How To Never Fear Breast Cancer Again Transcript

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Introduction to Dr. Veronique Desaulniers

– Hi, everybody. I'm so excited to introduce you to our next guest. Her name is Dr. Veronique Desaulniers. And I got to know her through a group that we're both in called the Holistic Leadership Council. And I know she's gonna help a lot of people and, and even if this doesn't pertain to you, someone, you know, I'm sure will benefit from this information and you can point them to this information and to Dr V as, as most people, most people call her. So she is an expert on healing breast cancer naturally. And she's written a best selling book that actually is titled Heal Breast Cancer Naturally. Naturally.

It's been a number one Amazon best seller in 10 categories and in five countries, as you're gonna find out, she actually knows what it's like to heal breast cancer naturally because she's had breast cancer and the methodologies and, and tactics that she's sharing with other people are what she's used to heal herself, but she's helped thousands of others in over 60 different countries.

So Dr. V., it's great to have you here. I'm so excited because I know this is something as a matter of fact, one of my sister in law, I was just diagnosed with breast cancer.

And so I know it, it hits many, many families and you're giving people hope that they don't have to fear it. And that's part of what we're gonna talk about today. So, thanks for being on with us today.

– Thank you, Tom. I'm really grateful and thankful for you sharing my message of hope and you know, we're gonna talk about some things that don't just pertain to breast cancer because the basic foundational principles that I talk about can have an effect on any aspect of your health and any disease.

So. – I love that. I love that beautiful. So start with your journey and, and take us through because some of these things you might have known before you had breast cancer, but I'm sure a lot of them were learnings that, that, that almost maybe uh I call it a gift. Sometimes, you know, the illnesses. We have to help us grow and learn and make new discoveries.

Her Breast Cancer Journey and Recovery

So take us through your journey to where you are now and being able to help so many people. – Well, I'm a chiropractor by profession and basically a wellness warriors since I was a teenager, just really wanted to bring wellness to the world.

And after being in practice for 23 years, um I was getting ready for work, I was in the shower, was doing a breast exam and bam you know, felt that lump in my left breast that, you know, changed the course of my life personally and professionally.

Because, you know, here I was teaching all these people about how to get well. And yet here I was facing um you know, diagnosis with breast cancer. So I had to really um humble myself and do a lot of self reflection and ask myself, you know, what are the pieces of the puzzle that am I missing?

That allowed cancer to show up? Because we know that cancer is just the symptom, right? It's not the cause. It's, it's an indication that there's something out of balance in the body.

So as I was going through my research and my self reflection, I literally grabbed a pen and a pad and I said, okay, what is it gonna take for me to get?

Well, you know, what, what allowed the cancer to show up? And that's when I just started writing down all these aspects. And that's how the seven essentials came about, you know, every aspect, every um important

foundational tool that you need to prevent and to heal any type of disease. So I went through that journey, it took me a couple of years to, to heal and to get better And fast forward.

nine years, I decided, you know, I retired from chiropractic and I decided I would share my healing journey with other women to see if you know, I could help them and one thing led to another. Um I was, you know, known as the breast cancer conqueror. And five years into that journey, I was not feeling well, I was overworked. I wasn't, you know, taking good care of myself, wasn't practicing the things that I was teaching these women.

And sure enough, you know, created the perfect storm for cancer to show up a second time. So this time was a lot more difficult because I was, you know, the breast cancer conqueror. And yet, you know, I was going through it again. So, you know, I didn't share my journey with anybody until I was on the other side because I knew one day I would stand on that stage and share my story and say, look, this is what happened to me and it can happen to you because that's really one of the biggest worries that women have is that recurrence, you know, is it going to come back?

And so three years later since 2018. So I'm four years out now. I've been happier and healthier than I've ever been. So all is, well. – That's awesome. That's beautiful.

Uh one of the things that you are trying to help people with is not fear, you know, getting rid of fear and talk about why that's so critical and why when you are in fear, you actually are creating an environment where it's gonna be a lot harder to heal.

Exactly. That's a good point. Um, you know, a diagnosis of cancer or any, you know, illness for that matter kind of puts you in that fight or flight mode and your dear and headlights and you hear the words, but all these frantic thoughts come up to your mind because what's the first thing we think of when we think of a cancer diagnosis? Right?

Somebody's balding and sick, you know, barely is barely hanging on. But once you understand what cancer is and what cancer is not, then it really helps to remove the fear and the stigma.

Um you know, conventional medicine um is still searching, you know, for the cure. But in reality, we know what the root cause and what the cures are. I mean, we see women, you know, keel in reverse cancer all the time.

Why Fear Blocks Healing

So, you know, as you mentioned, when you're in that fight or flight mode and you don't allow your body to get in the relaxation response, your immune system crashes, cancer cells love adrenaline because they have many adrenaline receptor sites on their cells.

Um It's going to affect your hormones, it's gonna affect your cognitive, you know, way of thinking. You won't make good decisions. So we always tell women once you're diagnosed, give yourself a few weeks because it's not like a heart attack, you're not gonna die tomorrow. Most cancer diagnosis is or not while breast cancer or not life threatening at the moment. So you have time, you know, to, to let that diagnosis sit in and make an informed decision so that you feel good about what you're going to do. You don't make a decision based out of fear that you make an informed decision.

– I like that. I like even just the fact that you're letting people know, you don't have to decide right away because, you know, probably when you get that diagnosis, the doctors trying to say all right, here's what we need to do and you know, you are in a state of flux and you're probably not going to make the most informed decision. But as you said, with breast cancer, it's not like uh you need to decide right in that moment.

Um you know, cancer is not gonna all of a sudden, you know, just explode through your body and the next 24 hours. So I love that. What great advice. So one of the things that you've come up with is um you are creating a movement and it's around the seven essential systems and for healing and preventing actually preventing to breast cancer.

Can we start going through those seven essentials? And again, this is probably what you referred to earlier on where anybody can be helped by this. Not just somebody that is concerned about breast cancer, someone diagnosed with breast cancer, this can help any human beings.

So everyone pay close attention to these seven essentials. But let's let's start with number one, what's the first essential? – So essential. Number one is let food be your medicine and you know, more and more people are very well aware of basic good nutrition. There's no cookie cutter diet when it comes to an anti cancer diet because we're all, you know, biologically unique. So what works for me may not work for you.

Um, but just a basic principle is eat organic as much as you can around 80% raw. Everything you eat should be, should be clean and include lots of vegetables, minimize the fruits just because of the sugar content. Look at seeds and nuts because they contain, you know, a lot of powerful nutrition, a lot of healthy oils um and you know, become aware of what you're about how your body responds.

There's um there's some D N A testing.

The Seven Essentials: Food and Toxic Exposure

So, so for example, there's a test called nutrition, genome would look which looks at your D N A and the weaknesses in your genetic snips to see what kinds of foods and what kinds of supplements you may need to support those weaknesses.

So it really helps to take the guesswork out of what you need to do. – Yeah. Okay, good. So starting with food, right? And foods energy, you're ingesting it. It's uh it's either something that will make the body work harder and probably depress the immune system or something that can really lift it up and, and, and energize the body and help it, work, work better with these. So I love it. Okay.

And then number two is reduce your toxic exposure. So talk to us about that toxic exposure. So we can't live in a bubble, right? We live in a toxic world, but there's a lot of things that you can do to control your immediate environment like your, you know, your yard, for example, you know, you can start using chemicals that are biodegradable and organic and less toxic in your home.

Become aware of what you're using as far as cleaning products because there's hundreds of chemicals in just commercialized cleaning products that are carcinogenic.

Instead of using artificially scented candles, use essential oils. Um look at what you put on your skin because there's hundreds, again, there's hundreds of chemicals that as soon as you put that on your skin can be absorbed directly into the body and especially when it comes to breast cancer and this applies to prostate cancer as well. There's something called xeno estrogens or chemical estrogens, their foreign estrogens that will mimic and stimulate estrogen production and really, you know, imbalance the hormones in your body.

So things like plastics and B P A and phthalates and dioxins and even heavy metals, heavy metals are what we call Zeno metallic regions that will mimic and stimulate estrogen production in the body. – Okay, good.

So lots of things we can do in that in that second one, reducing toxic exposure number three is balance your energy. – Yes. And you know your your summit is all about energy, right? And really understanding what all that is.

Um And so we are energetic beings, right? We're one billion physical matter. The rest is all energy. So how do we balance that energy? Um We have so many tools at our disposal to do that.

So, and everything from chiropractic care to acupuncture massage, grounding with the planet with the earth because the earth is one big magnet. – How do people ground with the planet? What do you suggest for that?

– So you can literally walk barefoot, you know, on the beach and areas of clean grass and you can lay on the ground. Um There's actually grounding tools where you can use that. You're, you know, you can plug them into

your outlet and it literally grounds to the, you know, the ground outside and you can sit on these things. You can, there's sheets that they sell.

Um Pamper Mats policy Electromagnetic frequency, which mimics some of those frequencies that the earth give because we're so um you know, we're so cut off from the from the planet because, you know, a few 100 years ago, most people slept on the ground or, you know, walked where, you know, there was connection, but now we're so far removed from that. Um Looking at balancing your sleep, you know, restored to sleep is really key to bringing your energy back up.

Um Looking at your hormones. I mean, hormones are, are so important. And unfortunately, when it comes to breast cancer, doctors have really vilified women's hormones and made them afraid of their hormones.

So they, they're dishing out anti hormone medication. When in reality, we need our hormones for our proper health, we need it for brain health or immune health, bone health, all of that. So your balanced hormones will not cause cancer.

Energy, Emotions, and Relaxation Response

It's the chemical exposures that you're, you know, that's driving the cancer. And perhaps you have a situation called the methylation issue where you're not breaking down your hormones properly. So that needs to be supported.

So you can excrete them properly. Otherwise they continue to recirculate. – I like this next one, heal your emotional wounds. So talk about emotional wounds where, where, where they come from and, and you know how early they start because I know many of many of them can come from even childhood and then maybe some thoughts on how to heal or, or how it's even possible to heal things that have happened in the past you've been carrying around. – So we, we talk about emotional cancers in our community because really that's where it starts, right?

Those things that are festering inside of you that you've never really dealt with. And you're right. I mean, they can even start in utero. I mean, there's plenty of studies that show that, um, you know, trauma to the mother and even the father can have an impact on, on the child. So, um your emotional wounds are directly connected to your immune system. There's a, a world word called psycho neuro immunology. So your mind affects your nerve system, which affects your hormones in your immune system.

So it's all interconnected and every thought you think will release a neurotransmitter or a protein that will affect yourselves in a positive or negative way.

And so it's very, very important to look at those wounds that you're carrying around that are preventing you from living your best life. Um You know, perhaps it's um lack of self esteem or anger issues or guilt or lack of self love, self nurturing, you know, all these things can have a huge impact.

And there's so many tools um everything from your traditional um psychologist, cognitive therapy and then there's energy tools like E F T where you topping um box, which is a software that reads the stress in your voice and then can balance out that stress um through a create ology, put your hand on. And so all kinds of interesting tools that can really help you do that. But you know, if I were to start over, I think I would put emotional wounds as number one because if you don't fully believe 1000% that your body can heal, your body is going to listen to you and you have to have that deserving that you, you do deserve to heal and it's, it's sad to see some women don't feel like they deserve to hell because of the guilt and the problems from the past. – So, and would it be fair to say that most cancers have some emotional wound foundation? – Absolutely.

Absolutely. And there's so much information to back that up and, um, and books, so many books, like radical remission and cured and, you know, where these, these researchers and doctors have traveled the world and talked to people who had total remission from cancer just by changing their belief system and really feeling like they wanted to live and they were going to put that disease aside. – Yeah, it's so critical that people hear this because, you know, again, traditional medicine and there's many good things that it does, but it looks at cancer as this, you

know, this uh thing that's attacking you and you almost like from the outside and we've got to get in there, we've got to kill it. And the reality is it's, it's ourselves that are allowing or actually, you know, creating cancer in many situations. And, and cancer is a great signal to take us back to some emotional wounds. And if we deal with those, a lot of times, you know, that can be the thing that, that propagates the healing response.

So, yeah. Yeah. – And getting, getting into that relaxation response every day is very, very key because that's when your immune system is going to respond. And that's when you'll be able to really visualize and feel the healing, you know, see yourself in the future as being happy and healthy. – Well, and for people who don't know, to just talk to them about the relaxation response.

What exactly is that? – So when you're stressed, you're, you're in a fight or flight mode. So that's a sympathetic part of the nerve system. It keeps you moving and running like you're being chased by a bear. Um The parasympathetic is the relaxation response. It's rest and digest.

And that's when your heart rate variability is calm. Your thinking is calm, your muscles, relax, you get more oxygenation. So meditation using the heart math app tapping, journaling, taking a nap, you know, all these things can put you into that relaxation mode.

– I love it. Okay. This is an interesting one. Embrace biological dentistry. So talk to us about that. – So what the heck does your mouth have to do with cancer?

Right? People say, well, what's wrong? Why, why do I have to go to the dentist? Um Well, you want to work with a biological dentist who understands that?

– Not just any dentist, a biological dentist, make sure, – Correct, correct. And a certified biological dentist who understands that your teeth are connected to your organs through the acupuncture meridian system.

Biological Dentistry and Therapeutic Plants

For example, there's, you know, several teeth on the top and on the bottom, both sides that deal directly with the breast tissue. So if you have an amalgam filling the silver feeling that's really 50% mercury.

That could be, that could be blocking the effect of that energy that, you know, the meridian system is trying to give to that tissue. And it's also very toxic. You know, a lot of the things that dentistry in the past put in people's mouth was very, very toxic.

You know, mentioned that metals can be a stimulant for cancer. Um And then looking at the inflammation in the gums, if there's a lot of bacteria, um looking at root canals, you know, root canal is the dead organ, basically. And it's a perfect site for lots of unhealthy bacteria which suppresses the immune system. And so there's a whole science behind biological dentistry and that's very key and I've seen women kind of be stuck at a certain level and, you know, they didn't want to deal with the dental aspect for financial reasons or emotional ones. You know, nobody likes the pain of it, but once they broke through that and cleaned up, their mouth, numbers went down and they did much better. Wow. Something to really think about.

– That's awesome. Okay. Number six. Repair with therapeutic plants. – Yes. So there's thousands and thousands of research articles if you go to pubmed.org where you see all the studies that have been published on everything from vitamin C D magnesium zinc, millennium. And then all the different herbs, everything from blood root to wormwood, medicinal mushrooms, you know, curcumin, you know, all these things have such healing, medicinal properties that when they're used properly can really have an impact on healing. Many of them have properties that cause cancer cells to die. Many of them boost the immune system.

So it's a matter of really understanding what works best for you. And again, that's where you work with either cancer coach or integrative doctor. There's tests now where people can actually find out which substances work most effectively against their cancer. And so you can really figure out, you know, which protocol works best. – Alright. And then number seven, very early detection with thermography, blood tests and cutting edge technology.

So take us through this, a lot of people might not even know what thermography is. They're just told to go and get a mammogram and you know they do it.

Uh what are you talking about with early detection? – So mammography has had its day. I really think it's an outdated technology even with the upgraded three D that they're that they're doing because um dense breast will um you know, they'll miss 48% of the of the potential breast cancers that are there.

There's a lot of False positive, false negative mammography plus you're getting compression and radiation. Um there was a 25 year study done on 90,000 Canadian women and they found that mammography did not reduce breast cancer mortality rate, not even by 1%. So if you choose to get a mammogram, and I'm not telling you not to have one. But if you choose not to have one, then back it up or you choose to have back it up with ultrasound.

Ultrasound uses sound waves to look at the tissue. So it gives you another window. You're not just relying on one thing, thermography. So thermography um is a type of program that reads the infrared heat coming off your body. And the software translates it into an image.

If there's lots of inflammation and um heat and imbalances in the body, it'll show up bright red. And so when you see those patterns in the breast tissue or you can even see it in the mouth and the sinus, I mean, all over the body really. Um then it's a, it's a red flag, something's happening there. It's not diagnosing cancer, but it's telling you that there's a potential problem there because there's inflammation, inflammation is the root cause of all disease, right?

So it's going to really give you early detection compared to a mammogram. It'll take 8 to 10 years for a lump to show up on a mammogram versus thermography.

It may just be in the second or third year development. So a lot, you know, a lot of time for you to deal with the issue and then there's all kinds of blood work outside of conventional medicine instead of just the regular cancer markers, you can look at inflammatory markers because if those markers are elevated, then chances are you're producing cancer.

Early Detection and Working With Dr. V

Um I've mentioned a blood test called the R G C C or the grease test that filters the blood counts, the cancer cells grows the cells then tests, you know, natural extracts chemotherapy agents to see which ones are most effective against your cells. Um and there's, yeah, there's all kinds of liquid biopsies. Now, different tests just from a blood test.

Um the gallery tests, you can check for 50 different kinds of cancers just from one blood test. So lots of, lots of options out there now. – So a couple of things I want, I want to talk about how people can work with you in just a minute. But how has your journey changed you and and really improved the quality of your life? Like what do you know now that you didn't know before this happened? I mean, obviously you're in the health profession. So you know a lot about health, but what do you know now what's true for you now? – That's a great question.

I learned to say no and I learned to set boundaries when, when I went through my second healing journey, one of the big aha as I had was my whole life has been nose to the grindstone, right? Gotta work, work, work produced, produced success, success. You know, that was my model to my, to my detriment and I said I would never do that to myself again. And also self nurturing, it's okay for me to take a nap. If I'm tired in the afternoon, it's okay for me to, you know, reschedule interviews. I need to because I just physically, you know, I'm here and I don't want to, I don't want to go there.

So that was a big learning lesson for me and, and definitely calmer. I know when my body starts getting stressed, I just, I pull back, go do my meditation, you know, do whatever, but just really learn to stay in that more relaxation mode than the fight or flight mode. – That's awesome.

Yeah. And I think a lot of women have a hard time saying no. Right? They just wanna make everybody happy and serve and, and they neglect themselves taking good care of themselves.

That's, that's a great, great lesson. How can people work with you? You've got such great answers. I know there's so many people in fear right now. You're an amazing resource. What programs do you have?

How can people work with you? – So they can go to our website breastcancerconqueror.com. Fill out a form. You can talk to one of our support teams. You know, if you have questions, we offer private coaching, one on one with, you know, my certified coaches, um, just launched a brand new program which will be relaunching again in the spring where we're um using a much more integrative approach because there's a lot of women out there that we weren't reaching before, you know, women who want to do conventional treatments because that's what their doctors telling them to do and I honor and respect that. But at the same time, they kind of hear about, you know, nutrition and herbs and what can I do to, you know, neutralize some of this bad side effects and, and come out, you know, better on the other side.

And so we've created it's called survive and thrive, conquering breast cancer with conventional and natural medicine. So we've had such a great response with that because there's such a need. So, you know, whether you want to heal naturally, you want to integrate, you know, we've got all the research and the tools to help you to move forward with that.

– And some people will do the integrated approach, but some people actually will heal naturally from breast cancer. – Oh, yes. Absolutely. Absolutely. I mean, I'm living proof and we have many, many women who have gone that route as well.

– So both times you did not use conventional treatment, you actually used what you're talking about right here and the cancer went away. – Absolutely.

Yeah, I did nothing. I did everything outside of conventional treatments. – Well, the belief system that, that took was amazing. But now you're living proof and you've, you've done it twice and you can help so many people it's been so awesome having you on.

You're such a wonderful human being that, you know, that I've gotten to know a little bit and I'm just so happy for everybody that they get to experience you.

Somebody that has, has conquered cancer twice and now can help so many more. Do it. So listen, if you know anybody that Dr. V can help or if you're someone that Dr. V can help, I strongly encourage you to reach out to her.

She's a wonderful human being. You're gonna love working with her and her team and it's so great having you on. Thanks so much for being with us Dr. V.

– Thank you, Tom. I really, really appreciate you sharing this message of hope with your audience.