MODULE 6 - Step 5 Nourish and Rejuvenate the Most Scientifically Validated Anti-Cancer Solutions Transcript

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Introduction to Module 3

Welcome back to becoming cancer free. I'm Nathan Crane. I want to thank you for joining me in module three. Step number two of the seven step blueprint for taking back control of your health and giving you the foundations needed to support you on your healing journey.

As we covered in module one, this masterclass is based on 15 years of my own research, experimentation, and interviewing the greatest minds in the fields of health and healing.

In my introduction, we talked about how most medical doctors simply are not taught the foundations of health, and they're unfortunately ill equipped to help people actually heal from chronic disease.

You know, most medical doctors are masters when it comes to acute trauma care, right? Like treating a gunshot wound or an organ rupture. But when it comes to metabolic lifestyle related diseases like cancer, they unfortunately are not taught the foundations and principles of both what cause cancer and how to prevent it and eliminate it.

Now, there is an exception to this, and those are the medical doctors who recognized in the field of conventional medicine. They were practicing. They were not actually helping people heal from chronic diseases like cancer.

They're just prescribing more and more drugs, adding more fuel to the fire. And they were somehow, to some miracle of grace, awoken to the fact that there is a better way to actually help people prevent reverse disease using more natural, holistic and integrative methods.

And then they left conventional medicine to actually help people heal. And after decades of firsthand clinical experience, they discovered the blueprints for true health and healing.

And those are a number of the experts I've had the privilege to spend a lot of time with over the years, and get to share their decades of wisdom and experience with you during this masterclass.

You know, we also talked about the very low bar that is set in the medical industry for what constitutes even being a cancer survivor. And if you didn't know what that is, here's what it is.

Why Conventional Cancer Care Falls Short

If you're still alive after five years from being diagnosed, even if you still have cancer at that point and those years were extremely challenging for you, you are considered a cancer survivor.

Did you know that even after still having cancer, after five years of being diagnosed, you're considered a cancer survivor? I mean, if you're looking at the bar of standards that's way down here, it's way too low in my opinion.

And the problem with that is that, let's say over those five years, you're doing conventional treatment, chemotherapy, radiation, and it completely destroys your way of life exactly like it did to my grandpa, who suffered in tremendous pain in the last months of his life.

And it could be making you debilitated and depressed and and let's say you live past the five year mark. You're considered a cancer survivor. Well, we're not going by those incredibly low standards here.

When I share with you the information and the stories from the cancer survivors during this masterclass, they are people who actually became cancer free and are living without cancer any longer, using natural, holistic and

integrative approaches.

We also talked about the largest study ever done on chemotherapy and how it has a near 98% failure rate, which is a 2.3% success rate averaged across 20 different kinds of cancer.

And yet, chemotherapy, along with radiation surgery, are the top three methods of choice by conventional medical doctors. And then in step one, module two, we talked about the three principles for how to take back your power, activate your innate healing capacity, and be committed to the journey of healing.

I shared with you a very simple yet powerful and scientifically validated strategy that takes one minute every day, twice a day, to activate your inner healer and take back your power.

I hope you've already followed through with that simple but powerful strategy, and are already practicing it twice a day, stacking it as I taught you.

If you haven't watched module one or module two yet, I highly encourage you to go watch them before you move on. They are pretty critical in laying the foundations for your healing journey and the foundations for this masterclass, which we will build upon over the coming modules.

So if you're ready, let's move on to step number two. I'm very blessed to have been building my own Integrative Cancer Success team since around 2013, and I have dozens of world leading experts, cancer coaches, and cancer survivors.

I can literally dial at the touch of a button if I have a question or concern about anything related to healing. Over the years, I've interviewed, hosted at my conferences, promoted at my summits, wrote about my articles, filmed for my documentary, hundreds of experts from all fields of health, from renowned neuroscientists like Mark Robert Waldman to naturopathic doctors like Doctor Michelle Sands and Doctor Peter Glidden, to holistic and integrative medical doctors like doctor Lee, Aaron Keneally, doctor Francisco Contreras, doctor Diana Flavin, Doctor Joel Furman and Doctor Thomas.

Loading to Doctors of Oriental Medicine like Doctor Robin Benson and Doctor Nalini Chekov, to PhDs and MPH and diabetes experts like Cyrus Campbell and Robbie Barbara to emotional healing and behavioral scientists like Marissa Peter, Greg Braden and Bruce Lipton to energy medicine and spiritual masters like Diana Eden, Master Ming Chang, GU Lee Holden and Doctor Roger Janka to cancer survivors like Elaine Gibson, Chris Work and Doctor Veronique de Sonia.

And the list really goes on and on. At the touch of a button, literally, I can have just about any major health expert on the planet, on the phone, on email, via text or video conference and ask them anything I need to know about health and healing.

You see, this has helped me become so confident when it comes to healing chronic disease that I know I and my family will always be covered.

Building an Integrative Success Team

No matter what's going on. Whether someone in my family, wherever to get diagnosed with cancer, diabetes, heart disease, autoimmunity, or neurodegenerative disease.

I know we can get access to the greatest minds in the world who work hands on helping people reverse chronic disease every single day. And please know I'm not saying this to boast about my status whatsoever.

I'm saying this to help you recognize that what I'm sharing with you in step two is incredibly important for you. If you want to have the confidence, the knowledge, and the support system needed in battling any disease, especially cancer, and there's something I've personally been doing for years, not only to educate myself and my family and help us live as healthy and as long and as happy as possible, but to help share centuries worth of hard earned

wisdom with more people around the world, shortening your learning time exponentially.

Now, that doesn't mean you have to go out and spend thousands of hours researching, sifting through, and curating information from hundreds of experts and survivors, compiling their wisdom and expertise.

Like, I have the good news. I've done a lot of that legwork for you. But what step two is all about is making sure you have at least three experts in your corner at all times to lean on, glean information from, and support you through the challenging times.

Why three can you have more than three or less than three? Well, the simple answer, of course, yes, but having at least three experts in your corner on your Integrative Cancer Success team is important for a few main reasons, and you might want to write this down.

The first is that someone is not available when you need them. You have backups to call upon. You know when shit hits the fan, which, when dealing with any kind of chronic chronic diagnosis is certainly can from time to time.

Having the additional support team person to call upon will not only reassure you, but help you stay on track with your healing plan. And yes, by the end of this program, you will have mapped out an entire healing plan specifically for you to follow as you move forward on your own healing journey.

The second reason, and please write this down, is that for minds working together for your betterment, right? Which is your mind plus three others is always better than one.

When we sit down by ourselves, meditate calmly and focus on finding the solution to a challenge, we can always get the answers. I mean, I've done this for the past 15 years and have found it's incredibly effective in my life.

But the simple truth is, we're not always able to be calm, centered, and focused, especially if something fearful, annoying, painful, or aggravating is bothering or distracting us, right?

I mean, that takes years of practice to be able to calm yourself in the middle of chaos, pain, or intense emotional challenge. Is it possible? Absolutely.

I've trained myself to do this over the past 15 years. Is it achievable overnight or in only a few months? Maybe, but not likely. And even so, with this ability to calm myself in the midst of chaos, I still have and will always have a success team around me to learn from and lean on for the rest of my life.

And I really believe you should have that success team supporting you as well. So what happens when multiple minds come together to work towards a common goal?

We call that a mastermind, right? And to join a mastermind group can cause hundreds, even thousands of dollars a month. Whether it's a health mastermind, a business mastermind, a financial mastermind, or a political mastermind.

It has been one of those surefire ways for thousands of years to achieve monumental tasks in a short period of time, and reversing cancer can certainly be a monumental task.

Depending upon how far along your cancer is. That's one of the reasons I built the Health and Healing Club. So the everyday person dealing with chronic disease can access all of the great wisdom and expertise that I've been so lucky to have access to.

For years, the Health and Healing Club allows anyone to get access to all of these experts. I've been referencing every day of the week. Listen to the interviews I've conducted with them, ask your own questions during the Q&A sessions, and educate yourself without having to do thousands of hours of research.

You log in, you watch an interview, you download a transcript and move on to the next at your own pace. And I've made it accessible to anyone and everyone at literally that.

Less than a cost of a cup of coffee per day. This is a great starting point for anyone on their healing journey, and a great resource for everyone wanting to learn the deeper truths, strategies, and methods for healing cancer and other chronic diseases.

You can take a look at that. Sign up on your own time by going to Health and Healing club.com. I highly encourage you to, you know, pauses. Take a moment.

Go set up a free account that's Health and Healing club.com. It only takes you a couple of minutes and then you can come back and finish this module. Okay so let's move on.

The third reason why you want to have an integrative success team is because you get to learn from a variety of experts who have gone deep into their respective profession.

The deeper someone goes into a singular area of subject matter, the more knowledge, experience, and wisdom they gain, right? So what might your success team of three look like?

Well, here's what I encourage you to look for. Colleagues. The four key traits for your healing team. And please write these down. These four key traits include diversity, expertise, specificity, and collaborative.

And I'll go through each one so you can follow along here. Number one for diversity you want your experts to be diverse in their training background. And here's what I mean by that.

So write this down. Number one diversity diverse in their training background. Meaning there's not much good to have three naturopathic doctors in your corner since they all have a similar foundational training area of expertise, and they drop everything for more bang for your buck, if you will.

It would be better to have an n d, a naturopathic doctor, a holistic MD, a holistic medical doctor, and an emotional healing expert, rather than three MDS or three and D's or three emotional experts.

Right? So number two, write this down for expertise. You want experts who have years, ideally decades of expertise in their respective fields, not only doing research and compiling data, but have hands on experience actually helping people reverse disease.

So again, number two expertise. You want your experts to have years and decades of research, but also experience actually helping people reverse disease.

Number three write this on specificity. Specificity. You want experts who are very specifically trained on treating your disease. Meaning if you don't have diabetes, you might not need to bring on a diabetes expert.

But if you do have diabetes along with cancer, you want to make sure at least one of the experts on your team has expertise in helping reverse diabetes.

Four Traits of the Right Experts

Not a few months of training and teaching expertise, years of hands on experience. And finally, number four, you want your experts to call this collaboratively.

You want your experts willing to collaborate and play well with others. Write that down collaboratively. Willing to play well and collaborate with others.

Other experts in various fields. This is really important and here's why. You want to make sure your three experts are willing to talk to one another.

Share reports and findings and data with one another and be open to working together, learning from each other, and helping each other grow not only for your personal betterment, but for theirs as well.

Right? Because if they grow and contribute, they'll be even more, engaged and passionate, inspired to help you grow, right? So what are some questions you want to ask when interviewing experts?

You are invited to join your team. Now firstly, recognize that yes, this is your team, right? You are interviewing them to join your team, not the other way around.

This is a critical mindset shift here and if they don't like that then they're not right for you. Okay, remember you are the client. You are the patient. It is your life.

It is your healing journey. It's not theirs. If they are someone who's being in true service to you, their patients, or true service to their profession and to their oath to do no harm, then they will listen to you, respect you, and honor your wishes.

And if all they want to do is push you around, scare you, and command you without listening to you, or taking your requests or questions to heart, then they're probably not right for you.

So move on. There are thousands of specialists in the world, more than enough to find the ones who are right for you, and it is worth putting some time and energy into making sure your success team are the right people for you.

Because come on, this is your life. We're talking about. This is your life, right? Your future, your health and healing. Your family depends on this, on having the right people in your corner guiding you people you can trust, people who care about you.

So it is worth the time and energy to put into this step. You know, building an integrative success team. It'll cost some money and remember anything worthwhile, especially when it comes to your health and your life will take some form of investment, whether time, energy and money.

And usually it's all three. But what if you can only afford one expert on your team? Then write this down. Make sure they fit all four key traits of diversity expertise, specificity, and collaborative ity.

Now here's a great example of someone who fits all four of these key traits. Doctor Lee Erin Keneally. She's an integrative MD with a large integrative healing hospital in California.

She not only has the ability to treat patients using the latest medical procedures, but she herself has an entire team of health professionals. Do you get access to when you hire her?

Everything from nutrition and exercise experts to naturopaths, lymphatic massage, ozone therapy and a lot more. And that's also true for someone like Doctor Francisco Contreras, who has an integrative hospital in Mexico.

And again, it's true for someone like Doctor Thomas Lodi, who has an integrative cancer centers, both in Arizona as well as in Thailand. So back to money.

Working with these guys might not be cheap as you not only get their expertise, but you get their incredible team and their millions of dollars worth of advanced healing equipment.

You know, the question is, would it be more affordable to go with one of them in their team than it would be to get something like conventional treatment from a regular oncologist who only knows drugs and radiation and surgery?

In many cases, that answer is yes. And even if you don't get treatment from them at their facilities, they just like many others that I work with and have learned from and who are part of our health and healing club, such as Doctor Peter Glidden, Doctor Natalia Chill Cove, Doctor Joel Furman, doctor Rashid Bhutto, Doctor Dana Flavin, Elaine Gibson and a lot more.

Can coach you over the phone or video conferencing to help guide you through your own healing journey, right? You don't even have to go in person in a lot of cases.

And in some cases, depending on how far along your cancer is, you might want and need some in-person consulting, some in-person treatments. Right. But that's going to be up to you and who your, success team is and what they're guiding you to do.

And the truth is, coaching and consulting with some of these folks cost pennies compared to in-person treatment anywhere. But if it were me and I were building a three person team, here's the three main experts I would want on my team.

All right. Write these down. Number one, an integrative, functional or holistic M. D., an integrative functional or holistic M. D.. Why? Because an M. D.

has access to certain aspects of medicine that no other expert or doctor can access. And why a holistic M. D. or an integrative M. D. or a functional medical doctor, because they have extensive training in natural medicine on top of their conventional medical training.

So when you're talking with them about diet, exercise, herbs, supplements, energy medicine, ozone therapy and so on, they're not going to look at you like you're a blue alien from another planet, right?

They're going to understand what you're talking about.

Nine Questions to Interview Your Team

And in many cases, they're going to even prescribe those things for you. Some fantastic MDS I know and who are part of the Health and Healing Club and who I personally trust.

Their advice are Doctor Joel Furman, Doctor Rashid Bhutto, doctor Lee, Aaron Keneally, doctor Thomas Loti, Doctor Francisco Contreras, doctor Antonio Jimenez, doctor C Neil Pi and doctor Dana Flavin.

Now, the second expert I want on my team is a naturopathic doctor, otherwise known as n d or a Dom, otherwise known as a Doctor of Oriental Medicine. Either one of these an n, d or a Dom.

And here's why. Because they're much more extensively trained in natural medicine, therapeutic botanicals, ancient medicines, and effective plant medicines that have little to no side effects and can help you heal naturally and live longer without the harmful toxins modern medicine has.

So some great NDEs or Doms I know personally, our doctor Nalini, Chuck of Doctor Michelle, Doctor Michelle Sands, doctor Roger Junker, Doctor Daniel Newsom and Doctor Veronique.

This on here all who are part of the Health and Healing Club as well. And now write this down. The third expert I want on my Integrative Success team is in emotional healing and or spiritual healing.

Expert. Why? Because one of the most important aspects of healing cancer, as you'll learn deeply about in step three is mental. Emotional, spiritual healing.

Someone trained in transpersonal psychology, hypnosis, and or subconscious reprograming is ideal. This is not easy work, and it's definitely not something for the faint of heart.

But if you truly want to heal and find inner happiness and inner peace, ultimately leading to physical healing is a byproduct. It is absolutely a necessary part of your journey.

So important. Some great examples of experts who embody these traits are people like Marissa, Pier Master Ming, Tang GU, and even Tara Brock. So when designing your team, put some really careful thought into it.

Make sure they fit these four key traits. And then during your interview process of them, remember you're interviewing them, not the other way around.

Ask them the nine interview questions. There's a PDF you can download of this, but I'll go through them with you right now really quick. And this is exactly how I would ask them.

When I'm talking to them on the phone, I would talk to them, say, here's my condition, here's the stage, here's what the doctors have told me. And then I would immediately go into interviewing them and ask them these nine critical interview questions.

First one, how have you successfully helped anyone else with my stage of disease? Reverse it completely. Have you successfully helped anyone else with my stage of disease?

Reverse it completely. And remember, as Doctor Thomas Lodi says, cancer is cancer is cancer is cancer is cancer is cancer. The only difference is the word before the word cancer which is location, pancreatic, bladder, liver they're all cancer, cancer, cancer.

Right. So what he does when he's working with patients, and obviously there's some personalized medicine that's needed for everybody depending on, what's going on in your life and your genes and a lot of other things.

But when you're looking at cancer, it doesn't necessarily have to be. Did you help anyone else with my exact type of cancer reversed it? Right. Because the causes and conditions of cancer and the solutions and environment for not only preventing, but reversing cancer are so similar for all cancers that it doesn't have to be specifically for your cancer.

I'm talking about your stage of disease, right? Did you help anybody else reverse? Someone who has the same stage of disease as mine. I have stage four cancer. Stage three, whatever it is. Right.

The second question, what were the key areas that you focused on that helped that person reverse the disease? What were the key areas that you focused on to help that person reverse disease?

Why would you ask this question? Well, because you want to know what they're versed in and what their, toolbox is full of and how they approach it. If they say, well, we just did surgery and it was gone, you're like, well, I don't think I want surgery, right.

You might ask again, is there anybody else you've helped, you know, reverse, cancer with my similar or same stage of disease other than surgery. Right.

Or maybe surgery is exactly what you need. And and it's so early enough in your cancer that surgery with a holistic approach is exactly what you need.

Right. Or cryotherapy or, you know, there's a lot of other integrative approaches a single pharmaceutical like Elaine Gibson uses. I talk to you about, in the previous module.

So getting this information is critical. The third question, how long did it take? How long did it take to help this person heal? How long did it take this person to heal themselves?

The fourth question what are your main areas of focus and expertise as a professional? What are your main areas of focus? Where do you passionate about?

What is your specialty as a professional? Next question what kind of support and treatments can you help me with? Even if I can't come to your clinic in person?

This is an important question, you know, because maybe it's finances. Maybe it's a pandemic. Maybe it's, you know, you're too weak or too much in pain to travel, whatever it might be.

So knowing what they can help you with while you're at home or while you might, they might refer you to someone more locally is really important. What can they help you with? If you can't come into their clinic in person?

This is important. Let them know that you're building your integrative success team. You could say something like, I'm building my integrative success team, and I'm looking for experts who are willing and open to collaborate with other experts, of course, following all the HIPAA laws, but to share information, data and reports with one another based on my personal request and work together to not only help me find my best healing path, but to help all of us learn and grow in the process.

Is this something that you're open to doing? So you can ask him that question. You can shorten it in something, say or sum it up and say, in short, are you willing to collaborate with other experts that I bring on to my team?

Really important question. Make sure they're collaborative, right? They need to fit one of the four key traits. They say, no, I work alone. I won't work with anybody else.

Okay, sorry, I'm building my success team. You're not right for my team. You might open their eyes. They might start to become more collaborative. When you deny them.

You know your service, your. You know when you do deny them. You being a patient for them, right? And they might go, well, maybe I should collaborate with others.

Another question. What kind of cost am I looking at long term working with you? What financial options do you have? Do you take insurance? What forms of insurance do you take and what do they cover?

There's some practical questions they might not be able to answer all this for you immediately. They might have to put you in touch with someone else on their team.

But these are questions and they may not be able to tell you, specific financial number, but the more you dig, you can say, look, I'm not holding you to a numbers.

I'm just looking at for my stage and what you know, you think we can do to actually heal long term. What am I looking at? Is it a range? Give me a range.

Are we looking at 10,000 to 20,000? We're looking at 5000 to 15,000. We're looking at 50,000 to 100,000. I need to roughly know a range of what we're looking at.

And I know those numbers can change. Right. And then go into the practical questions. You take insurance with forms of insurance. Let's find out. If you take my insurance then what will my insurance cover.

So start going into those detailed questions as well. And they'll likely have a form for you to fill out with them. Go ahead and do that as well. So they have all your information upfront.

Another question. Do you have an option where I can call you at any time? If I'm having an emergency or need an expert to talk me through an important decision, right.

Some and many experts, you can either call them, on their personal cell, or they have another highly qualified professional on their team that you can call them in, at the time, if you have an emergency.

And this is important, you know, if you're going through an emotional emergency or you're going through a physical emergency or you're going through something that you know it's not, you don't need to call 911.

Not that kind of emergency, but it's like, you know, it could be a crisis. It could be mental emotional crisis. It could be, man, I don't know what's going on with my body.

Is something really weird's going on? It could be whatever it is. You need to talk to them urgently and you can't. And it's a Saturday morning and you can't wait till Monday kind of thing.

You know, it's good to know that you can reach out to them.

Finding Support and Next Steps

Right. And then finally, this is the last question I would ask if we started working together today. What are the first steps you would have me go through?

So it's good to know, you know okay. So if we if I want to move forward with you bringing you on in my team, what are we looking at? Do I have to come there in person?

Can we do it over the phone? Do I need to get some testing done? So what are the first steps you'd have me go through to find that out? So at least, you know.

So now that we covered these, so you understand, you know, the underlying essence of why asking these questions. Go ahead and download the PDF with these questions.

So you have them handy. Right. And I highly encourage you to ask each one of these questions to your experts as you're interviewing them. And then after asking all these questions, make sure you write down the answers in your notebook so you can reference back to them.

Include the name contact info of the expert and let them know you're interviewing other experts and you'll get back to them with additional questions.

Again, this is all part of taking back your power. Your power to heal. Your power to make decisions for yourself. You don't have to make a decision on your first call, and I encourage you not to.

I encourage you to make the call, ask the questions, and take some time before you decide. Give it a few days. So give your own inner reasoning and intuition some time to assimilate the information you've received from the phone call.

Far too often, either in a state of anxiety, panic, fear, or even excitement. We make decisions that later we come to regret. Don't put yourself in that position, okay?

Say thank you. I will be in touch. Goodbye. Sit on it for a few days, a few days. It's going to be fine for you to decide. So where can you find experts that meet?

You know, all the standards and the key traits that we've been talking about. You can go search online, Google or wherever, Yahoo or wherever you search, right?

Or you can go inside the Health and Healing Club. You can listen to those experts and choose the ones you resonate with. The with the most, you can go there at Health and Healing club.com.

Set up your account if you haven't already, so you can immediately get access to dozens of world leading experts in all fields of medicine, who I trust and who I've learned from, and who I interview, and who are part of my team.

My my personal, you know, integrative success team. And what's really important here is please don't skip over this part of building. Your integrative success team is so important.

And even if you only start with one expert on your team and you just consult with them over the phone, it's critical that you have someone you can trust, someone you can get checkups and lab results from, someone you can call and ask questions to, someone who can help guide you through the challenging times, if even only once a week or once a month.

You can even find someone locally who you can go in and speak with and get testing done from time to time so you can go talk to them in person. Or you can work with experts remotely using zoom or Skype phone.

And you can send your testing in, you know, via mail, via USPS, via snail mail. With the internet, it's so easy today

to work with anyone just about anywhere in the world.

Doctor Dana Fullerton, for example, who is usually in the UK, works collaboratively with doctors all over the US to help patients implement effective integrative treatment protocols.

And she's amazing. One of the most incredibly well informed, well caring and affordable, affordable people you could ever work with. If you do work with Doctor Dan or Flab and Co Dawg, it's her nonprofit.

Tell her I sent you. If you decide to get in touch with her, she'll take good care of you. Now, even while building your team, I strongly urge you to continue going through this entire masterclass all the way to the end, because what you'll learn over the coming modules will give you the foundations needed when deciding which experts to have on your team, what diet, nutrition, exercise, supplements and treatment protocols are used by the best minds in the natural and integrative cancer fields, and what you should be focusing most of your time and energy on during your healing journey.

The remaining modules from this masterclass are also designed to lay out a map for you, a blueprint, if you will, one that's informed by my 15 plus years in the natural health field, and thousands of hours of research and interviews from the world's leading experts on the planet.

This blueprint, of course, is not a guaranteed cure, but it is a foundation based in science that will give you the pillars for creating ultimate health in your body and give you a fighting chance at turning this diagnosis around, and at the very least, add more years to your life and add more quality of life to those years.

Because I think that's what we all want right? And what if you simply can't afford hundreds or thousands of dollars a month it might cost to have, you know, three incredible experts on your team?

Well, that's exactly one of the main reasons I am doing this masterclass for you to make this information accessible and affordable to everyone, no matter the circumstance.

And that's why I've also created the Health and Healing Club so you can get access to the same experts I have access to for literally less than a cup of coffee a day, so make sure to finish every single module this masterclass, and at the end, you're going to fill out your holistic plan for health and healing, which is step seven.

And at the end of this you'll have a customized blueprint for your personalized healing journey. But don't skip ahead there yet. Go through these modules and we'll get there together.

So I have a question for you. Are you feeling supported yet feeling like you're not a blue alien from another planet? I hope so, I really do. I hope you're beginning to recognize that cancer doesn't have to be scary, that even though we all know we're going to die, there are solutions available to you that can extend your life and make your life more enjoyable, more meaningful in the process.

And that's exactly what we're going to dive into in the next section, how to train your mind and Body to Get out of fight or flight mode and start creating parasympathetic mastery, the mastery of your parasympathetic nervous system, which is a system that must be turned on as often as possible for your body to be able to fully heal itself.

So if you're ready, let's dive into the science and practical application of the nervous system to start accelerate your healing journey today. If you're ready, say yes.

Are you ready? All right, let's do this. Let's move on to the next module.