How to Reverse Cancer: The 5 Pillars to Healing Yourself From Within Transcript

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Introduction to Nathan Crane and the summit

Welcome to the bio optimized summit where we explore the next level of physical and mental health you can achieve through targeted and intentional optimization.

I am your host Dr AMY and today we have with us, Nathan Crane very excited to bring him to you today because he has such an experience of life experience that he's turned into this search for knowledge and understanding of some things that we still don't have had many answers for. So uh excited to introduce him to you.

He is an award winning author, speaker, plant based athlete and 18 times, award winning documentary filmmaker. He is the founder of the panacea community, creator of the global cancer symposium director and producer of the documentary film cancer, the integrative perspective, which is what I will be talking with him about today.

And he really began his health journey after he hit a wall with his health after coming out of what he describes a very toxic childhood and teenage years and what started for him then was this journey of experimenting with his own health and finding what his body responded best to. And then it's just evolved into this bigger um bigger meaning and purpose for his life to then share all this information with other people who are going through similar things and looking for similar answers for their their health or their family members health. And then there came a point when his grandfather got cancer and passed away from cancer and then he turned his attention to really understanding that, understanding what is cancer, why does this happen and what are some solutions that we can address to this problem.

So Nathan, thank you so much for joining us today. I appreciate you taking the time to share your experience and your knowledge with us. Of course Dr Amy Yeah, thanks for having me. Thanks for putting on this massive summit.

I know it's a huge labor of love and happy to be here.

What cancer is and why it develops

So many people have had personal experiences with cancer, whether it's themselves or a family member. So this really touches home for a lot of people and they also want answers. They want to know what they can do for themselves, what they can do for family members. So start us kind of on this bigger understanding of what even is cancer.

Yeah, that's that's definitely the place to start because when I um we were talking a little bit offline before this, you know, I had about eight years into my personal health research experimentation and I thought I knew a lot about health and I certainly knew a lot about some things and clearly didn't know a lot about other things.

And it was when my grandpa got cancer and then passed away from not only cancer, but really the treatment, the conventional medical treatment of cancer, chemotherapy radiation as it destroyed his immune system.

It was so hard to see. And it was also very humbling and um made me realize that I like millions and millions of people really don't know what cancer is, what causes cancer and what to do about cancer.

And so that really set me on this journey to figure out everything I could about holistic, alternative, natural complementary and even medical treatments for cancer.

Um which led me to the documentary, the integrated perspective, the integrative perspective, integrating the best of all worlds. Because my thoughts became, look if something works, let's use it.

If it doesn't work, let's stop using it. Um so the first question in that journey really became what is cancer? Um and if

you look up what is cancer, uh there's some very kind of arbitrary definitions definitions about it, whether you know from from the C. D. C. Or from cancer dot gov.

And you read those definitions and you're like, well I still don't know what cancer is. You know? So cancer, the easiest understanding of what cancer is, it's an imbalance in your body plain and simple.

It's not something you catch like the colder flu. It's something you make, we all make cancer in our body every single day. We make cancer cells every day.

We're so afraid of this thing because we don't understand it. We have to have more understanding about it. It's not something to be afraid of, it's something to understand so that we can not only prevent it but even have the knowledge and tools to reverse it. And so your body is making these cancer cells because it's out of balance out of balance with what it's most harmonious state when when your body is in its most harmonious healing, regenerative state, which is our natural state.

Our natural state is to regenerate ourselves every single day. Our natural state is for our immune system to be fully functioning. And removing these cancer cells from our body. Our natural state is to uh have this incredible uh trillions and trillions of cells of viruses and bacteria, bacteria inside our gut that are actually working in harmony together to rid off pathogens and to help our immune system be strong.

Our natural state is health and healing and wholeness. Our unnatural state, which has become unfortunately are common state is sickness and disease. And when cancer cannot be removed from your body quick enough, basically the cells start proliferating your immune system is not functioning at its highest potential. Then these cells really start to grow and divide and grow and divide massively. Because we're because we're making cancer by our lifestyle, lifestyle. Makes cancer lifestyle gets rid of cancer.

And we'll talk about what which lifestyle equals making it and getting rid of it or preventing it. But our lifestyles make cancer. And the more we make cancer, these cells proliferate eventually usually end up with a tumor, right? Something could be very small, could be very big. You usually don't find the tumor the doctor most of the time actually, um you don't find a tumor because you have symptoms cancer when you have cancer most of the time you actually very few symptoms.

And that's the interesting thing. People think of cancer and they think of the sickly person with the bald head that's ghostly white in the in the hospital with, you know, tubes in their veins. That's not cancer.

Most of the time. That's the treatment, that's the chemotherapy. And the radiation cancer by itself typically has very few symptoms until the very, very, very late stages. And that's when it becomes a problem.

Toxicity, stress, and lifestyle factors

Well, it takes at least seven years, often, 15 years plus for cancer to actually be diagnosed in the body. Now, you can catch it much sooner if you're doing certain kinds of screenings. Um I'm going to put this out there right now.

As I'm thinking of it. Some of the things, some of the top medical doctors, natural, integrative medical doctors, holistic practitioners that I've interviewed have said, you know, stay away from as much as possible as things like mammograms and stay away from biopsies. Because both of those things can actually make the cancer spread. You know, some things you can do is ultrasound.

There's some blood testing you can do. That's a lot safer. There is um uh pet scans, ct scan some of these things where you're not poking and prodding and cutting and smashing the tumors and cancer cells to see if it's cancers, um those things can be much safer, but and Nathan, what I'd really like to affirm what you're saying here because when we can see cancer through this lens of it, just being an imbalance in our health, then whatever will, will worsen that imbalance is going to make a cancer process accelerate or worsen. And so what's coming to my mind are all of these things, some of which you have mentioned that will actually worsen an existing imbalance.

And so when we understand these things, it gives us better decision making capacity to navigate how we take care of our health, how we want to do screenings for cancer, but not only cancer, but other health conditions.

From this perspective of there, there are imbalances, there are things that I can do that will actually make those imbalances more pronounced in my body and instead, what I should be focusing on is how do I help my body support those imbalances that it can come back to a place of health and let the body heal itself almost because we've been able to correct and address the imbalances, not be doing things that make those imbalances worse.

Is this, is this an alignment with what you're saying? It's perfect. Of course. Yeah. Thank you. So, going back to basically, You know, when cancer develops to the point where you can actually diagnose it, it's because you've been out of harmony with your natural state for a long period of time, at least seven years, 15 years plus. And again, we'll talk about one of those things that keep you out of harmony with your natural healing state. So when I say cancer natural, it's something we all have every day. It's because cells are dying off, they're mutating, they become cancerous. And when you have a strong functioning immune system, your immune system gets rid of those cells quite easily and it never turns into a tumor or something that spreads throughout your bones or your blood because your body is just getting rid of it. Right?

So, um what what are some of those things that uh that will contribute to a cancer diagnosis? And these are the same understandings of what are the things we need to avoid to prevent and also help us reverse cancer?

Well, the cells mutate because they're too toxic. The environment in which they're living are too toxic. So toxicity comes in a number of forms, toxicity comes in too much E.

M. F. Exposure. Too much wifi exposure, radiation exposure, um cell phone exposure, and so forth. High level megahertz uh E. M. F. That's different then a very low level pulsed electromagnetic E. M. S. Those are actually very healing.

But we're talking about, you know, if you're around high level wifi and radiation so forth every single day that can cause toxicity to yourselves. Another form of toxicity is really anything that's unnatural that doesn't come from nature, which is unfortunately, most of the things you find in the grocery stores today, highly processed food, cancer thrives on sugar. So anything that is high sugar content is actually going to feed your cancer cells and make them grow.

Um and so many things are filled with sugar. Uh you know you can watch all the sugar documentaries about there to find out why that happened and what you can do to avoid all this processed sugar that you really don't need.

Um genetically modified organisms which are almost always sprayed with pesticides, herbicides, fungicides, etcetera. There's there's quite a bit of evidence that not only GMOs themselves can lead to cancer, but more importantly, it's the pesticides and fungicides and herbicides that are toxic to your body that will lead to cancer that creates toxicity in your internal environment.

Um Polluted exactly. And can lead to all kinds of health dysfunctions, autoimmune disorders. Got imbalances cetera right? Um and you know uh toxins in your water toxins in the air.

And one thing a lot of people totally forget about it actually I don't think is very important but actually is your toxins in your mind, in your emotions and your relationships.

And I actually consider this the most important of all you can have everything else dialed in your diet, your nutrition, your water, all these things.

But if you are have emotional toxicity. Mental toxicity, you're in a very toxic stressful relationship 24 7 you're bathing your body and toxic stress chemicals never allowing your parasympathetic nervous system to kick on and generate the healing response that you're designed to do.

So you have to reduce stress. You have to eliminate the toxic stressors in your life, practice things like meditation,

yoga, mindfulness multiple times a day. Because like I said, you could be doing everything else right? If you don't have this one thing, right, you can still not only have cancer, but watch your cancer grow because if you don't ever allow your body to get into its natural healing state, the parasympathetic nervous system, which is rest and digest, right? Uh you're being bathed in the sympathetic nervous system, your green old system which is fight or flight 24 7 if you're in fear and stress and toxicity.

So those are the things that will make your cells become cancerous. And then if you're in that 20, not now, let's say somebody who is toxic in all of these areas. Of course your cancer diagnosis is not only gonna come sooner, but likely will be much worse.

And all of these toxins are really giving your body yourselves this message of danger and threat. And so that's the biochemistry that's playing out every day in yourselves.

Cancer statistics and limits of conventional treatment

That's going to be creating an imbalance and for many people that that is their normal life like that is the normal life in a Western country is stress and rushed and not even allowing ourselves that time to go into the parasympathetic state where we can have that restorative time and ourselves can have that message of all as well, I am safe and really come into that full state of health that is important to not let stressors become traumas and toxicities, but let our bodies respond to stress and then come back and rejuvenate after stress and then respond and and rest and relax and rejuvenate. So there's there's this natural harmony, there's this natural state of health that these disruptors, these toxins really create problems with that. Um creating long term imbalances that for us have become so normal, we don't recognize it until we get a diagnosis exactly, you know, and there's, this always comes to my mind when I'm talking about this with anybody is you're here, Everybody's heard somebody say just about, well, John was healthy, he was running marathons and he ate very clean and he was the healthiest guy I know and he died of cancer at 48.

But you have to really question everything about that statement because somebody who sees somebody running marathons and eating healthy does not mean that they're healthy in all areas of their life. And you have to hit every single one of these areas of your life, mental, emotional, spiritual, physical relationships, environment. You have to hit every single area of being a holistic human being To truly be what I would consider a healthy person and I would just about guarantee you um somebody who has very low stress in their life, who has resolved their childhood traumas, who is not in toxic relationships and most of the time they're in rest and digest their, in parasympathetic nervous system.

They're happy or peaceful most of the time of their lives, not 100 most of the time of the day. They don't watch the mainstream news every morning and kick on their fight or flight and start bathing their body and chemicals.

They don't yell at the person, you know, who cuts them off on the road. They don't flip off their neighbor for not doing with it. You know, they're just not that angry person. They're calm and stressful and stress less and peaceful and, and they've got their diet and nutrition really on point of what I call the cancer fighting diet, which a lot of people think they're eating healthy when you really break down the diet, you realize there are some key components in there that are contributing to toxicity and you remove those and replace them with nourishing elements.

Then you can take their diet to the next level and they're exercising, they're, they're moving, they're not taxing their body too much. They're moving their lymphatic system, which you have to exercise to move your lymphatic system to get the toxins out of your body. If you are sitting around all day and not moving your lymphatic system doesn't have a pump, the pump, creator universe source whatever you believe, design this body in such a brilliant way that you actually have to move to remove the toxins out of your lymphatic system.

That is the pump is exercise. So you have to move some movement is medicine. So you know, hashtag I use all the time, movement is medicine, you have to move every day. Um and then relation, you look at relationships and you look at environment, you look at the air, the water, the food, all these components. And if somebody has all these things dialed in, which most of the time when you question and go, how's this?

How's this, how's this, how's this, how's this, how's this, how's this? They go, oh, that person is actually not really that healthy. They're missing a lot of things.

So most of the time that person would probably, you know, aside from some natural disaster getting hit by a bus or something like that would live a very long high quality of life and not diet 48 of cancer.

And so many people are wanting to find the right diet that they're supposed to be on or they want to, you know, do the right type of juicing in order to fight cancer.

And you know, they latch onto a specific part of this bigger picture that you're describing, where it's it's all of it. It's not just one thing, just like there's not just one pill for something, right?

It really is. No, we're going look at the whole state of your body down to your cellular level and see how healthy that is. Where are those imbalances and understanding all these different sources of potential toxicities that can be affecting that. Even the spiritual, the relationship, the emotional things that many people would not consider.

So from your perspective, talk to us about the cancer statistics and and what's your understanding of those statistics? Yeah, I mean, um actually pulled up the new cancer estimated new cancer cases for 2020 and it's almost two million new cancer cases in 2020 alone.

Um in 2018, cancer was the leading cause of death, which accounted for 9.6 million deaths around the world. Cancer has been on the rise and it has been for a long time. Unfortunately the conventional medical treatment um is not doing very well. You know, modern medicine does wonders for a lot of things.

You get your arm cut off in an accident, you need a prosthetic limb, take me to the surgeon. You know, I I want their help. Um you know, you have organ failure or something hooked up some machines, you know, do a transplant, they have to save your life.

Wow, we have miracles. But when it comes to chronic lifestyle, health related diseases like cancer, auto immunity, diabetes etcetera are modern medical system is just not equipped or educated to actually help us.

I mean the biggest study that's ever been done on chemotherapy which involved hundreds of thousands of people, it was 100 and 60,000 people I believe, 140,000 people somewhere in there between Australia and the United States.

Um They found that chemotherapy had a 2.5% effective rate of treating cancer. I mean that person survived five years cancer free. And actually and actually the survival rate which you must understand from the medical understanding is is you're an M. D. I know you know, but most people don't know is that survival rate actually means that you just live five years. It doesn't mean the cancer went away.

It doesn't mean the cancer even reduced. It just meant that you didn't die from it within five years. And it doesn't speak to the quality of life for those years that you did have, which oftentimes the quality is.

So as I watched my grandfather sitting on the chair next to me, his hair falling out from the treatment in tremendous pain, could barely get up to walk to the bathroom because he felt so sick and was in so much pain and was throwing up all the time. So the quality of life for a lot of people is very poor when you go down that path.

Diet, inflammation, and healing foods

And I'm not saying don't go down that path, I'm saying educate yourself before you do and look at all your options. Um And if you do go down that path, make sure you're doing everything else you possibly can with your diet and nutrition. And that's the problem is they tell them, oh, you can't eat fresh fruits and vegetables even though they that's what your body needs because they're afraid of you getting some bacteria and dying from it because the chemotherapy and radiation is destroying your immune system.

But your body needs a fresh fruit and vegetables to get the phyto nutrients to get the anti inflammatories to help your immune system respond to the cancer.

So 2.5% means that 97 a half percent um failure rate. That's our modern medicine for cancer now that if you're not questioning, oh my God. One, why is it still legal?

Why is it still what we're doing? Um Well partly because you know there are some cancers that respond better. Some cancers up to 50% respond better to chemotherapy, but the person doesn't change their lifestyle often.

Five years later, 10 years later and I've interviewed half a dozen of people who enters the exact same thing. One woman who went through it four times got fourth cancer diagnosis Is that it comes back later with a vengeance because you don't change the lifestyle that's causing the cancer in the first place.

And in that study, some cancers responded 0% meaning 0% effectiveness. And yet it's still often the number one most pushed medical treatment there is. So with that I do want to share.

There are some like the integrated perspective. And it was interviewing for my documentary is interviewing medical doctors naturopaths holistic practitioners and saying hey what are you doing in all these fields that's working. And so for example some doctors are using I.

P. T. And some potential therapy which is low dose chemotherapy very low dose. They targeted to the tumor to help reduce the tumor. But then they're doing the juicing the diet, the fasting, the exercise and nutrition, the meditation, all the other things to support the system at the same time. So there are some conventional treatments and modern technology and so forth that when you combine it through integrative approach can actually be incredibly effective.

It's really when you're just looking at that one option of chemotherapy and you see what other people go through. It can be very scary for people because that it looks painful. It is painful and it's painful for the family members to have to watch that. And so that is where a lot of the fear of cancer comes from. Is is not realizing that you have other options.

And that when you can't approach it through a more integrative approach then that's when you're gonna still maintain the best quality of life throughout this process.

Exactly. So that kind of leads me into you know talking about the diet and really what you mentioned a little bit ago which is oftentimes we focus on just one thing and forget the other things um but die it's a really important part of it, you know. And in all the experts, I've interviewed all the research I've done and all of the experimentation in my own self, what's very clear with cancer is that cancer really causes an inflammatory response?

Just like pretty much every chronic disease you have problems with chronic inflammation, that inflammation is causing pain, it's causing destruction in the cell that's causing all kinds of issues. So one of the keys with cancer and auto immunity um and and other chronic diseases is to reduce that inflammation and the things that reduce inflammation are not your meats and your dairy.

Those things actually cause inflammation. So what a lot of the top integrative doctors who are implementing diet into their protocols for their patients.

Um They put them on an organic mostly or all plant based, highly nutrient dense, that's the key, highly nutrient dense diet. And what I mean by highly nutrient dense is that they're getting lots of green fresh vegetables, cruciferous vegetables, They're getting the bok choy and the kale and the spinach and so forth the cabbage, um fruits, but low glycemic fruits.

So anyone protocols that are using fruits are using fruits with the fiber that's low glycemic, so not juicing the fruit because you get a huge dose of fruit toast without the fiber to balance your insulin levels. So when you are doing fruit, it's recommended not to juice fruit, but to eat it because then you get insulin fiber in the fruit which is a

prebiotic to feed your probiotics to build your gut community.

And it's been said that 70% of your immunity comes from your gut. So let's focus 70% of diet on the gut and do the things that improve the gut, probiotics and fiber rich foods, you know carrots and um bananas and apples and so forth. High quality um healthy fats.

So avocado and coconut oil soaked nuts and seeds. Um You need your lagoons not only for the fiber but for the minerals and the anti cancer fighting properties that they have lagoons include black beans, um lentils, uh you know pinto beans, any kind of beans and they should be cooked fully. People try to avoid beans either for the gas, the unpleasantness of the gas or they were told they were bad.

But actually all the research and the top doctors will recommend lagoons, beans in your diet, mushrooms. Um There are a lot of anti inflammatory properties as well as cancer fighting properties in the healing mushrooms.

Rishi, also known as derma, um Lion's mane. Um quarter seps. There are lots of good healthy mushrooms. You can take powder. I take the powder, put in some hot water, it'll almond milk, a little bit of honey drink that down, it's a delicious mushroom tea. It's actually really good.

It's it's a good replacement for coffee too if if you want or or in addition to your coffee but adding in the mushrooms every day. Um And then the berries, there are a lot of berries have cancer fighting properties.

Blueberries, raspberries, blackberries and then even things like Goji berries, um honza berries. You know these things that have high phytonutrients which high anti inflammatory. So again helping.

Yeah it does. So many wonders to your body would have to get into the biochemistry of it. But how I like to think of it as this is keeling food. If I go to the fast food restaurant by hamburger, this is killing food. This hamburger and french fries that's in greasy oil and process is killing me this green juice and salad and you know kale and lentils and quinoa and maybe a little brown rice with some tofu and no do not be afraid of soy and tofu. Actually all the research shows that you know organic soy tofu, things like that actually has anti cancer fighting properties.

Actually balances your hormones helps reduce inflammation. A lot of benefits to it eating those kinds of things, healing food. So it's always a choice killing food or healing food.

It's always your choice. Um And then the thing I always like to add to is the herbs um There are a lot of good healing herbs that boost your immune system.

Um Asa Rolla cherry which is not really an herb but it has very high vitamin C. And vitamin C. Is known to not only reduce inflammation but help to boost your immune system and reduce cancer cells in your body. Uh But things like um Econ asia.

Amazing. Amazing. Or actually I have some, you can't see it here but it's hanging on my wall that I harvested. We grew it. My wife grew up right in the front yard here, harvested about a week ago.

I'm drying it. I'm gonna make some tincture from it. You can make tea from it. Um You can just go to your local grocery store, get tinctures and capsules of immune boosting herbs, lots of good herbs in addition to two that will help your body to not only fight off cancer but fight off viruses and pathogens and unwanted bacteria as well. So I know there's a lot to talk about for the diet. The key there is what I always tell people is start small and then stack and build over time.

Start adding one green juice a day to your diet and then start adding one fresh smoothie a day in your diet and then start adding one good big salad a day to your diet.

These things taste delicious too and you have more energy, you feel better. Um start adding a couple additional pieces of fresh whole fruit to your diet by berries at least once a week and just eat the berries, put them in your cereal and your yogurt get the good probiotics.

It's another thing adding probiotics um to your diet, whether it's through, we do a lot of like kombucha and june we also do a lot of kimchi, which is amazing probiotics. Uh there's basically culture cabbage, a little bit of spice and you know, natural probiotics in there.

Um and you really dial in all these things and you're gonna just take your healing capacity to the next level. And I love that you're presenting it this way.

Because when I had my health crash, this is the exact same approach that helped me get past this overwhelm of, I don't even know where to start. Obviously what I had been doing was not enough and was not the right things.

And just like you, I thought I knew it. I thought I knew it all. I thought I was already doing what was the healthiest for me. Um but I hadn't done the research, I hadn't done the experimenting.

And so it wasn't until I had my health crash and conventional medicine kind of ran out of its options and resources for me and I had to figure it out on my own.

Tracking biomarkers and finding the right support

And what really helped me is exactly what you're describing, where you put the focus on the immune system and you really help make your decisions on food and everything else really on, is this going to be helpful to my immune system and you know, the imbalance that I have in the inflammation or is it gonna be hurtful to that And it's actually gonna contribute to even more inflammation in my body.

And when, when you look at it through that lens, it's very clear to see, yes, that fast food meal is going to really contribute to the imbalance and cause more inflammation. And these other things over here are going to be what nourish myself and actually help promote their natural state of health, their natural activities, not trying to shut them down with other medications or with other stuff, but but providing some environment and internal environment for ourselves that just is bathing them with the nutrients that they need to perform their best.

And that's really when you're going to see that change in your health, hopefully long before they have any diagnosis, right? Because that does take time, as you say, of a chronic imbalance that then develops into that.

And so the earlier that a person can make these changes in their life and focus on what is helpful, what is most helpful to my immune system and promoting a balance in my inflammation in terms of when I responding, when it does need to respond appropriately and when it needs to be shut off and it's not an appropriate response.

But how do I, how do I eat? How do I think, how do I live my life? How do I do relationships in such a way that's really going to nourish all of my cells and provide them the nutrients that they need to to do their best.

Exactly. You know, And I would encourage everyone here to find yourself a good integrative medical doctor or integrative holistic practitioner who really understands cancer but also understands diet, nutrition and lifestyle relationships and environment and exercising all these aspects.

Um not all doctors are the same. Not all integrative practitioners are the same. Um you know, and uh there's lots many, many out there you can consult with over the phone.

Um in my film I interviewed, I think almost like 50 different people, a number of them are integrative doctors all over the world actually, as well as in my global cancer symposium, which we're doing a two point oh, um and these are people you can reach out to and consult with.

You don't even have to go in that you can do your testing online and so forth. But having somebody in your corner that can help you guide you through this or just, you know, somebody who really understands this stuff and can help you analyze your own where you're at with your health and where your holes are that you can fix, find the solutions for and and see improvements talking about inflammation.

I mean you can get your own biomarker test for crp or c reactive protein, you can go online, order a test comes in the mail, get a little bit of blood from your finger, send it in, they'll send you your inflammation levels, Change your diet to what we're talking about, do it for about at least 45 days and do it again and see what your inflammation levels are. If you're like, well, I want to try the keto diet. Yeah, but there's a lot of people saying keto for cancer, actually, it's not great for you, but I believe it and I want to try it.

Great. Do your c reactive protein inflammation. It's just one biomarker. But it's one that you can do pretty easily and it'll tell you inflammation in your body, you can look at other biomarkers as well, but it's one that will tell you and do the diet for 45 days and then do it.

Do you take your test again and see why your inflammation is my God, my inflammation is worse when I'm eating meat and dairy and it's less, but I'm not eating those things and drinking more green juice that tells you for sure whether things are making some improvement or not. Now.

Some of these biomarkers and tests and so forth, can be hard to understand, hard to know what they even mean. That's why having somebody in your corner who really knows what they're doing is absolutely paramount.

Um, and somebody who's going to support you in your decisions. You know, somebody who's going to say, okay, you want to go the holistic path. I'm here to support you, not somebody who's trying to convince you to go some other path that you don't want to go.

Um, and that's what I always encourage people go to your oncologist, ask them 100 questions. If they don't give you the answers, don't want to give you the answers or they are short with you or just say we got to rush you into surgery, chemotherapy, radiation and other stuff matters.

Diet doesn't change anything. Holistic is phony baloney. You know, you've got the wrong doctor, that's all there is to it. You've got the right doctor when they're willing to listen, they're willing to question their own knowledge and say, you know what, I don't really know that answer. Let me try and find out for you.

Um, you know what? I'm not the best doctor for you. Let me refer you to somebody else. Those are the doctors, ones who are authentic, who are humble. Um, and who know a lot more than just conventional medical treatment, drugs, radiation and so forth.

Ones who have a holistic perspective that I really believe will give you the best chance for not only, you know, overcoming cancer and maybe you never overcome cancer, but that's not necessarily what the end goal has to be.

The end goal for me would be, I want to live longer, healthier and happier And you could live with a tumor for 25 more years. But if it never grows anymore and it doesn't cause any symptoms and it doesn't affect your quality of life, who cares if you have a little tumor in there, you know what I mean?

But if it's growing rapidly and spreading and metastasizing and so forth, well now you've got a major concern you gotta take care of. Um, so it all depends where you're at in the stage of this, but just know there are lots and lots of solutions and support for you out there.

And I love that you're bringing this information in order to empower people, right, empower them to be able to make these decisions. Have these conversations with their family members, with their doctors and know that there are options to track their biomarkers to know this information so that they feel equipped with the knowledge to help make better decisions rather than just feeling powerless in this bigger system that carries them in one direction.

That's it. That's the key right there. We've got to educate ourselves, empower ourselves. Um, and take your time. You know, it took a long time for cancer to show up, Take your time and finding the solutions and feeling good about your choices. You rush into something out of fear more often than not, decisions out of fear are going to lead to some negative consequences down the road.

Mind-body healing, meditation, and closing remarks

Take your time, sending yourself do some meditation question inside, listen to your heart, your intuition, ask lots of questions. Do lots of research.

You know, watch as many interviews on this summit as you can watch my film uh learn everything you can about uh integrative solutions to cancer and then take your time because For most people, I'd say 99% of people dealing with cancer, you still have quite a bit of time if you don't rush into something, there are people who are at the very end stage who need to take drastic steps now and that's understandable and you've got to do what you gotta do, but still do it from that place of calmness and empowerment instead of fear.

And you are, you know, gonna give yourself a higher chance of success even just as you say that Nathan, like I had my deep spontaneous breath. So I know that that that resonates with me and it puts me right into that parasympathetic state. So thank you, thank you for that.

And just swinging briefly back to the spiritual and mind body integration of all this. I know that you have a healing meditation that you're going to share with the listeners.

Sure, yeah, I could guide everyone through meditation. Um, if you'd like you want me to guide through it now, if you have a link to that, we can put that in the show notes, whatever would be best and easiest for you.

I will, yeah, let's do that. I know we're running low on time here. So why don't and I want people to be able to take their time with it. Um think it's 10 or 15 minutes and any meditation is good.

Um but I have recorded meditation I can share with everybody and I will give you the link that you can share with them, Nathan, thank you so much for joining us today and for our listeners. Please look him up, read his story.

There is so much here that we did not have time to go into today. You can find him at Nathan Crane dot com and get his full full experience of how he even has been on this health journey. Him Himself been in the health space now for 15 years and how he is using his experience and his approach with experimenting, tracking as you can see and then searching for answers in order to bring this information to all of us. Thank you Nathan for joining us.

Yeah, thank you dr amy, I did want to mention briefly. Um everyone here can still watch my film for free. It's won its 18th award now. Cancer. The integrative perspective, you can find that at Nathan Crane dot com. It's free until we close our distribution contract um which is about to happen and then it'll be on all the major, you know, outlets for the next 10 years all around the world which people will pay paid for.

So I just want to let everyone know tuning in. It's it's a um something you can access for free right now at Nathan Crane dot com. Cancer. The integrative perspective and there's a lot of good information in there that goes deeper into some of the topics we talked about today.

So yeah, thanks for having me. Thanks for doing this. And you know, I appreciate it. I appreciate everyone here. So I wish everybody just tremendous health and healing and happiness for for hopefully many years to come. Thank you.

Thank you for letting us know that we can watch that for free still at this point. And I just wanna commend you for putting that documentary together.

That that is a lot of work. And so thank you for doing that for the benefit of of others. Alright, and thank you for joining us today together. Let's find that next level of health and aliveness.