Opening the Cancer Breakthrough Summit

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

Karlfeldt Doc. Karlfeldt. Thanks so much for just inviting me to be be part of this, just annual event that's just been helping tens of thousands, hundreds of thousands of people around the world.

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

You know, we need to bring it out good information in every possible way. So, so I'm so thrilled that you could join me in this effort. So thank you so much.

You you're interviewing wonderful experts. You're bringing insight that you are gaining from your 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 is very, 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 America or we can.

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

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

Know, I believe that the greatest doctor that we have is the doctor that we've been given. It's God given within ourselves.

Integrative Oncology and Available Therapies

And we we have the ability to correct pretty much anything if we give it the appropriate resources. And so I, 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, you know, it's going to be fixed.

It is something that is is a complete kind of dysfunction that's created in a certain tissue. And we need to bring order and coherence into that tissue.

And using that nutritional means, you are supporting the body's ability to clear out the stressors that have caused that, that ailment. And so it has been fascinating as kind of my practice has evolved.

Yeah. Initially, I remember back in the 90s, you know, I had a cancer patient coming in, pancreatic cancer gone into the liver, and 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 we're exposed to, the increase of stressors, increase of, you know, electro smog and, you know, all these different, you know, things that we are now dealing with that we didn't have to deal with much earlier.

You know, 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 and in energy medicine and using things like photodynamic therapy, where we use very powerful photosensitive cells to get in, into the tissue, cancer cells and, and to trigger oxidation to bring in a lot of the different nutritional events, 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 have the B-17, we have the missile tunnels, we have the exosomes, we have, all these different, different peptides, you know, that are personalized for the individual to go after, you know, the dysfunction in the immune system, communication that takes place and in cancer.

So we have so much here that people in their mind thought it was only available abroad. You know, we have it here in the United States. I think it's really important you all because that is that seems to be one of the main concerns that we're hearing on our end with with our Bible health ministry and 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 have work or my doctor. My ecologist isn't recommending this thing, so kind of like, just to bring things back into perspective. You have a quote here I want to quote you.

I love it. 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 obviously we're dealing with a life threatening disease, but even before that gets to be life threatening, we're dealing with the overwhelm, the confusion, the 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 and it's fascinating when you work with so many cancer patients, when you bring in the right tools.

How how this journey can be so much different and how much hope there is for individuals that are diagnosed. And I guess anytime I know, anytime you hear that word, you, you immediately start to kind of think about the, you know, what happens.

You know, you think about your mortality at that time. But it it's it's amazing. I mean, we deal with cancer cells all day long. I mean, we, 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 cells and killing them.

So what we need to do our job is 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 we were on is what created the cancer.

Why Cancer Should Not Be Feared

And recognizing that we need to do, do alter our course. And by doing that, we're unable to create a different outcome. And I see that again and again with cancer patients that that come with fear and leave with hope.

And because there is so much hope with all the tools that are now available, I'm the tools that we have now an integrative oncology care that compared to what we had two decades ago, I mean, it has just blown up in regards to the the incredible tools that are and and and yes, I mean, there's no one out there that can that can say, you know, what?

We do cure cancer. Yeah. We can we can't say that. But what we can say is that what we do support the body's ability to fight cancer much more efficiently.

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

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

Yeah, is still very Newtonian. I mean, I can't believe, you know, medicine. We're supposed to be in the 21st century. And and here we're 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, that, arena, it costs so much money.

And the simply implement presentation of the research that is done into practical, application as it takes sometimes decades. So, you know, to then partner up, you know, for us as integrative oncologists, you know, that that deal with cancer, using the natural means and kind of we are but smaller practices not needing to spend 100 billions to I'm sorry, 100 millions, $200 million, you know, here and there, in order to be able to drive that therapy forward, we can then pivot much faster.

And by doing that, you know, seeing the impact on people using, using therapies. Restorative, regenerative, nontoxic. We can then drive this, this field so much faster.

And and that is what I, I, I love that beauty, you know, with what we do, you know, using things like, you know, like we're talking about the photodynamic therapy with, you know, for human IV with mistletoe.

These things are restorative, regenerative, nontoxic, and it has a far better outcome. And then being able then to combine that when needed with traditional oncology.

We are yeah, it's a much better outcome than just that by itself. And and there's so many issues that comes along with the traditional oncology. You I mean you have the the area of your cancer stem cells.

And we know that these different therapies, you know, they they don't impact, they can't go after the cancer stem cells. It's it's just not done. In fact, they're 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 of waiting for the opportunity.

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

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

Root Causes, Mitochondria, and Metabolic Dysfunction

And and that is a difference, a big difference between just using traditional oncology and then using the, holistic, integrative type of tools while there's 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 like but that is what we're talking about.

What you're discussing is this, this encapsulate of the cancer stem cells to protect itself in response to

chemotherapy. Like we're we're creating super cancer just like we've created super bugs.

Right. Anti bacterial resistant bacteria, antifungal resistant fungus, antiviral resistant viruses. So that's essentially what we're doing. And and 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, folks 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 age is different. It might look more sophisticated, but if you're not approaching the root cause, all you're doing is mandating 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 I mean, we're recognizing genetic. Yes. It plays such a little role in the, in the development of cancer and with root cause. Yes, it is a buzzword, but it is an important buzzword.

And 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 they feel alive. Been exercising I've been meditating I've been eating well. And why do I get cancer and why not?

This schmuck over here that's drinking and smoking? Why why did I get cancer? All right. And and that's sometimes a hard question to answer. But if you start to then dig deeper and then understand and kind of what cancer truly is, and to me, it is essentially a loss of identity within the tissue.

And it's when the tissue in itself feels like it cannot function, you know, in a normal fashion anymore and survive. So it has to shift its genetic programing in order to be able to move into more of a survival process.

And that can be, you know, pathogens, you know, you can have fungus in there and you have, oxygen that has to be, go to oxidize and the fungus or the pathogens in there.

So now you are then reducing the oxygen that's available within the the mitochondria. Yeah. It can be that the mitochondria is not getting the energy that it's needs because we don't have the nutrients, you know, to support it or heavy metals that's thrown in into the gas tank, sort to say.

And then just interfering with how the engine is, is working and, and it's, you know, becoming dysfunctional and the breaking apart. And so you have all these components, but none of those components are genetic in nature.

Yeah. It always is. You know, from my point of view, you know, 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 your genetics.

You know, so depending on the energy within your cell, your your genes, you know, are either flipped on, flipped off, you know, you have all, all, all, all of it's kind of like an orchestra of your genome.

So if you are seeing that your energy is going down, uncle, genes are then flipped. Flipped on uncle suppressor genes are flipped off. And it's not one specific gene they've seen.

It's hundreds of different genes. And you can't correlate breast cancer with this genetic set up or pancreatic with this genetic set up. They've seen there's no correlation.

You know, each individual, this unique. And that's why it's so important to start to look at what is causing the issue with that tissue. You know, is it toxins.

Is it pathogens. Is it nutritional deficiency. Is it trauma that they're holding in that that tissue? Or do we feel disconnected spiritually and you know, our body is not connected who we truly want to be and or are we disconnected with our community?

We feel lonely. We know lonely loneliness in itself kills. They've seen that it killed more people. It creates more chronic disease and smoking in itself.

So all these factors are important to address and look at. And that becomes what drives some the genetic behavior that drives, you know, cellular function that then drives whether that tissue in itself is going to then start to develop, cancer type of behavior, where, how it's producing energy, the fermentation, 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, you know, so-called hostile environment that we've paraded, you know, with, with all the things that we're exposing that tissue to.

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

But what you're seeing is you're looking at Doctor Carl file in his office, and doc kind of go off script a little bit for a second. I'm.

Influencers, Experience, and Patient Collaboration

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 getting their health advice from influencers.

I mean, they're living and breathing off of what the next influencer has to say, what's trendy? And you, unlike me, this is 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? I mean, can you kind of be dead in the room for a second?

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

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

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 could 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 stability to the situation.

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

And I love influencers that are speaking up in many ways. The challenges that you have, you know, an influencer versus somebody that it'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, the I mean, I would say probably about 12 cancer patients. Yeah. So today alone.

And so with that, then you are getting quite a bit of just practical experience and a lot of the influence there. There's they are they're moving information know from you know, to the public.

And they do that very well. But sometimes the influence influencer and themselves do not have that kind of trench experience. You know, I've been doing this since, you know, you know, in the trenches since 1987.

So we're looking at almost 40 years and, you know, hundreds of thousands of patient interactions. So there there comes a certain understanding. And, and a view of, of processes, you know, that that's needed, when you're then dealing with something as complex as cancer.

So, yes, there are a lot of great things out there. Yeah. Here, take fan vendors all here. Take ivermectin here. Take this or, you know, I will cure all cancer.

Oh, you got to be out the line. Yeah. Drink baking soda. Yeah. All these things are tools and but you can't just rely on 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, you know, feel that they are more of an expert, you know, and and yes, they are the expert of their own body, you know, so that they are, you know, the one that knows the most.

But when they feel that a, an influencer have more of a say that, you know, let's say they have a, a, a huge TikTok account or Instagram account and they have, you know, hundreds of thousands of followers.

And because they have that authority in that space, you know, they are listened to more than somebody that is in the trenches day in and day out. So it is 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 are doing this.

And so it's navigating that. And I think that that is so it's always a pro and a con. Yeah. With this. And so I appreciate I appreciate that question because that that is a that is a challenge.

I know, you know, for a lot of different providers out there. And having said that, also, you know, patients are my best teachers. You know, they are the ones that have, because I am day in and day out, you know, with patients, you know, 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 as has really allowed me to evolve as well. So it is that, that that communication, that relationship that is built, you know, it's not me being, you know, the one here do this.

It is a collaboration that we build and, and it's important that we have that, that kind of and 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 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, whether we're looking on. I say we need to be testing, we need to be considering and also the interaction with your doctor.

And that's something that I know you're not going to you're very humble. You're not going to touch your own horn, but you need to find a doc that you could trust.

You need to be able to interact with an oncologist, integrative oncologist, even your primary care, someone that

you know, at least on a level that 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. And it's shocking, doc, really, the reality is people are seeing numbers as validation of truth, and it's not, and I could go on to 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, is you have to find a doctor, a true doctor, especially if you're you're looking at a cancer diagnosis, someone that you can, dare I say submit to because there needs to be compliance.

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

It's 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 and things, and I'm hoping you can bring clarity to that are good insight like toxicity, trauma, infections.

So we're having more mass awareness because of this.

Spirituality, Diagnosis, and Emotional Response

So can you bring light into that and those particular triggers that contribute to cancer. Yeah. And and I just can I expand on that even more. Yeah. What what what do you yeah.

On that point. Yeah. So one of the things one of the, you know, you have, you know, like the radical remission, we have the ten points, for instance, that, you know, that they know the people that have spontaneous healing or so-called spontaneous healing.

These are some of the ten factors that they do. And you also have what's called a cancer personality. You know, the one that just wants to give, give, give and, and essentially then funnel all of the energy outside.

But, you know, it does not really feel that they themselves are important enough, you know, to be able to be taken care of and nurtured and strengthened and, and also one of the factors is that to find the doctor.

Yes, that you resonate with because at the end of the day, you know, you're in intuition, your spiritual guidance. You know, at the end of the day that becomes the most important driver.

And you need to have a doctor that that correlates with that, that, that can I, that honors that aspect of you and then can walk, you know, with you on that journey while you're on that because cancer is a spiritual journey, you know, there are no ifs and buts.

I mean, when you are facing something that in your mind know translates to death in some way, you need to then, you know, connect deeper within yourself to to have that connection with, with the a spirit with God, you know, something that is greater than you, you know, because that energy in itself will then help to to kind of model tissue in a different way.

You know, instead of them expressing dysfunction and disconnection, it can then become part of of wholeness and unity. And so I, I and in regards to the communication now and that is something that I think the, the awareness right now in regards to.

Yeah. How to eat. Well yeah. Moving well detoxification and you know emotional well-being and healing. You know, all these things are becoming communicated at a much greater level because there is a need, you know, people are hungry for it.

They need it. They recognizing that just leaning on the medical profession. Yes, they play a role, but they are not

gods anymore. You know, they, they in, you know, ancient you know, decades ago, you know, they, 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, you know, when, you know, antibiotics just came out or this drug just came out and, you know, 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. You know, 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. I want to fix it. I want to be whole. I want to have optimum health. I want to be energetic. I want to be in life and live fully.

And 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. That's wonderful. You mentioned cancer being more of a spiritual journey. Do you think that because of the the the potential death sentence related to that, like you're you're literally staring at your mortality like, is that the same thing with a heart disease or Alzheimer's?

Like, do you think cancer is unique in that or any life threatening disease? I mean, I think any life threatening disease, but cancer, it's it's such a, you know, a big, you know, the C word.

And it's kind of like, now your back is against the wall and 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't and you're continue on the same course that you're 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, 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, you know, all pervasive that is all knowledgeable, that is all.

You know, that that we feel that can just kind of hold us and and carry us through this journey. And so we can take peace in that. And so that spiritual journey becomes so important.

You know, for me, and I see the people that that do it, you know, they have a much better outcome. And it's almost the, it it's it's strange, you know, the people that loose the fear of death are the ones that gained life in a way.

Yeah. Because, you know, whatever your gravity point is, that is where your body is moving. Your spirit is moving. So if you're you are dealing with fear of death and all your focusing is on the cancer, that is where your energy and your body is going to move.

And that direction. So you gotta find purpose, you gotta find spiritual connection. You got to find, you know, all of these things that move you in a different direction.

Fear slavery. And that's when you get free free to think free to make decisions. What do you feel is would be in is the ideal response of someone who was just diagnosed.

So just think you know and 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 might be that says, hey, you have cancer, like what should someone do then? I mean, think kind of go down this side or this, 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, like, I'll do whatever it is that you say I should do at the moment of of diagnosis.

What do you think would be most impactful? Yeah. And, what happens a lot. And I hear this again and again. I mean, you have podcast, I have podcasts, you know, my cancer podcast that I have I hear again and again.

Yeah. Patients are saying, I wish I knew I had more time, you know, so we feel right at the cancer diagnosis that. Yeah, I got it at something right now.

It's a train that's out of, you know, it's it's just running free and and I got to do something immediately. Yeah. In order to be able to stop this train.

The truth is that cancer has developed over time. It didn't just happen yesterday. Didn't happen last week. It didn't happen last year. It's been going on for a while.

Practical First Steps After a Cancer Diagnosis

So to be able to just kind of pass your life, you know, let allow your responsibilities, you know, organize in a way so that your responsibilities are less and you're able then to just a pause and, and feel and, and kind of intuitively connect with yourself.

You know why and I know ask my cancer patients this again and again. You know, why do you think you got cancer? You know, and and a lot of times we, we know within ourselves, you know, the reason you know, we know what has been dysfunctional in our life that is put us in this place.

You know, be it stress being, relationship being. You know, I'm I'm a farmer and this is what we do. We we spray or I'm a mechanic and I deal with these solvents and oils or I'm a hairdresser and, you know, we we do bleaching and coloring and, you know, I breathe that in all day long.

So, or I've been eating American diet, you know, you know, sugar has been my friend or, you know, all these different factors. Most people know, you know, and it is important then to recognize that when you are then having that realization, each step that you are taking, moving in the right direction is going to slow this train down and it is going.

So when you, you know, change your diet and when you start exercising, when you, you know, start, you know, meditating, you start going to church or going to, you know, wherever your, your spiritual, you know, haven is you starting for parading that and you look at your relationship and think, you know, this relationship is toxic.

It really drains my energy, this and this relationship over here. I would love to nurture that more. That really brings me joy, or the job that I have.

I mean, 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't bring me 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 of analyze yourself. And it is important also to know that, yes, you you have cancer and yes, you are part of the reason you know why you have cancer because of your choices.

But it doesn't mean that you are bad. It doesn't mean that you should punish yourself and say, oh, how horrible am I? Yeah, it means that now you should start to honor yourself and love yourself and and really appreciate the gift

that has been given.

You know, the life and the opportunity to wake up in the morning, see the sunshine and hear the birds, you know, you know, 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, they go into that frantic mode of then, you know, I gotta research this, research that and, and it becomes all consuming.

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

You know, 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.

And it's one that, just to linger for a second, I think it deserves I think that deserves a second listen to I would encourage you all to rewind real quick as powerful and just imagine just imagine if the world follow that advice.

Five years ago I don't know where you were five years ago, but the world was a much different place and the world was a completely different place five years ago because of fear, because of panic, because of this mindset that I don't have time, this mindset of I'm going to quote, trust the expert.

The mindset of the sky is falling. And it was panic and fear and just that moment of coming to center, coming to 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, right? They get hopefully under the guidance of, of a doctor 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, there's there's environmental issues, there's genetic components. There's this, this, that, 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 you're trying to prevent cancer. Because if I had to guess, it's probably the same thing, right? Just because you don't have cancer doesn't mean you should be eating at McDonald's and eating their, you know, pumpkin spice lattes.

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

So in that garbage dump. Yeah. We have anything, viruses love to be there. Fungus love, you know, can survive in that parasites and survive in that. You know, they evolved in a way to survive in the most harsh environment, you know?

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

We need to, you know, have to, you know, open colon, kidneys, lungs, skin, you know, all the pathways of elimination so that when we then start to unravel the toxicity that exists within that tissue, within that tumor, we then

have a way of moving that out.

And and it's the same also with, you know, your your traumas, your fears. You know, there's a detoxification process of that as well. And I've seen actually that when you work on the emotions and the traumas and at the same time, you know, maybe I put a person on a, you know, I have a mental detoxification program.

It's fascinating to see when you move. Then the, the toxic substance, there seems to be a connection between a pathogen or a toxin with an emotion or trauma.

So as you are moving on that from both angles, you are then amplifying the effect, you know, because I can have somebody that, you know, you kill parasites and it feels so emotional and all of a sudden they think of things that happened in their childhood.

Well yeah. And, and that trauma says essentially the parasites in themself or the have a metal have kind of helped that individual to hold that trauma because it takes a lot of energy to hold the trauma.

So it's almost like when white then parasites fungus to be able to help us to hold 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 dump or we pour more chemicals into an already toxic environment, we're actually adding the the the net total becomes more toxins.

And so we are creating more toxic dumps 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 that tumor. Now we're blasting that all over the place. And so now we have little tumor debris and toxins all over, you know, and that then makes it so that, you know, there's more likelihood of metastasis or more likelihood of other type of cancers developing because we, we've, you know, we essentially, you know, we collected the, you know, the the garbage.

Yeah. In one location in the home. And we brought the leaf, you know, blow dry a leaf blower.

Detoxification, Drainage, and Safer Treatment Approaches

And we just blew that all over the house. So now we get toxins all over. So to me, if we can start to recognize, yes, these simple fundamental principles of moving this garbage, 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, you know, the stronger therapies that we offer, you know, that are nontoxic, you know, that are oxidative, you know, using things like, you know, our artist Nathan and, high dose vitamin C and ozone and help to oxidize cancer.

The photodynamic or the solar dynamic to kind of, go and oxidize that to, to kind of kill off those cancer cells. And now we have the ability to kind of move those toxins out as we are, you know, using safer methods to destroy cancer cells and. Folks, I would encourage you to go to the Karlfeldt Center.com.

Just a couple things that I'm saying that this is a wonderful resource, and I want to encourage you guys to check out and dive deeper because, this is part I mean, really real Ballistically this discussion, especially in terms of cancer, this is a part one of 100, right?

So we'd have to do 100 more of these. Really dive deeper. But you're going to learn more about photodynamic therapy. The nutritional strategies a doctor Karl for recommends the detoxification therapies like I've already mentioned float press.

So ionic footbath frequency medicine pump like there's this one by one by one. His 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 Doctor Carl Folds 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, to be educated, because that's what Doctor Carl Health has done for decades.

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

You just have a way of just kind of taken off the edge, even how you talk, how 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 the the temperature, so to speak. The heightened fear, 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 it's work to be healthy. It's also work to be sick if you look at it that way. But it's a lot easier being sick. It's a lot.

It's it's the lazier approach. It's the microwave mentalities, the fast food lifestyle that we have, the 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 own risks and start to replace it.

And it doesn't have to cost a lot of money. You don't have to 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 Carl Ford, who has 40 plus years experience under 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 things you're going to have to 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, you know, that don't fear cancer. You know, don't feel like this is something that, has been done to you in some way.

Take this as as your greatest gift that's ever been given. It is your body's way of communicating, saying that, you know, please, please help me. Please. You know, we need to shift.

We need to change, and we need to change for the better. And you know, people, you know, I can't tell you how many cancer patients had said that. I'm I feel so blessed that I get cancer.

I'm so much happier. I'm healthier. Never felt better in my life than I do now. And and yeah, you're absolutely right. It does take work. You do need to develop healthier routines.

And by by doing that, you know, you've you're going to change your momentum and your body's going to follow. And, Doctor Zielinski, I appreciate all the work that you're doing, and you are really pushing tremendous information out there and also inspiring and giving hope and and so, so thank you so much for for your efforts and, and and this endeavor as well that we, we really we need to bring more information.

We need to bring more empowerment to people out there. 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. And 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 and insights and just enjoy the process, get some learning in and let's heal together.

Thank you.