Cancer Surge in Young People

Dr. Connealy, it is always such a cool pleasure to chat with you. You are somebody that brings so much energy and so much knowledge into this space, and helping so many different people with with what you're doing.

I mean, we're we're both seeing the explosion of, of cancer. I mean, can can you, can you tell me a little bit about what you're seeing from, from your point of view?

Well, yes, I am just seeing, an outrageous explosion of cancer in young people. And, you know, I used to say patients had a warranty until they're 40, and, and then 40 to 60, you were on a semi warranty and then 60 up.

You know, the warranty is over. And now I can't say that. And because if you look what's happening in the, you know, health of humanity is there's 1 in 37 have autism, maybe even lower if you talk to some experts, our elementary kids, 60% or more have 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 worked, 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 can't 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, so we I always say in all of my talks to doctors to cure for cancer is prevention.

And that's how I got into this is for prevention, because my mother took drugs when she was pregnant with me, and they found out that drug had uncle genic cancer causing potential, and not only cancer causing potential hormone problems, infertility, etc.

and so they knew that drug cause 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 increase in autoimmune, increase in Alzheimer's and cognitive impairment.

Very early ages. They already, you know, diagnosed the first, you know, dementia patient in like a 18 year old. Okay. So I mean come on this is ridiculous okay.

And drugs cannot fix these problems. A lot of, you know, medication surgery they don't fix the problem. And so, you know, the medical profession treats diseases but never is.

Applying a preventive, precise, proactive, personalized approach to health care because every disease takes 1020 years to unless you had an assault like a chemical exposure or something and expose to you that, you know, incited an adverse situation in your body.

And so, 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 because like, okay, I feel fine.

But, you know, 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.

And at our doctor meeting, I have a doctor meeting with all of our staff. And I said to all of them, is not you guys. We've got to be much better at prevention and early detection and stress to the patients that look, you know, you think you're fine, but let's do these few little test to, you know, verify that you're fine.

And so, so that's what my whole, you know, every time I do a podcast, every time I do an interview, it's like, no, we've got to do prevention, early detection.

not just of cancer, but all diseases, because the suffering that probably you and I both see is, 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 L. A. He doesn't know integrative functional medicine that much. He knows a little bit. He now knows that it's the future of medicine.

He just, you know, wasn't trained like that. but his, you know, one of his relatives has a, you know, had colon cancer at 40. And then it turned into some and multiple endocrine neoplasia.

Why Prevention Must Come First

Now they've done all these treatments, you know, of course nothing's working. And they always say the scans. Oh, the scans look stable. Okay. You know please.

What what are you proactively doing to get this patient? Well, and so, I know you and I have the same philosophy about that, and, we just have to awaken and illuminate humanity, that that's what we need to do.

And and I believe that it starts with the mother wanting to have a child, if you know what I'm saying. Because of the mother, is this amazing receptacle to grow a miracle, then you're going to cut down your chances of, you know, medical problems throughout their lifetime.

And so, I'm, you know, an advocate of, like, preparing the mother on a spiritual, emotional, physical, energetic level to, you know, grow that miracle.

And and the thing is, when we talk about venture, I mean, a lot of cancer patients, they come they they say, I've been healthy all my life. and, you know, I'm a yoga teacher.

I'm, I eat organic, I do, you know, all these different things and and lo and behold, they come. And then all of a sudden they have stage four cancer.

And so obviously, that means they weren't healthy prior to because it's not like cancer all of a sudden happens. It is something that's brewing over time.

And so how do you when when you talk about prevention, you know, what are the active steps. You know, because you have a lot of these people that that feel they're doing all the right things, but yet they, it the cancer just kind of seems to sneak up on them, even though we know that cancer doesn't sneak up.

It's something that happens over many, many years. Right? And it's so funny that you say, this Dr. Karlfeldt because that's I 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 life span. So from, you know, from inception and in utero to where they are now. And some of these people, you know, weren't, you know, unhealthy, so to speak. Right?

Do you know what I'm saying? Exactly what you're saying. They were following, you know, they were doing all the stuff supposedly. I mean, I say supposedly because I'm just taking a history.

and so and it's so interesting, I, I, I was, I read this, this lady from Harvard and she was like, talking about this outrageous increase in cancer. And she goes, obviously it's some it's, you know, extrinsic exposure to something or some things, you know.

And so and I think, you know, our world today is really not inhabitable if you really think about it. And, and when I say that, I know that sounds terrible.

But if you look at, first of all, if you look at the medical system, you know, what are we doing to people? Okay. From birth, what are we doing? What interventions are we doing?

How many antibiotics are we doing? How many assaults on the body are we doing. So we need to think about that. Okay. because, you know, I was born, you know, almost, you know, I was born almost 67 years ago.

And no one had anything. Okay. When I went to elementary school and when I went to, you know, high school, no one was that or overweight or obese. No one had diabetes.

No one had. I mean, no one was sick. Okay. And now here we are with, you know, 75% of the people overweight, they're more medical problems than you can imagine.

So we have to say, okay, what have we done to ourselves? Right. So I think, you know, that it's okay. 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 a lot. Much less anything else then the water supply is. I read an article in popular science called Pharma Water.

Okay, so all the pharmaceuticals. So there's a average of about 10 or 12 prescriptions per man, every man, woman and child in the United States. Okay.

We we we consume 63% of the world's pharmaceuticals. Okay. so that's in the water. Parasites. You're in the water. Chemicals in the water, heavy metals in the water.

Okay. I mean, and let's face it, you know what percent of people have a water purifier or a shower purifier, right? Okay. And then, you know, everything you put on your body.

Okay, there's, you know, think about it. You know, percent 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 you grow your own food, but even growing your own food is from the air and the water supply.

That is not good. Okay? So we have to live so defensively now or often whatever way you want to look at it. Right. And then you think about the electronic communications that are in and all around you.

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

And I am very sensitive to electromagnetic fields. Okay. And now they're just everywhere. And today, just for a second, I was there's some new studies about 5G doing.

I didn't even read it, but I just saw the, you know, from it. It was from a position about new 5G effects. So, now I do lots of things to counteract that in my life.

but the average person doesn't even know about this. Okay. So they think it's like it's like cigarets. You know, cigarets were used and advertised, and it was fashionable for 50 years, even though we knew it was cancer causing way before.

And I always use the example of the famous doctor from Hungary who said he would delivered babies. You probably know this story. Do you know this story? Yes.

and he said, oh, we're having an increase in infections. So he told all the doctors, we gotta 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. Okay? I mean, we don't have 50 and a hundred years.

Doctor Carville, we've got to do everything now, and everybody's got to work together. And if your doctor says, oh, no, that, 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.

Environmental Exposures and Modern Health Risks

Okay, because I get patients all the time. They say, oh my God, if you mention 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 porn PubMed.

You can look up mistletoe, anything you want. It's there because I always like, think I'm going to look up something and not find something. Sure enough, I find plenty of scientific articles.

Okay, so if the doctor just, you know, got quiet for a moment and just went to go look maybe, maybe like find that invincible solution, right? And so the poor patient out there is, is, is, you know, they get dejected because I would say recurrently, every single day, every patient tells me that the doctor 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 the first 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 bio electrical being. Okay. We are energy. Every one of our cells has energy and voltage. And so we, we we forgotten how our body works.

And doctors aren't even realizing that we're even though they do EKGs and EEG and EMG. So those are all electrical assessments of your system. And so I, I think, so much is the, you know, electrification of our bodies are basically the electro radiation of our body every day.

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

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

I mean, I think there's good information out there and I think there's good things out there, as you know, there are I, you know, I see them and observe what's going on.

And there are some good things and good educational things because that's my focus is more educational, more like, you know, like I was doing my stretching this morning and I was listening to so Biggio frequent says, you know, so that's nice to have on my cell phone when I'm doing that.

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

It's, you know, if you set your mind every day, you become armed with the battlefield every day. Right? So, so I 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. We we, we've lost that spiritual quotient, so to speak. And then the emotional quotient also is that, you know, we all have had curveballs, detours, traumas and everything, right?

And in our world today that's becoming more stressed. I mean, you know, that becoming more evident with Doctor Gabor, Marty and Bruce Lipton and all these people talking and lot 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. You know, there was a famous book by Doctor John Sarno, you know, the orthopedist who talked about bad pain, that it was, you know, 90% emotional.

Okay. So so, you know, I think there now there's so much, evidence out there about their spiritual, emotional and so and like meditation. Joe Dispenza with meditation.

So I think, you know, we're 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're saying, there's got to be another way. And so, I'm just, I just would like everyone to be, you know, you know, say, look, I need to do self-reflection, take charge of my health, and no is not an option.

Yeah. And that's that's the. And your nail on the head. I mean, we we live in a kind of an inhospitable environment. And so, yes, we, we may be doing all these things right, but we it's, it's like we have to put forth even a harder effort to analyze, you know, what are my stressors?

You know, what are you know, what is my, electromagnetic, you know, the electric smog. You know, how how much I might impacted by that? What am I at? Surrounded by, you know, the the chem.

I mean, you got to kind of look at all the details, you know, that you didn't think that you had to think about before. And and it gives us, obviously, the opportunity to take those next step 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 rise above the fiscal stressors that this world brings, so to say.

So I really, really like that. You know what you're talking about because, you know, and you're absolutely right. These people are we're 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 do, you always find those different pain points, whether it's a trauma, maybe it's generational trauma and maybe it's belief systems.

Maybe it is, you know, that they are on their cell phone all the time, and maybe it is that they are so, put so much energy in their job or in whatever it is that they do that they, their Type-A, they just go, go, go.

And they don't allow themselves that silence and that time to rest, you know? So there's always that that fine, you know, tuning that, you know, going through, you know, to find what it is that, that really and that really drove this process.

And then to heal that aspect of them. Right? No, it's so true because we don't do enough self-reflection. Right. And

how how are things going? And then like for example, we think that when, you know, when something comes out, oh, it's the new normal.

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

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

How do you wash your things? What do you cook? You know, if you did all in assessment, you 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 giving them the best thing possible? Why wouldn't we? Right. Why wouldn't we?

If we grow carrots, why aren't they the best carrots for you to ingest every yet? Correct. And so that's how we all need to think about what? Because we all have a superpower to help our fellow man.

Energy, Stress, and Emotional Factors

Right? So why aren't we, you know, thinking about how is this going to help doctor Heartfelt and whatever it is, whether it could be skin care, it could be toothpaste.

It could be if you sell a cell phone. Look, here's how you protect yourself. What? What a concept, right? Because you know, your your your cell phone does say potentially carcinogenic, right? Okay.

And and anyone I can share what the potential complications of cell phones, computers, etc., etc., etc.. So because it's all scientifically documented, right?

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

And so, so I just think everyone needs to mind was how can I help my fellow man be the best version of themselves, whether it's food, whatever it is, right?

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

As you know what I'm talking about. So we need to forensically look at our life and examine our life. Like I had a patient yesterday come in there. 32.

He has AML acute myeloid leukemia. He's been treated with everything chemical known to mankind with stem cell transplant. Came in a wheelchair, er, 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 chance right. And then, you know, she said my the doctor just said, well, there's not really any much, you know, there's just we just do this, this is it.

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

She said it took like a year to start changing, you know, your pots and pans, your water supply, getting rid of plastic er appearance. Forget you know, the whole thing. Right.

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

Have you ever remodeled a house, apartment or anything? It takes lots of times I say a lot of time, a house, you know, you can replace the human being.

Doing is not available on Amazon. So we have to take care of the sanctuary that we get to live in every day. Yeah. And that's and and you're, you're talking of just kind of backtracking a little bit.

Yeah. You know, when I was young, when I was going to school, you know, you're talking about autism, Alzheimer's and all these things. I don't, I can't remember, you know, throughout all my school year, any kid being autistic during, during, during my whole school year, in fact, I don't remember anyone being diabetic.

I can't 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 the United States.

I I've never seen one. I mean, I'd see someone that had been a little bit overweight, but but I haven't seen an obese person, so it's just it just proves that point.

You know, how how the changes that we've done, how that makes it's harder for the human being to live here. And then also, the other point that you're making, you're talking about, you know, talking about all these different diseases, they do have common denominators.

Yeah. And and, I mean, do you mind talking a little bit? What? I mean, we talked about the toxins, we talked about all that. But, I mean, at the core of it, it's like an energy deficiency that that is, you know, that creates all of these different things.

So wherever your weak link is that that's where it's going to, that's where it's going to blow. Right. Exactly. So what causes the weak links okay. So first of all you have to think about how you live every day okay.

What what is your sleep okay. 50% of the population doesn't sleep well okay. And your day starts when you go to sleep. Because if you don't sleep well, that means all the, you know, magic that happens at night is going to affect you for the rest of the day that you're awake.

All right. Then the water supply. So if you're not drinking purified water, if you're not eating foods that nourish and strengthen and heal, if you're not moving the 800 muscles in your body, and if you 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 metals. 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 or something like that. Right. then you look at because most people take antibiotics in their life and eat sugar and eat 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 of acidity. When you create lots of acidity, you you you create a hypoxic low oxygen environment.

Then almost everyone I see has parasites. All right. I don't, and people say, oh, no, it's impossible to have parasites in America. No it's not, you know, and so we do a very specific testing to figure out if you have parasites, because not all parasites are in the stool.

So if you do a stool test, first of all, you're looking at 500 different species. Well, I can't find find parent 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. So viruses 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 with, she had seen mini dentist and they all told her she had like and plantains. Now this is very, very, very important.

She they said, oh you have like and plantains. She saw biological dentist 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. She's lost weight. And so I, we started doing her workup. She was so concerned about getting the biopsy. So we had to get the pain medicine.

What 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. Okay.

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 Doctor Carp felt.

And so she ended up with the ER. And of course they had to do this tongue biopsy.

Testing for Prevention and Early Detection

And 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 here.

Because here she is 29 year old. You're not going to have your tongue. I mean, you know what I'm 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. And so anyway, then so virus is HPV was part of the tongue cancer. Right.

So if you don't address the bacterial the viral, the yeast and the, you know, the parasite component of a disease, then you're not going to you can't get rid of the disease, okay?

If you don't change the environment that the cancer came in, it's going to continue on. Right. And the medical system of surgery, chemo, radiation, whatever contributes the scenario of cancer, okay.

Because if you do surgery it's injurious immunosuppressive. You do chemo, it's that. And if you do radiation it's that. And if you do medicines it's damaging your mitochondria which protects you from functionality.

so, so, so all these things. So then if you have scars, those caused energetic blocks, if you have tattoos, those caused energy blocks. Right. Because they block all the the acupuncture meridians.

Right. Then if you have teeth problems like root canals, chronic infection in your mouth like receding gums and dental and you have cavities and you have mercury fillings, those all steal your rob your energy.

Right. So and then if you get shots and whatever different kinds of things, you know, those affect your body, different kinds of things will affect your body because everything you have something called the zeta potential.

So the zeta potential is the organization of fluids in your body. Well, everything has an impact, right? Everything okay. Everything you do is affecting you. Okay.

So so you add all this up and our medical physician doesn't even talk about all these things, even though there's books written on just the mouth. Hidden infections, just the mouth alone.

Because now they're saying the mouth, even in the journals, they're saying the mouth is the gateway to Alzheimer's, cancer and heart disease. Right. So and and like, why aren't people like, like, why aren't you talking to patients about their mouth?

Because, like, it's the gateway. Come on. It's part of the body. It's part of the anatomy of the body. So you add all of these things and heavy metals.

I don't even know if I mentioned already. So you add all these things. And so it's robbing the body of functionality and taking care of you. And one big thing I was listening to, a very well known immunologist who I think you know him and I've known him a long time because I used his laboratories over the years, and he's 79 going to be 80, and he's still working and going.

And and he said to his, he, he remembers when he was I think 25, his professor says one thing you better, master, is the immune system. You better know the immune system and you better master, because every disease has to do with the immune system.

Correct. And so when is the medical profession with a patient with cancer addressing the immune system? Never. Okay. Now how is that possible when you're when we know the science of the immune system, right.

We we know how to 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.

How cancer does cardiovascular autoimmune every disease is, the ability of the immune system to take care of you. So why are we talking about the thymus and the B cells and the bone marrow, etc., etc., etc..

So if that's not in order and how are you going to fight a disease. Yeah, I mean it's impossible. I mean, so yeah, nobody goes like you're saying, nobody goes to their primary care provider or whatever specialists that they're going to, and they're going to talk about, you know, the immune system, how are we going to boost immune system or how are we going to boost your mitochondria?

You know, of course, we want to make sure that your tissue is healthy and strong in the repairing. Well, they're detoxifying. Well, and we want to make sure that your immune system is active.

You are killing off these pathogens, the viruses and bacteria, all of these things. No primaries talking about that. I mean, all they're talking about is, you know, let's make sure that you're on enough blood pressure medication, blood sugar, you know, medication and, that and medicine.

Yes. That means, you know, that that's that's that's all they are. And have you are you up to current with all your vaccines? I mean, that's pretty much that's that's where it goes, you know.

That's right. That's that's it. That's. Yeah. They're not being like you said. I mean it's so funny because in medical school we all take biochemistry and biochemistry is the Krebs cycle of energy, the Krebs it was after Doctor Krebs.

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.

And then every doctor studies the cell. Correct. First of all, we talk about the magical membrane of every cell. Well, your magical membrane has over 30,000 receptor sites for everything to work.

Well, if you don't have a good magical membrane, your cell doesn't work. Then you look about the nucleus, the cytoplasm, the mitochondria, the organ, everything like the mitochondria is how your body protect yourself.

Every single day. And it's under assault with all the things I just talked about. And there's something you probably have heard about called the cell danger response and the Cell Danger response is this constant attack. And then your body's in paralysis and can't take care because you've got to completely like, like completely clean house, get your, you know, get it all organized, get it, do everything to get back into homeostasis.

So here we have then the individuals I mean they they live healthy. They've done everything right. How should they I mean 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, is and to to know, you know, do I need to step up my game?

Am I doing enough? Is what what is out there 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 preventing.

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

Okay. And 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.

And he says medicine needs to be precise, preemptive, proactive and personalized. Okay. He says it's all scientifically documented. Okay. So so if you if the doctor is not oriented that way, then that's not the person that's going to help heal you.

Okay. So you've got to partner with doctors who are all about prevention. And you know, some doctors say they are. But what is your what is your realm of knowledge?

Okay. And so so first of all I start with blood test. Okay. Besides a thorough history and physical because our history and 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 that even possible? And now with all this telemedicine 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 because I was doing Skype medicine before telemedicine became in medicine, and I would always be surprised.

So I would do a Skype just to get the history. And then I then they came in to see me. They always came in to see me and I would always go, oh my God, like 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. Okay. Because my patients, you know, I've had patients from all over.

Integrative Cancer Care and Closing Thoughts

And yes, there are some things that can be handled on, you know, zoom and telemedicine, but the actual art of a physical exam and looking in patient's eyes, looking at their skin integrity, their hair integrity, their nails, their all, their body looking at all their scars, etc., you know, and palpation are vital to and to examination of a patient.

And so, so that so the history physical the comprehensive blood testing that is not esoteric testing. It is normal testing that is, you know, out there and available to all humans.

And really, even if you didn't have insurance, it's not that expensive. Okay. So one of the most important markers I always think about is C-reactive protein.

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

you know, 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 they're fasting. Sugar insulin and hemoglobin in one C as you should know those numbers because you know sugar destroys the immune system and destroys the functional activity of every cell in your body.

That's why you don't, you know, 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 and is the major repair hormone for all your body, the lower the the lower the levels, the higher incidence of disease.

And so, I always check that because 25 year olds have low adrenals. Okay. And your adrenals are your stress immune and longevity. So that's just bloodwork.

That should be standard for every single patient. Really. Now you don't check DHEA when someone's 12, but once they turn 18 you know 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 to 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't take care of you.

And if you have heavy metals, it's causing DNA, you know, interference of making your proper DNA. Okay. So. And DNA is made every nanosecond in your body.

So if you've got something that interfering it, you have the chance for, you know, 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, the history of Aids. And so I was at an aid forum 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 is not a kind cancer. The only treatment is surgical removal, chemo. And they do chemo and radiation doesn't really work.

Okay. So and so anyway the doctor said okay, we're going to amputate. And this guy was 22 years of age. And he goes, no, I don't think so. So he traveled the world, literally traveled the world, and, found a doctor in China who's a medical doctor and this doctor is still alive and he's a savant, so to speak, because he's just he can look at your, your face and hand and tell you your whole life story and ten 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 herbs have been used for hundreds of years. You know, in China there's so much history like acupuncture, 5000 years old, etc.. Okay. Herbs and plants have thousands of years 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 acupuncture to develop something called the cancer cascade. And the cancer cascade is, like you said earlier, cancer just doesn't appear.

It's ten 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 up, meaning that them all over your body.

But we take the top 50 points on your fingers and toes and we look at the energy. And so I always tell people an

acupuncture 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 blocking it.

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

And then she does something like I said, that called the cancer cascade. So it's a timeline. is cancer happening? Okay. And so the other testing that I do, and I have been doing for years is the RGC test, which is a liquid biopsy.

Now, I have been recently using, another lab called Datar. So I've been using because Datar has brain cancer testing, whereas RGC doesn't check any kind of cancer like that.

So I've been using a combination. And a liquid biopsy from RGC is not that expensive. Okay. And Datar is not that 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.

Okay? 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 100, okay.

And they've been seeing me for years. Okay. And my next closest patients are 80s to 90s, meaning an age they have. No. And they don't have what I call homo interruptus.

Okay. And homo interruptus is your life is interrupted by heart attack. Cancer are the top two killers. The third is the medical profession of drugs, and it mistakes, etc.

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.

And again, it's not like a lot of money when you think about keeping your life and keeping the functionality and being feeling the best you can possibly be each and every day.

Yeah, I love it, I love it. Well, Dr. Connealy, you're you're you're such a powerful force. And to share this message, you've written a number of books that that are, that are amazing.

I have them on my my bookshelf. Yeah. It's it's I think that's required reading for everybody. You know, living, living today, you have an amazing, amazing facility.

Yeah. One of the I think it's the largest integrative, cancer facility in the United States. you're doing so many amazing things. Thank you so much for for sharing this message, Dr. Connealy.

Thank you. It's my privilege to be with you today. And I am at my Cancer Revolution part two. hopefully will be finished in September because as you know, things get better, right?

Things change. And we get we find newer, better things for patients. And so, that's, going to be hopefully finished by September of this year. So I love it.

I'm excited. I'm 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 eRvolution. I, I agree, I agree, thank you.