How To Transform Your Life After A Cancer Diagnosis Transcript

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Reframing Cancer as Transformation

Hello it's Dr. Michael Karlfeldt when we heard the word cancer. It is. It's such a scary. And. And you had such a scary word, and it brings so much fear.

we need to shift how we view cancer. We need to look upon it as an opportunity for transformation, because it is essentially what that is. It is a body's cry, for us to transform ourself, to move away from the process that we are.

And so we need to transform our thinking. We need to transform our connections, our relationships. We need to transform how we're eating, how reviewing food.

Assessing Life Habits and Relationships

we need to transform, our environment, what we're exposed to, what we're using. we need to transform how we live life and express life and enjoy life.

You know, bring joy into it, bring relationships to it. We need to transform how we are moving and what we're doing, you know, because what what we were doing essentially put you at the place where you are at right now.

And the only way to have a different outcome is to create transformation. So how do we do that? The best is to, sit down with, with pen and paper and really take a hard look at your life and see, what am I doing that is driving me into this direction that I'm on?

And what do I need to do to change and then create an action plan, you know, so it doesn't mean that you have to do everything all at once. And even though cancer really it it feels like you have a very strong time limit.

And some people may, you know, some people may have that time limit, but most frequently, we really don't. And the body is is such an amazing piece of machinery.

It really appreciates every kind of change that you're doing for the better. And it will pay you back. Meaning that, you know, I see some patients that make small little changes and and it's incredible how their disease picture and changes, you know, based upon just those small little shifts that they're doing.

Faith, Diet, and Environmental Exposure

So the body is really appreciative and will really, kind of correspond back as you are making these shifts. so sit down with a piece of paper, really analyze, you know what?

How how are my relationships? You know what what what relationships brings me joy. what brings me stress? What brings me anger? Frustration. what uplifts you in me?

What what what relationships and makes me feel that I am who I am. And and this is the the best version of me when I'm with these people. Also evaluate what is my relationship with with a higher power, with God, with, whatever your faith is, what is my relationship?

And within that, because that really becomes important, because that that is like a, an anchor point for us on this earth is our faith and our relationship with, with a greater power.

my my belief, I mean, I to me is just incredible that that we do exist. I mean, we have these 30 trillions of cells and a million reactions within each cell.

Yeah. Every second. So we're looking at 30 trillion times a million reactions, you know, every second. And all of these are beautifully orchestrated to create life and create who we are.

So, to me, that is just proof enough that there is much something much brighter and smarter than than I am, in this existence. And then sit down when you're, you know, you need doing that evaluation and kind of look and see, you know, how's my diet?

You know what?

Movement, Exercise, and Embracing Change

What am I eating that is, that's supporting me and that's expressing life, you know, that, brings me, brings me closer to my body being healthy and and as a thank you for this wonderment that our body is, you know, am I feeding my body, you know, with gratitude, showing that I'm grateful for this, this wonderment of about this body that truly is and then see what what am I using in my environment, you know, what do I put on myself?

What would I put in my hair? What, what do I brush my teeth with? You know, what do I clean the counters? What I clean my laundry with, You know what, what's in the air?

You know what? how do I purify the air? What? What kind of water? And my drinking, and and then also look at, you know, how, what am I doing exercise wise?

You know, am I expressing life with movement, or am I just set battery and not expressing life? You know, because we if we want to show that we we want to live, that means that we we need to use our body.

We need to express life through movement. And so exercise has become such an important part. So and don't miss this opportunity that cancer is bringing into your life or into friends life.

because it is truly a moment and a time for transformation.