Module Five Introduction

Welcome to module five of Becoming Cancer Free. I'm your host and your trainer, Nathan Crane. And I'm truly excited and honored that you're joining me for this nine module master class.

Over the past four modules, we've covered everything from taking back your power, activating your own innate healing response, building your Integrative Success team, and trading Fighter flight for Heal and Thrive to the incredible healing stories of people like Doctor Veronique Dissanayake, who healed her breast cancer, and Elaine Gibson, who reversed stage for cancer by making some major lifestyle shifts that we talked about in the previous modules.

I've shared with you how the conventional medical model has a near 98% failure rate when using chemotherapy, when it's average across 22 major adult malignancies.

How nine of those major cancers had a 0% success rate with chemo, and how chemo is still prescribed to more than 650,000 people every year here in the US, even though for most cancers, it's incredibly ineffective.

We also talked about how the extremely low bar that is set from the medical world, about the standards that define who is considered a cancer survivor, and how I really believe it's time to raise those standards exponentially, just like we're doing in this masterclass.

I've also shared with you how a number of highly intelligent medical doctors I've had the opportunity to study and learn from first hand over the years, have transitioned their practices away from conventional medicine to holistic and integrative medicine because they see better results for their patients.

I shared with you a powerful, scientifically proven, simple process you can do twice a day that only takes a couple of minutes. It activates your healing response and helps you embody self healing beliefs to support you on your healing journey.

And I shared with you how to build your Integrative Success team based on principles and values that can contribute to your success. We talked in depth about the difference between the parasympathetic and the sympathetic responses from your nervous system, and as well as some powerful strategies for how to consciously activate your parasympathetic response as often as possible so your body has the best chance of healing itself.

We've covered all these topics and actually quite a bit more, and if for some reason you haven't watched the previous modules, make sure to go back and watch them.

They are foundational for helping you live a cancer free life, and there's so much good information in those modules, as well as practical strategies to support you on your healing journey.

So now let's move on to module five. This is a life changing topic that is essential to anyone who wants to reduce their cancer risk. In this module, we're going to cover how to detoxify your life by removing and reducing everything that causes cancer.

The Six Core Causes of Cancer

The unfortunate truth is, once you add up all the products, chemicals and lifestyle options that we as humans have created on the planet over the past few hundred years, there are an infinite amount of things that can cause cancer.

But the good news is, most of them, most of them can be avoided and at the very least, they can be drastically

minimized. So your body can do what it was meant to do heal and thrive.

During one of my interviews with Doctor Sunil Pai, a world renowned integrative medical doctor and founder of San Giovanni, which is a holistic healing clinic in Albuquerque, New Mexico, I asked him to simplify the core causes of cancer into a short list that gives us major categories for for understanding the causes of all cancer.

And he beautifully put them into six main categories, or what I call the six core causes of cancer. Please write these down. Okay. Here they are. Number one inflammation.

Chronic inflammation, to be precise. Number two, elevated blood glucose. Elevated blood glucose. Excessive sugar in your blood. Again, please write these down in your journal.

Okay. These are important to know. And we're going to go into some of them in so much more that actually go into all of them in much more depth in this masterclass.

And we've already gone into some of them in the previous modules and what you can do to protect yourself against cancer. Okay. Number three, environmental toxins.

And that's a lot of what this module is focused on. Number four is stress which is massive. We did a whole module on that. And what you can do to reduce your stress, activate your parasympathetic response and live with more happiness.

And joy and and a healing response state. We already covered that in depth. Number five is unhealthy diet. We're going to cover that in a future module.

And number six is lifestyle behaviors. We're covering that spread out through all of these modules okay. Inflammation elevated blood glucose environmental toxins stress unhealthy diet lifestyle behaviors.

Six core causes of cancer. So we covered stress in depth in the previous module. But as a as a quick recap continuous stress, anxiety, fear, worry, anger, sadness, depression all of these emotional states can and will lead to cancer by activating the sympathetic nervous response keeping our body in fight or flight.

Right? How do we solve that? Simple. We must begin doing the things we spoke about in the previous module, backed by signs that activate your healing response and upregulate your immune system, which includes things like daily meditation practices, qigong, energy healing, mindfulness, and gratitude practices to turn on your immune system and activate your healing response.

But what about the other five core causes of cancer? I've gone into depth writing nearly 30 pages so far with dozens of scientific resources about these causes in my book about cancer, but we're going to cover them briefly here in a much more condensed format, so you can easily know what to watch out for, reduce and remove from your life, your house, your body as much as possible.

Now, every single one of these things we will cover right now has been scientifically proven to cause cancer. They're carcinogenic, meaning cancer causing.

And there's no debating that. It's well understood by the scientific community. What's not well understood by most people, including medical doctors, is the underlying principles and elements that lead to these causes.

And many people don't even realize that these are causes of cancer. But one thing is for certain if you reduce or remove them from your life, your risk for cancer will go down.

Plain and simple. Okay, so inflammation? Yes, inflammation causes cancer. But not just any inflammation. Not the good kind of inflammation that happens when you sprain your ankle.

For example. That swelling is your body's natural healing response, sending blood and various healing cells to your

ankle to help it heal. That's why the old advice of putting ice on it in most cases is actually wrong.

Swelling or inflammation for an acute injury in most cases is actually good. So let your body do its own healing, right? This is needed for your body to heal.

Now, if you have chronic inflammation, that's a different story. We're going to talk about that. Or even if it's an injury and there's so much pain and the swelling is so exponential, so acute.

You know some ice on that might help for a short time. But ultimately what the swelling, what the inflammation is doing is helping your body heal. That's its healing response. Okay.

So a question that I have had and a question that I've heard. So I did a ton of research on this is very simple. Does swelling or inflammation from an like something like an ankle injury lead to cancer?

Can that kind of inflammation cause cancer? Almost always. All the literature I've read, all the research I've done, the answer is no. Okay, so what kind of inflammation causes cancer?

Well, that's chronic inflammation.

Chronic Inflammation and Cancer

So this is from the United States National Library of Medicine NLM, which is a published article in the National Center for Biotechnology Information.

And what it states is recent data have expanded the concept that inflammation is a critical component of tumor progression. Many cancers arise from sites of infection, chronic irritation, and inflammation.

It's now becoming clear that the tumor microenvironment, which is largely orchestrated by inflammatory cells, is an indispensable participant in the neoplastic process, fostering proliferation, survival and migration.

Basically, chronic inflammation almost always happens because somewhere inside your body you have an infection or damaged tissue or constant exposure to carcinogenic toxins that keeps the site in your body chronically inflamed.

When an area in your body is continuously bombarded by toxic elements like carcinogens or by infections that don't heal, a destructive process begins to occur.

So here's what happened repeated tissue damage and regeneration. So it's damage regeneration damage regeneration. So your body's healing right. But it's constantly staying damaged.

What happens in the presence of what they call highly reactive nitrogen. And oxygen species which is released from inflammatory cells. Right. So highly reactive nitrogen oxygen is being released from these damaged cells.

These inflammatory cells, it interacts with the DNA of the cell. And what happens when that continuously happens over and over and over again? What they found is it causes the cells to mutate and become cancerous.

So what's going on in this process is your body is sending healing cells like leukocytes to help heal the infected or the inflammatory, you know, inflamed area.

But the inflammation is still persisting because you've not addressed the root cause of the infection or the damaged area or the chronic inflammation, and you unknowingly keep damaging it with lifestyle behaviors, with diet, with stress, with infection.

All these kinds of things. So here's an example to illustrate this point. It's well-studied and scientifically proven that meat and dairy from animal products, especially processed meat and dairy, causes cancer.

Did you know that? Did you know that meat, especially processed meat and dairy, can cause cancer? And there's lots of scientific evidence on this. And no, it's not just red meat.

And we're talking all kinds of meat, even chicken and fish. Okay, there's lots of science. I'm not saying if you just eat, you know, a little bit of fish once a week or a little bit of chicken or a little bit of red meat once a week, for sure you're going to have cancer, but there is lots and lots of evidence.

It does prove continuous amounts of all animal products, for that matter, in societies over prolonged periods of time are directly associated with the highest level of chronic diseases, including cancer.

And the worst culprit in there is processed meats, all kinds of processed meats, your bolognaise and your hot dogs and your, you know, packaged meats, all that kind of stuff.

Okay, so there's lots of science for anyone who doubts this, and I have lots of references in my book as well. But there's lots of science that proves meat and dairy can absolutely lead to cancer.

And so for someone who eats meat and eats cheese and drinks milk all the time, you know, even once a day, but every day or 4 or 5 days a week, you're constantly causing inflammation in your body.

And just like we know, smoking will cause lung cancer, that's we know that now, right? Doctors don't promote smoking anymore like they used to. And drinking will cause liver cancer.

Drinking alcohol, excessive amounts of alcohol over prolonged periods of time will cause liver cancer. Even if you're only drinking a couple glasses a day, but prolonged periods of time, it can absolutely cause cancer.

You know it might not cause it immediately, but enough of it for long enough. Eventually cancer will show up. It's just about guaranteed. And even now, listeners, even if you know of someone like your great Aunt Betsy who smoked and drank and eat fried chicken, her entire life, and you say, oh, well, she never got cancer, right?

So I won't get cancer. Or, you know, how can that person eat so bad and drink and smoke and all that their whole life and not have cancer? Well, here's my perception, my belief on that.

I would put $1,000 on it that if that if your Aunt Betsy or that person, you know, actually had some extensive testing done, some cancer testing done, just about guaranteed cancer would have been found, she might not have thought she had cancer and known she had cancer.

Because remember, cancer has very few symptoms until the very late stages. And in many cases it can take decades before it's even discovered. But even if she did somehow miraculously regenerate fast enough to avoid cancer completely, she's in the.00 1% of people in the world who could actually even do that.

All right, so for 99.99% of us, that's not it. You know, you have you're exposed to toxins, you're exposed to animal products are exposed to stress. You're exposed to all these causes of cancer long enough.

Eventually we can just about guarantee cancer is going to show up. All right. So this is why the onslaught of fast food restaurants, excessive animal product consumption, preservatives, chemicals, dyes, factories pumping out toxic fumes, carpets filled with toxic flame retardants, food filled with pesticides and herbicides, and so on and so on deeply contributed to the explosion of chronic lifestyle related and preventable diseases like diabetes, heart disease, autoimmune, Alzheimer's, and yes, cancer.

I mean, in the US alone, nearly 2 million new people will be diagnosed this year alone with cancer. And the numbers just keep going up. So with chronic inflammation, your body tries to repair the damage area, whether it's the intestines or the liver or the lungs and anywhere in the body.

And what happens is it gets inflamed and repaired, inflamed and repaired, inflamed and repaired and this process over and over again in the same area generates cellular abnormal abnormalities, breakdowns in DNA, causing the

cells to become cancerous.

Removing Major Cancer-Causing Culprits

Now remember from the previous modules, if you have a fully functioning immune system, as we talked about in depth in in our previous modules, your body is well equipped to remove the cancer cells.

It's part of our human design. But if your immune system's compromised and you're in a constant state of inflammation, not only eating from not only from eating too much meat and cheese and drinking milk, but you're breathing in.

Voces veo sees from your carpet digesting chemicals from your plastic cups, inhaling pollution from the cars, eating chemical laden foods, stressed out and worried, and exposed to massive amounts of emfs at home and at work.

Now your body is bathing in a cancer soup 24 over seven in cancer is inevitable. You know, chronic inflammation is a precursor to just about every major disease on the planet.

And once you learn how to reduce and eliminate chronic inflammation, you have the foundation for living a cancer free life, right? So let's go through a list of the 12 major players in our modern lives that cause cancer.

So you can start reducing and removing as much of these as possible from your life. So go ahead right now, go download the cancer Causing Culprits PDF I've put together for you so you can go through your house and your body right after this module and start reducing, removing and replacing these items as fast as you can.

This will give you a massive advantage that your body needs to accelerate its own healing. Remember, the more often you're exposed to carcinogens, the more damage you're doing to your body and you're actually helping cancer grow.

So we got to get these out of your life as much as possible and as quickly as possible. So if you're ready, here they are. Right? Download the PDF so you can go through this with me.

And you can also go through this afterwards as well. We're going to go through them quickly together. All right. You ready. Number one is a big one and one of the easiest ones to change.

Right away is plastics. All plastic cups, bowls and water bottles. Anything plastic that you put liquid into or leftover food. Since a liquid is proven to leach out the chemicals from the plastics and yes, even BPA free plastics leach all kinds of other chemicals into liquids, not just BPA.

Okay, so it's all plastics. These plastics have to go now. It's easy. Replace them with glass. And this step is done. You've now just eliminated one of the biggest cancer causing culprits in your home.

And it's fast, easy and affordable. Again, any plastic cup or container that you put any leftover food or liquid in the best, replace it with glass. And for your cookware, for example, get rid of your typical nonstick frying pans.

Throw them away. Because they also leach carcinogens into your food, and you can replace those with ceramic or stainless steel. Okay, so plastics and cookware, two major culprits in most people's houses that are directly leading to cancer cell growth and cancer cell proliferation.

Number two, write this down bedding, bedding, all non-natural, non-organic polyester or other processed material. Bedding. And that includes your pillows, your sheets and your blankets.

Throw them out. Okay. We're you know, I would say donate them to some homeless folks. I mean, I hate, you know, I always have like, questioning myself about this.

This is a challenge for me sometimes because it's like, I know there are people out there struggling. They need

warmth, they need blankets, they need.

So it's like, I always want to donate. But when I'm donating something that I know causes cancer, I also feel bad about that. So I feel good about helping somebody feel bad about it.

So, you know, you got to find this balance in yourself. You could donate it to somebody in need or, often, sometimes what I'll do is I'll just throw it away.

Hate wasting things like that. But I also don't like contributing to other people's cancer. Either way, pillows, sheets and blankets have got to go some of the most common chemicals found in your bedding today, you probably don't know about, and know they don't have to list these on their tags, so you wouldn't even know about it unless you researched and dug deeper.

But some of the toxic chemicals formaldehyde, chlorine, pesticides, color fasteners, dyes, all of this stuff is in most bedding today. It's crazy. Replace your bedding for simple 100% organic, chemical free set of bedding and all those important healing hours of sleep that we talked about the previous modules.

You'll be spending it free from breathing in the toxic chemicals that conventional bedding soaks into your skin and into your lungs. So think about you're laying there sleeping. This is your healing time.

One of your most powerful free times for healing and sleeping. And yet your skin, which is, sweating at night, is spraying. Your pores are open, is absorbing those chemicals from your bedding, your breathing it into your lungs, which is entering into your bloodstream.

Right. So I actually recently heard, at least with fire retardants, you can soak, certain, bedding and things like that. For fire retardant, you can soak it in vinegar.

Now, I haven't done the research on this, but this could be a simple, quick, easy thing to do, at least for getting the fire retardants out, because those are so toxic.

Soak it in vinegar for, like, a half hour. Half solution vinegar, half solution water. And then do a regular wash, obviously chemical free, soaps. You should be using in your, in your washer.

And that's supposed to get all the fire retards out. Now, again, I've done the heavy research on I just did an interview recently where, an expert had told me this works really well, but I would go beyond that.

Okay. Just get new bedding. Organic, non dyed. Doesn't have chemical dyes. You know, organic bamboo or organic cotton. Something that has no chemicals, no preservatives, no formaldehyde, none of that crap.

No chlorine. Okay. And let your body get access to the healing that it needs when you're sleeping. All right. Next one body care products. These are huge.

Most body care products, especially the green washed ones, the ones with a coconut or an avocado on the front of the bottle, you know, and we're talking about the soaps, the conditioners, the shampoos, your toothpaste, your lotions, your deodorants, moisturizers, all of it have dozens of chemicals, many known to cause cancer.

Many of them are on the carcinogenic list. They say they are known carcinogens. They are probably cancer carcinogens, or they're reasonably thought to be carcinogens.

And our wonderful FDA and all their great wisdom allows them, okay, because they're in small quantities. And the body care industry is like the wild West.

You know, this was what Brian Vesely told me when I interviewed him, who's an expert in this area, who's actually who actually, designed and sells organic, nontoxic, you know, face creams and, sanitizers and things like that.

Because he saw the industry was so polluted and it's like he calls it the Wild West. There's no regulations. They can basically put whatever they want on the bottle.

And if you read the back of the bottle of most of your shampoos and lotions and creams and everything, it's filled with chemicals, preservatives, you know, all kinds of toxins that are known to cause cancer.

All right. So even though the FDA might say they're safe because they're in small quantities, right. Even though we know most of these chemicals cause cancer, the problem is it's not small quantities.

When you add it up over the course of a year or ten years or 20 years, the average woman in America absorbs nearly 5 pounds of makeup and lotions and body care products into her body every year.

That's 5 pounds. Go pick up a 5 pound weight of chemicals going straight into your bloodstream, directly contributing to chronic inflammation and cancer cell growth.

So what's the solution here? Do what I and my wife and kids did years ago. Swap out all body care products for 100% organic, plant based, non-chemical products.

You have to read the ingredients. You got to be diligent here. You got to make sure they're all natural. No chemicals and preservatives. And nowadays, because the demand is increased, you know, due to more health intelligence from healthy people like yourself or people who are more dedicated and committed to their health.

What's beautiful is that the prices have gone way down and it makes them much more affordable, affordable. But again, you can't look at the front of the bottle, front of the bottle means nothing.

Trust me, front of the bottle means nothing. Do not look at the front of the bottle anymore. Unless you're looking for organic and no chemicals, no pesticides, you know, hundred percent organic, 100% clean.

And really, the only way to know for sure is turn the bottle around, read the ingredient. Okay, so really, don't wait another minute. Please go to your cupboards, throw away all the chemicals right now and go to your local health food store.

Or you can jump online. Get what you need that only has 100% organic, chemical free ingredients. This is a big one. Okay? And it will make a huge difference for your healing in the long run.

All right. So we've got that taken care of next one animal products. We've already talked about this briefly but now it's time to get serious. Remove all meat and dairy from your diet.

Go ahead. Just just throw it out now. Right now give it your dog or or just throw it away. Your body will thank you in the long run, right? The next module is all about the most healing and rejuvenating diet for preventing and reversing cancer and living longer and disease free.

So, you know, you don't have to worry. You're going to learn how it's possible to eat incredibly healthy food that's also delicious and makes you totally satisfied and satiated, just as I've been doing since 2010.

But for right now, just know if you want to stop making cancer in your body, then you've got to stop eating meat and stop drinking dairy today. Okay? And if you're still not convinced about that, go join the Health and Healing Club Health and Healing club.com and go listen to Doctor Joel Furman, Doctor Thomas Loadie, Doctor James Sheridan, Cyrus Campbell, Ocean Robbins, Chris Work and Elaine Gibson, and many others that are continuously going in there.

Listen to them talk about detailed science and proof of why we must stop eating meat and dairy. And what will you replace meat dairy with? You're wondering simple, fresh, whole plant foods, thousands of possible varieties from every major healthy food group, including legumes, berries, fruits, vegetables, healthy grains, herbs and lots, lots more.

Again, we're going to go into depth on the best anti-cancer fighting diet based in science. In the next module. And I'm sorry to burst your bubble ahead of time.

It's not keto. Okay, so but make sure you attend that module because it's really important. But let's move on the next step stop buying processed food.

Check all of your dried and packaged foods like cookies and crackers and chips and pasta and ice cream and pizzas and everything. Package and process.

And if the ingredients have names of preservatives or chemicals that sound like they were made in a laboratory, that's because they were. Most chemicals cause cancer, gluten, preservatives, most preservatives, dyes, sweeteners, and pesticides that you find in processed foods either directly cause cancer or contribute to cancer cell growth.

The only way to get these out of your body and allow your bodies the opportunity to fully heal is to stop buying processed food and any package and dried foods, unless they are 100% plant based, hundred percent organic, and 100% preservative free.

What options does I give you, you wonder? Thousands. Okay, not to worry. The market for truly healthy food is growing every day because of people like you and I who vote with our dollar when we buy and or grow the foods that are truly healthy for us, companies have no choice but to listen.

Not only make them more options available, but make them cheaper as well. Okay, next step reduce sugar exponentially. Sugar feeds cancer cells. Sugar feeds cancer cell growth.

There's no debate about this. Doctors even use radioactive sugar to find cancer in your body. Why? Because cancer thrives on sugar. But our bodies also need sugar to survive.

And the biggest difference here is that process sugar like corn sirup, agave, white sugar, coconut sugar, cane sugar, barley malt, brown rice sirup, caramel, and so on.

All spike insulin levels leading to an inflammatory response and ultimately feeding cancer cells. But healthy sugars. Here's the big difference sugars that come in the form of carbohydrates in fruit and vegetables and beans, and healthy grains like quinoa or the exact form of sugar.

Our body needs to thrive, and they come with a whole host of minerals, vitamins, and fiber. That's needed for our immune system to function at its higher levels.

The sugar you have to reduce in your diet is any sugar that is extracted from its original source and added to a product. When you eat anything packaged, make sure the sugar content is below five grams per serving, especially if you're just having one serving.

And if you really want to heal quicker, don't eat packaged foods with added sugar. What so ever. Only eat just about knock that off. All eat. If you can talk a little bit passionate about this subject, you know, 15 years in the field of studying and researching and learning about this, I get really excited about it because I know it changes people's lives, but only eat whole plant foods that have their natural, healthy sugars intact.

Okay, again, next module. We're going into so much depth on that topic. But next chemical toxin, you know, cancer causing, carcinogens to get out of your life, out of your fridge are things like processed drinks and alcohol.

We're talking about sodas. Perhaps most sports drinks, even fruit juice are all filled with not only sugar and a lot of processed sugar, but also chemicals and preservatives that can lead to cancer.

Alcohol is also a known carcinogen that can absolutely lead to cancer. Remove these things completely. Replace them with herbal teas, fresh vegetable juice and water water, water.

Mercury Fillings and Final Cleanup

The body needs lots of water to help it heal itself, and fresh fruits and vegetables are not only full of healing nutrients that fight cancer, as you're going to discover, but they are filled with water that helps your body function at its higher levels of rejuvenation.

So drink lots of water and get lots of water from your fresh fruit, berries, and vegetables. The next step is to reduce your EMF exposure. Emfs from Wi-Fi, cell phones, and computers have all been linked to an inflammatory response in the body.

Ultimately, as we know, chronic inflammation contributes to cancer cell growth. Okay, so while you might not be willing to do away with these completely, you can do a number of things that I do every day that will reduce your exposure exponentially.

Remember, everything counts. Every little thing you do counts, especially when you start stacking one thing on top of another. Yeah, this huge plethora of, you know, cancer fighting lifestyle choices that you're making every single day.

So one, stop carrying your cell phone in your pocket or on your body as often as possible. When I'm not using it, it's on a table away from me when I'm working at my desk, you know, it's over here or even on the desk next to me.

Like, right now I'm filming this. My phone's over there on a different desk. Okay. When I am in the car, my phone is out of my pocket. It's on top. You know, when we go hiking, I put it on airplane mode.

I turn it off, I turn the signal off. We do all kinds of things just to keep your body. Keep your phone away from your body as often as possible. Okay.

The second thing you can do is use a grounding or what's called an earthing mat for your feet, especially if you're at a desk during the day or you're just, you know, sitting somewhere during the day where you can have your feet on the ground, you got to make sure it's your bare feet.

But this grounding, this earthing mat actually plugs into, you can actually take a wire and plug it, stick it in the ground outside, then you're earthing mats inside, or you can plug it right into your, grounding, rod within your, outlet.

And that connects to the grounding rod that's actually attached to your house. So you're grounding to the earth. So what does that do? It has been proven to help, reduce inflammation and increase your natural antioxidants in your body.

Okay. So when you're in front of a computer, it's full of all this Wi-Fi and all this, you know, emfs that are coming off. Get yourself grounded. It's going to it's going to help you in that, in that working environment.

Okay. The next thing I do every night is put my, my phone on airplane mode at night, okay? And then I unplug the Wi-Fi router. So phone on airplane mode.

I can still use the alarm for the morning, but I'm not getting all those emfs and then unplug Wi-Fi at night. For example, I actually hooked up my router to a power strip, so all I have to do is click the button off at night and then click it back on in the morning.

That's at least think about this eight hours a day, you're reducing your EMF exposure. That's 2920 hours per year with significantly less EMF exposure.

That's massive. And guess what? It takes three seconds to do these things. Three seconds to put your phone on airplane mode and and, turn the button off on your router or unplug your router at night and it takes three seconds to turn it back on in the morning.

Guess what? Thousands of hours per year you're reducing your EMF exposure. The next one reduce pollution exposure. You know, let's say you live in a city and you're exposed to toxic fumes every day.

Well, if you have cancer, I encourage you to highly consider moving to the country like Elaine Gibson did. And if you can't do that, or you're just not willing to do it, then make an effort to get outside.

Go walk through a park, go to the forest. Go to a hiking trail outside of the city as often as possible so you can breathe out fresh, clean air every day.

Fill your lungs and your cells with healthy air and oxygen that's hard to find in our overpopulated and toxic cities today. Now think about this. This was a NASA study that was done.

Additionally, NASA found that one plant per year and there's living plants. Not dead plant, not not fake plants. You know, this guy needs a little love. He needs some more light.

But he's still surviving one plant per 100ft² of living space in your house. So do the math. It's really easy. One plant. I think we're almost because my wife's been going crazy on plants lately, which I'm super grateful for.

I think we're like at two plants per 100ft² now, which is even better. One plant per 100ft² in your house will drastically remove the toxins from the air and help you breathe clean, fresh, healing air every day inside your home or your office.

Okay? And in addition to plants, you know there's really great air purifiers. I'll give you some links, to one that I'm actually using right now that will help to clean up the toxins from the air that you breathe every day.

So you can have the plants and the air purifier going like we do. And, you're going to be getting a lot cleaner, oxygen cleaner air into your body as you breathe every single day, especially if you're spending a lot of time indoors or if you live in if you live in a city and you know it's just going to help your body heal.

All right. So the next thing is you need to remove pollutants just as we're removing pollutants from the air. We need to remove pollutants from your water.

And city water is often filled with heavy metals, lead, chlorine and even pharmaceuticals, poisons and drugs that have been flushed down, you know, people's sinks and toilets and so forth are washed from the streets into the waterways, you know, contaminating, the water in the ground.

All of this adding to the onslaught of inflammation in the body. So here's what you can do. You can start with a reverse osmosis filtration system and then ideally get a water system that puts minerals back into the water.

And you can also get devices that put hydrogen into the water. I'll put a link to a hydrogen bottle I'm using, and devices that make the water alkaline, which are known to help increase antioxidants and reduce inflammation.

All right. So clean up the water. The next one. And this is a big one. It might take a little more time and money but it's important. Carpets all chemical based fire retardant carpets and rugs should eventually be replaced with natural woods, not chemical woods, or replaced with organic, non-chemical carpets.

The VOCs and chemicals that come off the carpets fill the air you breathe in the house every day. And yes, a whole bunch of healthy plants around the house will absolutely help.

As well as a powerful air purifier, air filter, is going to help. But at the end of the day, removing the chemical filled carpets completely will give you peace of mind as well as clean air to breathe.

Okay. And replace them with just organic, handmade carpets. Now, I know, you know, that's that's an investment, but it's an investment into your health.

So the the cheaper, faster, easier thing to do. Plants air purifier. You can get that done right away. The the more intensive thing that'll take more time and money is getting rid of the carpets, replacing with wood floors or all organic natural carpets.

But again, you do everything you possibly can. This is your health and your life that we're talking about. Okay, so do what you can with what you have.

And and you're going to see, you know, drastic improvements. You're going to be more equipped and more empowered to actually take back control of your health, as we've been talking about in the previous modules.

And here's a final culprit in this list. All right. Even though it's not the final toxin that you'll run into in your life, this is a huge one. It's one of the most important of all.

And that is mercury. Mercury fillings in your teeth are known carcinogens and are extremely dangerous to your body. Mercury causes cancer, and the mercury from your dental fillings excrete into your bloodstream and add insult and injury to your cells year after year.

How dentists have been allowed to use mercury feelings I have no idea, but there's only one way I know of to get them removed, and you need to get them removed.

And that's where a holistic dentist or biological dentist removing mercury fillings can cause toxic excretion, even in removing them. So you need to have someone who really knows what they're doing.

But here's where I can tell you. There's a number of stories I've read, documentaries I've seen, and recently interviewed Warren Phillips, who's a toxic clean up scientist on this subject.

Exactly. And it is clear and the science is clear, that mercury causes cancer.

Preparing for the Next Module

And in many cases, when patients get their mercury fillings removed, especially by a biological dentist who knows what they're doing. Whole host of chronic illnesses can heal.

I mean, I've seen people heal chronic back pain, you know, autoimmunity, different neurological disorders and cancer, have been healed when people remove the mercury fillings from their teeth.

So what I encourage you to do, look up a holistic or biological Dennis in your area and, go see what it's going to take. And what it's going to cost you to get that mercury out of your mouth as soon as possible.

This is one of the most I mean, think about it. It's like you have a cancer causing element in your mouth every single day dripping into your bloodstream.

You know, if you're going to spend money on something, this is one of those things that's going to give you drastic results. But again, needs to be a biological or holistic Dennis, that really knows what they're doing and can do it safely so that you don't get excessive toxin exposure as they're removing them.

Okay. And then they can use safer, healthier forms of fillings nowadays that don't have mercury and are primarily toxin free. So that's it. Majority of the major cancer causing culprits that make the biggest difference in your health can all be summed up in just about 12 major items.

And here's the cool thing 80% of them are all simple, fast, and free or cheap to do, right? So please go ahead. Download the Cancer causing culprits checklist right now, print it out and take the next couple of days checking off as many of these as possible.

Some of them are new habits you need to create. Others are some actions you need to take. But once you've done

it, at least 80% of them you're well on your way to living a healthy and cancer free life.

Remember, these things are the foundations for true health. If you don't do these simple but powerful steps, how can you ever expect to heal? You know, and I know it can seem overwhelming.

There's a lot here, and I'm asking you to make some serious changes in your life, changes that you may have even thought about for years, or changes that you've never thought about or even knew you should make until now.

So, you know, believe me, I know it's not always easy. But here's the thing it will be worth it. Removing these cancer causing elements from your life will not only give you peace of mind, but will give you your life back.

And I know that's what you what I really believe you want to feel better, live longer, have less pain, enjoy. Enjoy life more fully and you can do all that when you're healthy, right?

So just the fact that you've made it this far in the masterclass tells me you're serious about your own healing. You're serious about transformation, you're serious about your health, and you're serious about making the changes that are necessary to truly heal. So I do commend you, I congratulate you, and I encourage you.

Download the checklist. Now get rid of as many cancer causing agents as you can right now and then let's move on to step five. Be a step five is powerful.

This is where you're going to learn exactly what it takes to nourish and rejuvenate your body, turning your body into a true cancer eliminating miracle.

So next module is critical to your healing journey. And as you've discovered, removing the things from your life that cause cancer are foundational to your health.

But just as important are putting the things into your body that create true healing and rejuvenation. And that's what we're going to cover next. Okay, so once you're ready, let's dive into module six, which is step number five.

All right. Here we go.