Introduction and Guest Welcome

All right, everyone, we are about to talk to doctor V. She's so amazing. She goes by one letter. That's how great she is. And we're lucky to have her here today.

So first of all, thanks for joining us. Thank you so much, Kashif. I'm really excited to to hear all the other speakers and the work that you're doing is simply amazing. Well, thank you.

Thank you so much. And we all I mean, we're all coming together. We all have our stories. What and what drove our passion and why we do what we do. But ultimately, let's keep healing people.

And again, thank you for joining. You know, I've looked at some of the stuff you've done and it's so aligned with the way we think, and how little women know about breast cancer and what they need to know that it was exciting to have you on and and talk to you.

But maybe we'll start, you know, with your personal story and what got you to where you are today. And, you know, why are you doing what you're doing?

Yeah. Like you said, we all have our pain to passion story. You know, mine started with my father, who died of pancreatic cancer back in 1983. And, you know, I've been in practice for about three years, and conventional medicine basically sent him home to die, gave him no hope.

And, you know, I just knew that there was something that could be done because I, I understood that cancer was just a symptom. It wasn't the cause that, you know, back then.

No internet not no, not too many people to talk to. But I, you know, I did some research at the library. I did talk to some people who had cancer clinics, you know, which back then they were few and far between and started to understand a little bit more about about cancer and what it was and what it wasn't.

So fast forward, you know, 23 years later, I'm in the shower and I'm, you know, getting ready for work, and I'm doing the breast exam. Bam! You know, felt that lump that changed the course of my life, you know, professionally and personally.

And, you know, I was a wellness warrior. I mean, I ate organic before. Organic was style. I was exercise in chiropractic care. I mean, you name it, I was doing it.

So I had to really, you know, look in the mirror and ask myself, you know, how could somebody like me develop cancer? You know, what was I missing over pieces of the puzzle?

So I just literally, you know, sat down with a pen and paper and started looking at all the aspects that I knew that were needed to heal the body. And it was almost like a download.

And that's how I came up with, you know, the 70 Essential system. It's a step by step guide that if you follow, you never have to fear cancer or any disease at all because, as you know, and your audience will come to learn that we have such a large measure of control on how our body heals and reacts to our lifestyle, the environment, the stress, you know, all of that.

Yeah. So I, you know, I was able to, you know, heal my body in 2004 through 2006 did everything outside of conventional treatments. Everything was natural.

And fast forward about nine years where I'm known as the breast cancer conqueror.

Personal Cancer Journey and the Seven Essentials

I'm coaching women with breast cancer all over the world and sucking in all that energy and not taking care of myself and feeling stressed out. My hormones were out of balance.

I had some dental issues that needed addressing. And you know, I created the perfect storm for cancer to show up again. So, yeah. So good news is I worked really hard for three years, dug even deeper into the research, and, so since 2018, all is well, and I'm happier and healthier than I've ever been.

That's amazing, because you got to the why, which so many of us never get to learn. In fact, it's it's incredible to me that when you go to certain websites, you know, whether they're hospitals or research papers, whatever, they'll tell you, here's what we think about this certain type of cancer and how they're treated. But why it happens.

We really don't know. You know, and the why a good point. You yeah. Yeah. And the why is really what you dug into. And if you look at your system, it's very obvious that you understand the why.

Well right. And and this makes me think of something what you said earlier that at the time that you first got hit and your father first got hit, that cancer centers were far and few between.

Is that because people didn't know, or is it because it was just so less prevalent because of the why is that trigger? It? Yeah. Less totally less prevalent?

Absolutely. I mean, we know now that, you know, cancer is is escalating and one out of two people will have some form of cancer in the next decade. So it's it's definitely increasing.

And, you know, on the thought of getting to the why there was a recent survey done on oncologist and woman with breast cancer and they recognized that, you know, doctors can cure quote unquote, I use that term lightly, the disease.

But they don't help people heal the disease in their body. So even traditional oncology is recognizing that there's more to it than just, you know, cutting out the tumor or radiating it or doing chemotherapy.

You know, it's kind of like there's a fire brewing and you just keep getting rid of the ash and then the fire, whatever's fueling it, there's still more fuel dumping, and now there's more ash.

And, you know, I understand it. So the why is truly important. But to figure out the way people have to work with people like yourselves that are going beyond just dealing with a symptom.

So, you know, that's where what you've put together in terms of the seven essential system, I feel like we could spend an entire hour just talking about that.

We probably will. So maybe we'll dive into it slowly and look at each one. So the first thing that you say is let food be your medicine. Is that even possible today?

And what does that look like for someone? Well, first of all, there's no cookie cutter diet when it comes to to cancer or any disease. We're all bio individuals. Obviously.

You know that with the work that you do. So to say that only plant based or only carnivore base is the way to eat, you know, there's everything in between.

We're all bio individuals, which is why I love genetic testing, because it shows us, you know, what our individual needs are. But if you just take a big macro view of that organic as much as possible, lot of raw, lots of veggies, nuts and seeds, avoiding the, the, toxic foods, the pre-made foods, you know, those sorts of thing.

And, and really monitoring your blood sugar. I think that's key because insulin resistance, high carbohydrate diets

are associated with the higher risk of breast cancer and many other types of cancers.

So cutting back on your grains and your your carbohydrates is key. So we really encourage the way in our community, you know, check your blood sugar after you eat, check your blood sugar first thing in the morning to see if you're developing that insulin resistance or not.

And when it comes to the plants, you know, you're hearing a lot of and you I don't know if this is just noise of people trying to get attention on social media, too.

They have to say something sensational. But you're hearing a lot of humans weren't meant to eat plants. You know, give a give a dog a plant. He doesn't want it.

He wants meat. So is it that are we saying eat less meat? Are we saying we need more plants? Is or is it a little bit of both? I think it's a balance.

I mean, I have dogs that eat vegetables and meat every day. I mean, it's raw meat. So, you know, and you have to again, you know, we think all dogs when they eat me.

But when they were on totally Me diet, they developed some health issues. So I had to incorporate some some vegetables, some vegetables in their diet.

Same thing goes for humans, you know, and there is certain kinds of testing, you know, one test that I've recommended is nutrition genome testing, where you look specifically at the genetic snips that that have to do specifically with the foods and the supplementation that you may need, you know, that can help take some of the guesswork out of what's going on, you know, with your diet.

Doctor Nick Gonzalez, you know, he's no longer with us. But, he looked at the metabolic approach of cancer, the sympathetic versus parasympathetic, approach.

And, you know, which kind of diet is best for that particular cancer and patient based on their nerve system. So there's, you know, all different kinds of ways of looking at the diet.

And that's why I say no cookie cutter, you know, somebody who says it's only plant based. That's the only way to go run the other way. Because I don't think they have the clinical experience.

And background to, you know, to really look at the big picture. So the second thing you say is reduce your toxic exposure. And we know that there's this kind of silent killer where our current reality isn't what we were designed for.

We talk about this a lot. So what is your experience there? Well, we can't, we can't live in a bubble. You know, we live in a toxic world. So how do we adapt to that?

Or how do we make changes so that we're not exposed to the toxins as much?

Food, Toxic Exposure, and Energy Balance

So look at your your, environment. Look at the outside of your home, you know, the yard. What are you putting in your grass and your plants? Look inside your home.

I mean, there are hundreds of chemicals that are, related to developing cancer. You know, some of the cleaning agents, the sprays, you know, all the toxic stuff we put in our homes, the paints, the carpeting, the furniture, you know, all those things.

You can change those things. Look at what you put on your skin again, hundreds of chemicals that are absorbed into the skin, that are hormone disrupting, that are known as xeno estrogens or chemical estrogens that can mimic

and really create some aggressive estrogens in the body.

So look at those things. Change, change simple things, you know, change your toothpaste. Change what you put on your skin. Use essential oils instead of the sprays in your home.

Learn how to detox your body. You know, there was a study called The Bus Study blood, urine and saliva where they looked at, which one of those avenues was most effective in helping to detox environmental, chemicals and heavy metals?

And they found that sweating was the most effective, so. Oh, really? Yeah. So sweating. By far, it was. It was a large percentage of several different metals and toxins that they found came up much more easily through the sweat.

So saunas, Biomet, you know, even if you get out in 80 degree, 90 degree weather and you're running, you're putting out a good sweat, you know, that's very helpful.

You know, learn to do coffee enemas, learn to detox your liver, do liver cleanses, colon cleanse. And so, you know, give your body a break by really getting rid of the toxins build up.

Because, again, no matter how clean we try to live, we're still exposed to it. Yeah. And I think there's this misconception that why do I need a coffee enema?

Why do I need like my body is resilient. My, my my genes are designed for. And that's where you need to cut somebody off that. No, your genes are not designed for this current reality.

Your genes are designed for something you have tens of thousands of years ago, where it's only the last 100 years where we had this literal chemical, you know, exposure that we have.

So the answer is that, no, you are designed for a racetrack and you're going off roading, and all of a sudden it's not going to work out for you. Right?

So the third thing you say is balance your energy. And I personally need to ask you, what does that mean and how do you do it. So we are one billionth physical matter.

The rest is all energy. And this was, by Nobel Prize laureate who did the research and that was his conclusion, where 1 billion physical matter, the rest is all energy.

So we are electrical energy through our nerve system. So chiropractic care is very important. The t energy through the acupuncture meridians system, you know, massage grounding with the, the planet.

We're so removed from the electromagnetic frequencies from the big magnet that we live on the Earth, the planet Earth. That's important to get grounded and to get some of those frequencies into our body, either by grounding, literally, you know, laying in the grass or walking on the beach or using a pen, mat, apartment or PMF right mat that will give you those, those frequencies, balance your sleep.

You know, how many of us are getting very good, deep, restorative sleep, you know, not enough. And balancing your hormones. Now, this is really key when it comes to breast cancer because conventional medicine has really vilified women's hormones.

You know, you have a hormone positive cancer. So we need to give you these drugs for the next 5 to 10 years to shut off your hormones because your hormones are causing cancer.

But my position is and science shows us we need our hormones for our health, right? Yeah. And we shut those down. It's going to affect our brain, our bones, our cardiovascular system, our immune system.

And so it's not to your hormones per se. Maybe they're out of balance. They need to be tweaked. But it's the chemical estrogens that we're exposed to, the environmental chemicals that are really driving those estrogens.

And then secondly, as you know, with the work that you do, that some people have a problem with metabolizing or methylated hormones and heavy metals. And so you need to find out if you have that problem.

If you do, there's great ways to support it, nutritionally and lifestyle wise, so that you can break down those hormones. Yeah. That's key. We're all of these systems and processes are usually multifactorial.

It's not just one switch that gets turned on or off. And if you don't understand the full flow, it's like flow charting any other process. You have to find the weak link and maybe multiple weak links.

Right. And you may be doing a really good job of detoxifying, even if there's no door at the end to throw every good thing out of it. Just sitting there. Right.

So you got to look at the whole process being in, which is key. The next thing, it's literally just a week ago, I had a discussion with somebody about, your thoughts driving your health outcome, and you say something really cool here.

Number four is heal your emotional wounds. So the, the layman would say, what does that have to do with cancer? Right, right. Well, from a pure scientific point of view, your thoughts affect your immune system, right?

Psycho neuro immunology. We know that our thoughts produce, neurotransmitters. That literally affects every single cell in our body. You know, you are the placebo, Joe Dispenza.

You know, he's really pioneered that work. We have all the chemistry we need in our brain and in our body to create changes. And it's a matter of tapping into that, belief system and really understanding that your body has the power to heal.

Now, that takes us to, well, the emotional wounds. Some people don't feel they deserve to heal. Some people feel subconsciously that they deserve to have cancer.

They've perhaps, you know, have had some really bad childhood traumatic events. You know, maybe their ace scores are really high. Perhaps they're in a present situation where there's, you know, very toxic relationships.

Perhaps they don't, you know, they don't really love themselves and they don't know how to love others. They can't forgive themselves. They can't forgive others.

So all these, what I call emotional cancers are brewing in your body. And until you clear those and you find peace with those, your body will not truly heal to the point that it can reach its potential.

Yeah. And if anybody I mean, just sometimes people can be skeptical. But if anyone wants to hear the science, it's out there. I mean, there's there's a great Ted talk about the research that was done on kids that were brought up in traumatic, abusive environments and how their disease rates were not 1 or 2 X, they were ten x.

Now, I'm sorry for certain diseases, literally ten x because of if you don't have the foundation, the terrain of this body is off. Well then disease will flourish, right?

Because you're not resilient, you're not fighting it. And you mentioned Joe Dispenza amazing work. One question that leads me to is, you know, he talks about literally healing through your thoughts.

Because if you're if you can cause disease where your thoughts and then theoretically you should be able to heal how long does that take? Is that like some people, you know, give me the pill.

I just want a solution that's like a Band-Aid. Right? If you want to take this route working your. How long does it? Is

it instant? Does it does it take time?

What does it what does that look like? It's it's a lifelong project. I mean, I, I was sexually abused by a convicted pedophile in the 1950s. He was our next door neighbor, and nobody talked about it.

I didn't know about it until I was in my late 40s. You know, I grew up in an environment of alcoholism. So, you know, I understand those traumatic events that if they're not healed, they're going to, you know, you walking around as a wounded child and you're making decisions based on that wounded child, not on the happy, healthy adult.

So it's it's a process and it's a matter of it's like an onion, right? Peeling the layers. And it's not that you have to do deep work for the rest of your life, but you know, you want to keep in touch with how are you doing emotionally?

How are you handling your stress? You know, this is one of the biggest lessons I learned in my second healing journey was that, you know, I, I was always I was that type A personality, right?

Nose to the grindstone, always that adrenaline rush. And I realized first of all, that cancer cells love adrenaline. They have a lot of the, you know, adrenaline receptor sites.

And so we can keep our body calm and go into that parasympathetic mode every single day. Then, it gives our body the chance to heal. You can't heal your body if you feel like you're being chased by saber toothed tiger right now, you've got to really bring it down.

And it's it's internal work. And, you know, there's so many resources to work with now, that it's it's, you know, much easier than it was 20 years ago.

So first of all, of you said, so far, the one thing that I can agree with is that you said that you were alive in the 1950s. That's hard to believe, right?

That you were born at that time. Hi. Well, so, anyways, kudos to you because you're taking care of a lot more than just disease. You're maintaining, like, optimal health.

Because I would have never guessed that. Thank you. Yeah. Number five is a really unique one. And kind of stands out as a not your typical pillar of what you see as cancer, but you talk about embracing biological dentistry.

Why is that so important? What the heck do my teeth have to do with cancer? Right. Yeah. Well, there's there's many connections. And if we just look at gum disease, for example, postmenopausal women who have gum disease are twice as likely to develop cancer than those who don't. Wow.

The metal fillings you have in your mouth are not silver. They're, you know, they're 50% mercury. And mercury is one of the most toxic elements on the planet.

And every time you chew, every time you drink, you're releasing methylmercury vapors, which is, by the way, a metallo estrogen.

Emotional Healing and Biological Dentistry

That's it mimics and stimulates estrogen in the body. So from the chemical point of view, and then you look at root canals, you know, root canal. So like having a dead organ in your body.

No matter how clean or aseptic they try to make it, there's always a pocket of anaerobic bacteria on the tip, and it's dripping toxins and weakening your immune system.

So, you know, look at what your look at the, the the chemistry that's going on in your mouth. And then look at it energetically because your teeth are connected to all your organs through the acupuncture meridian system.

And there are specific meridians for breast tissue on the top and on the bottom. And nine and 9.9% of the time, if they've got some dental issues, it's on the breast meridian.

And that's what happened to me. You know, both sides on the bottom and on the top. The tumor was on the left side. Cavitation. Then I had a, autoimmune disease, root resorption on the top one, you know, but then the second healing journey.

So there's, there's always a correlation there. So make sure you work with the dentist to clean up your mouth. But make sure that they're the real deal, you know, not just a holistic one.

And this has become easier to find. So some people would argue, I don't even know where to go. Where do I start? But it was emerging a few years ago. But now it's pretty commonplace.

If you do the work to find any major city, or you'll find somebody that can do the work. And for sure, I mean, the number one inflammatory disease is periodontal is gum, right?

So we know that a lot is already happening there. And if you're saying these meridians are directly connected to the breast and you know there's the it's it's obvious what's going on there.

And thank you for bringing it up. Number six, makes me think of like, the Instagram generation and taking those pictures and turning this solution into a hobby over there.

See? Yeah. You're saying repair with therapeutic plants, right? And herbs and supplements. Yeah. So there's I mean, there's thousands of studies out there.

Just go to the National Library of Medicine or PubMed dawg, and put in, you know, vitamin C and breast cancer, selenium, magnesium, I mean, you know, the list goes on and on.

You know, nutritionally we need to start there to, you know, we as well as we try to eat our food is deficient. So I firmly believe that, you know, we have to supplement with those trace minerals and zinc extremely important vitamin D if you're vitamin D levels are optimal, it'll reduce your cancer risk by your breast cancer risk by up to 83%.

So, you know, something as simple as that. And then when you get into really targeting the cancer cells, again, so many substances that will literally kill the cancer, boost your immune system, but would not, will not harm healthy cells.

So everything from, you know, apricot kernels and apricot seeds, B17 to, you know, curcumin, which we know is one of the most studied, plant therapies on the planet.

I mean, anti-inflammatory turns on specific healthy genes, turns off cancer causing genes, anti-inflammatory, wormwood products like poly, MDA, solid.

I mean, there's there's such a long list of therapeutics. You know, one of the things that I'm very proud of is my book. There's over 700 published studies in the book that relate to, you know, therapeutic plants and herbs.

And, you know, everything that I say is always backed up with, with science, which is so important. Yeah, that's incredible because that's the the gap with a lot of when you talk about natural, holistic non pharma solutions, there's always that there's two layers.

There's just skepticism and lack of support from your clinician because they're saying, well it's not evidence based. I can support that. But there's also how do you convince an individual that this is the right route, you know, whether you have your acute in treatment or not?

We're not saying to stop, but also work on this. Right. And the fact that you've put the effort together to pull 700 studies, that's incredible. That helps people learn, you know, what's real, what's not.

One last question for you before we move on to the next one, when, you know, when I first picture this, I literally thought this was being like plants.

So literally curating plants in your home. And I was wondering, what are you going to say about these plants? We we you got down to extracts or ingredients.

So are there particular actual brands or names or products or supplements you would recommend, or is this something where somebody has got to go find what's best for them?

You know what? What do you what do you say there? Well, there's there's various protocols that, you know, the ten years I've been working with breast cancer, specifically that we've seen what works best.

And there's also a test that you can do. It's called the IRGC task, or that's known as the grease test, where you literally, you take some blood and have it sent to, grease.

They filter the blood and look for circulating tumor cells and and stem cells, and then they'll, analyze 50 different natural extracts and see which ones are most effective against killing the cancer cells.

They can also do the same with 50 chemotherapy agents. And so that's a good way to really put a protocol together for you. Because if you see that, you know, low dose naltrexone, melatonin, curcumin, you know, agaric as mushrooms, those have high numbers for you.

Then it's logical that you would want to, gravitate towards those and use those. And, you know, you don't want to take them all the time, but you learn to pulse them, you know, one week on, one week off.

And so we, you know, we help people create their, their program so that they it's most effective. And then you can retest to see, hey, I'm starting off with, you know, five circulating tumor cells per 7.5 amounts of blood.

Now my numbers are going down and I'm down to three. While that means I'm making progress. So not only is it highly precise, but it's also personalized, which I didn't even know was possible for cancer protocols.

It's amazing. Yeah, yeah, we're seeing a lot more companies that are starting to do that sort of thing, more so in like traditional oncology even. But, you know, some other companies are starting to use more natural substances, which is great to see.

That is awesome. So that kind of leads in to number seven. We're almost done with the list. Yeah. You're talking about testing so early detection through thermography, specific blood tests.

So there's technologies that you've been curating, getting ahead of studying, researching and vetting out what's the best stuff that actually works. So first of all, amazing work you're doing for everybody.

So what are some of those things. All right. So when we think of adopting very early detection when it comes to women and breast tissue, you know, what's the first thing that comes to mind is mammography.

Right. The the big push in the pink month in October. And I'm not telling anybody not to have a mammogram. I personally have never had one. But, you know, mammography to me is really dated, technology.

By the time something is seen on a mammogram, it's been there for 2 to 6 years. Eight years, sometimes dense breast. Now we're seeing more and more women with dense breast because of environmental issues and high sugar.

So they're not getting a clear enough picture. But if you choose mammography, always back it up with an ultrasound. There's also thermography, like you mentioned, which looks at the infrared heat coming off your body.

It's not going to diagnose cancer, but it'll show you physiological changes if there's hormonal imbalances, perhaps

inflammation in the breast tissue.

So again, back it up with an ultrasound.

Therapeutic Plants, Testing, and Early Detection

You know, breast exams. We've never really been taught to do a breast exam. But there's, you know, there's a great tool of the my breast brand, which is, a model that teaches women how to do you know, a better breast exam.

And then, there's bloodwork. You can look, for inflammatory markers, C-reactive protein, homocysteine, LDH, ESR. If those inflammatory markers are elevated, something's going on in your body.

You know, you may have been told that you are quote unquote cancer free because they don't see anything else. Yeah, they don't see anything in the blood.

But you still have those circulating tumor cells and you may still have high inflammation. So you really have to be alert and keep a pulse on, on your health to make sure that nothing's brewing.

And you don't wake up surprised one day that, oh, I had breast cancer five years ago. Now it's I'm finding out it's in my living in my bones. So very important.

And you know the there's a test called the cancer profile that looks at the hormones that cancer cells give off. Nagl is testing this is an enzyme that cancer cells give off to put your immune system to sleep.

So you know, find out what's happening, you know, work with somebody who can really help you to put those tests together so you can monitor your health on a regular basis.

And all of what you said kind of goes back to how we started this conversation to begin with, which is the why, you know, meaning that, okay, I'm cured, right?

I've been treated medically. There's nothing that's measurable based on the measuring measurements being sought, which maybe are limited in nature. Right.

But is cancer truly no longer a problem, or have you just kind of kicked a ladder out of its legs and it's just rebuilding itself and fighting another fight, right?

You may have won the battle, not the war. And, you know, in short. Right. And that's where these kinds of tools will help you find out if there's more work to do on the why the root causes the inflammation.

That's going to get you right back to where you started. Absolutely. You know, we tell the women in our community, it's not just about getting rid of the lump or the bump, right.

It's about a complete transformation because how you've lived your life to this point has allowed cancer to show up. And so now you have an opportunity for change and you can cut it out.

You can do all the conventional treatments, but if you don't get to that root cause, that root cause is still going to be there. It's no different than pulling out a, you know, just cutting off a weed and leaving the roots in the ground.

It's going to come back up. So when it comes to testing, I mean, this is obviously something that we do. We look at genetics. We have very strong opinions on whether what we think is important and what's not as important as people think.

What do you think about the hype around bracket gene testing? Great question. Again, another one of those things where there's so much fear, we know that, there a famous actress who really put the bracken gene on the map.

And, you know, I'm not judging her. I mean, she saw her mom, her mom die a horrible death with cancer and a lot of fear, a lot of misunderstood ending.

But we know that genes can be turned off and on, and less than 5% of breast cancers are actually familial. But even if you have a bracket gene that's positive, you can keep that mutation in Bay at bay by your lifestyle, by the things that you do.

All the things that we talked about today, it does not have to express itself. I mean, I have clients who are, you know, bracket gene positive and are doing extremely well with their health.

You know, it does not have to be a death sentence, you know, even though why forget about the why behind cancer? There's the why behind the bracket gene.

When you when you ask a woman do you want bracket? It's like, no I don't want no you need bracket. Bracco is a repair tool. It goes in fixes. It's a tumor suppressor.

The belief, however, is that if I have this four letter word, it causes cancer. Yeah, that's the huge misconception, which I know you've helped a lot of women understand better, but it's a there's not it's not a cause.

It's no. Now that you've put yourself into a state where cancer is free to develop, you're not going to do such a good job of fighting it. But let's not get into battle.

Let's let's get you healthy to begin with is what your approaches, which was awesome. And the way it should be. So there's another thing you talk about, which again, you call out as a myth that we hear so much that plant based estrogens are dangerous and should be avoided.

Are you talking about things like the tofu and everything that else out there that we would talk about? Yeah, the tofu foods and the flax seeds. And, you know, I mean, let's I said green beans are phytoestrogens too, when it comes down to it.

So, you know, they're plant based and they are very protective. There was a study done years ago, the University of Toronto, where they looked at women who had breast cancer.

They were getting ready to have surgery. They measured the tumor size and blood markers, all of that for months. They gave them a muffin filled with five teaspoons of ground flaxseed and, you know, probably was made with white flour and sugar, but nonetheless, there was, you know, ground flaxseed in it.

30 days later, the markers, on average were reduced from 30 to 73% and tumor size as well. So that in itself speaks quite largely for the benefits of flax and plant estrogens.

You know, flax can and and many of the plant estrogens fermented soy is extremely beneficial to. It'll help, balance out and get rid of some of those aggressive estrogens in the bloodstream.

It'll actually have a protective effect on the estrogen receptor sites in the breast tissue. So there's no need to fear you know, those plant estrogens, because that's not just what's driving the cancer.

It's more of the chemical environment that we're we're in. That's amazing because that belief is very deep. And a lot of people like strongly rooted belief in like estrogens.

Men won't eat estrogens because they think that they're going to get gyno, macho and Roman boobs. Right. And women won't eat it because they think they're going to get breast cancer.

So then when it comes to hormones, what should we people be worried about? If it's not that, is there anything else that they should look out for? Well, they want to look to?

First of all, I believe in really testing everything. You know, don't guess when it comes to your health test. So I'm a firm believer in saliva testing.

Saliva is going to show you what's bioavailable, rather than just blood testing. Blood testing tells you what's in the blood. And, you know, it's not very accurate.

Because once the, the, the hormones are filtered through the salivary glands, that's what you're seeing is most bioavailable. So you want to, check for that, you know, check to see if your there's something called the EC ratio or there's three estrogens and you want the S3 all to be the more dominant and stronger one because all is more protective.

So you can check for that. You can check the progesterone estrogen ratio estrogens the accelerator, progesterone the brake. And so you want those in balance as well.

Check your testosterone very protected against breast cancer DHEA it's immunity hormone longevity hormone cortisol. So you know check your cortisol because if your cortisol is spiking, your adrenal glands need support.

And so it's, you know, it's really a balancing act, you know, same with your thyroid work with somebody who understands how to balance your thyroid, because women who are on synthetic thyroid medication are twice as likely to develop breast cancer because they're covering the symptoms.

They're not getting to the cause, which is oftentimes, you know, iodine deficiency or an autoimmune issue. Right. You said it's trial is it the protective what are the problematic ones?

Well, Astra diol would be the more more aggressive one and then estrogen would be another one. Yeah okay. And what do you think about the claims around, birth control pill usage.

And the more the coming wave of between hormone replacement therapy, any association, any red flags. Well, birth control again, you know, if you've been on birth control for any amount of time, your, your breast cancer risk really skyrocket.

And I've seen that. I mean, you know, they dish it out like candy, but it's it's so, you know, it could be classified almost as a carcinogen in my mind because it can, you know, drive the cancer. Right.

And what was the other question you asked? Oh, identical. Yeah. Yeah. Biological. So hormone. Synthetic hormone replacement therapy. I would stay away from bioidentical.

I based on the studies that I've read and the research, I mean, there's they're perfectly safe, but it's not something you just guess, you know, work with somebody who, you know, who's qualified to work, you know, to, to help you balance those.

You know, personally, I've been on bioidentical hormones for many years, and still am doing great. So I would ask you then, like everything we've been talking about up until now has been for the woman for whom we're trying to work on prevention or reversal.

You know, like the cancer itself. Right. Which is incredible because if anyone goes and does all the things you're saying, they're going to feel amazing, right?

Right. Then there's a woman for whom maybe she heard this a little too late. Then she's now in treatment. So chemotherapy, radiation, all that stuff. What do you need to do to be either prepared or recover or be resilient?

Knowing the treatment you have to go through that's you know, that's a great question. I'm so glad you brought that up because we are presently looking to really expand our reach because we we did some surveys, and we found that up to 75% of the women who come to us who want to heal breast cancer naturally are actually working with an oncologist, but they're afraid and they don't know what to do, what to say, you know, can I take vitamin C while I'm

doing chemo?

Genetics, Hormones, and Conventional Treatment Support

And so there are many, many things. And we're we'll be launching a program in the fall in October on surviving and thriving through conventional treatments using evidence based natural medicine.

And again, everything is evidence based. But, you know, doing something as simple as fasting for 40 hours before you get chemo will make the chemo more effective, and you'll have less symptoms.

There's many, natural substances that will actually enhance the effect of chemotherapy, radiotherapy. There's things that you can do before and after you have surgery to help prevent any, you know, cells that escaped during the surgery into the bloodstream to keep them from being sticky.

So it would help to, you know, prevent metastasis and potential spread. So there's a lot of things that can be done to support these women. And they've really, really needed.

And I've seen many of our clients go through that. They don't lose their hair, their white blood cell count is good. Their doctor or doctors are amazed, and how well they're doing.

And but they interestingly don't ask why. They just say whatever you're doing, keep doing it right. Yeah. They didn't want to know, but, yeah. It's not there is anything completely right in front of them.

So they should be able to adopt it and pass it on. But I understand that's not the way that business works. And it's not just hair. It's also how many women lose their fertility.

You know, it goes far beyond there's there's, you know, sort of the side effects that you don't think about. You're in this like heel state, like you said, the saber tooth tigers chasing you.

That's all you're thinking about right now. I got I got cancer and I'll do whatever it takes. Not everyone is blessed enough to come across somebody like you and have access to that knowledge.

But in that regard, how do people work with somebody like yourself? Because you're outside of obviously you're not the oncologist treating them right.

So what does that look like? And do you get friction between you and an oncologist? How does that whole relationship work now? We're you know, we're very careful with to respect those boundaries.

I mean, you know, my team and I are basically coaches, you know, we don't make, medical, suggestions or recommendations. It's always check with your doctor, check with your doctor, and make sure that they know that you're doing this, and they will.

Women will come to us and we'll say, you know, this is my situation. I, you know, I need help on the nutrition. I need, you know, help with this. And, you know, we educate them on the seven essentials and say, you know, what you're doing is good.

So far, but you need to have your mouth cleaned out or you need to, you know, detox or you need to work on the emotional wounds. So we really, you know, show them that it's not just one thing that they have to do, but it's a whole lifestyle change.

And we help them to look at their blood work and understand it better. Because so many women come to us and their vitamin D is at 20 or 30 in their control.

So everything looks good. So, you know, we try to educate them, know you've got to get that up between 80 and 100 to to really have that therapeutic effect and look at your blood sugar.

Yeah. I mean you walk into a chemotherapy suite. What do you see. Cokes and candies and pastries. Yeah. You're not telling them that cancer is fueled by, you know, high carbohydrates and sugars.

So, you know, we kind of reeducate them and plant seeds, you know, teach them meditation alone can boost your immune system and help you recover a lot faster.

And so these women that you're working with, is it that you're going through your, your essential seven, like you've got this beautiful program or trying to find the one thing they need to focus on because that's their their weak point, the weak link, or is it more like everybody needs everything.

They all they need everything. Okay. Yeah. It's kind of beginning to end. We got to run through it, audit each area, figure out what you're doing wrong.

Yeah yeah. But they love it's yeah. They start off by, you know filling out a 15 page questionnaire on each of these essentials so we know where they are.

And then once we say okay well this is lacking. This is lacking. We need help here. And so that's how we we you know, coach them and support them that it's really cool what you put together.

I'm just thinking like how many women or how many years did it take for you to get to like, here's the thing. Here's the seven, here's the sort of foundation.

Well, I mean, I've been in the wellness industry since 1979, so this is 43 years. So it can be a while to, you know, to put it all together. But that is, you know, this is interesting, but that's the year I was born.

Oh, really? Yeah. Wow. It's hard to figure out, you know, what was in my mouth and what doesn't. You were saving women's lives. Yeah. That's incredible.

So if anyone wants to connect with you, to work with you, how does that work? Just find us on our website, breast cancer Conquer. Com, and we're on social media.

Facebook. You can find my book on Amazon. You know, lots of good reviews is actually number one in oncology and in oncology nursing, which says a lot.

So that's amazing. And I can understand why because you're literally answering the number one question that isn't getting answered. Yeah I have this problem.

Thank you for helping me as an emergency. But what why did it happen? What did I do wrong? Right? I don't want to do it again. I going through all this pain of two years of treatment and family disruption, relationship disruption, damage to the body, only to just go back to whatever it was that caused it in the first place.

Yeah, right. It is crazy, but that's the reality. What's going on out there? Because the why isn't the gold. It's like the masking. So the work you're doing, the amazing I commend you and thank you and thank you.

It's beautiful that it's this is available now for women. Start with a book. Anyone that's listening that thinks whether it's yourself or a family member or friend, you know, whether an aunt or a cousin or somebody in the family.

And I'm sure anyone you talk to can see that. Yeah. There's been a woman in my family that has been touched by breast cancer so prevalent now, and it's been amazing.

They put the book together, but it's even more amazing that you're available to work with so people can reach out to you, and connect with you and your team and get help.

So thank you for joining us. This is awesome. Thank you so much for having me, Kashif. It's been it's been a lot of fun and a pleasure. All right. Thanks.