he's going to be on the, on the summit as well. And, I trusted or as an a good friend. Be sure to watch Doctor A's talk. It'll be, more informative than this one.

Even though, but, but. Yeah. No. So we, we, you know, that's that's a really big thing for us is, is kind of being your own advocate, figuring out everything you can.

But then also, especially when dealing with the conventional medical system. Right. If you don't have an expert, somebody that's been studying this stuff from the integrative side for for decades and decades, you're you're not going to be able to reconcile what they're telling you versus what you're reading, what you're, you know, finding out on events like these, it's imperative to have somebody like that in your corner, that you can bounce everything that, that you're hearing off of to get, you know, the other side of the story, as it were.

I know, so this is obviously an adult cancer summit, but I'm super interested in, and at least in, in your son's story because I think there is some relationship because to some degree, every cancer is different.

Even within prostate cancer, there's different types. But, you know, maybe more about 50% or more cancers, cancer, these are aggressive cells that are acting different from normal cells.

And they're trying to spread around to other areas of the body at the end of the day.

Integrative Care and Healing Environment

So what when did you stop conventional treatment and what did you do with Doctor Paul? You don't have to get into too much into the weeds, but just like a general.

And it was very interesting how you change your lifestyle. You do a lot of like in your environment seems to be very clean and and so forth. So tell me more about that too, because I think there's, some relevance there to prostate cancer.

Oh yeah. And you know, like like Doctor Anderson, the from Doctor Anderson that, that that stuck with me from the very beginning was I care much less about your son's cancer cells than I do is healthy cells, right?

We want to do everything we can to make us healthy cells as healthy as they can be, so that they do not themselves become cancerous. Yeah. So, I mean, there there's a again, that's kind of where we, where we, you know, said, okay, we're going to figure out everything we can do on our end and, and then rely on the experts for the kind of fine tuning end of it.

But, yeah, you know, your your son gets your son essentially gets born with, with cancer. Did you start to think there might be something in the water, something in the air?

And so, yeah, we're actually kind of known for, going all the way, as it were, with, with living in the most nontoxic slash healing environment possible.

Yeah. We had already kind of gone down the road of getting rid of toxic cleaning products and toxic personal care

products and stuff like that. And, electromagnetic fields were were really big concern.

And we, we must when we, when we moved to Utah, and that was when we moved to Utah was when we stopped. That was after his, after his third round of chemotherapy.

And, in Washington state, we did one more round and, in, in Utah and then, and then after the fourth round is when we stopped the the kind of standard base level standard of care was, was was eight rounds.

And, where was I going with that? But yeah, on the, on the, the, you know, the nontoxic living front, electromagnetic fields, we must, so we we rented it.

We rented the first place we could find when we got to Utah and, sight unseen. And it was in townhouse complex. And then when we got there, that turned out there was a cell phone tower across the street and, electric substation just on the other side of the fence, the townhouse complex.

And everyone had their Wi-Fi routers running and, that everyone had a smart meter on there. And so we were, you know, in a sea of electromagnetic fields if, if, you know, I'm sure it's been discussed or will be discussed on this event, but really big deal.

We're we're attuned to what, eight hertz is the somewhere around eight hertz is the Earth's natural field. And, you know, we're we're blasting ourselves with zillions and zillions of hertz at this point.

So, yeah, when we when we started looking for somewhere new to live, we must have looked at probably a good 50, 50 different rental houses. And most of the time we were driving the the real estate agents crazy because we take two steps into the door and, pull out our little EMF meter and say, okay, we've, we've seen enough.

And on to the next one. We finally, finally, found found a found a place to live with with zero reading. And then we kind of took that to the next level a couple of years down the road in, just wanting the ultimate healing environment for him and knowing just how healing, you know, there's a there's the forest bathing studies out of Japan, right?

Where, where time in the woods is, you know, sent to boost your immune system, lowers your stress markers. You had everything good? Yeah. It goes up, everything bad goes down.

So we had actually ended up getting a piece of land in the middle of the woods and building a house with completely nontoxic building materials, because the more you, the more you dive into just, you know, the default option with pretty much everything in today's society is toxic, be it, be the, the, you know, care products at the, at the grocery store or the cleaning products and all the way up to, you know, what, what houses are built with. Right.

And so, you know, even if you're even if you're not going to run out and buy a piece of land in the middle of the woods and, and, and build a nontoxic house from the ground up, you know, that big we were always really big on having lots of air filters, air purifiers, all that sort of thing to make sure is breathing clean air filtering our water.

Creating the most energetically healing environment possible, be it, you know, healing, healing, music, playing at all times, especially when he was asleep at night.

What? So let's dive in a little bit. You said so much, and I'm like, wow, I, I want details my give me get. Where's the beef? I hearing you I'm like, all right.

I think Ryan is like an expert in environment and certainly like, home environment by now, just even even on your even what you and your wife have done to create, the sanctuary that you guys have created there at your home.

So first of all, what's a good EMF reader? Let's start there. We used to have the, the acoustics, too, but they don't make that anymore. I have been. It's the one that keeps coming back to me.

Is is gigahertz solutions. Which I need to, I the problem with them is they make they make, you know, lower end

units all the way up to professional grade units, anywhere from a couple hundred bucks all the way up to, you know, over ten grand, that sort of thing.

So you just have to you have to figure out what frequencies you're looking for, be it, you know, anything from a, I don't know, at a basic cell phone signal all the way up to 5G, that sort of thing.

And anyway, that's that's actually on my to do list is figure out the exact model of the gigahertz solution range, but haven't haven't quite gotten there yet.

Well, I, I would appreciate if you do for yourself and the rest of us that that would be helpful. Building a home that is natural and with low toxicity.

What does that look like? I mean, where am I? Where where are the rest of us living is that we don't know. That's, you know, toxic. I know paint, for example.

Like what what what what should we be looking for? Yeah, yeah. Paints a big one. Any thing. I mean, when you go to the hardware store, I mean, yeah, if you go to the just the hardware store or the regular paint store, they'll have the they're the regular paints.

Those are super toxic off gassing VOCs and so forth for, for many, many years after, after you paint, and then, you know, if it gets chipped or scratched or whatever, then you got that dust flying around, the low VOC options at the hardware store are better, but I've consulted with many.

Building biologists is a term you want to you want to look for if you're if you're looking to go deep down this path. We worked with, a guy named Andy Pace.

His website is the Green Design Santacon. And just clicking around on that website, you'll see, like all the different nontoxic building options, which means the regular options are toxic.

So yeah, yeah, paint paints, a big one. The low VOC stuff you go to the hardware store is that I've been informed by many, many building biologists. It's still, you know, they're they're not being entirely truthful with that or it's still not the best.

You want to order something online? We like the the safe coat brand, product line and that that only that in particular. It's it's not only nontoxic, but then then you find out that your, your drywall is off gassing.

The particleboard that all the houses are built with, it's off gassing. Pretty much everything is off gassing. Right. Your carpets off gassing. So, so that paint in particular is, is designed to block the off gassing coming into the house and, push it back.

The other way to work. Is that I've been recommending. So we had an, guru who's deceased now. Well, to Corinthian, he was our detox professor for naturopathy medical school.

I mean, his work is still something that we all utilize. And he used to recommend Benjamin Moore paint. So is that now it's almost like when I talk to an audio file.

Ryan. Right. I said, hey, I got these Bose speakers, man there. And they look at me like, really, Bose? I mean, can you step up your game a little bit, you know, so where is Benjamin Moore paint?

I'm saying it with excitement. You're probably going to say, oh, man, that's. When I painted houses in college, I used Benjamin Moore. I was partial to that.

That that was just because I liked how it I mean, to my knowledge, it's, it's just a regular one of the regular, regular old paint brand. So they tend to be low VOC.

But VOC is what I'm always high end, low VOC paint. They have a reputation for that. I don't what low means, right. I don't know if there's low voc. I mean, so so what are we looking for and what are GM if you want to go all the way, this is the brand.

What are we looking for? Yeah. I mean, like I said, you know, it's it's been a it's been a while since I did a deep dive into in the paint, but, I've, I've, you know, in my initial research, that's, that's the brand we landed on was, was a, it's called AFM safe coat.

And, you can, you know, you can find local retailers for it here and there. You can order online, I believe did Andy Pace at the Green Design Center. He, he sells it off his website.

Yeah. And they've got everything from, you know, interior, exterior stains. I'm going to be staining my chicken coop this summer, and I will be using the AFM safe coat staining to do so.

Yeah. Yeah. So they're great. And, Yeah. And then, you know, carpets. Another really big deal, right? That's, if you're going to get carpet again, find the non off gassing carpet.

But really everybody I talked to just says don't you know you should avoid carpet altogether because, you know, you talk to any construction guy or remodeling guy or whatever.

And they, you know, I always ask, have you, have you ever ripped up a carpet that didn't have all sorts of nasty stuff growing under it? And, there's there's never been a carpet found that didn't have all sorts of nasty stuff growing under it.

And then you're breathing in that nasty stuff. So, yeah, I don't I don't go to many homes that have carpets anymore. I do have floor mats and things like that, but no carpets.

I think that that's how we grew up, right? We grew up with all kinds of toxic environmental. Belt felt nice land your face right on that off gassing carpeting.

Yeah. Or whatever. Yeah. How did how did it how did we make it then? How how how are we here? Right. That's a testament to the human body and, the creator of it.

Yeah. Yeah. Yeah. Hey, So, so the idea of having a smart home, that's not a good idea. Due to that, we like, we like dumb stuff. Our dumb home. Not a smart home, but a dumb down low.

Yeah. No, I mean, you know, just, whatever marginal energy savings you're going to have or whatever from having your dishwasher hooked up to your, your Wi-Fi system, which, again, I mean, we we've never we've never utilized Wi-Fi.

The there's there's the advice out there that, you know, just unplug unplug your router at night. I don't think that goes nearly far enough. I'd say, you know, bare minimum is just plug it in when you're using it and then, you know, unplug it the second you get off the internet.

But really, I mean, there was speaking of when, you know, when we grew up and at least sometime in that period, there was these things called Ethernet cables, that, you know, plugged into your computer.

They still work and work even better, actually. So, yeah, we, we in any house that we lived in now, we don't have that problem because we live in the middle of the woods and don't have internet, which is why I have to rent this office, just to come here and do it. I was going to ask you.

So that's not your home where you're recording from? No, no, this is, this is where we're that dedicated. That. Yeah. We don't have internet. But, yeah.

EMF, Nontoxic Living, and Home Setup

So whenever I need a whenever I need a dependable signal, I come over here to the office. Yeah. Fascinating. All right. All right. But, Yeah. No, it's wherever.

Wherever we did live before, we, you know, just evenings project, right? To just get your router out, by a bunch of shielded Cat5 Ethernet cables. Run them from the router up the wall, over the ceiling, back down to wherever.

You know you need a connection. Get the appropriate USB to, Ethernet or Ethernet to whatever kind of connection you're looking for. Adapter and plug it in and works. Right.

And that's that's that. Yeah. Fascinating. Anything so from, from a prostate cancer perspective, you know, I again, to some degree, cancer is cancer, right.

And you want to have in a healthier internal environment and a healthier external environment. So, I mean, even many of the things that you spoke about this, there is actually some research, showing that all these things may have an effect on prostate cancer, the initiation, the development, the progression of prostate cancer.

So that's why I appreciate this conversation. And for people to know if they really want to take a deep dive, these that you you you definitely have shared some very good resources.

So I thank you for that. I think you, you, your work, your online work, devotes itself, to, patient advocacy. And I'm a huge fan of that. I'm all about patient empowerment.

Ask better questions, you know, second opinion, third opinions. Being powered, have clarity and confidence, about your situation. Tell me about your role and your opinion and your work, as it relates to patient advocacy.

Yeah, yeah. I mean, that's it's kind of grown out of, growing out of being a patient. Right? And just trying to figure it all out. And that's, you know, again, where I come back to straddling the line between figuring out everything you can do at home, for yourself, that is going to help.

Help reverse slash, prevent cancer. Slash make your healthy cells the healthiest they can be. You know where where does that line get drawn? Versus. You know what?

What what do I need to consult an expert, like, like Doctor Geo about. And, I mean, it turns out, you know, a whole lot of stuff. We're we're looking for a healthy, functioning mitochondria.

We're we're looking for healthy cell membranes. We're looking for, you know, good blood flow, all all these things. Right? Detoxification. Yeah. Yeah.

So it's it's one we we we help people figure all that stuff out. And and not just everything you can do at home from the physical slash mechanistic healing perspective, be it, be it, you know, you read about it.

Okay. Do I need to go to Mexico and get all these, you know, get all these fancy treatments? But that's going to set me back 30 grand. 50 grand. Yeah, yeah.

Which, if you have the money, great. But if you're going to spend all your money on it, are you still, you know, you're not going to be cured in three weeks, and then are you going to come home to that, time?

What are you going to what are you going to do when you get back home? Right. What are you going to do when you get back home? I agree, I agree totally, and I agree with the sentiment of, look, if you have a reasonable amount of disposable income, go for it, but you probably going to get the treatment there that's going to help you there for that time period, maybe a couple of weeks after that. Then what?

And so cleaning your internal environment and external environment is critical. So yeah, I, I'm totally on the same page. And once again this relates to prostate cancer quite a bit.

So I appreciate this conversation. Oh yeah. Yeah. And you know there's that. And then you read about what treatments could I be getting for prostate cancer.

Right. And you come upon ozone and intravenous nutrient therapies and maybe pulsed electromagnetic fields and all these things. And it's like okay, well, did the hyperthermia, what what are these things that, that I could either bring into my home, you know, get get the home version of it, be it, be it an infrared sauna or a EMF mat or a, you know, home ozone generator and all these different things.

And, and then also what's, what's available to me in, in my local network here in my local area. And it doesn't, you know, it doesn't necessarily have to be a soup to nuts or whatever.

The, the phrase is, cancer clinic because you probably don't have a full blown cancer clinic just down the street, but you probably have a, you know, an array of chiropractors and naturopathy doctors and functional MDS, integrative MDS that are that are offering, you know, various treatments in their in their clinics, you piece together.

Okay. What can I get it home? What, you know, the who's doing IV nutrient therapy down the street for me and then, you know, and then, I like to say that's the one good thing that came out of Covid is, is at least in a lot of places.

I don't know, New York might be special. I know, I know Washington State still is. But, you know, telemedicine laws have relaxed. So you essentially got your choice of the best cancer specific, holistic, integrative alternative, so on and so forth.

Doctors in the country, in the world, that you can work with remotely, they can be your quarterback remotely and and, you know, and then you piece together what treatments you have, your local area and you're off to the races.

So that's that's a big part of it. We also talk a lot about how are you going to afford all this stuff. Right. And, you know, even if you're not, how.

Are you going to afford all this stuff? Right? I mean, how does that work? I mean, it sounds like I mean, I'm maybe I'm interpreting it, but when when your son was diagnosed, it's almost like all hands on deck.

We need to stop everything and focus on our son. Which means, you. Know, we I kind of like to think of it as, just accepting the season you're in, right?

That, you know, it's it's nice to be in the season of abundance and giving. And, you know, we all pride ourselves, at least most of us pride ourselves on being able to do stuff for ourselves and not not need a lot of help.

That that was certainly my mindset going into it. But, yeah. I mean, the minute we got that diagnosis, I realized, do I want to hold on to that pride or do I want to just do whatever I can to make it work?

And, you know, the more you can embrace that, you're right. Now, in a season of needing, as it were, the universe opens up. And, you know, the more you put it out there that you need help, the more help you're going to get, right?

I love that everyone has, you know, the online fundraiser thing doing that. But, I mean, I don't know how many heartfelt letters I wrote to supplement companies to landlords to, the, the the local organic grocery store, you know, talking about it, to tell them what we're going through.

And, you know, is there any way you can help? And before you know what, we're getting discounts on things. We're getting, we were we were getting the local organic grocery stores, bulk produce at cost so we could do, you know, juicing more affordably. And, yeah, getting getting on payment plans for things, that there's a zillion different cancer charities out there, like a whole whole lot of them.

The the big thing is, you know, it's it's a pain to to fill out all the paperwork for all of them, but, you know, then again, that's we talk about building your building your, your healing team.

Right. And that's, that's both on the you need somebody on the conventional side. You need somebody on the the integrative naturopathic side. You should probably find out what kind of chiropractors and acupuncturist are in your area.

You know, get into those kind of supplemental practitioners. But then on the, you know, on the, I don't know, the personal just getting things done side.

You've got at least, you know, most of the time you've got some friends, some family that, that ask what they can do to help. And, your, your, you know, your initial reaction is probably to say, I'm okay. Thanks for asking.

You know what I mean? I got this, but, you know what if what if you filled out one of those cancer charity forms and then gave them the template for it, and then they filled out, you know, the other 500 that are out there to fill out, you know what I mean?

And, yeah, it's not like you're going to get 10,000 bucks from anyone, but you're going to get 500 bucks, a thousand bucks. And if you had somebody fill out 500 those for you, then you're talking about some real money. Yeah, that's a yeah.

Yeah. And you know, and then that goes even also you know what. What you again don't just say no, I got this. Do you need, should you be out mowing your lawn and weeding or should you be hitting the infrared sauna or meditating or praying or, you know, researching more?

Is there, you know, do you have a friend that's really good at research that they could be helping your research? Should you be cleaning your house, or could somebody else be cleaning your house?

You know, it's all these things that if you don't absolutely need to be the one doing it and, you know, the time would be better spent. Just focus on healing, you know, whatever that is between getting out in the woods with your shoes off or hitting the infrared sauna, or taking a detox bath or, jumping on the rebounder, mini trampoline, getting your lymphatic system going.

Patient Advocacy and Finding Experts

Pack as much of that stuff as you can in and, you know, love it. Figure out how you can delegate the rest of the stuff that isn't going to be, 110% focused on your healing.

How important. And you mentioned walking around without shoes. Tell me about grounding. And I wonder how we I mean, I guess we know I don't mean or we don't know.

Let's just make believe. We don't know as a as a as a as a, as a population. What do you think is happening there? What kind of it's okay if it's not referent or scientific or, but even in your opinion because I, you know, patients because of what they go through.

Some of my prostate cancer patients are very knowledgeable and you would expect that they do deep research is always on there. That's great question. So I think patients when you're a patient or a patient of a of a child, you become an expert.

What do you think is happening when you are grounding, meaning walking barefoot in natural, in the natural earth? From an anti-cancer perspective, as best as you can tell.

Yeah. I mean, definitely not definitely not referenced, but, you know, it's we know there are negative electrons coming up from the Earth. Negative electrons are a good thing.

They counteracts positive electrons, which tend to be, you know, come from things like electromagnetic fields and, that sort of thing. And we're, we're energetically charged.

I mean, we're, you know, there's the whole thing about if I knock on this table, it seems solid, but it's really just protons and neutrons and so on and so forth, moving back and forth at such a rate that, it seems solid.

And so we're, we're, we're energetic beings or light beings, whatever you want to call it. And, you know, we've been on the earth for a long time, and we're tuned to, we're tuned to the Earth's frequency and the Earth's, charge.

And it's, you know, it's essentially we're we're we've paved over our own human charging station. You know what I mean? So, Yeah. Yeah, just just it, for lack of a better term, charges it back up.

Yeah. I love it. What? So how do you, I find that people have a hard time even finding me. And just remember, you know, people think I'm an integrative oncologist or a naturopathy oncologist.

I'm not. I'm not Paul Anderson. There's only one Paul Anderson, and I'm not one of them. I do prostate cancer, period. End of story. From an uncle logical perspective. Right.

I'm glad I do because I at what Paul does, it's unbelievable work. How can people find, experts? How do you know they're the real expert? I mean, there's all kinds of things that come up on YouTube and everything, and.

But people are still confused as to where where do I go? And so how do how do people find, experts in integrative oncology? Yeah, yeah. Which, again, is a big thing.

Please don't eat it with a don't go with the cancer diagnosis to the natural path. The doctor down the street that might have helped you with your allergies or something in the past.

Yeah, I agree. No, that's a that's a very good point. And this is why I mean, I'm not this is why I have such specialized I mean, natural paths are trained to become general practitioner.

We do a very good job. I remember back in my training when I ask questions about certain diseases and one of our professors, which is our, one of our, senior professors.

He said, he said, if you if you have a patient with multiple conditions and you don't want you don't know what to do, you're not practicing natural medicine.

And what he meant there is treat the person, not the disease, right. Treat the person, treat their gut. Okay. Later on I graduate. I'm like, I believe in that principle a lot, but I want to be I want to know everything about a few things.

I, you know, because it got too complicated. I got trained to treat migraines. And the other guy came with prostatitis, and another one came with osteoarthritis.

The other one came with a history of cardiovascular. I was like, no, I need to know about a specific area. Right. So I went deep into prostate cancer and prostate problems.

How do you find the expert? And in oncology and in integrative oncology is the real deal. This person is the real deal. How do you how do you go about that?

Yeah. So yeah. Again. Yeah a triple underline that. Yeah. It's true. Yes. True. In theory to an extent. Treat the treat the person, not the disease. Yeah. We all know.

You know. Yes you can. When in doubt, work on the gut. Focus on the different systems. Right. Lymphatic system. Make sure that they're detoxifying properly.

All these things. But, you know, with cancer in particular, it's there's just so much to know. But between all the different cancer types and, you know, the complex interaction between natural medicine and the conventional world that's, you know, usually going to be playing a role.

Yeah. They're just you can't you can't know all the stuff you need to know as a generalist naturopathic doctor or integrative M. D. or whatever. So yeah, I gravitated very early on.

I actually started going to, naturopathic cancer conferences to at first to learn everything I could. And that's kind of morphed over the years into, into talent scouting the best you know, the best integrative naturopathy cancer doctors that we get on our, our, our membership program and, and stuff like that.

But, yeah. So that there, there are organizations that train doctors in naturopathy, natural, holistic, cancer care. So, you know, that's that, that those are kind of the places to start.

And, you know, did cut to the chase, they're all listed out on our website. The stern method.com. But there's, you know, like the, the Oncology Association of Naturopathy Physicians, there's the Madeira Foundation.

There's, you know, Doctor Nisha Winters now has her metabolic terrain Institute of Health and, a couple others that that are escaping me. But, you know, most all of these, all of these different foundations, these different centers of learning, cancer, learning, whatever you want to call it, they've all got find a practitioner functions.

So, you know, you can see you can again, I mean, they're all listed out on our website. You can you can go to all of them and do the find a find a practitioner function and see if you have any in your local area.

And then if not, you know, like I said, we also I mean, this is this is what we do now is I consider myself a now when I go to these conferences and more talent scouting to to make sure I'm bringing, bringing our, bringing our folks the best of the best.

And so we've got our favorite favorites listed on our website. We've got, you know, our going integrative plus program has, you know, the all the doctors we've ever had on there laid out. So, I mean, that's, you know, that those are those are Ryan's favorites, right?

They're all there. And like I said, I would say nine out of ten these days do remote consultations. So you don't even, you know, you don't even necessarily need to be in the same area.

And, you know, that being said, prevents it presents another conundrum in and of itself is if I'm not limited to my local area and I do have this choice of all these amazing doctors, who do I choose?

And I get asked that question every day, right? Who's who's the best? And, you know, the answer is there is no best. I bring everyone the best of the best.

And then from there, it's whoever, whoever resonates with you the most, then that's, you know, that's a big part of the healing journey. I suppose the life journey in general is.

Yeah. Whatever you want to call it, your your higher self, your intuition. The big guy. That God, the universe. Right. Gut. Yeah. If you, if you if you're just willing to open up and listen.

Yeah. For you, you know, who's the best for you and, it just takes, you know, just takes digging around and getting, getting a little taste of everyone's flavor, which, again, is kind of what we offer with our, with our program is, is bringing all these different doctors into to let people kind of take a test drive, as it were. And, yeah. Yeah.

I mean, you, you know, the, you know, the best one for you if you just let yourself know. Ryan, thank you so much for the work you do. I think that you provide, you know, one of the things that I think is important in the world, in the oncology world, is just clarity.

What what people have trust issues. Right. But the least trust issues with in medicine. With good reason. Trust issues with physicians, who do I go to?

I if my getting the right information all these things. And I think you bring a lot of clarity in your patient advocacy in

that regard. So I want to thank you for the work you do.

And look, if you have any parting words, I would appreciate it for all the men and their loved ones who are listening to this summit as it relates to prostate cancer.

And how can they get in touch with you and your work? Yeah, I'd say the parting words are, figure out how to pack the most the biggest amount of healing into your day each and every day as you can.

That's right. I mean, our our family brand is the stern method, and, sternagal is a last name that's hard to remember a spell. So it's stern, and, the method part just comes from, like I was telling you, Doctor Geo, before we before we started recording, is this.

Neither my wife nor I were inherently super organized type A go get them and I've I've never. I guess I'm kind of a go getter type person, but, Yeah, you know, definitely, definitely not the most organized we can put it that way.

And, but then when we started learning about all these things, we could and should be doing between, getting out and watching the sunrise and getting enough light on your skin through the day and getting out in the woods and getting your feet on the ground and all the different healing devices we got, but, you know, infrared, sauna, ozone, you know, all that stuff.

Between the supplement schedule, between the juicing, between, you know, taking some time to do some breathwork or meditate or practice gratitude. You're not just going to inherently just do all that stuff, even when you're learning about it.

Right? And, you know, it's good. So it's it's taken, every time you, you, you come upon something that you think is, you know, the, you know, when you hear it, there's something you should be doing.

Parting Advice and Closing Remarks

Make a note and then set aside some time every night to kind of work on your work, on your routine or every week or whatever it is. Right. And just get out your calendar.

Get out your. You know, we lived by the the schedule that was posted up on the fridge and we had our little routines for everything. And, you know, it wasn't just the infrared sauna.

It was doing. The still is, doing the dry skin, brushing beforehand and jumping on the mini trampoline to get our get our lymphatic system going. Yeah.

Maybe doing some essential oils afterwards because that's when your pores or whatever it is. So it's like, you know, get get all of your routines down, get all of your schedules down, get all of your systems down.

And just figure out, like, how can I pack as much healing into the day as I can? And when you get really intentional and, and organized about it and start, you know, making making choices, as you know, is is this part of my day, i.e.

watching TV or whatever, right. Is that contributing to my healing? Right? Or if you are going to watch TV, maybe you should be, you know, doing it on a, doing it on the mini trampoline, you know, whatever.

Or an a walking little walking treadmill. I just ordered one right before I had a meeting with a guy that I was talking to, and I see him moving as we have this meeting.

I said, what are you doing? He's like, I have this little treadmill at a slow pace right underneath my desk, he says, I said, send me the link. I ordered one, right?

So I'm standing so all these things do matter. Yep, yep. So yeah, just, you know, like I said, that's that that was the big one for me is, is you never, never stop taking in information and and and learning.

But then make sure you do something with, with that and. Yeah. Just don't sit just don't gather the information and learn so that you can sound smart at the next, party or something, right?

Like, really do the work. I think that's a, that's an important element of it that I think gets overlooked. Where can people find you, Ryan? Yeah. The, we're we're the stern method.

Stern method? Dot com social media. Same thing. Our our our program that, you know, that I mentioned that we, we get different, you know, the best naturopathic cancer doctors, integrative MD, cancer doctors, on a call once a week.

And it's essentially a free for all Q&A that people get to ask whatever they want at the top, top minds. And in integrative oncology in the world. That's going integrative. Plus, you can find that on our website or at going Integrative plus.com and those are the things great.

Ryan Sternagal, thank you so much for participating, really providing valuable information that I don't think people are know about or getting in many other places. So I thank you for that. Ryan.

All the best to you and your family. Right back at you, doctor Geo. Thanks so much for doing here. All right, everyone, thank you so much for tuning in for yet another amazing episode on this prostate cancer summit.

We have way more to go, so I'll see you next time at the next episode with one of our special guest. Talk to you soon! Much love.