Opening Thoughts on Fear and Purpose

The people that lose the fear of death are the ones that gain life in a way. Whatever your gravity point is, that is where your body is moving, your spirit is move.

So if you are dealing with fear death and all you're focusing is on cancer, That is were your energy and your bodies gonna move in that direction. so you gotta find purpose, you got to find spiritual connection, You got find all of these things that move you in different direction This is Dr.

Talks.

Introducing the Cancer Breakthrough Summit

All right, everyone, Dr Eric Slansky here and I'm just super honored and blessed to be the co-host of the Cancer Breakthrough Summit with the one and only Dr Michael Karlfeldt.

Dr Karlfelt, thanks so much for just inviting me to part of this just annual event that's just been helping tens of thousands, hundreds of thousand of people around the world.

Wow. Well, thank you so much. And thank so you much for kind of joining me in this effort, because this is something that is so dear to my heart and it's truly becoming a pandemic.

We need to bring out good information in every possible way. So I'm so thrilled that you could join me on this efforts. Thank you. You're interviewing wonderful experts, you're bringing insight that you are gaining from your practice.

So for those people who aren't familiar with your work, just kind of, because there's so much we need to cover today and I hope we have enough time, we might have to do two interviews, my friend.

But give everyone just a quick snapshot of your practice. I think that'd be very unique because how you practice is very different and you are in America, which opens up a whole discussion because a lot of cancer clinics are overseas and they do things that maybe we can't do in American or we cannot.

So I kind of want to unpack that just little bit just to kind to set the stage to why you're different. And give every one the heart of the matter and then we're going to dive into some just great insight that you have about cancer.

Integrative Oncology and Dr. Karlfeldtu2019s Practice

Yeah, and that's the thing is that, you know, my belief, I'm a naturopathic doctor at heart. You know I've been in clinical practice since 1987. So my believe in the body's ability to heal itself is quite strong.

I believe that the greatest doctor that we have is the doctor we've given. It's God given within ourselves and we had the ability correct pretty much anything if we give it the appropriate resources.

So I feel that if we, and especially with cancer, I mean, it is such a complex disease and it's not, you know, here take this pill and everything is going to be, yeah, is gonna be fixed.

It is something that is a complete dysfunction that's created in a certain tissue and we need to bring order and coherence into that tissue. And using the nutritional means, you know, supporting the body's ability, clear out the stressors that have caused that, that ailment.

And so it has been fascinating as kind of my practice has evolved. You know initially I remember back in the nineties, I had a cancer patient coming in, pancreatic cancer, gone into the liver.

I essentially just gave him a few supplements and dietary changes and it disappeared. And so, and that was back in the 90s, but what I've seen is that with the increase of toxins that were exposed, the increased of stressors, increased electrosmog and all these different things that we are now dealing with that, we didn't have to deal with much earlier in history.

We are now needing to step up a lot with the type of therapies that are available. And so I've gradually just brought in what I feel is the best of the, best in, in energy medicine and using things like photodynamic therapy, where we use very powerful photosensitizer to get in into the tissue cancer cells and to trigger oxidation, to bring in a, lot of different nutritional IVs, you know, things that people thought It was only available in places like Mexico or Germany, or, you know, we have them available here.

You know we had the B-17, We have the mistletoes, the exosomes, all these different peptides that are personalized for the individual to go after the dysfunction in the immune system communication that takes place in cancer.

We have so much here that people in their mind thought was only available abroad. You know, we have it here in the United States. I think it's really important y'all because that is, that seems to be one of the main concerns that we're hearing on our end with our Bible health ministry at Natural Living Family is like, well, I can't afford to go overseas or where can I go in America?

And people feel this unbelievable burden. And that's just kind of where I want to go next doc is there's this burden of there is no quote one-stop shop.

I can't just leave and just go overseas, right? I have a family, I work or my doctor, my oncologist isn't recommending this thing. So kind like just to bring things back into perspective, you have quote here.

You've often been quoted as saying, you don't have to fear cancer, and I can prove it. So with this overwhelm in mind, because that's really, I think, the main thing that we're dealing with is, A, obviously we are dealing a life-threatening disease, but even before that gets to be life threatening, we deal with the overwhelms, confusion.

the paralysis of not knowing what to do. So how can you say that? Like you could prove we shouldn't fear cancer. I mean, it's kind of bold.

Why Cancer Should Not Be Feared

And it is fascinating when you work with so many cancer patients, when your bring in the right tools, how this journey can be so much different and how much hope there is for individuals that are diagnosed.

I know anytime you hear that word, you immediately start to kind of think about what happens. You think of about your mortality at that time. But it's amazing.

I mean, we deal with cancer cells all day long. We have an immune system that is phenomenal. That is continually kind-of checking out what's going on in the body and going after cancer cell and killing them.

What we need to do, our job is then to optimize the tools that we have in order to be able to go after the cancer and also create a terrain that cancer cannot then exist within.

Because obviously the path that were on is what created the cancel and recognizing that, we to alter our course. And by doing that, we're then able to create a different outcome.

I see that again and again with cancer patients that come with fear and leave with hope. Because there is so much hope with all the tools that are now available.

The tools we have now in integrative oncology care that compared to what we had two decades ago, it has just blown up in regards to the incredible tools And yes, I mean, there's no one out there that can say, you know, well, we do cure cancer.

We can't say that. But what we can is that what do is support the body's ability to fight cancer much more efficiently. And by doing that, the outcomes can be phenomenal.

is no reason to fear. And the reason I say that I can prove it is because we see again and again patients that are either becoming completely cancer-free or completely stable where cancer is not an issue in their life anymore.

So conventional medicine fortunately has this cut, burn, poison approach to cancer, but you see cancer differently. I mean, it's quite unique. Well, and that's the thing is that to me, oncology at this time is still very Newtonian.

And I can't believe medicine, we're supposed to be in the 21st century and here we are still just poisoning and cutting and burning and these are our tools.

I mean, we need to be far more advanced than that. And the challenge with traditional oncology is that it moves very slow. You know, the research that has been done in that arena, it costs so much money.

And the implementation of the research that is done into practical application, it takes sometimes decades. So to then partner up for us as integrative oncologists.

you know, that deal with cancer using the natural means and kind of we are with smaller practices, not needing to spend 100 million, 200 million dollars here and there in order to be able to drive the therapy forward.

We can then pivot much faster. And by doing that, seeing the impact on people using therapies are restorative, regenerative non-toxic.

Limits of Conventional Cancer Treatment

We can then drive this field so much faster. And that is what I love, that beauty, you know, with what we do, using things like, like we're talking about the photodynamic therapy with curcumin IV, mistletoe.

These things are restorative, regenerative non-toxic, and it has a far better outcome. Then being able to combine that when needed with traditional oncology, we are you know, it's a much better outcome than just that by itself.

And there's so many issues that comes along with the traditional oncology. I mean, you have the area of cancer stem cells, and we know that these different therapies, they don't impact.

They can't go after the cancer, stem, cells. It's just not done. In fact, there are actually aggravating them. they're making them more violent. So when you pull away them with these therapies The cancer stem cells are just kind of hanging out there, kind waiting for the opportunity.

You know, when these different therapies, When you're done with the radiation, you are done the chemo or when you've done surgery, these cancer cells just activate and they want to heal the tissue that has been damaged and the tissues that is damaged is the cancer tissue.

So they want to go and heal that and grow that back. And because they felt under attack, they wanna make their tissue stronger to be able to handle the next attack.

That is a difference, a big difference between just using traditional oncology and then using the holistic integrative type of tools. Well, there's literally no discussion on root cause resolution and that's become And I hate to say this, like that's become trendy.

It's a hashtag in our world, right? Root cause, root cause. But that is what we're talking about. What you're

discussing is this encapsulation of the cancer stem cells to protect itself in response to chemotherapy.

Like we were creating super cancer, just like we've created super bugs, antibacterial resistant bacteria, antifungal resistant fungus, anti-viral resistant viruses.

So that essentially what were doing. What's really scary is as you're talking about this doc, I'm thinking about how truly archaic this cut, burn, and just approach method is.

It's kind of like the Middle Ages where we used to bleed people, leech people. Just take that for what it is, and I say this very respectfully because there are a lot of very well-educated, brilliant oncologists out there who are convinced this is the way, but how is that really different?

How is bleeding someone, cutting somebody, leeching somebody from the Middle Ages different, it might look more sophisticated, But if you're not approaching the root cause, all you are doing is band-aiding the situation.

And so, Doc, you really make a good point about this whole metabolic survival mechanism versus the genetic component, so kind of explain that because The last thing we want to do is fall victim to that.

We are, I guess I should say fall prey to the mindset that we are victim of our genetic lottery. So kind of bring hope and insight into that a little bit.

Yeah, and that's how you're recognizing genetic is it plays such a role in the development of cancer. And with root cause, yes, it is a buzzword, but it's an important buzz word.

It's important to recognize that You know, cancer doesn't happen just because, you know. There's always a reason something takes place. And we want to unravel that reason.

Then there's several buckets that you need to look at. Some people, they feel, well, I've been exercising. I'm been meditating, and I have been eating well.

Why do I get cancer and why not this schmuck over here that's drinking and smoking?

Root Cause, Genetics, and Metabolic Dysfunction

Why did I got cancer? And that's sometimes a hard question to answer, but if you start to then dig deeper and then understand kind of what cancer truly is.

And to me, it is essentially a loss of identity within a tissue. And it's when the tissue in itself feels like it cannot function in a normal fashion anymore and survive.

So it has to shift its genetic programming in order to be able to move into more of a survival process. And that can be pathogens, you can have fungus in there and you have oxygen that has go to oxidize in the fungus or the pathogens in their, so now you are than reducing the oxygen that's available within the mitochondria.

It can be that the Mitochondria is not getting the energy that it needs because we don't have the nutrients to support it or heavy metals that thrown in into the gas tank, so to say, and then just interfering with how the engine is working and it's becoming dysfunctional and the breaking apart.

And so you have all these components. But none of those components are genetic in nature. From my point of view, there's something that happens that then interferes with the mitochondrial function.

And the Mitochondria, which is the energy producing factory within the cell, is the one that is actually controlling the behavior of your genome or of genetics.

So depending on the energy within your cell, your genes are either flipped on, flipped off, you have all It's kind of

like an orchestra of your genome.

So if you are seeing that your energy is going down, oncogenes are then flipped on, onco-suppressor genes are flipped off. And it's not one specific gene.

They've seen it hundreds of different genes and you can't correlate breast cancer with this genetic setup or pancreatic with his genetic set up. they've see there's no correlation.

Each individual is unique. And that's why it's so important to talk to look at what is causing the issue with that tissue. Is it toxins, is it pathogens, Is that nutritional deficiency?

Is a trauma that we're holding in that issue? Or do we feel disconnected spiritually? And our body is not connected who we truly wanna be. Or are we disconnected with our community?

We feel lonely. We know loneliness in itself, kills they've seen that it killed more people it creates more chronic disease than smoking in itself so all these factors are important to address and look at and that becomes what drives and the genetic behavior that drives you know cellular function that then drives whether the tissue in its self is going to then start to develop cancer type of behavior where And how it's producing energy, the fermentation, and the Warburg process, you know, kicks in, in order to be able to kind of feel that tissue, feels that it can survive in this, so-called hostile environment that we've created, with all the things that were exposing that issue too.

Now folks, I'm in my office right now. I am in the basement. It's my little studio, I impact people through my work, social media, my books. I have a doctorate in chiropractic, public health researcher, published papers.

But what you're seeing is you you are looking at Dr. Carlefeldt and his office. And Doc, kind of go off script a little bit for a second. I don't think this is something that we should underestimate right now because what we're seeing is a movement, especially with Gen Z and younger generations of people who are literally giving their health advice from influencers.

They're living and breathing off of what the next influencer has to say, what's trendy. And you, unlike me, this what you do. Every day, like I'm looking at the logo on your shirt, right?

I mean, you're at office. You're going to be seeing patients in just an hour or whenever we're done with this interview. Can you speak a little bit? Can kind of be dad in the room for a second?

Like I feel the adults in their room respectfully need to speaking up and be like, look, I got 30, 40 years experience. You need to be careful about what we're seeing online because I think there needs to a reckoning.

And as much as I appreciate social media and the internet essentially giving us access and AI giving unlimited knowledge at our fingertips. What dangers are you seeing here?

The Role of Influencers and Patient Collaboration

And maybe, can you explain, maybe I'll phrase it this way, what trends have you been seeing in the communication with your patients that you kind of, if you could, you can correct?

Like the conversations, the questions, how they present to your office the first time you meet them. Just help us make sense of what's happening right now and how folks like you who literally do this day in and day out can help bring more, I think, stability to the situation.

Yeah, and that's an excellent point and excellent question because it's exactly that. I mean, internet, I love the ability for people to gain a lot of information very quickly.

And I loved influencers that are speaking up in many ways. The challenge is that you have an influencer versus somebody that's in the trenches day in and day out.

Like you're saying, I mean, today I'll be seeing about 20 patients and at least, you know, that I would say probably about 12 cancer patients, so today alone.

And so with that, then you are getting quite a bit of just practical experience. And a lot of the influencers, they are moving information to the public and they do that very well.

But sometimes the influencer in themselves do not have that kind of trench experience, you know, I've been doing this since, You know, in the trenches since 1987, so we're looking at almost 40 years and hundreds of thousands of patient interactions.

So there comes a certain understanding and a view of processes, you know that's needed when you're then dealing with something as complex as cancer. Yes, there are a lot of great things out there, here take Phenbendazole, take Iromectin.

here, take this herb, you know, it will cure all cancer or you got to be alkaline, drink baking soda. All these things are tools and, but you can't just rely on that one voice that is talking about that, one specific thing.

It is how you bring all of this together. Challenge sometimes become. when a patient feel that they are more of an expert, and yes, they're the expert of their own body.

They are the one that knows the most, but when they feel an influencer have more say, let's say they have a huge TikTok account or Instagram account and they've hundreds of thousands of followers, because they had that authority and that space, You know, they are listened to more than somebody that is in the trenches day in and day out.

So it is important to be open to information out there, but then at the same time, recognizing the experience of people that have done this or doing this.

And so it's navigating that. I think that that, so, it always a pro and a con with this and so. I appreciate that question because that is a challenge I know for a lot of different providers out there.

And having said that also, patients are my best teachers. They are the ones that have, because I am day in and day out with patients, then patients and bring information to me that has been very helpful in their life.

And then me, you know, checking that out, implementing it and seeing how that works on a larger scale has really allowed me to evolve as well. So it is that communication, that relationship that is built.

You know it's not me being, the one here do this. It is a collaboration that we build. And it's important that we have that kind of, that, we can walk this journey together because when we do that.

We tend to always have the best outcome. That's brilliant. I'm really glad you answered it that way because you could have taken it a couple of different angles and folks, you know, there's a Bible verse I live by that says test all things, test, all, things and hold fast to what's true.

And, and we need to be, whether we're searching, scrolling, weather we are looking on AI. We need to be testing need be considering and also the interaction with your doctor and that's something that I know you're not going to you very humble you not gonna teach your own horn but you need a find a doc that you could trust you you needed to able to interact with an oncologist integrative oncologists even your your primary care someone that, you know.

at least on a level that you know have their best interests at heart. And the reality is you don't know the influencer on the other side of the screen, and the vanity numbers are just truly that.

It's shocking, Doc, really the realty is people are seeing numbers as validation of truth and it's not. And I could go into many examples of me being online and trying to encourage people, you know, not just to think for themselves, but not to look at the other person.

But the reality is this, You have to find a doctor, a true doctor. Especially if you're looking at a cancer diagnosis. someone that you can, dare I say, submit to because there needs to be compliance.

There needs be that interaction where, look, I'm putting my health, my life in this person's hands. I've vetted them, tested them and now let's go through together.

It's a relationship, which is one of the things that I really appreciate what you do. With that said, you know, a lot of great influencers are speaking out on things that I'm hoping you bring clarity to that are good insight like toxicity, trauma, infections.

So we're having more mass awareness because of this. Can you light into that and those particular triggers that contribute to cancer? Yeah, and I, just can I expand on that even more?

Yeah. On that point.

Spirituality, Diagnosis, and Slowing Down

Yeah so, one of the things, you have like the radical remission, we have the 10 points, for instance, that they know that people that have spontaneous healing, so-called spontaneous, these are some of the 10 factors that they do.

You also have what's called a cancer personality, the one that just wants to give, give and essentially then funnel all the energy outside, but does not really feel that they themselves are important enough, you know, to be able to take care of and nurtured and strengthened.

And also one of the factors is that to find the doctor, yes, that you resonate with, because at the end of day, your intuition, your spiritual guidance, at the end of the day that becomes the most important driver.

And you need to have a doctor that correlates with that, that honors that aspect of you and then can walk with you on that journey while you're on there.

Because cancer is a spiritual journey. There are no ifs and buts. I mean, when you are facing something that in your mind translates to death in some way.

You need to then connect deeper within yourself to have that connection with the spirit, with God, something greater than you, because that energy in itself will then help to kind of model tissue in a different way, you know, instead of then expressing dysfunction and disconnection, it can then become part of wholeness and unity.

And so in regards to the communication now, and that is something that I think the awareness right now. in regards to how to eat well, moving well detoxification and emotional well-being and healing.

All these things are becoming communicated at a greater level because there is a need. people are hungry for it, they need it. They're recognizing that just leaning on the medical profession, yes they play a role, but they are not gods anymore.

decades ago, people almost looked upon them as they knew everything. You walked into the doctor's office and the Doctor could fix everything and those were the times when antibiotics just came out or this drug just come out.

But now we've seen kind of the long-term effect of these pharmaceuticals. Yes, they were able to manage different symptoms, but we know now that they don't cure anything.

They just manage symptoms. So now people are looking much deeper into what is causing these dysfunctions. I don't want to just put band-aids on things.

Be in life and live fully and that is what I love a lot about these voices the influencers that are out there To really they communicate about These things they make this information available so people that Are hungry and thirsty

and they can then be fed in that area.

That's brilliant. It's wonderful You mentioned cancer being more of a spiritual journey. Do you think that? Because of the potential death sentence related to that, you're literally staring at your mortality.

Is that the same thing with a heart disease or Alzheimer's? Do you think cancer is unique in that or any life-threatening disease? I think any life-threatening disease, but cancer, it's such a big, you know, the C word and it can like, now your back is against the wall and you don't feel like you have a lot of time to pivot.

And so now you're going to look at things much more seriously. You're willing to make larger changes in your life because if you, don' and your continue on the same course that you are on.

the, yeah, the momentum that you've built is going to then just make it worse. And so, you know, at this point, I got to do something different and you realize that your own intelligence has kind of brought you to this location.

So now you need to find greater intelligence. And to me, there is no greater than something that is all pervasive, that it's all knowledgeable, you know, we feel that can just kind of hold us and carry us through this journey.

So we can take peace in that. And so that spiritual journey becomes so important for me. And I see the people that do it, they have a much better outcome.

It's strange. The people who lose the fear of death are the ones that gain life in a way. Yeah, because, you know, whatever your gravity point is, that is where your body is moving, your spirit is move.

So if you, if are dealing with fear of death and all you're focusing is on cancer, That is were your energy and your is going to move in that direction.

You got to find purpose. you got a fine spiritual connection. All of these things that move you in a different direction, Fear of slavery. And that's when you get free.

Free to think, free to make decisions. What do you feel is, would be, and is the ideal response of someone who was just diagnosed? So just think, let me just frame it, man, woman, old, young, whatever it might be, they might feel a lump.

They might just go for a regular test. But that moment that their primary care or whomever it may be that says, hey, you have cancer. Like, what should someone do then?

I mean, think, kind of go down this side or this mindset, because it feels like if you can't start the journey on the right foot, it's so very difficult to turn things around and feel like you have more control and overcome that fear.

So I'm just curious what, I, mean if, you could, every single patient that comes in your office, if everyone would be like, look, i'll do whatever it is that you say I should do at the moment of diagnosis, what do you think would Yeah, and what happens a lot, I hear this again and again, you have a podcast, my cancer podcast that I have.

I hear again and again, patients saying, I wish I knew I had more time. So we feel right at the cancer diagnosis that I got to act something right now.

What to Do After a Cancer Diagnosis

It's a train that's out of, it's just running free and I gotta do something immediately in order to be able to stop this train. The truth is that cancer has developed over time, It didn't just happen yesterday.

It doesn't happen last week. Didn't happened last year. And it's been going on for a while. So to be able to just kind of pause your life, you know, let allow your responsibilities, organize in a way so that your responsibility are less.

And you're able then to just pause and feel and kind of intuitively connect with yourself. You know, why, and I'll ask my cancer patients this again and again.

Why do you think you got cancer? And a lot of times we know within ourselves, you know the reason. We know what has been dysfunctional in our life that has put us in this place, be it stress, being relationship, I'm a farmer and this is what we do, we spray or I am a mechanic and I deal with these solvents and oils or a hairdresser.

We do bleaching and coloring and breathe that in all day long. So, or I've been eating American diet, you know, sugar has been my friend, all these different factors, most people know.

And it is important then to recognize that when you are then having that realization, each step that you're taking, moving in the right direction is going to slow this train down.

And it is going so, when you change your diet, and when start exercising, When you start meditating, you've start going to church or going wherever your spiritual haven is, You start incorporating that in.

You look at your relationship and think, this relationship is toxic. It really drains my energy. This relationship over here, I would love to nurture that more.

That really brings me joy. Or the job that I have, it feels like it's a dead-end job, or I feel like I'm a slave to something and it doesn't bring me purpose, doesn' bring my joy." You know, going through an inventory and I have a lot of that in my book, you know a better way to treat cancer where you can kind of go through and kind analyze yourself.

And it is important also to know that yes you have cancer. And yes, you are part of the reason why you have cancer because of your choices. But it doesn't mean that you're bad.

It doesn' mean you should punish yourself and say, how horrible am I? It means that now you start to honor yourself, love yourself. And really appreciate the gift that has been given.

The life and the opportunity to wake up in the morning, see the sunshine and hear the birds chirping. Yeah, to really start to slow down and see the beauty of life.

I think that is the most important. And a lot of people, they go into that frantic mode of then, you know, I get to research this, research that, and it becomes all consuming.

Not saying that's not important, but don't forget the most important doctor, the more important one that knows, that has guidance within and that is within you.

You have that knowledge. And for me, That is the Most important that a person can do is to slow down, connect with yourself, create an environment that brings you joy and purpose.

I just want that to just to linger for a second. I think that deserves a second listen to. I would encourage you all to rewind real quick. That is powerful.

And just imagine. Just imagine if the world followed that advice five years ago. And the world was a completely different place five years ago because of fear, because a panic, Because of this mindset.

That I don't have time. This mindset of, I'm going to quote, trust the expert, the mindset. The sky is falling and it was panic and fear. And just that moment of coming to center, coming self being empowered, receiving hopefully strength from on high to go through the journey.

That will make all the difference in the world. so beautifully said, and yet doc, as we kind of land the plane here, there are real practical things we need to do as well.

So once you got, so in a perfect situation, someone goes through this journey, they just got the bomb dropped on them, right? And they take your advice.

They just take a step and they slow things down, which is most important, They get hopefully under the guidance of a doc who knows what she or he are doing and they're working with someone good.

What would you leave people with out of all the things you're hearing? Again, there's a lot of different voices out there. There's toxicity, environmental issues, genetic components, this, that, and that.

What would be the one most impactful thing on the physical, practical sense that people need to do like now? Not just if you have cancer, but if your trying to prevent cancer.

Cause if I had to guess, it's probably the same thing, right? Just because you don't have a cancer doesn't mean you should be eating at McDonald's and eating their pumpkin spice lattes at Starbucks.

So what's the number one thing that everyone needs to be doing? So if you look upon cancer as being talked about a disconnection of identity, but it's also look up on it like a garbage dump in a way.

So in that garbage dumped, we have anything viruses love to be there, fungus can survive in there. Parasites can survived in it. They evolved in way to survive the most harsh environment.

What we need to do is to be able to connect with that garbage dump and drain that. So for me to then start to recognize that we to open up our pathways of elimination.

We need open colon, kidneys, lungs, skin, all the pathways and elimination so that when we then started unravel. the toxicity that exists within that tissue, within the tumor, we then have a way of moving that out.

And it's the same also with your traumas, your fears, there's a detoxification process of that as well. I've seen actually that when you work on the emotions and the traumass, and at the time, maybe I put a person on a heavy metal detoxication program, It's fascinating to see when you move then the toxic substance, there seems to be a connection between a pathogen or a toxin with an emotion or trauma.

Detoxification, Drainage, and Supportive Therapies

So as you are moving on that from both angles, you're then amplifying the effect, because I can have somebody that you kill parasites and it feels so emotional.

And all of a sudden they think of things that happened in their childhood. Yeah. And, and that trauma is essentially the parasites in themselves or the heaven metal have kind of helped that individual to hold that.

because it takes a lot of energy to hold the trauma. So it's almost like we invite then parasites fungus to be able to help us to whole that trauma, so to me to support that drainage, that detoxification becomes really important.

And also recognize that, you know, if we don't do that and we think of this as a toxic dump, If we radiate that toxic dumped or we pour more chemicals into an already toxic environment, we're actually adding the net total becomes more toxins.

And so we are creating more toxic dumbs at the end. Or if we do radiation and we're blasting that thing, so now we have the body's effort that accumulated all those toxins into one location, you know, that tumor.

Now we are blasting all over the place. And so, now, we had little tumor debris and toxins allover, and that then makes it so that there's more likelihood of metastasis, more likely of other types of cancers developing, because we, We essentially collected the garbage in one location in the home and we brought the leaf blower and just blew that all over the house.

So now we got toxins allover. To me, if we can start to recognize, yes, these simple fundamental principles of moving the scar, you know, supporting the elimination of that, eliminating the intake of it, then we are in a great fund, we built a Great Foundation that we now can utilize some of the greater, the stronger therapies that We offer, that are non-toxic, That are oxidative, using things like, participate in high dose vitamin C and ozone and help to oxidize cancer, the photodynamic or the pseudodynamic to kind of go and oxidized that to kill off those cancer cells.

And now we have the ability to move those toxins out as we are using safer methods to destroy cancer. Folks, I would encourage you to go to thecarlfeltcenter.com.

Just a couple of things that I'm saying that this is a wonderful resource and I want to encourage guys to check out and dive deeper because this discussion, especially in terms of cancer, this a part one of a hundred, right?

So we'd have to do a 100 more of these to really dive deep. You're going to learn more about photodynamic therapy, the nutritional strategies that Dr.

Caulfoudt recommends, detoxification therapies like you've already mentioned, flowpresso, ionic foot bath, frequency medicine, PEMF, like there's just one by one.

cancer book is brilliant. The podcast is very insightful and you offer free consultations for people that are interested and I would just say at the end of the day this isn't a hard sell to you know travel to Dr.

Carl Falt's clinic and i know he offers a great suite of resources for People that do come from all over the world to do that. But just to learn, to be inspired, be educated, because that's what Dr.

Carlefeld has done for decades and hundreds of interviews, TV, radio, that he has not only done, but he's asked other experts. So you're going to get the information.

And one thing that I just feel, Doc, one of your gifts really, and this is another gift that also see with other integrative oncologists that are really good, you are one them.

You just have a way of just kind of taken off the edge, even how you talk, how do you communicate? I just feel more at peace. I feel confident. And I hope that everyone listening feels the same way, like just being able to take off that edge lowering the temperature, so to speak, the heightened fear, or the emotional aspect of it, just to get people in a position where they could think.

And then do the work because here's the bottom line. This is work. It's work to be healthy. There's also work, to-be-sick, if you look at it that way, but it's a lot easier being sick.

The lazier approach, it is the microwave mentality, the fast food lifestyle that we have to flip the script, which is why, Doc, I've spent my life's, work helping people DIY.

And so this is where we end this discussion at this point, but I look forward to continuing in another. There are a lot of things that people can and should be doing in their own life to start to minimize their risks and start replace.

And it doesn't have to cost a lotta money. You don't waste your paycheck on the most expensive body care or supplements or cleaning products. But start making your own stuff.

Start learning how to live this lower toxic lifestyle. More importantly, truly follow the advice of someone like Dr. Carl Fowl who has 40 plus years experience on his belt because he'll help you get the biggest bang for your buck because there are things you're going to have to buy.

There are thing you are going have invest in. So with that said, any last words of encouragement or hope to people? Well, I mean, it's exactly what we've been saying.

Don't fear cancer. Yeah, don't feel like this is something that has been done to you in some way. Take this as your greatest gift that's ever been given.

It is your body's way of communicating, saying that, please, help me. Please. Yeah, we need to shift. We need change and we needed to change for the better.

And, you know, people, I can't tell you how many cancer patients that said that I feel so blessed that i got cancer. I'm so much happier. i'm healthier.

Never felt better in my life than I do now. Yeah. You're absolutely right. It does take work. you do need develop healthy routines and by doing that, yeah, you're going to change the momentum and your body's going follow.

Final Encouragement and Closing Remarks

And Dr. Zielinski, I appreciate all the work that you are doing and you really pushing tremendous information out there and also inspiring and giving hope.

So thank you so much for your efforts and this endeavor as well that we really need to bring more information, we need more empowerment to people out that they need it.

That's awesome. Folks, you have the power to heal and we have much more control and ability to flip the script. And so I want to encourage everyone, live as if you've been diagnosed for cancer.

We shouldn't change things once we get the diagnosis. Once that mentality came in my life, everything changed. And so we love you, we appreciate you. Thanks so much for joining us for this Cancer Breakthrough Summit.

Stay tuned in. You're going to hear a lot of wonderful interviews, insights, and just enjoy the process. Get some learning in and let's heal together.

Thank you! Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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