Navigate Your Cancer Treatment With An Integrative Approach Transcript

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Introduction to Dr. Tony Jimenez

Well, Dr. Tony Jimenez, I am so excited to have you here on the segment of a Cancer breakthroughs. You're somebody that I've looked up to tremendously.

You've really made a huge, huge impact in regards to integrative care for people struggling with cancer. I before we start, I just want to give you a short little introduction for so people know where you're coming from, you know what you do, where to find you.

Dr. Antonio Jimenez is the founder and chief medical officer at Hope for Cancer. That hope and that number for cancer treatment centers, a world leader at the the frontier of integrative oncology with locations and players, Juana and Cancun, Mexico.

He has dedicated his life to the study, clinical research and implementation of integrative strategies to treat cancer, chronic infections and immune disorders.

Dr. Jimenez is the author of Hope for Cancer Seven Principles to Remove Fear and Empower Your Healing Journey, a highly acclaimed book that has been used as a guide by many cancer patients seeking integrative treatment options.

Dr. Jimenez is one of seven physicians worldwide certified to treat patients with the Gonzalez Protocol. An avid educator, Dr. Jimenez, has shared his wisdom with large audiences across the globe, in person and through his free Dr.

Tony's Integrative Healing Webinar series. Dr. Jimenez, it's such an honor to have you here on this segment. Thank you so much. Thank you, Michael. Anytime we could do anything together.

It's such a blessing and my honor. So thank you for having me. Well, it is always, always such a joy. You always bring such a positive healing energy.

Just kind of you walking into a room. Yeah. You feel. You feel better. So it's. I can see how how you do well in this field. But you didn't start there.

I mean, you started as a traditional medical doctor. Why did you why did you move into this space? I mean, what what what took you there? Thank you. Well, there's two parts to the answer to that question.

What is one is God's plan for me, I thought I had my plan and I thought I was going to be a surgeon. I was going to study of Oxford Medical School where I got accepted, but God shifted everything.

And I ended up going to a very prestigious university in Latin America, which has been one of the heart of Mexico.

From Traditional Medicine to Integrative Oncology

And that's where I got my medical degree, and I was trained as a surgeon. So here I am on my path. And then my dad, who lived in Texas at the time, was diagnosed with pretty advanced prostate cancer.

And he was young. He was in his early sixties. And again, that shifted my focus. And my dad said, Son, please help me. And so I did. And fortunately, he lived to be 83 and passed away from heart disease.

So he was cured of the prostate cancer. And from then on, I was just, you know, following what the Lord's plan was for me and my life, because I had a prophecy and a prophecy.

And as my church in Pasadena, Texas, which is on the outskirts of Houston and the Lord just directed me into having a center where be this was the words that were prophesized to me, you will have a center outside of the U. S.

where many will come from healing. You will travel the world. You will treat all types of people from all socioeconomic classes. And this is going to be a healing center.

So, yes, you know, when the Lord speaks and prophesies as were used so powerfully, I just become an obedient servant. And and, you know, the rest is history, as they say.

And that's the thing is that, you know, when we as as healers get get out of God's way, so to say, meaning that we we just allow him to work through us instead of trying to interfere with our own intentions and thinking that this is how things should be done, but that we're open to allow him to do his amazing healing work.

And you're truly doing that. So I'm so thank you for that. Thank you, Michael. It's been such a pleasure. As you said, you know, any time I walk in to see a patient, the first thing we have to we have to communicate well with the patient.

They they must trust us. They must feel the love, the caring. We need to learn how to listen to the patient, not a five minute consult. I've succumbed to those five minute consult as a patient when I go to, you know, get seconds with the cardiologist. So it's a different dimension of healing that you're talking about and that you do as well as being there for the patient, then feeling that they're safe.

You know, there is hope and so, so important. That's the biggest part of the healing process. And when a person is dealing with cancer, there's some core components, core things that that's really important to address and to look at on their healing journey.

And in your mind, I mean, what what are those core aspects? And I know that they're beautifully outlined in your book as well. But, you know, for people to really kind of gain a grasp of what that is.

You know, we'll break that up into two parts. Also, as you said in my book called For Cancer Seven Principles to Remove Fear and Empower Your Hearing Journey.

And so those seven three key principles are nontoxic cancer therapies, 70% of our patients are come from all over the world, already have had conventional therapy, chemo, radiation, surgery, immunotherapy.

And so providing a nontoxic science based cancer therapy is the key. They're restoring their immune system. That's the second key principle, oxygen ation, because we know the cancer cells thrive in low oxygen, the gut microbiome.

But it's also it's also the microbiome everywhere or the dental oral microbiome, the skin microbiome. Now, for example, maybe it's a little change in subject, but we know that there's a brain spleen connection.

And so our thoughts are connected to our immune system. And that's where the principle of the immune modulation stimulation is so important. And nutrition, you know, there's some key nutritional components that we teach our patients detoxification.

Core Principles of Cancer Healing

And it starts again with detoxing our thoughts and our negative emotions. I always say that a negative thoughts can kill you faster than a bad germ, right?

So it's so important. And then, of course, the next the last key principle, which I think is the most important and it's the subject of my next book coming out in late 2023 on emotions and cancer is emotional and spiritual component of cancer.

So these are what we call the seven key principles, Michael. But in addition to that, in the last couple of years and hopefully cancer, we've developed what we call the 11 integrative hallmarks of cancer, because in the early 2002 thousand, there was a group out of the Boston College at MIT and Stanford that they would develop what are called the 14 biological characteristics of cancer, like inflammation, blood vessel formation of cancer cells, able to evade the immune system and so forth.

So there's 14 of them. Those are more biological, and the 11 integrative hallmarks treat more of the holistic aspect of healing the body, mind and spirit.

So if I could say very quickly, the 11 integrative hallmarks are broken down into four categories. One is the stomach dysregulation. So that's the dysregulation from the metabolism, energetic coherence, the compromised immune system.

The second category, again, emotional and spiritual imbalances. This has to do with chronic stress. We hear that all the time, right? Health stresses of the emotional terrain, the weakness of the spirit at one point, and that the weakness of the spirit.

This is things like embracing sin, inability to forgive, excessive self-pride, low self esteem, all these things that affect the spirit and therefore affecting the development progression and metastasis of cancer and any other disease for that matter.

Because you know, Michael and Madison, it's more about managing disease, not about getting rid of it. Right? Wrong. And so we have to shift that thought and what the work you do, the work we do.

Another colleague it's not about managing is bringing the body back to balance to homeostasis. And it starts first in the emotional and spiritual aspect and down regulates to the body.

So we heal from a downward position should the spirit or the mind and then the body. And to finish with the four main categories of the 11 integrative hallmarks is the habits and behaviors, and that talks about physical activity.

I was reading before the poll that the American Institute of Cancer Research wrote that eating right, staying active and maintaining a healthy weight will decrease the risk of cancer by 30 to 40%, 30 to 40%.

And so that's part of the fourth category. Habits and behavior is physical activity. The second one is nutritional imbalances and addictions that we have to correct.

And then the third part of that category is sleep. How important is that? Right. And I know 25 million Americans approximately have sleep apnea. And how many millions more have inadequate sleep?

Right. And that's when our body heals, regenerates and repair is typically between 10 p.m. and two a. That's the time, ideally, that we should be asleep so that the body can repair, heal itself and get ready for another beautiful day.

I got to governance. Yeah. And that's when we secrete more of things like the growth hormone, melatonin, that that are crucial for our regeneration of tissue, for detoxification of the brain is most powerful antioxidants that we have the melatonin.

I would like to go back to forgiveness. I would love for you to talk a little bit more in regards to how important forgiveness is in regards to cancer, because I I've seen a strong correlation between holding on to two old toxic hurt and the need and and inability to heal because you are doing it.

And by releasing that, how the immune system responds and how the body heals and can resolve some of the most serious issues. Yeah, and I've segway to the answer to that question are my thoughts about that question of what I call the viewers to think about this and meditate on this, pray about this, about forgiveness.

I say you will know you have forgiven someone when you see them and you no longer have an emotional reaction. Right. Because then that triggers God is truly forgiving.

So forgiving and forgetting two different things. Right. So we can forget about something, but we haven't forgiven that person or even forgiven ourselves, which often time is more important because when we forgive ourselves, then we have more self-love.

And self-love is so lacking nowadays in society. We need to hug ourselves. We need to hug our neighbors, our friends. We need to hug trees. Right. And so forgiving is so crucial because when we have that unforgiveness, this is secreting a different type of emotional field for the rest of the body.

And maybe secreting an emotional feel is not quite adequate words. But I think I think it's understood. Right. You because all emotions have energy. They have resonance, they are frequency, they are vibration.

And knowing that we are truly information feels every so is communicating with each other. We're communication pathways. So imagine if we have that unforgiveness.

This is down stream to every cell, every tissue in every organ in the body. And so then cancer, chronic disease, even infections like what we're living now and in society with viruses and so forth, they resonate at a low frequency and unforgiveness resonates on a low frequency.

So it makes us more susceptible to cancer and any pathology. Yeah, and I used to look upon cancer like a frozen energy in a way. So which is exactly that.

Frozen with vibrate at a very low frequency, very slow. And when you have that, you're obviously not able to open up for that that stream of love and then creation and active immune system that that is more effective and supporting your health and your vitality and your intention and connection to God.

And when you're holding on to some of that toxic energy. So yeah.

Forgiveness, Emotions, and Spiritual Healing

What if anyone I'm sorry if someone has a challenge with forgiving someone and they don't want to face that person or, you know, face to face or ask for forgiveness or discuss, or maybe one step is to write a letter to that person, a letter that you don't necessarily have to give to that person, but a letter where you can express all the thoughts, the feelings, the hurts of that unforgiveness or that trauma, whatever that other trauma is, fear.

You know, maybe you grew up in a in a household that you were not valued. Maybe you're an orphan. You maybe you had sexual abuse in the family. Any of those that leads to unforgiveness write a letter even if that person is deceased.

This is a technique that we use a lot in our best program behavior emotional and spiritual therapy at home for cancer. So the person writes the letter.

It could be a page, it could be 100 pages, it could be a book. But express everything in that letter and then take it to a place that you're comfortable and maybe to the park or to the lake or, you know, the woods or your bedroom, wherever it is.

And then read that letter out loud, read it out loud. Create your own space of comfort and safety and love. Maybe you could put a little music, relaxing music if you want read that letter out loud.

And once you've done the get it out, rip it up or burn it, and that's the letting go. So you you know it, you claim it and you dump it, you let it go.

And when you let it go and you dump it, that's the resolution. That's where the forgiveness comes. And so another

little maybe simple but very powerful technique that we could all do to help us let go of traumas and forgiveness or lack of forgiveness.

I love it. Yeah. And it seems a simple, simple technique that are so powerful. And people say that that time heals all wounds. But, I mean, when we look at cancer, cancer develops sometimes over a very, very long time.

So even though you, like you mentioned, you may have forgotten about it, but you have not forgiven. And so you may not remember events or you may not it may not be consciously as aware, but energetically you're still holding on to that unforgiveness, even though it may have happened 30 years ago, 40 years ago.

And it is important then to look at that and address that. And like you say, you know, when you're able to look at it without any kind of charge, any emotions and feel at peace, and then you finally gotten to that point where you're forgiven.

Yeah. And just a little hope there. Bury feelings, never die. Right. So we have to bring them to consciousness, awareness, as you mentioned, and then let them go, because as you say, they're buried there.

They're they're they're crawling on you and affecting you on an unconscious level. Like the younger famous philosopher psychoanalyst said, what doesn't come up?

I believe the word doesn't come up and consciousness returns as destiny, right? So we have to bring it to conscious awareness. And that's the freedom, the liberation of that toxic emotion.

And that is for people to recognize the power of these tools like you, you've quoted just, you know, exercise, nutrition and keeping your weight down that they've cut down on your risk to get cancer by 30%.

There's no medication out there that can outperform that. So by bringing these type of tools into your life, you're then drastically improving the outcome and your ability to to succeed and living a long, healthy life.

I am curious, I know you have gotten to the point where you follow a lot of statistics in regards to traditional care and what they are able to perform in regard to cancer.

And then and like your center, the integrative care because people always question saying, well that's not proven science. Well we don't know if it works.

And so it is really important then that we're able to show with with hard numbers that see, you know, when we implement these type of therapies, this is what we're seeing.

Can you tell me a little bit more about what kind of statistics that you are seeing by integrative your type of care? Yeah, this is a very important question, Michael, because especially in holistic alternative integrative care, there are not that many centers in the world, I believe, that have statistics like we know the statistics from the National Cancer Institute, the American Society, the American Cancer Society and so forth.

But what about what we do? Because we're clinicians and we're not really trained in statistics and, you know, we're there helping the patients where we can not do double blind placebo crossover studies.

We can give a piece of the placebo. So to that end, we realized a number of years ago for cancer that we needed to work on this area of statistics and data.

So we created what's called what we call the research and Educational Division of Hope for Cancer. We have a double sciences department, and what we've done in recent years is we've done three types of statistical analysis.

One is five year survival data, which is sort of the cream of the crop. And we did this for seven types of cancer, and we compare that to the National Cancer Institute data for five year survival.

We have to realize that when we compare our results to them or data to them, it's not comparing apples to apples because we see patients when they have failed conventional therapy, like I said, about 70% of our patients.

And so we're starting behind the April, if you will. Their data starts at day one when the patient is diagnosed and their data does not include stage four.

Right, cancer patient. So that being said, we there are five year survival data for seven types of cancers. And it was all I was.

Measuring Outcomes and Quality of Life

I mean, I see it, but seeing it on paper in my or any team presenting this, I'm like Dr. Schubert those and then can you double check because for example in pancreatic cancer, we know that the five year survival for pancreatic cancer is like 2.5% and the hardest is in the low thirties, 34, 35, which is amazing.

And across the board, Michael, with colon cancer, breast cancer, prostate cancer, lung cancer, we do very, very well with lung cancer. So in summary, the statistics were at least 2 to 4 times better than the conventional NCI data.

And as I said, taken into account, these are more advanced cancer patients. So we were really proud of the number two and very important data point is quality of life, right?

Quality of life because of course, not all the patients are going to have the outcome that we designed for many factors. The previous treatments are immune status, their emotional, toxic relationships, so many factors that come into play.

They don't adhere to the nutrition plan. You know, so many of it. So we looked at quality of life. So we looked at four parameters in quality of life, physical function and social function and, and a few other.

And we saw that it was between 70 to 80% improvement in the quality of life, and that was within the first 3 to 4 weeks of coming total for cancer. So that was beautiful because I always say if I'm to live another year or another 50 years, I want to live with the best quality of life range.

And the third type of data or statistics that we have, Michael, is what we call a longitudinal study. And this I learned from a professor at Harvard that I happened to sit next to her on a flight from Atlanta to Boston.

And she said, you know, I've heard about hopeful cancer, but where are the statistics? Why don't you do a one year longitudinal study? And if you do prove she said that your patients live three months longer, it's good to know.

And I'm like three months longer, you know? So we did a one year longitudinal study for a number of different cancers, and again, we were really proud to see those results.

And so we did a three months as she suggested. We did it six months, nine months and 12 months. And the results were compelling as to the survival, a longitudinal study is how many patients in a population, random population of patients that we make statistically significant or a certain number based on that need to be included to make us statistically significant that live three, six, nine and 12 months.

That doesn't mean they passed away after 12 months point. That means that's the end of the so-called longitudinal study. So we have a five year survival data, quality of life data and longitudinal study data and very proud of what we're doing.

And it's a family. The work you do, the work we all do in integrative, holistic medicine is, you know, it's a community. And but to have this data is so powerful for all of us.

Yeah. I really appreciate you taking that step by quality of life. I mean, when you look when you think of cancer therapies, the last thing you think of is quality of life.

I mean, because, you know, the of the impact that a person going into chemotherapy or radiation, you seldom talk about quality of life at that point is more tumor shrinkage.

So it is it's really incredible then to have a 70 to 80% increase in quality of life when undergoing any kind of cancer care. Yeah. So that that's incredible.

And having, you know, praise and worship, hugging the patients. Oftentimes we have medical professionals that visit our center and then so rarely do in my out of place for cancer patients are smiling and they're laughing.

And I want to tell a quick story the other day, a few weeks ago at our control center, where we have praise and worship every morning to start the day.

But everyone started to dance. The patients, the staff and the companions, they started to dance at the end of the praise and worship because the music was still going on.

And then a couple of the ladies started crying and we went up to her and we said, You know, what are you feeling? And she said, This is the first time in our lives that I dance with my husband.

Thank you. Thank you. And it was like, wow, she never had the physical health. So this is the these are the events and the things that really bring healing to a higher level. Right.

As you said, America is not about the vitamin C drip and the coffee enema and the human ivory and the hyperbaric and the hypothermia and all that is that's very important on the physical level.

But what are we doing collectively on the emotional, mental and spiritual level? That's where the healing really takes off. And then instead of seeing healing happening, you know, I'm in room in a longitudinal way.

It's more like a quantum healing or increases exponentially. And it's beautiful to see the results. And I think, I mean, obviously, none of us have figured out the cure for cancer.

I mean, that is a journey that that we're all on and true and really try and understand. And that's why, you know, summits like this and your your books and the works that you do, you become so important.

But I think in that journey, if we then can work on on healing the soul at the same time and what tremendous work we're doing, if that is the case, I mean, increasing their connection with with God, increasing their connection with with the loved ones and letting go of toxic emotions and and then just supporting the body and the individual and all these levels.

And yes, you can do it from the the aspect that this is to improve healing and to support the body, to clear out the cancer. But also looking at an internal perspective, you know, how important is that to be able to have these kind of services?

And a quick story about that. A few years ago, in order to run a treatment center, doctor said that the journey that my my patient wants to speak to you.

And I said, okay, please bring me the chart so I could reduce the medical situation. And he said, No, no, he doesn't want to speak to you about anything.

Medical. Okay. So I went to the room and I saw the patient, tall guy, like six four and he just started crying and he's a doctor. Thank you. Thank you.

I've been healed.

Patient Healing Stories and Long-Term Recovery

But I thought as a doctor, the medical doctor, I thought he's not here because he was white. So I said, Well, how have you been him? He said, I heard God speak to me.

And he said, Son, I love you. And why was that important to this patient? Because he had been in the central lifestyle for years, and he thought that his Heavenly Father had abandoned him and didn't love him anymore.

And when he heard those words, Son, I love you, and he realized, no, I am love, I am worthy, my heavenly Father loves me as you said, Michael, now I have eternal life.

So for him, he was here and he told me, he said, It doesn't matter what happens on my canvas or the world. That's it. We're working on that through. And, you know, we hugged each other and he went on and did great for many, many years.

And that was the key. Yeah, I love that. Do you mind sharing a couple of stories of some patients that really kind of stuck out to you? I mean, like, yeah, like you mentioned, you know, the dad and the Cancer Institute have they don't include stage four cancer.

And still and still they had poor results. So can you share some stories? Yes, I'm really proud. You know, a couple of people that really stick out to you so people can understand how powerful this type of medicine is.

They can understand how powerful this medicine is. And to know to know that no matter what your situation is, no matter what your intelligence has told you, you can heal.

And an example of that is our patient, one patient from Australia. Her name is Kate. She came to us, young girl, in her early forties and she had a three year old daughter.

The husband abandoned her suddenly and he went to the streets. He didn't even know. He just left her, left her and her daughter there. And shortly thereafter she developed a long tumor and it was a non-small cell lung cancer.

They biopsied it and they looked at all the rest of the body. She had metastases to the liver and 70% of her bones. And so they said, you know, we expect 3 to 6 months, maybe six months.

And they gave her they gave her palliative radiation to the a long tumor, but that did not do anything. And she decided to come forward for cancer. And Kate is now in her fourth year cancer free.

So the turning point for Kate was to fight for herself, a fight for her daughter to forgive her husband who had abandoned her. They found him in the streets later.

He was a drug addict, but that never that relationship never came back together. And then to be really committed to the treatment program for cancer. And she kept on coming back for a follow up.

And I remember Michael, that and one follow up and returned home. We were at the beach together on a Sunday with my wife and her and a few other people.

And she said, Dr. Tony, I'll race you. And I'm like, Well, you'll still have some bone metastases, because by this time the liver was clear, the lung was clear, and the immune system have a treatable bone lesions.

And she said, No, I feel great. And and I said, Well, okay, I would, but I don't want you to beat me. So I thought. I'd take it down. But the point is that her attitude, her strands, her commitment to the therapy stage four lung cancer with metastases to the liver and 70% number removed.

And to this day, she has cancer. For years she's been a big influencer and encourager for other patients that have come to her for cancer, have gone to other centers in the world.

So that's a real powerful story. Her daughter is now going on eight years old. She was three when she came to us.

And Kate is cancer free and still taking care of her.

So this is important, as you know, my hope to continue on the path of wellness. Right. And and embracing those seven G principle. Another quick story I want to tell you is a patient really is her name and she's from the Los Angeles California area.

And she had stage four pancreatic cancer. So they went in. They did the Whipple procedure, which is one of the most aggressive surgeries possible. They remove the pancreas, part of the liver, the gallbladder, part of the small intestine, lymph nodes.

It's a devastating surgery. And so they say you're good to go. We got it on. We did the Whipple. And three months later, she started having abdominal pain and she went back to Cedars-Sinai Hospital in Los Angeles pretty famous hospital in that area.

And they said, no, you're good. We just did the surgery three or four months ago. You're good. And she insisted because the pain was there and she said, this is not normal.

So finally they did another CAT scan and they found a recurrent tumor in that surgical bed, that area where the pancreas was. And then they found liver metastasis.

So at that time, they told her, you know, we could try chemo, but it's probably not going to do anything. And so she research her and her daughter told the they ended up coming to her for cancer and that's over ten years ago and really is cancer free.

She had been cancer free and let me tell you that I believe that her healing force was from a spiritual perspective and then from a physical perspective.

And why do I say that really as a Bible scholar? Because she's Jewish. She teaches the Bible from a Jewish perspective and also from a Christian perspective.

And she's written books. And and that gave her so much strength. Right. Her faith. And I must say and I tell this story with Moses that I say, really, you weren't you weren't the most compliant patient I've had.

Right. Because she you know, her diet. Yes, she did it. Maybe 70%. And I think. But her faith or spiritual strength and her emotional strength was, I believe, the turning point in her.

And it's been over ten years, maybe 12, 13 years now. And really it comes in three. So those are two very aggressive cancers, lung cancer, metastatic to the liver bone and then recurrent pancreatic cancer after a Whipple procedure with metastases to the liver and I give those stories, Michael, as we said earlier, so that, you know, you listeners or viewers, that no matter what type of cancer you have, these aggressive cancer know and believe knowing is the most important thing is believing.

Sometimes, you know, there's some margin there of this belief, but when you know, you know, no, you can heal. And that's two examples. And of course, there's many more.

But those are I give those they're, you know, really aggressive blood cancers. You know, those are powerful stories. And I agree with you. It is important for people to recognize that the medical doctors, medical colleges say they are not gods.

They do not know the time when the person is to leave and they come from the point where if the only intervention is the medical type of intervention and and if you then bring in integrative therapies where you bring in the spirit, you bring in belief, you bring in and self-empowerment, forgive ness and nutrition, you bring in all these other things you operate outside of the paradigm of a medical oncologist and the rules change and they become different than these.

You know, you only have three months left to live or six months that left to live.

Prevention, Lifestyle, and Closing Thoughts

And I, like you mentioned also with with your first example, it is important to understand that that cancer is a chronic disease in a way, meaning that if you do not continue with the pattern that you have established the healing patterns, you are then setting yourself up again for reoccurrence.

And so it is it is important to continue with a commitment that you have done. So it's not just about getting rid of the cancer. It is about continuing to live in that life of healing.

Absolutely, Michael. That lifestyle. And remember that really it's all about balance, right? It's all about bio regulation and medicine. We call it homeostasis, although I don't like that word that much.

I like more balance, equilibrium regulation because when we get out of balance, we're more susceptible to disease and to cancer. So following the lifestyle, the lifestyle choices that you are now doing in your healing journey, and this is for all of us because unfortunately, as we know, cancer is increasing.

And incidence in the state of Texas where I live, this is where we have most patients from become so for cancer it's it's it's rare but I mean with incidence of cancer it's about 469 people per 100,000 population.

So imagine that. And so and this is so, so and in most states in the U. S., especially in the rural communities where maybe, you know, access to healthy food is not as easy and other stress factors and so forth.

But we really have to be proactive and really happy about your educational summit and your work, Michael, because now is the time, right? We can't wait to see if one develops cancer.

It's now we need to work at this, all of us, to change the lifestyle, embrace the holistic healing. Go to your integrative, functional, nutritional practitioners for prevention.

That's really the name of the game. And if you have cancer, seek out people like us and others, Michael, that are a whole integrative, whole body experience.

And this is where the healing comes in. So I'm sorry. I encourage us all To be proactive and and we need not to be part of those statistics. Love it. Well, Dr.

Tony, it's always such an honor and pleasure to to chat with you and your your. Yeah. I really appreciate you taking this time. Thank you so much. Thank you.