Cancer Prevention and the Need for Proactive Medicine

The medical profession treats diseases but never is applying a preventive, precise, proactive, personalized approach to healthcare because every disease takes 10, 20 years unless you had an assault like a chemical exposure or something exposed to you that, you know, incited an adverse situation in your body.

And the doctors are not trained to be preventive, proactive, precise, and personalized in their approach. This is Doctor Talks. Well, Dr. Keneally, it is always such a cool pleasure to chat with you.

You are somebody that brings so much energy and so knowledge into this space and helping so many different people with what you're doing. I mean, we're both seeing the explosion of cancer.

Can you tell me a little bit about what your seeing from your point of view? Well, yes, I am just seeing an outrageous explosion of cancer and young people.

I used to say patients had a warranty until they're 40, and then 40 to 60, you were on a semi-warranty, And then 60 up, the warranty's over. And now I can't say that.

Because if you look what's happening in the you know, health of humanity is there's one in 37 have autism, maybe even lower if you talk to some experts.

Our elementary kids, 60% or more are suffering from a chronic illness. Teenagers have the highest rate of anxiety, depression and suicide, and 30-year-olds are getting cancer.

So if our medical paradigm were Why is this happening? And we should all be in public outrage about these statistics. We're living in 2024. we can, you know, send people to the moon and space and all that good stuff and talk to India or China or whatever, right?

But we cant take care of our health, which is the most important asset all of us have. And then how are we going to have healthy families and healthy communities and healthy country if we don't prioritize our health.

And I started seeing young people getting cancer about, I think it was about five years ago. And I was ringing the alarm bell now and now everyone is talking about the incidence of new cancers in young people.

And so I always say in all of my talks to doctors, the cure for cancer is prevention. That's how I got into this is for prevention because my mother took DES when she was pregnant with me and they found out that drug had oncogenic cancer-causing potential and not only cancer causing potential, hormone problems, infertility, et cetera.

And so they knew that drug caused cancer for 40 years. So we got to look at things now, we have to prevent things, now and, not just for cancer, because we're not, only seeing.

an increase in cancer, we're seeing an increasing autoimmune, increasing Alzheimer's and cognitive impairment, very early ages, they've already diagnosed the first, you know, dementia patient in like an 18 year old.

So, I mean, come on, this is ridiculous. Okay. And drugs. cannot fix these problems. A lot of medication, surgery, they don't fix the problem.

Rising Cancer, Autism, and Chronic Disease in Young People

And so, you know, the medical profession treats diseases, but never is applying a preventive, precise, proactive, personalized approach to healthcare, because every disease takes 10, 20 years to unless you had a an assault,

like a chemical exposure or something exposed to you that, you know, incited an adverse situation in your body.

But doctors are not trained to be preventive, proactive, precise, and personalized in their approach. And so, and you know, it's interesting because I've been talking about prevention for so many years and people aren't interested.

Cause like, okay, I feel fine. But you. I forget the president who said, trust I trust, but verify. So we need to verify that you're healthy. And I feel like we do a very good job at prevention and early detection of all diseases.

At our doctor meeting, I have a doctor's meeting with all of our staff, and I said to all them, is that, you guys, we've got to be much better at prevent and earlier detection and stress to the patients that look, you know, You think you're fine, but let's do these few little tests to verify that you are fine.

So that's what my whole, every time I do a podcast, Every time do an interview, it's like, no, we've got to do prevention and early detection, not just of cancer, But all diseases, because the suffering that probably you and I both see is really outrageous and unnecessary today.

I had a doctor email me last night and said, oh, I need you to see this patient. He's an internist in LA. he doesn't know integrative functional medicine that much.

You knows a little bit. Now knows that it's the future of medicine. And he just, you know, wasn't trained like that, but his, one of his relatives has a, had colon cancer at 40. And then it turned into some multiple endocrine neoplasia.

Now they've done all these treatments, you know, of course, nothing's working. And they always say the scans, oh, the scan looks stable. Okay. You know please, what are you proactively doing to get this patient well?

And so I know you and I have the same philosophy about that. We just have to awaken and illuminate humanity that that's what we need to do. And I believe that it starts with the mother wanting to have a child.

If you know what I'm saying, because if the mother is this amazing receptacle to grow a miracle, then you're going to cut down your chances of medical problems throughout their lifetime.

And so I mean, you an advocate of like preparing the Mother on a spiritual, emotional, physical, energetic level to, grow that miracle. And the thing is, when we're talking about prevention, a lot of cancer patients, they come.

They say I've been healthy all my life and I'm a yoga teacher, I eat organic, all these different things. And lo and behold, they come and then all of a sudden they have stage four cancer.

Obviously that means they weren't healthy prior to, because it's not like cancer all the sudden happens. It is something that's brewing over time. How do you, when you talk about prevention, what are the active steps?

You know, cause you have a lot of these people that feel they're doing all the right things, but yet they, cancer just kind of seems to sneak up on them, even though we know that cancer doesn't sneak out.

That's something that happens over many, many. Right. And it's so funny that you say this Dr. Karp, because that's when I see a patient, I ask them from inception to where they are now, everything that happened to them.

I go over their entire lifespan. So from inception and in utero to You know, unhealthy, so to speak, right? Do you know what I'm saying? Exactly what you're saying.

They were following, you, they were doing all the stuff, supposedly. I mean, I say supposedly because I just taking a history. And so, and it's so interesting.

Uh, uh, was I've read this, this lady from Harvard and she was like talking about this outrageous increase in cancer. She goes, obviously it some. extrinsic exposure to something or something, you know?

And so, and I think, our world today is really not inhabitable. If you really think about it. And when I say that, I know that sounds terrible, but if you look at, first of all, if look.

At the medical system, what are we doing to people? Okay. from birth, what are we doing? What interventions are redoing? How many antibiotics are re doing, how many assaults on the body are doing.

So we need to think about that. Okay. Because, you know, I was born, almost 67 years ago and no one had anything. Okay? When I went to elementary school and when I want to, high school, no, one was fat or overweight or obese.

No one has diabetes. I mean, nobody was sick. And now. Here we are with, you know, 75% of the people overweight.

Environmental Exposures and Everyday Health Assaults

There are more medical problems than you can imagine. So we have to say, okay, what have we done to ourselves? Right? So I think, that it's, our air is not good.

Okay. I mean, I read an article about air pollution causing illness. Okay. How many millions of lives it kills every year. Okay, just that alone, much less anything else.

Then the water supply is, I read an article in Popular Science called Pharma Water. So all the pharmaceuticals, so there's an average of about 10 or 12 prescriptions per man, woman, and child in the United States.

We consume 63% of the world's pharmaceutical. Okay, so that's in the water. Parasites are in water, chemicals in, the heavy metals in. Okay. I mean, and let's face it, you know, what percent of people have a water purifier or a shower purify.

Right. Okay. And then, you know, everything you put on your body, okay, there's, think about it, besides the shower water, the lotions and potions, and everything, right, that goes in through our skin.

And then the food supply now, even if you buy organic, you know, it's not that great. Okay. Now, maybe if grow your own food, but even growing your food is from the air and the water supply that is not good.

So we have to live so defensively now or open whatever way you want to look at it, right? And then you think about the electro communications that are in and all around you.

Yesterday I was, I don't know, the other day I listening to the news for five minutes and it was like, oh, they're going to put satellites. And I'm like my gosh, and I am very sensitive to electromagnetic fields.

Okay. And now they're just everywhere. And today, just for a second, there's some new studies about 5G doing, I didn't even read it, but it was from a physician about new 5g effects.

So now I do lots of things to counteract that in my life, But the average person doesn't know about this. Okay, so they think it's like cigarettes, you know.

Cigarettes were used and advertised and it was fashionable for 50 years, even though we knew it with cancer-causing way before. And I always use the example of the famous doctor from Hungary who delivered babies.

You probably know this story. Do you the story? Yes. He said, oh, we're having an increase in infections. So he told all the doctors, We've got to wash our hands.

before we deliver a baby, not gloves, wash our hands, okay? That took a hundred years and look what it took for getting lemons and limes on the ships for scurvy, I mean, we don't have 50 in a 100 years, Dr.

Carpbell, We've got to do everything now and everybody's got a work together. And if your doctor says, no, that doesn't show anything, That isn't work.

That sounds crazy. we're either on the same team to heal the patient or not. Okay. Because I get patients all the time, they say, oh my God, if you mentioned one natural thing, They go, Oh my god, that you're just spending money.

And I'm like, well, first of all, there's hundreds of thousands of studies showing green tea, curcumin, vitamin C, whatever it is, There are pom-pom med, you can look up missiles, anything you want.

It's there. Cause I always like think I'm going to look up something and not find something. Sure enough, I find plenty of scientific articles. If the doctor just got quiet for a moment and just went to go look, maybe he might find that invincible solution.

The poor patient out there, they get dejected because I would say recurringly every single day, every patient tells me that the disrespected them and abused them, and didn't listen to them.

And that is just no way for any of us to care for and treat a patient. So I think if you think about, so I, about 30, I would say when I'm thinking when the first computer, you know, when cell phone came out and computer, but it was nothing really compared to the electric communications now.

And everyone doesn't understand that we're a bioelectrical being. Okay. We are energy. Every one of our cells has energy and voltage. So we've forgotten how our body works and doctors aren't even realizing that we're, even though they do EKGs and EEGs, and EMGs.

Those are all electrical assessments of your system. And so I think so much is the electrification of our bodies, basically the electro radiation of body every day.

Then I have a lot of stress. Okay. When you were 30 and I was 30, life was simple, epic, go lucky, happy. I mean, yes, you had your daily things you need to do, but now everything is 24 seven, nonstop, text, emails, work.

No one takes a moment to take a stroll outside. No one takes a moment to, oh, let me just call a friend and talk for 30 minutes. Let me, you know, we don't, it's just nonstop and constant, constant.

I mean, I think there's good information out there and I there are some good things and good educational things. Cause that's my focus is more educational, more like, you know, like I was doing my stretching this morning and I listening to so Veggie of frequencies, so that nice to have on my cell phone when I'm doing that.

Right. So, but, we've got to teach and educate everyone how to live this new life in this world. okay? And how all the little things they can just do at home and really, you know, really start the day with a spiritual influence so that they CAN handle the days.

You know if you set your mind every day you become armed with the battlefield every. Right? So that's what I do every, day because I can't get through my day unless I DO that.

And so, and we've lost that spiritual quotient, so to speak. And then the emotional quotient also is that, you know, we all had curve balls, detours, traumas and everything, right?

And in our world today, that's becoming more stressed. I mean, I know that becoming, more evident with Dr. Gabor Matei and Bruce Lipton and all these people talking and now the medical community is more and more talking.

I know doctors who are setting up like, you know, when they have pain patients, they're doing the emotional aspect of pain.

Spiritual, Emotional, and Lifestyle Roots of Disease

You know there was that famous book by Dr. John Sarno, the orthopedist who talked about back pain that it was. You know, 90% emotional. So, so, you know I think there now there's so much evidence out there about this spiritual emotional and so and like meditation, Joe dispense it with meditation.

so I Think, You Know, we're in the transformation, but it needs to be much more. right? And we are going to be saved by the young people of the world because the Young People, because they're facing these trials and tribulations, they are saying there's got to another way.

And so I just would like everyone to say, look, I need to do self-reflection, take charge of my health, and no, it's not an option. Yeah, and that's, you're nailing it on the head.

I mean, we live in a kind of inhospitable environment. And so, yes, We may be doing all these things right, but it's like we have to put forth even a harder effort.

to analyze, you know, what are my stressors? What are, is my electromagnetic, the electrosmog, how much am I impacted by that? And what am surrounded by, I mean, we, got to kind of look at all the details, that you didn't think that, had to think about before.

And it gives us obviously the opportunity to take those next steps to elevate who we are as a person, because it's almost like we have to kind of enlighten ourselves spiritually and emotionally and physically in order to be able to ride above the physical stressors that this world brings, so to say.

So I really, really like that, you know, what you're talking about, Yeah, and you're absolutely right. These people that were talking about that saying, well, I lived healthy all my life.

There's a lot of when you do that more thorough investigation that you. You always find those different pain points, whether it's trauma, maybe it is generational trauma and maybe its belief systems.

Maybe it, is that they are on their cell phone all the time. And maybe, it as that, they put so much energy in their job or in whatever it that they're type A, they just go, go go and they don't allow themselves that silence and that time to rest.

So there's always that fine tuning that, you know, going through to find what it is that really drove this process and then to heal that aspect of them.

Right. No, it's so true because we don' do enough self-reflection, right? And how are things going? Like for example, we think that when something comes out, oh, it's the new normal.

Well, wait, is the normal good for us? No, not necessarily, right? And so, and then we have to be a forensic human today. We have to look at the food.

Like I was thinking on the way to work today. If I got, you know, 10 of my friends who are like me and I, they wrote all the restaurants, and say, okay, do you use seed oils?

How do your wash your things? What are you cooking? If you did all an assessment, You'd probably never eat at those restaurants. Right? But I'm like, we have to call attention so that we are all aware of what our end product to the human is.

Okay? We've got to care about our fellow man, about what are we giving them? Are we given them the best thing possible? Why wouldn't we? Right? If we grow carrots, why aren't they the BEST carrots for you?

to ingest every day, correct? And so that's how we all need to think about what, because we're all have a superpower to help our fellow man, right? So why aren't we, you know, thinking about how is this going to how Dr.

Carpbell and whatever it is, whether it could be skincare, it can be toothpaste, if you sell a cell phone, look, here's,

how you protect yourself. What a concept, right?

Because, you know, your cell phone does say potentially carcinogenic, and anyone I can share what the potential complications of cell phones computers, et cetera, because it's all scientifically documented.

And people say, oh, no, there hadn't been any studies. Well, that is not true. That is true because there's been things written many, many years about all this.

So I just think everyone needs to mindful is how can I help my fellow man be the best version of themselves, whether it is food, whatever it is, right?

Whether it's laundry detergent. I mean, toilet paper. Just think about it, you know, because people don't realize they're just living their life and thinking everything's okay when it' not okay, as you what I'm talking about.

So we need to forensically look at our life, and examine our lives. Like I had a patient yesterday come in. They're 32. He has AML, acute myeloid leukemia.

Everything chemical known to mankind with stem cell transplant came in a wheelchair, hemoglobin low, platelets low everything. And so she was saying that for the past year, because she said, the doctor said this happened by chance.

Well, you know, nothing happens by a chance, right? Then, you know, she said my, the doctor just said, well, there's not really any much, we just do this, this is it.

And they believed their doctor because they were young, right, when this started. Then the wife said I got to look at things. So she started changing everything in her house.

She said it took like a year. to start changing your pots and pans, your water supply, getting rid of plastic, air purification, the whole thing, right?

Because it can't be done. When you and I get a patient, it's like they're drinking out of a fire hose, and so I always tell patients, we're remodeling you.

Have you ever remodel a house, apartment or anything? It takes lots of times. I say lots a time. A house you can replace. The human being doing is not available on Amazon.

Forensic Health Assessment and Hidden Risk Factors

So we have to take care of the sanctuary that we get to live in every day. Yeah. And that's, and you're, you were talking about just kind of backtracking a little bit.

Yeah, yeah. When I was young, when I, was going to school, now you talking, about autism, Alzheimer's and all of these things. I don't, I can't remember, throughout all my school year, any kid being autistic during, during my whole school.

In fact, that I remember anyone being diabetic, can remember someone being asthmatic. I can't, and obesity, I mean, the first time I saw an obese person was when I came here to United States.

I'd never seen one. And I've seen someone that had been a little bit overweight, but I haven't seen an obesity person. So it just proves a point, you know, how the changes that we've done, How that makes it harder for the human being to live here.

and then also the other point that you're making. You're talking about all these different diseases. They do have common denominators. Do you mind talking a little bit?

We talked about the toxins, we talked all that, but at the core of it, it's like an energy deficiency that creates all of these things. Wherever your weak link is, that's where it is going to blow.

Exactly. So what causes the weak links? Okay. First of all, you have to think about how you live every day. Okay? What is your sleep? 50% of the population doesn't sleep well.

And your day starts when you go to sleep. If you don't sleep well, that means all the magic that happens at night is going to affect you for the rest of the day that you're awake.

Then the water supply. So if you are not drinking purified water, if your not eating foods that nourish and strengthen and heal, If your are moving the 800 muscles in your body, and if don t have a stress evaluation.

Okay. Then, okay, if you look at, I would say, you know, every person that I check for heavy metals, they all have heavy medals. And one of the worst things that i see is high uranium levels, which is from nuclear power plants, and those levels are very high and the half-life is, what, 64,000 years, something like that, right?

Then you Because most people take antibiotics in their life and eat sugar and toxic food, they have an environment to grow yeast. Well, what does yeast cause?

Like you said, energy is taken away and yeast can flourish the body, create tons of free radicals, tons acidity. When you create lots of acidities, you can create a hypoxic low oxygen environment.

then almost everyone I see has parasites. People say, oh no, it's impossible to have parasites in America. No, It's not. And so we do a very specific testing to figure out if you have parasite because not all parasites are in the stool.

So if do you a stool test, first of all, you're looking at 500 different species. Well, I can't find 500 species in a stool sample, and they don't always live.

I just sent my staff that patient was having migraines, well, they had parasites in their head. Well, that's not going to show up in stool. So anyway, then you talk about viruses, okay?

Viruses, we all have viruses. It's whether we have an astute immune system or not. Viroses are either awake or asleep, but viruses like, for example, Epstein-Barr, HPV, I just had a brand new patient, young little girl, 29 year old.

She had seen many dentists and they all told her she had lichen planus. Now this is very, very important. She, they said, oh, you have lichen planus. She saw biological dentists because she's very, her family's all natural.

she saw many people. Okay. Well, by the time she. Saw us, which is just recently. So I'm like, she can't even talk. He's lost weight. And so I, we started doing her work up.

so concerned about getting the biopsy, so we had to get the pain medicine. Well, it was difficult to Get the Pain Medicine on board because of the new rules and regulations, correct?

And they're out of pain medicines now, So I switched it to another medicine and so then, and I said, there's always a fungal component usually to cancer.

So, I Said, we better give you antifungal and then She started bleeding in the lesion on her tongue, which was very large, Dr. Cartbell. And so she ended up at the ER and of course they had to emergently do this tongue biopsy.

Then every specimen came out. as cancer. So they picked multiple. And I'm like, I got the news last night and I was like oh my gosh, we need a miracle.

Because he or she is 29 year old, you're not going to have your tongue? I mean, do you know what I am saying? So anyway, my point is, is keep looking, going, to a doctor to find an answer.

Okay? Because the way I teach my doctors is rule out cancer and move forward. Right? Anyway, so HPV was part of the tongue cancer, right? So if you don't address the bacterial, the viral, and the yeast, you know, parasite component of a disease, then you can't get rid of that disease.

If you do not change the environment that the cancer came in, it's going to continue on. And the medical system of surgery, chemo, radiation, whatever, contributes the scenario cancer, okay, because if you do surgery, it's injurious immunosuppress, if your do chemo, its that, and if do radiation, is that.

And if we do medicines, that's damaging your mitochondria, which protects you from functionality of the cell. So all these things. Then if have scars, those cause energetic blocks.

If you have tattoos, those cause energy blocks, right? Because they block all the acupuncture meridians, then if you had teeth problems like root canals, chronic infection in your mouth, like receding gums and dental, and you'd have cavitations, AND you've had mercury fillings, THOSE ALL rob your energy, And then if you get shots and whatever, different kinds of things, those affect your body.

Different kinds things will affect you body because everything, you have something called the zeta potential. So the Zeta Potential is the organization of fluids in your bodies.

Well, everything has an impact, right? Everything. Everything you do is affecting you. Okay? So you add all this up. And our medical profession doesn't even talk about all these things, even though there's books written on just the mouth hidden infections, just a mouth alone, because now they're saying the mouse, Even in the journals, they are saying that the Mouth is the gateway to Alzheimer's, cancer and heart disease, right?

So why aren't people like, why are you talking to patients about their mouth? Because like it's the gateway, come on, it is part of the body. It's part the anatomy of body, so you add all of these things and heavy metals, I don't even know if I mentioned already.

So you added all these thing and so it robbing the bodies of functionality.

Immune System, Mitochondria, and Cellular Energy

and taking care of you. And one big thing, I was listening to a very well-known immunologist who I think you know him. I've known him a long time because I used his laboratories over the years.

He's 79, going to be 80, and he's still working and going. As he remembers when he was, 25, his professor says, One thing you better master is the immune system.

You better know theimmune system and you'd better Master it. Because every disease has to do with the Immune System. Correct? And so when is a medical profession with a patient with cancer addressing the immunity system?

Never. Okay. Now, how is that possible when we know the science of the immune system, right? We know how to, you know, take care of it. Okay. And so why aren't we doing that first day for any patient with a chronic illness?

Because Alzheimer's has to do with the immune system. Cancer does. Cardiovascular. Autoimmune. Every disease has the ability of the system to take care of you.

So why are we talking about the thymus and the B cells and bone marrow, et cetera, so if that's not in order, how are you going to fight a disease? I mean, it's impossible.

Nobody goes to their primary care provider or whatever specialist that they're going to and they are going talk about the immune system, how are we going boost the system or how we're gonna boost your mitochondria.

Cause we want to make sure that your tissue is healthy and strong and they're repairing well, they are detoxifying well. And we wanna make that you're immune system is active, you know, killing off these pathogens, the viruses,

bacteria, all of these things.

No primary is talking about that. I mean, are they talking is, yeah, let's make you sure you are on enough blood pressure medication, blood sugar medication.

Yeah, statins. That's all they are and have you up to current with all your vaccines. I mean, that's pretty much, where it goes. Yeah. Like you said, it's so funny because in medical school, we all take biochemistry.

And biochemistry is the Krebs cycle of energy. The Krebbs was after Dr. Krebb's and it's all vitamins, minerals, enzymes, everything. So I'm like, well, wait, every drug you take destroys.

and causes one or more nutritional deficiencies to interfere with the Krebs cycle of energy. Then every doctor studies the cell, correct? First of all, we talk about the magical membrane of every cell.

Well, your magical memory has over 30,000 receptor sites for everything to work. If you don't have a good magical member, and your cell doesn't work, then you look about nucleus, the cytoplasm, mitochondria, organ, everything.

The mitochondria is how your body protects yourself every single day. And it's under assault with all the things I just talked about. There's something you probably have heard about called the cell danger response.

The cell dangerous response is this constant attack and then your bodies in paralysis. and can't take care of because you've got to completely clean house, get it all organized, do everything to get back into homeostasis.

So here we have them, the individuals, I mean, they live healthy, They've done everything right. How should they, what tests, are there tests out there that they can do to kind of evaluate, to see where they're at and what their risk is and to know, do I need to step up my game?

Am I doing enough? What is out for people that want to prevent cancer? Right. Well, first of all, they need to partner with a physician who's interested in optimization and healing you and prevent it.

Right? That's the bottom line. Okay. So if the doctor just gives medications and, you know, surgeries, then that's not the doctor that is going to help prevent you.

And actually, the new paradigm of medicine, and there's a whole book written called The Age of Scientific Wellness written by an 84-year-old physician, he says medicine needs to be precise, preemptive, proactive, personalized.

He says it. It's all scientifically documented. So if the doctor is not oriented that way, then that's not the person that is going to help heal you. So you've got to partner with doctors who are all about prevention.

Some doctors say they are, but what is your realm of knowledge? First of all, I start with blood tests, besides a thorough history and physical, because our history in physical is very different.

I had a patient said the other day, I haven't been examined in years. And I'm like, well, how is that? How is even possible? And now with all this telemed medicine, that is not good.

You can't replace the 3D evaluation of a human being on a spiritual, emotional or physical level. Okay, do you know what I'm saying, right? So, because I know, I was doing Skype medicine before telemedicine became in medicine.

And I would always be surprised, so I'd do a Skype just to get the history, and then they came in to see me, they always came to me. I always go, my God.

What's on the Skype and what's in 3D are two different things, okay? So I have vast experience of telemedicine Skype before it was a thing, because my patients, you know, I've had patients from all over, and yes, there are some things that can be handled on Zoom and tele-medician, But the actual heart of a physical exam and looking

in patient's eyes, looking at their skin integrity, their hair integrity their nails, all their body, and all of their scars, etc.

And palpation are vital to examination of the patient. And so the history of physical, the comprehensive blood testing, that is not esoteric testing.

Advanced Testing and Personalized Prevention Strategies

It is normal testing that's out there and available to all humans. And really, even if you didn't have insurance, it's not that expensive. So one of the most important markers I always think about is C-reactive protein.

Now, that's one of hundreds, but the C-reactive protein is a marker for inflammation. Inflammation is the precursor to all diseases, cancer, heart disease, et cetera.

Vitamin D levels, which should be part of everybody's blood test. Looking at sugar, we know that you're pre-diabetic or diabetic. You're higher risk of having cancer.

Most people don't even know what their fasting sugar insulin and hemoglobin E1C is. You should know those numbers because sugar destroys the immune system and destroys functional activity of every cell in your body.

That's why you don't ingest sugar. Now, are you going to have an occasional thing here and there? Yes. Okay. But, and then I always make sure the DHEA, which is the hormone, main hormone in your body, is a major repair hormone for all your bodies.

The lower the levels, the higher incidence of disease. And so I check that because 25-year-olds have low adrenals today, okay? And your adranals are your stress, immune, longevity gland.

So that's just blood work. should be standard for every single patient, really. Now, you don't check DHEA when someone's 12, but once they turn 18, that's a blood test you can check.

Now, that's one test. Now the other testing I like to do, but if a patient can't afford it, I always like check their vitamins, minerals, and heavy metals.

I do a special, very inexpensive test, a couple hundred dollars that tells me all of that information. Because if you don't have the right nutrients, your cell can take care of you.

And if have heavy metal, it's causing DNA interference, making your proper DNA, okay? And DNA is made every nanosecond in your body. So if you've got something that interfering it, you have the chance for erroneous information.

And then I do something that I learned. So one of my mentors was a name, a guy named Bill Curry, and I was always interested in prevention because of the history of DES.

And so I, was at an A4M conference years ago and 25 years, ago, And I met a gentleman who had sarcoma. Now sarcoma is a tumor of muscle and bone and it's not a kind cancer.

The only treatment is surgical removal. They do chemo and radiation doesn't really work. And so anyway, the doctor said, okay, we're going to amputate.

This guy was 22 years of age. He goes, no, I don't think so. So he traveled the world, literally traveled, and found a doctor in China. who's a medical doctor and this doctor is still alive and he's the savant, so to speak, because he can look at your face and hand and tell you your whole life story in 10 minutes, okay?

And there are people like that, as you know. And so this Bill Curry met him and they were both lecturing at a major cancer. So he utilized these herbs, and these have been used for hundreds of years.

You know, in China, there's so much history, like acupuncture is 5,000 years old, et cetera. Okay, herbs and plants have thousands of year of use, whether in India, China.

In fact, over half the world is treated naturally, believe it or not, probably more than that, right? And so anyway, so he worked with an acupunture to develop something called the cancer cascade.

And the cancer cascade is, like you said earlier, cancer just doesn't appear. It's 10 years. So that means we have nine years of opportunity to prevent cancer.

Anyway, so I do this bio-energetic testing called cancer cascade because you have acupuncture points on your fingers and toes, meaning you had them all over your body, but we take the top 50 points, on you fingers, and we look at the energy and so I always tell people an acupunture point is like a string of pearls or a wire to an organ or gland.

because we want to make sure that energetically your organs and glands are working and then it tells me if something's blocking it and what's block it.

And then we unblock it with cleansing and getting rid of yeast, getting ready parasites, whatever it is that comes up and the patient's got to go home and do that.

Then she does something like I said to call the cancer cascade. So it's a timeline of is cancer happening, okay? And so the other testing that I do and I have been doing for years is the RGCC test, which is a liquid biopsy.

Now, I had been recently using another lab called DATAR, D-A-T- A-R. So I've been using because DETAR has brain cancer testing, whereas R GCC doesn't check any kind of cancer like that.

So, I've been using a combination and a liquid biopsy from RGCC is not that expensive and DETAR is that not expensive because I tell people, if you don't spend time, energy, and money investing in your health, you're going to be spending it all on your illness.

And I see that every day because all of my friends And all the people that I know who I've been seeing for years, they, my oldest patients is a hundred, okay?

And they've seen me for a years. Okay. And my next closest patients are eighties to nineties, meaning an age. They have no, and they don't have what I call Homo interruptus, Okay?

and HOMO interruptis is your life is interrupted by heart attack, cancer are the top two killers.

Closing Thoughts on Health Revolution and Patient Advocacy

The third is the medical profession of drugs and mistakes, et cetera. And so they don't have Homo interruptus because once or twice a year, they do these testings and they are vital human optimized people.

All right. And, so people who come to me, I do that for prevention. Again, it's not like a lot of money when you think about keeping your life and keeping the functionality and feeling the best you can possibly be each and every day.

Yeah. I love it. Well, Dr. Kniele, you're such a powerful force and to share this message. You've written a number of books that are amazing. And I have them on my bookshelf.

That's required reading for everybody living today. We have an amazing facility. It's the largest integrative. cancer facility in the United States. You're doing so many amazing things.

Thank you so much for sharing this message, Dr. Canelli. Dr Caneli Thank You. It's my privilege to be with you today. And I am at my cancer revolution part two, because as you know, things get better, right?

Things change and we get, we find newer, better things for patients. I'm excited. Um, I'll, i'll snag it as soon as it comes out. All right. Thank you.

So thank you so much for having me today. And I, you know, wish everyone to impart this information, this message so that we can create a health revolution.

I agree. I agreed. Thank you. Stay connected, stay healthy, and join us next time on Doctor Talks. Real talks from real doctors on the issues that matter to you most.