Introduction to Genetics, Cancer, and Bill Sears

Hello, everyone. You know, when it comes to the work we do in genetics, two of the big questions we get asked are around Alzheimer's, which we've addressed in a couple of the talks that we've had, but also around cancer, just because there's so much buzz around genetics and cancer and so much gap in information between, why do we say there's genetic issues and why do these things express the way they do?

I don't think there's anyone better to talk on the subject and who we have here today with us, and we're honored to have, Bill Sears with us. First of all, thank you for joining.

Thank you, Kashima, my honor, to join. Well, I mean, I'm between the two of us. Only one of us has been on the cover of time magazine. So it's. It's our honor, not yours.

But first we, you know, before. No question. You're just tell me what you'd like to hear. I I've been married for 56 years, so I take directions. Well, so you tell me what you do.

That's the only way to make it last. So, you know, firstly, there's something that you talk about where you say that for you, you learn cancer as, on the job experience, you know, school of hard knocks.

So what do you mean by that? Yes. Well, my experience with cancer, April 1997. An event that changed my life for the better. I got that dreaded call. Bill, you've got cancer.

Oh, it's that call we, we hate to get. Yeah. But then. Cosmic cancer caused me to care. Cancer caused me to change. I had a lot to live for at eight children and grandchildren.

So I decided to devote the rest of my life to cancer prevention and cancer healing. And 25 years later, after my cancer, I put it all in the book called Help Heal Yourself from cancer.

Right? And basically what I did is I made health my hobby. That was my change, my trans. I use the term transformation.

Cancer as a Personal Transformation

I underwent a transformation or transformation was an inside job, meaning the inside of me changed for the better. So I made health my hobby. That is beautiful.

I know the reason why I say that because I resonate with it like I went through illness, which I talk about a lot a few years ago, which is what drove me from being a sort of startup company, developing person to a health care innovator.

This is what we and I and I do it because I enjoy it so much. It's it's really every time you eat something, every time you purposefully remove something, every time you develop a new habit for the purpose of longevity and better health, and you actually derive pleasure and reward from it, you know, you know, just what you said is perfect.

We have a whole section on the book. What you said is called the Helper's High. I call it the Helpers high. Right. Words that wonderful feeling you get.

Yeah. By helping another person heal. And you and I are going to go to bed tonight. Drifting off to sleep with a high dose of the helper's high. Because maybe 100 people, maybe a thousand people are better off.

And we'll prevent themselves from getting cancer and help themselves heal from cancer. So I wish you a high dose

of the helpers high tonight. That's incredible.

And it's that dopamine hit that you get. It could have been from a bag of potato chips or some kind of drink. You know, it's the same benefit in feeling when you're just getting so much more purpose from it. So you talk about like prevention is so much more realistic than people think, you know, it's not wait and see.

It's like, no, let's work on prevention. So how would you say, where do people start? Like, what are five tips that you might tell people, here's what you need to do to prevent.

Well, hold up your hand. Yeah. Okay. You hold the five keys to your healing and prevention in your hand. First of all, believe you will heal, right. Belief effect we're going to talk about next.

Secondly, move more. Sit. Let's stay lean. Yeah. Third. Eat the five else conquer cancer diet four sleep cancer away and five help others heal by sharing your information.

Those are my five steps. And you know, starting with with the belief effect. Okay, so let's imagine that you get that dreaded call. Gosh, you've got cancer right now.

You have 1 or 2 avenues to take, 1 or 2 roads. You can go down the Fear Factor road. Oh my gosh, why me? What I should have would I should listen to my mother eat more fruits and vegetables and go outside and play.

I should have or, you know, which is what we learn from the pandemic not to do because you don't make wise decisions when you're thinking under the fear factor.

Right. And if there are no other disease and the whole body that requires smarter decision making, then cancer, your brain is your commander in chief of your Conquer Cancer Army, so believe you will heal so immediately.

I do this in my book and in my counseling. I say immediately reframe. Take your mind. Take your mind off your cancer, what you have and into your brain.

What you can do. Now picture. Follow me closely. You have within your own body a conquer cancer army. You have trillions of troops in your body, right to fight cancer, conquer cancer army.

So I want you to dwell on your army inside and not your cancer inside. And then.

The Five Keys to Prevention and Healing

So then I have a little pictures in my office when I'm talking to them, and I say, now, first of all, picture your Conquer Cancer Army troops. My favorite are called natural killer cells, NK cells.

So I have a picture of the kids love this. And, pardon me if I talk a lot about kids culture, but, you know, we're just, you and I are just big kids anyway, so, So I have pictures of the NK cell, a big round cell, like a Pac-Man, right?

NK on the helmet and picture what happens when a cancer cell develops? Like we all have cancerous cells on our body. We have trillions of of. Cell turnovers every day.

So one of those is going to go bad. But the good news is we have our own conquered cancer army inside right. And so when a cancer cell occurs picture that encased cell that Pac-Man with a helmet.

Cell being drawn, magnetized like a magnet towards a cancer cell. It glommed on to the cancer cell and shoots and fires a biochemical dart into the cancer cell and blows it up.

So right now that's going on in your body. You just gamified cancer. You're blowing up your cancer cells. Now, as long as you're army. So there's there's that balance.

And so as long as your army fights better for you and you have more troops fighting for you, then you have cancer cells, you don't get cancer. But when you have more cancer cells and you have a weaker army inside that because you didn't take care of it.

Then you get cancer and that's, and that's and also, you know, what we just talked about is, how to how to partner with your doctor to. So, we teach we first of all, teach my patients to dwell on your cancer at Conquer Cancer Army and sort your get your first appointment with your cancer care provider.

And you know, because your today's cancer treatment is the best it's ever been, right? The chemo, the radiation therapy, the targeted, targeted therapies that best fits ever been.

But when you get into the doctor, the doctor may say, well, you know, your cancer that you have, you have, 20, 20% chance of survival and you immediately stop them and say, stop him or her.

So, doctor, I am a patient. I am a person. Yeah, I am a person, not a percentage. Please, can we not talk about those percentages anymore? Yeah. And then you say to the doctor, and besides that doctor, I'm preloaded.

And there goes, hey, what's that? Me? That means that I am taking care of my my Conquer Cancer army inside. And I. I take care of those natural killer cells and those natural killer cells.

Tell me that if I believe in, as if a natural killer cells talking to you. Believe in me, feed me well, don't stress me out. Move me more and rest me and I'll fight better for you.

So I feel preloader doctor and see as a doctor, thinking, this is a smart patient. Maybe we can not use such higher doses. And I had that experience of preloading in my, I got a second cancer.

Four years ago. I was due from my check up for my family doctor, and I said, all I'm saying to my wife. Oh, honey, I feel fine. I don't need to go for a checkup, I feel fine.

And you know, when a woman looks at you with that farming look, you want to just say yes, dear. Honey, go get your checkup. So I went in checkups just fine.

I get a call a day later. Bill got bad news. You've got leukemia. And I thought, wow. Oh, come on. But, But I've got good news for you because your preloaded.

Because your lean. I dropped a bunch of weight off of my waist. Because you're lean, because you eat a good anti-cancer diet. Because you get outside and play like your mother said.

Outdoor. Because you do all those things for you.

Belief, Resilience, and Preloading the Body

I believe we can use a lower dose of the safest medicine. Right. And at that time, four years ago, 55% of my white blood cells were cancerous. 55%. Wow.

My white blood count was ten times normal within a year and a half, my white blood count went back to normal and my cancer cells essentially disappeared.

Went from 55% to zero zero 1%, something like that. And that's when I learned that's when I learned the value of prevention and preload in your body. So when stuff happens.

Yeah, our body says, okay, you've taken care of us. We'll fight for you. What are you serious on? Interesting. Because, I mean, I'm sure people caught it, but even what you refer to as prevention is different than what people believe.

People believe prevention is. I will never get it. Well, you're saying prevention is also developing the resilience that if, God forbid, this happens, it's not a big deal, you're going to cope with it because you've created the terrain, the environment for which it's very easy to deal as opposed to, yeah, you're going to get it.

And there's two options. Get it in the ideal body type or get it in the worst body type where the cancer is going to thrive. Yes, you mentioned magic reward resilience, right?

That's the thing. That's what we teach in our book and our counselor course. What we teach in our book is, is resilience means you can bounce back. I'm going to dwell on how to keep my Conquer Cancer Army inside fighting better for me.

And I'm not going to dwell on the cancer inside of me. That's the resilience that we want people to get. Yeah, and I've never thought about it the way you said, where you think about cancer and that becomes your focus, this thing that's in me.

But depending who you talk to, there's somewhere between 30 to 70 trillion cells in your body. Why? Like you said, why not focus on that extremely overwhelming volume of traffic versus this one, you know, jurisdictional, like it's a lot here, right?

And you forgot about the other trillions of, like tens of trillions of cells, right? Yeah. Yeah. And that that thinking, just flipping it on its head makes it overwhelming.

It makes you feel invincible. Seeking. And that's again, back to the brain. The CEO, the commander in chief of your immune system army. And and what happens immediately?

Not immediately over months becomes automatic where your thought process will this food thought or action feed or fight my cancer. That becomes like an automatic every day.

Will this food fight or the food thought or action feed or fight my cancer? Yeah. And then you do it. That's amazing. And speaking of food, you talk about, in your book, The Fives Cancer Diet.

So let's dive into that. You're well the, the five S's again. I like hand figures. Yeah. They and so I'll go through a, maybe a day in the life of how I, my anti-cancer eating.

Yeah. So first of all I have a big smoothie in the morning. My anti-cancer smoothie. Well, sure. That, and that, that, that, that thing on top is a fig.

Wow. I'm not going to. I have a sweet tooth, and I just, So first of all, I have my anti-cancer smoothie in the morning, 15 ingredients. Okay, I went online, I studied it carefully.

I wanted to pick the 15 top foods that are anti-cancer, and that's my diet. And what's interesting, even though I didn't like it, I didn't have I didn't like it.

I said, what do I like? I like worse getting cancer. So, and like, like chocolate, for example. Okay, I'm not going to give up my chocolate. Yeah. So what I did is I started, I used to, to get 55%, Coco, the real sweet stuff.

And then what I do, I start with 55% next week, 60%, 65%, 70%. Then within a couple months, I'm eating 80, right? 5%. And I liked it. And then when I try to eat the other chocolate, it was too sweet.

So it's that anti-cancer mindset that conquer cancer, a mindset you can shape your tastes toward eating the foods and liking the foods. So first of all, it was a smoothie in the morning.

A salad with spices in the evening, turmeric come back. Clipper was in a nice big green salad. And then the third thing, salmon. The third is salmon, a piece of wild Alaskan salmon.

A wild Pacific salmon. Three times a week. But, doctor, I don't like fish. Oh, I'm a vegan. All right, you learn to like it. You can be a vegan and you can take a vegan.

Algae source, omega three. Right. But you've got to have that.

The Conquer Cancer Diet

And what really, gets my my patients in my office. So I say I have 2 to 2 pictures. I'd say I'd here's a picture of your brain. And here are the top ten nutrients in your brain.

Here's a picture of a piece of oil to salmon. Right. Notice the same top ten nutrients that in your brain. Your commander in chief of your Conquer Cancer Army.

The same top ten nutrients are in your brain. They're in the salmon. Yeah. And they say, okay, doctor, you can visit me. And then the force of smart snacking.

Smart snacking. And, I call it my rule of to eat twice as often. It has as much red, chew twice as long and take twice the time to dine and catch culture.

We are a nation of gorgeous. Yeah. And I have a little pictures of my office. George, the Georgia and Gracie is a grazer. And then I have a little sign.

So which one is more likely to get cancer? George the Georgia. Yeah. Gracie the grazer. And, boy, they get it. They get it. And then, for the kids, the, you know, constipation is a big, big, colon cancer trigger, right?

Chronic constipation. And we are a constipated society. Yeah, especially young kids. So for the young kids, I start them off, I say, okay, two, two times two.

And then I say the better you chew, the better you poo. And you know, the parents are laughing and smiling and blushing a little bit and they'll call me later.

Say, boy that the better your true, the better your poo doctor bill. Thank you. That got him to eat. In fact we have, we have a, a a cute book called Doctor Poop that you can order from Amazon doctor poo.

And it's kind of a picture book, taking children through their intestines to show them that, you know, the better your true, the better your grades, all that.

So that that's, And then the fifth test is, supplements based on science. So that is, that is sort of, my anti-cancer diet, cautery. And basically it's, it's basically lowering added sugar.

Yeah. And you see added sugar on the, label, added sugars on your naughty list, right. Because cancer cells love sugar. Realistic. And I draw pictures of that for the kids.

And they get it. I say picture that cancer cell looking at sugar and said, you, you're feeding me my favorite food. Oh, they get it. It also is high in fiber and antioxidants, right?

To fight it. It promotes leanness rather than obesity. Leanness doesn't mean skinny. It means having the right percentage of body fat for your body type.

Right. And, if you listed had to list the triggers of cancer, most cancers, obesity, abdominal obesity, right, would top the list. And that's why when I see, oftentimes, you know, wives will bring their husbands and say, honey, we're, I want you to listen to Doctor Bill, and, you know, nice gentleman comes in, but rather portly.

And with a big, abdominal pot belly. And I say to him, you know, Joe, the next time we meet I want to see less of you and, and then I tell them where abdominal obesity is a huge, huge trigger for, for cancer.

And so that sort of in a nutshell, your Conquer Cancer diet that that really helps. And you mentioned supplements. What supplements are you taking? Well, they, I omega three, right?

I measure my omega three index needs to be higher and eight, you know, vitamin G, right. Fruit and vegetable supplements. I take, one or else 2000, but basically I eat, so supplements are in addition to.

Yeah, foods. So I sort of fill in the gaps with some. And then, I guess besides the anti-cancer diet, one of my, biggest teachings is go outside and play.

So outside and play. So, can I say, again, that's, I like to kind of imagine you're coming into my office for cancer consultation, and, I would say to you, you know, tell me of how, how many hours per day do you spend movement outside?

How many hours a day do you spend moving outside? And you're probably saying, what's that got to do with my cancer? And it really does. Yeah. And I think in your book you talk about like immobilizing your immune system through movement, you know. Yes.

That that that phrase you just mentioned mobilize your immune system through movement. Right. I want our listeners to write down that movement mobilizes your immune system.

So let me take you into, what's going on and just say, say imagine imagine you're, you're walking with friends some day tomorrow or so, and you get up there and hover in a nice brick wall, brisk walk out in the sunshine, and you say, oh, it feels so good to be mobilizing my immune system.

Movement, Nature, and Immune Activation

And I'll look at you say what and say, but here's what happens. I'm going to take you deep inside your body. You. You have trillions of white cells. Those natural killer cells, the white cells.

And they're like troops. They're like soldiers stationed. And where that where if you were the great designer of the greatest, machine ever made, the body, mind, where do you think you're in your body?

You would put troops if you want to get them into the bloodstream the fastest to kill the cancer cells. Where do you think you put them? I don't know where the troops are.

How about the lining of your blood vessels and other words, and that makes sense. Yes, yes. And and and, so I was waiting for you to say that makes sense, because when I'm talking to to, patients in my practice, when they say, oh, that makes sense, I know I'm getting through to them.

Yeah, yeah. So don't then I need to change the way I'm talking. So. So that makes sense. So let's picture your blood vessel, have a mental picture of your blood vessel now.

And the lining of your blood vessel I call the silver Line. And the. On top of that lining in that lining are trillions of white blood cells. Right. Some of which are natural killer cells, movement.

What is called in medicine, demarche and routine movement instructs those natural killer cells and the white cells to get to get off. You're sitting on, and get into the blood and go fight for me.

So movement mobilizes your immune system. White blood cells, to get into the bloodstream, circulate throughout your body, and glom onto those cancer cells for a biochemical guard inside and blow them up.

So that's why Doctor Mom was so right when she said, go outside and play, you know, and and, you know, culturally, I learned this. I learned a lot about, movement outdoors, a green piece.

I learned a lot about, when I was lecturing in Japan. I'll never forget one day, after a long lecture. An Asian lecture

was a very long. And my mind was just fried.

And so our host, that's the Saigon issue, said, we're going to take you and the Sears out for some Surendran yoku manual clue. I thought I thought it was a Japanese.

Based drink. And and we get this car and we drive up a mountain, and we stop and we get out and we take a walk in the woods. And he said, this is called in Japan shouldn't run yoku forest bathing, a walk in the woods.

And I thought, you know, typical American. Yeah. All the sounds good and all all that. But I had to study this. Yeah. Because, in, the Asian Japanese in some ways are way ahead of us in mind.

Management techniques. Yeah. So I realized there was a whole, a whole department and university over there, Department of Forest Design, where they actually they actually take let's imagine you were, suffering from depression, anxiety.

You just got the word, you got cancer, and you're really in a funk. You can't handle the cancer. They would take you out into the. Woods in a forest. Why are you up with a lot of measurements called windows to the brain scans?

They would take every fluid from your body and measure it. And after a half hour walk in the woods, your stress hormones go down. Wow. Your happy hormones go up, your blood pressure stabilizes, your natural killer cells go up in number and fighting ability.

You know, from a good ol walk in the woods. So that's why one of the biggest parts of our Conquer Cancer plan is spend more time moving outdoors. And, one of the, my favorite, teachers on this, Doctor Eversole herb, a neuroscientist at Harvard, wrote a beautiful book called Your Brain on Nature.

I said, Eva, give me a phrase I can say in my office. To sum it all up. And she told me movement outdoors is exercise squared. Wow. Okay, so, go outside and play that even just beating yourself in the woods, it's I don't I don't think there's a better way to say it because it's not the word.

Bathing is like dipping yourself in water. So. Great. Again, we're re re, we're re-engineering the meaning, which is you're bathing not just, you know, literally what's sensually touching you, but it's the whole experience, right?

You're bathing your soul. You're reading your mind. Remember, even what you're breathing, you're relieving your body of its detox capacity and, the pollution of the city and all type of thing.

So there's no other way to say it than bathing because you're literally immersing yourself. Yeah, head to toe. And the benefit you do, I feel it. I love going out to the woods and hiking and, you don't know why, but you feel great when you do it.

Yeah, you feel great, but that's why. So your your brain is changing. Yeah. You're the term you're brain on nature. Yeah. It's really, changing. And you mentioned the term swimming too, and floating around.

Another thing I have on our book, I call it floatation therapy. You've heard the term. I'll sleep on it. Sure. I'll swim on it to know, if you have access to a pool.

It's a wonderful, wonderful, stress releaser. And, I try this every morning. I go into a pool on a breaststroke. And I have, a mantra to just relax my mind.

A mantra is just whatever. Whatever sing or song or phrase that relaxes your mind. And, you know, sometimes, sometimes life sucks. It really does. But we all have a few things to be thankful for.

So what I do on my floatation therapy, you can follow me for a minute. I get out there on the pool. I do have the attitude of gratitude, floatation, therapy, exercise.

Sleep, Detox, and Morning Reset

And it starts with, thank you God for my life. Life 82 years. Thank you for my wife, 56 years. Thank you for my health. Cancer survivor times two. Thank you for my wealth.

Eight kids. Thank you for my, day. Please make it my ministry and imagine what's going on in your mind. What's that attitude of gratitude? So, this is how I go to bed at night.

And this is how I wake up in the morning with just, choose your own mount mantra. Pick the five things you like about yourself and and all that, and and develop that song or rhythm that just calms your mind.

Because again, with cancer, you need to have smart decision making. The brain needs smart decision making. Well, you just described that that piece and detaching yourselves from everything.

That's how our ancestors lived. You know it sounds like such a luxury to be able to take 20 minutes, half an hour, whatever it is and have that level of peace to, to be able to focus on five things which are really wrapped up in the same thing that your gratitude.

Yeah. You know, you mentioned the term ancestor and I when I was joining our, we have a, we have a book called The Healthy Brain Book. And, this is a healthy, healthy brain book.

And, and, there we go. And, that is going to be partnering with our Conquer Cancer book. And by the way, we donate all proceeds from the books, like the Concord Cancer Book and the Brain Book to charity.

But in there we talk about, I think, what the brain feels. You just mentioned her ancestors. When we go outside and play like that and communicate with nature, it's like the brain says, oh, this is how I grew up.

Welcome back. Yeah, yeah, it's it's that sense of your body's constantly responding to whatever stimulus you're experiencing. And if you're telling your body the things are good time to thrive.

Right. Give me the energy I need. Give me the mental health I need. That's what you're going to get. Exactly. Yes. Yes that's beautiful. And you're living proof of that. You do it every day.

Yeah. There's something else you said which, I think people can benefit from, which is open your internal pharmacy, you know. Yeah, it's just that even just reading it blew my mind.

But maybe you can dive into the open in your firm internal pharmacy. Well, Gosh, what what you're about to hear and what our listeners are about to hear are won the Nobel Prize.

So years ago, when I was making health, my hobby, I just knew that the great designer of the greatest, machine ever made our body, mind knew we were going to mess it up by the way we eat, think and live.

So inside our body must be our own personal pharmacy. We must have a pharmacy to make our own medicines. So I started studying it and my study took me to, a friend up in, UCLA.

Doctor Lugano won the Nobel Prize and he he was my mentor. He taught me. And I'm going to do a mental picture now that inside your blood vessels, picture your blood vessels.

And along the side of the lining of your blood vessels, I call it the silver lining. The term is endothelium. Right along the lining of your blood vessels.

You have trillions of microscopic medicine bottles. Yeah, they look like little squirt bottles. You know, and in they've discovered 23 medicines already in those little squirt bottles, your pharmacy, medicines that lower the highs, high blood sugar, anti-cancer, high blood pressure.

High blood sugar, high blood pressure, high blood fat. They raise the lows and are depressants. They mellow your moods. Anti-anxiety. They keep your blood from clotting too quickly.

Anticoagulants. So I just mentioned most of most of those. And times that that people take. But the medicines you make are better than the medicines you take because they come out at the right time and the right dose.

Custom-Made tailored just for you. And so that's why, in our, doctor series, Wellness Institute. We, our main mantra we teach our main class, is make your own medicines, how to open your own pharmacy.

And, I got a picture. You want to have some fun tomorrow? You're walking with friends. Oh, it feels so good to be opening my own pharmacy. Doing what?

And this is what won the Nobel Prize. And that's why movement back to movement. What? Open source medicine bottles and causes them to squirt these gases into the bloodstream of all of these medicines?

Movement when the blood flows faster. Kind of. Follow me closely. When the blood flows faster over the tops of the medicine bottles, it creates a shear force.

Special force. That's what won the Nobel Prize. It creates a shear force that opens the medicine bottles and causes them to squirt for medicines into your bloodstream.

So imagine during a walk or swim or a dance. And I love dancing. That's that's my that's one of my very favorite movements. But any movement. Just imagine I'm opening my pharmacy.

I'm making my own medicine. So so that's that's, Why make your own medicines is one of the top, teachings in our Conquer Cancer program. That's a, I guess, some people may ask the question, why is movement the trigger?

You know, if you think about illness and age, there's less movement. So is it speaking to we need to prevent instead of treat. Is that why that's happening?

Yes. So we're a sitting society. Yeah. Especially the last few years. We're sitting more and moving less. Yeah. And that one sentence sitting more moving less culture.

I believe that's one of the biggest cancer. Cancer, triggers. And over the last few years, the incidence of type two diabetes has tripled. In young people under the age 14, cancers have gone up and mental unwell illness, anxiety, depressions is skyrocketing.

Okay. So, what what's interesting is all the conquered cancer tips that we're talking about today are also the same tips that help conquer all. Many of these other diseases, too.

Books, Practical Takeaways, and Closing Thoughts

That's really, no, no, you know, like a good night's sleep event is so important to. Yeah, for sure. And hey, everyone that we've been speaking to in terms of different areas we've been diving into with different levels of expertise, it always comes down to sleep.

So one thing that we've ignored for so long, but it doesn't matter who you talk to, who has had great outcomes, they will always say sleep is one of the main tools in their toolkit.

Yes. And, I'm glad you I'm glad you mentioned that because sleep well. Let me take you into your brain to show you. And this is going to be riveting. Show you what goes on during a good night's sleep and why it helps conquer cancer.

All right, three things are the top triggers of cancer abdominal obesity, big around the waist, blood sugar spikes and a we can conquer cancer army. It's interesting that all three of those are improved during quality sleep.

Right. So, what center. I'm going to take you into our bedroom for a minute, and, and as I walk into, I call it my sleep sanctuary. The door to our sleep sanctuary has wonderful photos of memories I want to have.

And and when I drift off to sleep. My body is resting. But my immune system army, my Conquer Cancer army reports for night shift duty, right? Yeah. So just imagine, as you're drifting off to sleep, the army says, okay, night shift, we're coming on.

And and two things happen in the brain while I was quality sleep. There's a group of cells called glia cells. Glial cells are your immune cells. We call it the garbage collectors of the brain.

Now, during the day, a lot of stuff accumulates, you know, toxic thoughts and stuff. So during quality sleep, the glial cells increase in number and garbage collecting like trillions of little garbage collector trucks come out into your brain and collect the garbage.

So stuff point number one. Then you have a lot of rivers throughout your brain called the lymphatic system. Right? Rivers out the brain. The rivers widen.

So you have these garbage trucks collecting more garbage, dumping the garbage into these rivers and dumping them away. So that's a detox. This almost I remember one time we had a party or a house and was going on too long.

I was ready to go to bed and I said, pardon me, I have an appointment with my detox specialist. Like what? I said, yeah, it's 10:00. And I'm going into detox.

And I was like, what's going on? I like to sleep. Sleep is detox, right? So that's what goes on with with, good old quality sleep, especially when you're, healing from cancer.

Yeah. It makes so much sense when your body's already struggling with so much. You don't want that additional load of everything that happened during the day environmental chemicals, the hormonal issues, all the other stuff that needs to be cleared.

Yeah. Why have that extra load if you're struggling with that already? And then again, being in this state of resilience means every day allowing that detox and reset to happen, being prepared for the next day.

And that's why you sleep. And for every day that you interrupt it, there's another step in that threshold that you've gone up that you can't keep up with, right?

You keep it to the stockpiles you the garbage trucks didn't do their job. That's right. No, no, no, you just mentioned the term prepares you for the next day, right?

Yeah. That's what sleep does. Sleep preload. You, you sleep preload your body mind. I use the term body mind because they're all together. Sleep. Preload your body mind for the next day.

Yeah. So when you wake up, you know, when you wake up, there's an art to waking up, right? To get start today. Right? First of all, drink up when you're wake up because you're dehydrated.

So I keep a nice little I have a, camomile tea before I go to bed. And then I drink the rest of it. When I wake up, open the drapes, say hi to the guy.

Yeah. Not. No, no, no cell phones. Yuck. Right. Artificial screens are to the sky. And then I do my attitude of gratitude. Five things thank you for. Right.

And my brain off of bring on the day. Bring on the day. I'm preloaded now. That's awesome. That is awesome. I want to put that into practice. I feel like we could go on for a lot longer.

We're. I have to thank you for all that you've told us and taught us, because you've taken some stuff that is complex and made it so easy to apply. You know, you're truly taking the things that are the most actionable things that are.

You're not asking people to do a lot. These are these are, you know, just altering existing habits, right? You're already eating. Eat this. You're already asleep.

We can do it this way. So thank you. So how do people find the books? Because I'm sure people are going to be interested in there. Yeah, it'll be on Amazon.

They help help you? They, healthy brain book be on Amazon doctor pool, be on Amazon. We also have our T5, wellness plan. And they help heal yourself from cancer.

Okay. And again, they'll be, proceeds are donated. Yeah. That's incredible because a lot of people do that. But you're truly this is like, this is this is our mission.

And, yeah. And you mentioned the term actionable, right? See, my my wish for our viewers is to go through these steps when you view this program. Right.

First of all, replay it. Watch it, you watch it for a few minutes. Close your eyes and ponder it. Ponder means you're replay what you just saw and read and you let it sink in your brain.

And then you want to do it. You want to personalize it. Yeah. Like our viewers will say, well, you know, I like the five tips, but I can only do three. Okay.

You personalize. You know what what you and I talked about. And then that becomes your personal, Conquer Cancer program. You personalize it and and what?

I'm so happy about our program today shows again that helper's high. Yeah. You and I go to bed tonight. Drifting off to sleep with that wonderful feeling.

Yeah, that from, the program with, which you all put together to summit. A lot of people are going to be healthier and happier because of the program you put together. So.

Thank you. No. Thank you. I mean, you can truly choose how you experience this world. You know, it can be a burden or it could be a big reward, depending how you spend your time.

And so then thank you for joining us. This was incredible. Again, pleasure to have you here. Thank you for.