Introduction to Dr. Suzanne Kim and IPT

Hey, it's Nathan Crane, director of the Health and Healing Club and host of the Conquering Cancers Summit. And today, I am honored and excited to welcome you to a very special interview.

Today we are joined by Doctor Suzanne Kim, who is a medical doctor who is one of the senior physicians here at the Cancer Center for healing. She has a primary focus in iPPt and some potentiated therapy, which is a low dose chemo.

We're going to talk about what it is, why they do it, how it's effective. Any concerns you might have. Anything you want to know about iPPt? Which is actually quite fascinating as a treatment protocol for anybody dealing with cancer.

So stick around with us for that. And, Doctor Kim, thank you so much for joining us. And, you know, you have a fascinating background and kind of history.

You're sharing with me a moment ago about, what not only got you into medicine, but, you know, how you started your career and then how you transitioned to an integrative, doctor.

And, why don't you share with us a little bit about that? Yeah. Well, first, I just want to thank you. New thanks for having me today.

From Conventional Medicine to Integrative Care

It's a pleasure to be here. So I've been practicing for, 20 years now, and I am board certified in family practice. And I first got into medicine, because I had a passion for prevention, preventing disease and maintaining.

Make sure that patients are healthy. And so for the first ten years, when I was practicing, I felt that, you do all the things for prevention to help people, but there's a lot of, patients that are coming in that were, chronically sick, chronically ill, and, I was finding that there are patients that I wasn't able to help.

So after about ten years, I started to feel a little burned out because I wasn't feeling that I was really making the difference that I wanted to in people's lives.

And really, you know, for example, preventing cancer or preventing some of these illnesses that patients were getting. So your family physician and what were a lot of the kind of common illnesses that you're seeing in people?

Well, I, I was treating the bread and butter types of issues like hypertension, diabetes, and, you know, trying to prevent cardiovascular disease. I saw cancer patients as well.

So, you know, as a primary care, you're the liaison. And you kind of had that big picture. So I would send patients out to specialists when they needed to to see what is going on.

And you know, a lot of patients say they have, allergy issues. Send them to the allergist. They come back and, you know, they said, oh, well, the allergies said, I don't have any allergies.

They're tested. So, you know, they would have rashes and things. So it was, I was getting a little frustrated. And these patients were frustrated, and they were seeking alternative care or seeking out their own treatments.

Yeah. From there, they just they weren't getting better, even though you're sending them to all kinds of badly. And I didn't, I didn't I could understand why they would do that.

And I, you know, had sent them to all the specialists. So I, listen to them. I just listen to them. I monitor them, I, I they would they would still want to see me.

Yeah. Even though I felt like I wasn't helping them, but they would just come in and say, well, this is what I'm doing now. What do you think? And I said, well, I, I would try to research and look up what they were doing and, make sure that they weren't hurting themselves with any of the treatments that they were trying out.

A lot of patients were doing acupuncture. And at that time, acupuncture was a little controversial at that point as well. Now it's much, you know, well accepted, but very well understood, scientifically understood.

At that time it wasn't. But I did a lot of people did see results from acupuncture. So I felt comfortable, although I didn't understand how it worked.

Did you dissuade them from using alternative treatments, or do you just kind of want to learn more about it yourself? I did not dissuade them. I was very open because I think that, when you are suffering and when you're having, pain or whatever your, having, you, you know, you're looking for a solution and I don't I would do the same thing.

In fact, for me, I did have some of my own health issues as well, which I wasn't getting any relief from traditional, medicine that was recommended to me.

So, luckily, I stumbled on some, alternative therapies, which I'll talk to you about. Which kind of led me down, start to lead me down a different path.

Nutrition and Homeopathy in Patient Care

But I would listen to these patients, they would come in and I would try to research some of the things that they were doing. I wanted to make sure that they were not overdosing on supplements.

A lot of them are taking enormous amounts of supplements. And, you know, I was a bit concerned about those dosages. I just wanted to make sure they didn't hurt themselves because they're asking me for advice.

But, they were getting relief, and I was, you know, just taking note of what they were doing. And, you know, what worked, what seemed to work, what didn't work.

So I just was kind of observing. But I really didn't have a lot of input for them at that point. Well, you know, you were being more of what we might call the doctor of the future as as I've interviewed Doctor Keneally before, actually, for my documentary, I have a we have a short snippet of her on her website called The Doctor of the future.

And that's exactly you know, unfortunately, so many people don't have primary care. Physicians like you was such an open minded, kind of a scientific mind, more of observing, you know, without putting in, your own, well, you shouldn't do natural medicine because they told us, you know, that doesn't work, so don't do that.

Instead of that, you were open. You were observing. You were wanting to help your, you know, learning yourself like that is the mind, I believe, of of the doctor of the future.

Right? Is how doctors, if they want to really help their patients, should be. And unfortunately, so many people don't have that experience with their doctors.

They have the opposite, right? They say, oh, I, I'm using this alternative medicine, or I'm using these natural supplements and these herbs or whatever, and they're told, don't do that.

You know, so it's it's actually refreshing to hear you, you know, being so open to, to really wanting to find the best results for your patients. It's beautiful. Yeah.

Right. So, the first thing that, when I was working in a practice with, another some other physicians, we started to do some nutritional and bringing in, nutritionist, and, I started to see some really amazing results with nutrition.

And I got very excited about that because, you know, if we can avoid using medicines, I think it's better. There's a lot of side effects with medicines.

So we saw just, you know, I mean, we've always had known that with certain conditions, diabetes, you know, diabetic diet. But this was using it to help with overall any patient really for weight loss.

So and we saw patients, I see patients getting better with their, all of their conditions. What were some of the primary principles of that nutritional plan that you were implementing?

At the time, we were actually using, metagenomics because I think that they had to come out with the whole plan and they had some nutritionists or dietitians that had, plan in place.

And so they were they had a very specific plan where they were, you know, low sugar, not the traditional pyramid food pyramid that we're taught. Right.

So they were using it was, you know, low sugar. It was lots of, vegetables and fruits and, kind of, I guess it was maybe more paleo. Now, as we know, more plant based, plant based, more just natural whole foods, whole foods.

Exactly. Avoiding all of the processed foods. Yeah. And so, with, with doing that, I saw some really interesting, interesting results and got excited.

And then, somehow my, the doctor I was working with, she, found out about some homeopathic medications that we started to bring into the office. Yeah.

And I use them because and I didn't really know. I just, you know, there was simple, easy to use, safe space. So, I would just say, well, if you're interested, you can try this.

I really didn't know how they worked. So, patients, I found that they were working well, and I tried them on myself. Yeah. And I was like, wow, it really works.

And I'm the type of person that gets the side effect of any medication mean every side effect. I take it for example, if I took, Sudafed and I would get, the heart palpitations and I would be tired but wired the same time and I would get all the side effects.

So I, I, you know, it was hard for me. So I'm very sensitive to medications and, anything over the counter. And so when I took the homeopathic, I, I was like, wow, I don't have any side effects, but I feel relief from my symptoms.

So that was interesting. And so and I saw patients say that it was helping them. So, so that to me really intrigued because I said I don't know how this works is it works.

So that's when I started. I took a course in home. I signed up to take a course, get me apathy. And I think that really is where it that's that's set my trajectory interesting because it really blew my mind, honestly, because, you know, kind of goes against everything that you're taught, right?

Everything that you're taught. We I did an interview and I encourage people to go watch it with one of your colleagues here at the at the center, where we talk quite a bit about homeopathy.

And, you know, the fact that it's basically a sugar pill with a microscopic dose of, some kind of, you know, plant, medicinal, plant therapeutic. Right.

And yet the results are extraordinary. What they're saying. It's mind blowing. Yeah. Right. So I, you know, I went I went to this course and, I was going with my, colleague at the time.

And I remember the first day we went to this course, we, you know, we were, what we were told is that, you know, it's been around. It works. We don't really know.

At the time, they said, we don't really know how it works, but it's been around and it's been working. Yeah. And so we don't know how it works, but it works.

Yeah. Which know, you know, when you stand, how it works. But at that time, how does it work? How does it. Yeah. So, they found that, first of all, I don't think they had instruments to be able to really, see if there was, verify that there was, you know, the smallest amount of, whatever substance that they're using.

So now they have instruments that they can actually detect that there is, you know, the smallest amounts of the substance that's being diluted because you're diluting substance and you're, you've got micro, you know, amounts of it in there.

You might take an herb or a combination of herbs or something. Right. And they dilute it all the way down. So it's like microscopic copies right there.

Like, you know, numbers that you'll see. And that's the dilution that you'll see. And so they, so I think it was immeasurable, you know, earlier because this was developed many, many years ago.

Yeah. And they had no way of knowing. But now we have the ability to see that. So, we actually so the interesting thing I would say is that, when I was taking this course, it was all homeopaths, and they didn't really understand.

They just understand their field of homeopathy.

Understanding Homeopathy and Natural Remedies

Subsequent to, homeopathy, I was introduced at kinesiology and the kinesiology, mostly a lot of the chiropractors that, you know, do the field of kinesiology, and they, understood homeopathy and they explained homeopathy to me.

So that was interesting because I realized it seems that a lot of people have a little piece of the puzzle or a piece of the pie, but, people don't know what other people know in other fields.

So I think that it was interesting to hear, the initial just say they understood homeopathy when the homeopathy, and so they, were explaining the, you know, the, the, the, the energy of the, the substance, that vibrational energy kind of goes into what's now known as energy medicine and understanding that, that, which goes in line with homeopathy is law, the law of similares, which is that like treats like, so, you know, I would I try to explain a good analogy to explain to people as if you've got a tuning fork, that's vibrating a specific frequency, and you bring another tuning fork of the same frequency.

What happens if you bring them close to each other? They start resonating at the same frequency? No. They cancel each other out. Oh, when they're when they're already vibrating at the same. Yeah.

Then they cancel. Cancel out. So similarly in homeopathy when they say the law of similar like treats like yeah. Then you take a substance and then you dilute it down, okay.

It will treat the same symptoms that, that substance or causes. For example, classic, homeopathic medication. That's one of my favorites. They this monolithic is actually a whole crushed honeybee.

Okay. And when you think about a bee and some of the what if you're going to be sting, what happens? You get swelling, pain, redness. So if you take homeopathic APIs malefic it actually treats those exact same symptoms.

It's the perfect antidote for a bee sting, but it's treating symptoms. So it can also be used to treat anything else. For example, it can be used for any other reaction like hives.

You got red red bulb that's hot but swollen. And it's, it improves with, Cool. Wow. Yeah. So it's very interesting. So if you as I that's kind of a simple way to explain it, but I think that's the way that I think most people can understand that, you know, that's, that's what's happening.

So it reminds me of, stinging nettle, right. You know, if you, if you walk by and stinging nettle, if you've ever been hiking, right, you've probably at some point in your life had stinging nettle on your legs and it, it'll give you a rash will give you hives.

Well, the antidote for that is to chew up the nettle. Right. And your your saliva actually counteracts it so you don't get the sting in your mouth. And you take the, the poultice that you've just chewed up and the medicine for the stinging from the barbs is inside the plant itself.

So the same medicine is actually the is the cure for the. The ailment from the plant is in the plant and you rub it on and the the lights go away. Oh, I didn't know that.

I learned something new, something new today. So that's really fascinating about homeopathic medicine. So is it true for all homeopathic medicine that it's you're actually dealing more with the, that you're treating?

From the, the symptoms of the like. Because don't they use certain plants and herbs and things like that to, to utilize the benefits of those to treat whatever symptoms or causes that people are experiencing or.

No, maybe I understand that room. Yeah. So actually, there is confusion. I think sometimes people say, oh, they use homeopathy as a blanket. Yeah. For all, you know, medicinal herbal treatments.

Yeah. And it is true. It's not the same. Okay. So, there are medicinal herbs, or herbs that are known to have benefits in their pure form. You know, they, you use them for their medical benefit.

Turmeric isn't the inflammatory. You're right. Yeah. Right. Yeah. But in homeopathy that what you're doing is there's actually a lot of the homeopathic are, substances that are toxic.

So it's the opposite. Okay. So that's where like treats like that. So I actually didn't know that I'm learning something new today as well. So thank you for learning something new as well.

Right. So a lot of people I do you know sometimes I don't clarify it always, but I try to explain that to patients. Yeah. There is a difference. You do have your natural remedies which are used for the properties of that substance in homeopathy.

It's kind of it's different. It's you're you're taking a substance. It actually would be toxic in its, true form. Another example of rootstocks, that is poison ivy.

So you would never take poison ivy or you get poison ivy, but this is poison ivy. Yeah, and it's been diluted down. And you can.

How IPT Uses Low-Dose Chemotherapy

It's the perfect antidote for poison ivy, but it also treats anything that acts in a similar. Had some symptoms of poisoning. Wow. Yeah. So. So that kind of may be helpful to clarify.

Yeah. It's fascinating in homeopathy and, you know, natural, using herbals, right. Yeah. It's perfect. Okay. Wow. Beautiful. So from homeopathy to to here at, Cancer Center for healing, you're, you do a lot of work with IPT.

IPT, is is insulin potentiation therapy. That's what it stands for. So what we're doing with this type of therapy is different. I wouldn't say it's I wouldn't say it's necessarily activating the the immune response.

And that's not primarily how we use it. We're still using chemotherapeutic drugs which are toxic. Right. But we're

using insulin to target the cancer cells.

Right, right. So that's the basis of in some potentiation therapy, insulin can be used to help direct the chemotherapeutic agents to their target, the cancer cells, instead of sending it all over the body.

It's still going to get some you know, it's still going to go to normal cells, but preferentially the cancer cells. And because, we can do that, we can use lower doses of the chemo agents and kind of percentage of doses compared to maybe regular chemotherapy, do tend to 20% generally.

Well, and so we can avoid a lot of the side effects. Yeah. Collateral damage. That's huge. Exactly. Because that's what the patients are afraid of me and mean.

Speak to the patients. Everybody knows somebody who's had chemotherapy and, you know, has had such a poor hard time, poor quality of life, lost all their hair, you know, had terrible nausea, vomiting.

And so they're all afraid of, of that. And so the nice thing with the lower doses of chemo, we avoid almost all of those side effects. Patients have a good quality of life.

They can continue with doing the things that they normally do. Yeah. And so it's really, a therapy that, once when patients find out about the they're on board.

Also, there's patients that just can't tolerate they just can't tolerate the, the high doses they get so sick that they just can't even continue to do those doses because they're very sensitive, or they've already gone through everything, and there's nothing left for, for some of these patients I know from.

So from homeopathy to now, working a lot with patients using IPT and some potential therapy. What was that transition like for you and, and, and how, have you seen what kind of results have you seen in using, low dose chemotherapy with, with cancer patients?

So I'm about what works, but I don't know if you can get that. I always look for what works and that's the bottom line. Chemo. IPT chemo. Like I said, it's still chemo.

It's toxic. But, you know, it works. And the reason that we use it here at the office is because we know that, we have large tumors. We need to shrink quickly.

Our short term is that are growing very rapidly. And, chemo is very good at shrinking tumors. But if we can, avoid, you know, the side effects and a lot of that is immune, you know, will affect the immune system.

You're mentioning immune system. It actually chemo at full doses will, you know, inhibit the immune system. So we're trying to prevent that because then that's going to prevent the body from being able to get better.

So we can, still give a treatment that is effective, but we use it in conjunction with a lot of other therapies. I'm sure my colleagues are talking about all the different therapies and modalities that we do here.

And it's very important because, while it's very effective, it's it's not the only treatment that the patients do. When patients do conventional chemotherapy, they're generally told this is the only treatment you need to do right now.

And, you know, don't do anything else while you're doing chemotherapy. Here. That's not true, because, we know that the chemotherapy. Well, it's helpful for, killing the cancer cells.

Chemotherapy does not kill circulating tumor cells, for example. Stem cells. Yeah. And so that's what causes actually metastasis later on. Oftentimes you may hear of patients who does chemotherapy and they are told they're in remission.

And then weeks to months later it's all back. Right? Why does that happen. And that's because you don't.

Chemotherapy doesn't kill the stem cells. Right.

And so those will metastasize and then go to other locations they may have already metastasized in. They're you know, not visible on a scan. So those are there other therapies that need to address that.

So, it's used in conjunction with other therapies. So patients are doing all these other things as well. At the same time as we're doing the IPT chemo.

Preparing Patients for IPT and Healing Support

So how would you inform somebody in terms of preparing their body, for something like IPT? What what is maybe that protocol look like for them, maybe even a few weeks in advance?

As well as afterwards to give them the best, you know, fighting chance at one dpt, you know, targeting the cancer and getting the best results there, but to allowing their immune system to do what it's designed to do, to, to be able to heal the body.

Well, if we have the luxury of time, we do try to prep patients. Sometimes we have patients and fortunately, it's unfortunate that, we do get the patients that come at the very end.

They we have to just get started right away because they don't have that luxury of time. So but if we do have that time, we actually want to address the nutritional issues.

Yeah, that's the foundation. And so we, you know, we have our nutritionist here. We have, Doctor Roney here, and he spends a significant amount of time, looking at all of their nutritional numbers.

And, and we're trying to optimize those. So it's very, very important. The patients, understand that sugar glucose is, is primarily the food for cancer, right?

So we make once patients understand that, they understand that they have to change their diet, because if they continue to eat processed foods, high amounts of sugar, they're feeding the cancer.

And, and then if they, you know, tried to do all these treatments yet they're not changing that, that's not going to, end up in a good result. So that's the primary focus, I would say is like diet and nutrition.

And making sure that patients are, not feeding that, that cancer. And that's true all throughout. I mean, that is, very true. And then the other I mean, we we also start patients.

It's the emotional aspect is very important. Yeah. Well, you know, I don't have time to address that. So. But that's addressed when patients first come and, there we, we have someone here that, works with patients.

Yeah. That's we're interviewing one of your colleagues about the Iraqs emotional healing system, which I'm excited to learn more about as well, because we know, you know, the mental, emotional state of of anybody, directly, can determine the fate of the disease in the body.

We know that our thoughts and emotions can cause disease, and we know that they can help our body to heal disease. Absolutely. So it's huge. And, yeah, I'm excited to share that interview with everyone.

We're doing it today. So. Right. Well, because these therapies, don't work well when you're in a state of mind or that's it's non healing. Yeah. And when patients are in, for whatever reason, whether it's emotional or physical or their immune system's not working, then, then these therapies that we do are not as effective.

Right? Right. So we do try to also make sure that the immune system is weak. We want to make sure that we help the immune system to, strengthen them, to prepare them for the chemo.

Beautiful. Yeah. Well thank you so much for your time. And you know it's been it's been a real treat. Getting to learn more about what, what you guys do here at the, at the center.

And I'm just blown away at, how many resources are here and and how knowledgeable your entire team is and how much everybody really cares about finding the best solutions to help the patients.

So thank you. I really appreciate it. Thanks so much for having me. Yeah. Great. Absolutely. And and I want to thank everyone for tuning in to the Conquering Cancer Summit.

Please share this with friends and family. Together, we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you and I wish you ultimate health and happiness.

Be well.