Optimizing The Cancer Healing Journey Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Talk Overview

Hello to you all. My name is Dr. Isaac Eliaz, and I'm the co-host of the Cancer Breakthroughs Summit in my 2 Mini Talks. I want to cover two topics how to optimize the cancer healing journey and how to connect to your infinite healing potential.

The first topic is how to optimize your cancer healing journey.

Reframing the Diagnosis and Priorities

Every cancer patient will not forget the moment of diagnosis. Life is never the same. What was important in moment is second before the diagnosis many times becomes irrelevant.

And there's a new set of priorities. And use it or focus in life. This is a very important moment where we can have an opportunity for a true, profound change, for really navigating our life and our efforts.

And if you can, it's an opportunity to take a deep breath. There is almost always time in cancer to stop, to connect, and to find a plan. Often the cancer patient is thrown into a cascade of of decisions, one set of fears replaced with another set of fears with no opportunity to use this moment.

One important exercise that I do with my patients is to have them write their priority list. A moment before they were diagnosed, after they were diagnosed 1 to 10.

And when they heal from cancer and for the ones who are already in that journey.

Planning the Cancer Journey

If you want to do this exercise, you want to make sure that your priority list when you heal from journey from cancer is as different as it can be from your priority list before you had cancer, because the buddy system that created cancer needs to be changed in order for cancer not to thrive in your body.

Cancer is a complex journey that requires preparation. It requires focus and investment in time and effort and financially for some, it can be a shorter term.

If you have a localized disease with a reasonable to high probability of cure, it's going to be a shorter journey for you. If you are facing metastatic disease, it is a longer journey.

The planning is very different and it's important to be aware of it from the get go. If you have a short term plan, if you have a localized disease with over 90% cure, you're going to have a localized treatment.

It's going to last 3 to 6 months and then a certain time for recovery. You are all in during this short term time with whatever you can, with your time, with your effort, with your focus, with any financial resources you can find.

But if you are in for a longer journey, if you have a metastatic disease, it is important and critical to be aware of it from the get go.

Choosing Treatments Wisely

It is very easy and too often done where people with metastatic disease, with stage four disease jump into a certain treatment that is out of pocket that can cost a fortune and that gives them only a temporary shrink edge of the

tumor, an illusionary feeling that they are overcoming the cancer only to come back where the person is exhausted without financial resources and without the ability to continue their journey.

So make sure you are aware of it and you may be a journey in the right way. Also, beware of miracle promises. Now many people will approach you with advice and they mean good.

Most of them have good intentions, but naturally people remember their successes and forget their failures. And some have a very no and never point of view or even opportunistic.

So it's important for you to connect with that treatment and to see how it resonates with you and to see how it resonates with which part of yourself is the part that is fearful?

Is it the part that is traumatized? Or it's more of your higher self? It's more of your deeper self where the superficial destruct is following. Another important principle in this journey is to remember that you are the center.

The center. You are the center. And it is very important to surround yourself by a community and the team.

Support, Honesty, and Emotional Safety

Cancer requires a team, a community and a team that can listen to you, that can no issue and that can support you. Another important element is to be honest with yourself, with your feelings, with your fears, and to find an outlet to express your fears, your worries, your debates, your pain can be very profound.

Ideally, your team can hold it for you. Often the team family members have the same anxiety that you have. They see the possibility of losing you, and often they don't talk about it.

They keep continuing as if everything is going to be good. And this need to suppress your inner feelings is exhausting for you and for everyone around you.

So make this big point of being honest with yourself and having a safe environment that can listen to you with an open heart is always. It is also important to remember that there are always ups and downs in cancer.

There are always ups and downs like just like in life. The one difference that in cancer, wherever we have a symptom, whether we have a pain that may be unrelated to cancer with we naturally associated with the cancer.

Living Through Ups and Downs

So with this in mind, appreciate every moment that you have. Every moment of joy. Take a ride on the journey. Make the journey your healing experience, not the outcome.

And as a result, the more we are in the moment, the more we are connected to the journey, the more the outcome would be better. And within it, try to judge your progress over time.

If one day you are not feeling well, it's okay. You may feel better the next day. I have many patients who call me urgently because they are not feeling well and the next day they can't sleep because they are feeling well and they keep on bouncing like a pendulum with difficulty to see the underlying current.

Another important thing to remember is that you can feel great, you can feel much better than you used to, and the cancer can still grow. The cancer healing journey is a balance between promoting our health and well-being and attacking the cancer.

And sometimes there is a treatment that will have side effects. But if it's more toxic and more damaging to the cancer cell, then many times you will have an opportunity to recover from it.

Detox, Metabolism, and the Survival Paradox

Many times when the body is very toxic and hard for you to handle the treatment, proper preparation detoxification is very important. I know it from my own experience and expertize with the therapeutic offerings is what we call artificially pull out the toxins and inflammatory compounds outside of the body.

And the body has a better chance of responding better to the treatment. Always remember a cancer cell is a cell in perpetual survival mode. I write about it in detail in my book, The Survival Paradox.

It's a cell that lost its obligation to its community. Naturally, any activities that make you a part of your community, that makes you a part of a greater good, that weakens the self-focus, will help you in shifting from a survival mode to a mode of harmony and health.

But because the cancer cell is in a perpetual survival mode at any cost, including destroying its host and itself, it triggers a different metabolism and metabolism of survival where energy has to be produced much faster, but at high cost.

And that's why cancer is a metabolic disease. This is why because the cancer functions metabolically different than the rest of the cell. It provides an opportunity to treat it, to overcome it.

Infinite Healing Potential and Closing Message

And many of the newer biological treatments are based on this, and mainly many of the oldest and integrative approaches have this element. But most important is to remember that a cancer cell was once a normal thing.

A cancer cell always has a choice to become in normal cell. This is where the infinite healing potential is lying. That's the big shift where unexpected results can be obtained.

How do you do it? By connecting to your infinite healing potential to your heart. It is what I call in teach open heart medicine, the infinite healing potential of love and compassion.

It is where anything and everything is possible. In this very short talk. I hope that I provided you some highlights and in some important points that will help you in your healing.

And I wish all of you all the best in your journey.