Introduction and Doctor Vu2019s Background

I, doctor Pollack here again. And today I'm joined with a very special doctor. Doctor Veronique, the solid name. Did I say that right? Very good. Yeah.

Good job. French background. But I'm sure you get all kinds of other pronunciations. And you could tell us what you would prefer to be called. And I'm also going to ask you then to please introduce yourself.

What you do, what you're known about. I think you published. So please. Thank you. All right. So most people know me as doctor V. My name is Doctor Veronique Disney.

I'm the founder of Breast Cancer conquer.com and the co-founder of my Breast Friend. Now, how did I come to be known as the breast cancer conqueror? Well, if we go back all the way to 2004, I was in my 23rd year of practice as a bio energetic chiropractor, and I was in the shower and I was doing a breast exam and bam, you know, felt that lump that changed my life forever.

You know, professionally and personally. And what went through my mind at that moment was how could somebody like me develop breast cancer? I mean, here I thought I was doing everything right.

You know, a ride, exercise, homework, you know, you name it, I was doing it. And yet here I was, facing a lump in my breast. So that brought me down the the path of, you know, research.

You know, what allowed the cancer to show up? Because I know that cancer is just a symptom. It's not the cause. And I had to really look at my lifestyle and look at some of the pieces of the puzzle that I was missing.

So as I was creating my protocol, I chose to do everything outside of conventional treatments. I, you know, I realized that there were certain things that needed to be addressed.

And so I sat down with pen and paper and said, okay, what do I need to do to get well? And so that's how I came up with my system. It's a it's a, registered trademark system, called the Seven Essential System.

And each of those steps, if you follow, you never have to fear cancer or any disease for that matter. So that's how I ended up, sharing my story with, in a book called Heal Breast Cancer.

Naturally, it's, Amazon number one bestseller in, five countries. And, you know, just, have really enjoyed helping women. You know, my team and I have coached and supported women in, 60 countries now.

And we do everything virtually. And we, you know, we guide women through that healing process because so many women, when they're diagnosed with breast cancer, they they think right away, bald head sick, and I'm going to die.

And so we're here to change that, create that paradigm shift. And we don't have to fear breast cancer. If you understand what it is and what it isn't.

And then you have a large measure of control on how your body responds to healing. Now you have a professional background, right? So tell us your professional background as well please.

So chiropractor by profession, graduated in 1979, a long time ago. So I've been in the wellness industry for 40 some years now, 43 years. And, you know, I, I went into chiropractic because I, I knew that or I, I came to understand that our is an intelligent, miracle that allows it to heal.

We cut our finger, you know, we don't have to think of anything. The body automatically heals. So it's designed to heal. And with chiropractic, we understand that the nerve system command controls everything in the body.

So if there's, impedance or subluxation in the spine, that can prevent the cells and the organs and receiving all that electrical information that the brain is sending to all the different parts of the body.

So started that way and then came to realize that nutrition was very important. And, hormones and emotional wounds and all these things, you know, kind of came together into that 70 essential system.

How did you come up with the seven essentials? How did it all of it wasn't all of a sudden landed in your lap. Right. So how did you evolve that? Yeah, it was kind of a download, honestly.

You know, I just sat there with pen and paper, you know, as I was going through my first healing journey and I just said, you know, instead of being all over the map, I said, what?

What is it going to take for me to cover all the bases and to really get well and to reverse this, you know, this cancer in my body. So as I went through that checklist, just started writing things down and I realized, there we go.

This is everything. It covers everything. And, you know, over the years, as I've listened to other doctors lecture and wonderful lectures on, you know, oral health and how important that is, or, you know, the immune system or balancing your hormones or detoxification, you know, all these different things.

But I felt like somebody needed to put it all together so that it's all in one place, because you know, this, you know, my process covers everything. Everything from, you know, food, detoxification, emotions, you know, which we can get into.

But it's so important to, to make sure that you address all the issues, because if you leave out one piece of the puzzle, your body will not heal optimally.

Breast Cancer Journey and the Seven Essentials

All right. Well, thank you for that. And that's that's a journey that's fairly common as well. And, obviously you've expanded or changed your, emphases probably over time as well.

Especially after you, got notified that you had something else happen. So interesting. Yeah. So, five years, let's say so now three years, into my, public persona as the breast cancer conqueror.

I was, you know, coaching women one on one, working from sunup to sundown, not practicing self-care for sucking all this breast cancer energy. I just knew something was wrong.

I mean, I started having the pain again. Same area. The left breast wasn't sleeping well. Hormones were, just exhausted. And sure enough, you know, blood work, ultrasound, all these other things showed, you know, that cancer came to visit again.

I mean, I created the perfect storm for it to show up. And through that second healing journey, I realized, I mean, we're talking there was nine years difference.

This was 2015 from, you know, 2006 or 9 years. A lot had changed in the natural world of healing as but around cancer. So I had a lot more tools, a lot more things that were available to me.

And I really dove a lot deeper into each of the essentials compared to the first time around. So you expanded on each of them? Yes. Right. Would you mind, going through the seven?

We're not going to spend a lot of time. Obviously, people get your book and go to your website and they could do a lot more in-depth, deeper dive. But for now, to entice people.

Okay, let's go through your steps. Please. Give them a little a little snippet. So essential number one is to let food be your medicine. And I think the your listeners for this summit or are aware of that there's so much information and in a nutshell, there's no one size fits all.

We're all individuals. So I do recommend some, genomic testing, genetic testing to see what foods would best support your weaknesses, your genetic weaknesses, making sure that you check your blood sugar so that your, you know, you're not insulin resistant, that you're metabolically flexible, 80%.

You know, you want to eat 80% raw, mostly organic, because you can clean protein if you choose to eat protein. And just incorporating a whole foods, lots of vegetables.

I don't believe that plant based is the only way. I really feel that some people need some some good protein. I'm one of them. So it's, you know, you have to find out what works best for you.

All right, so that's a nutrition. Yeah. The thing about nutrition, too, is that, a lot of these, there are probably some, foods that are particularly helpful as a preventative for cancer. Yeah.

But also in terms of helping augment the healing journey as well. Yes. So cruciferous vegetables specifically for for women with breast cancer, broccoli sprouts high on the list because it's very high in sulforaphane, which is a, you know, a nutrient in the sprouts.

And that turns on over 200 genetic switches in your body. Looking at, trace minerals, making sure you're getting some seeds and nuts that are sprouted, ground flax seed, you know, all these lots of grains because they're high in chlorophyl and fiber fermented foods.

You know, there's there's a lot of foods that you can benefit from. Raw is important to you as a family physician, holistic family physician. I used to tell folks regularly, about blood sugars.

And even though you're eating raw, organic, you're putting it on the grill, right? Or you're steaming it. What does that do to the food? Definitely changes the structure of the food.

And you're not getting those live nutrients as many live nutrients, right? You're you're cooking your food. Yeah. You're not getting the same benefit from the, powders either that you do eating the raw food.

Absolutely. One of the one of the most important fact is not if you're going to get into this is also blood sugars. So if you eat raw food, you can take an apple has the same amount of sugar in it, raw apple.

And you make it it's got the same amount of sugar in it. But what's the difference then once you bake it much more concentrated and it's all it also gets released much faster.

Yes, because in the raw state it's released slowly as the body digests all that fiber in the sugar releases, and so you don't spike your blood sugar levels, but you take a carrot and you put it on the grill, or you boil it.

Not only does it have nutritive changes, but it also has this sugar releasing problem. And what's the problem with sugar and cancer? Right? We know that sugar feeds cancer.

And if you have spikes in your insulin and you become insulin resistant, you're turning on specific pathways like the inter pathway that can turn on, you know, cancer cells.

So it's yeah, it's very important to be metabolically flexible. So we always encourage our clients to get their you know, HBA one C tested their fasting insulin, their you know morning glucose.

And and then we always encourage them to start checking their blood sugar just like they were diabetic, to see what foods may be spiking the their sugar.

Yeah. If you're not checking because people are often mis that they even though you even though you have a a really good diet, you're doing all the right stuff and your A1 c is still 5.8 or 5.9.

There's still something that you're doing wrong. Right to high. Yeah, that's way too high. And that's the spikes. Your food may be good, but that's why, go back to the point about cooking raw vegetables or boiling or, grilling.

You're releasing those carbs and therefore your spiking your sugars. Yeah. All right. Well, now do you go into metabolic stuff? You go into blood sugar a lot along your steps?

Yeah, definitely. Well, that's the part of the essential number one. Then we move to essential number two, which is to reduce your toxic exposure. And that looks that toxicity on you know, a global scale, with all the EMF that we're exposed to, it looks at what you have in your yard, you know, as far as fertilizers and, and chemicals that you use, bring it into the home.

What what kind of chemicals are you using in your home? There's hundreds of chemicals that are endocrine disruptors and will stimulate, aggressive estrogens in the body if you're not careful.

And then, of course, anything you put on your skin is absorbed directly into your bloodstream. So really making sure that you're using clean products that you know, are nontoxic and that they're also good for the planet.

So when we talk about that, we talk about, how to detox the body. I mean, no matter how clean we try to live, there's still some toxicity that we're going to be exposed to.

And so we encourage that sweating, which is really, really important, to get those heavy metals and those chemicals out of the body. Coffee enemas, liver flushes, colon cleanses, yeast, you know, find out if you have any type of pathogen like yeast and viruses and bacteria that may be lingering in the background, which is that's going to keep your immune system suppressed.

So we get into, you know, the cleansing aspect of detoxification. And that's, you don't do it once, right? Oh, no. It's a lifelong, lifelong process. And when you start off, if you've never done any cleansing, and even when you start changing your, your products, sometimes your body may go through a detox, reaction.

And so it's, it's something. Yeah. I mean, to this day, I still do coffee enemas. I still get in my sauna. I still live in a clean environment. And, you know, don't put anything toxic on my skin.

And there are lots of those, aren't there? Like the shampoos, everything. Yeah. All the chemicals that that are commercial grade. I mean, everything from, you know, triclosan, which is, you know, very, very cross antigenic, the sodium laurel sulfate, the parabens, which is a preservative.

But it's, it's an, hormone disruptor. And it can really stimulate, estrogen production in the body. How do you get rid of the estrogen? That's a very good question.

We talk about balancing our hormones in the next section, balancing our energy. Okay. You want me to get into that? All right. Well, I, I'd like to make a point about the toxicity that.

Yes, people I think a lot of people beat themselves up on that. What did I do wrong? What did I do wrong? The problem is that every baby is born today.

Has over 200 toxins in their bodies already. Yeah. And where did the baby get those from the mom and the environment mom. So moms already have it. So if your baby's born with it and then your baby is 25 or 26 years old now and has a baby, how do you get rid of the 200 something things that are in your body when you were born?

Can we do a complete clean? Can we do a complete cleanse? It's it's literally impossible. I mean, even if you try to eat organic, the, you know, the farmer next door may be using glyphosate, the rain, the soil, all of these things.

We can't live in a bubble. And this is what I encourage our community. It can be overwhelming for some is, you know, I can't do it all, but it's it's recognizing we live in a toxic world, but giving your body some relief is is better than not giving it any relief.

Can't expect perfection. So it's an ongoing process. You're really never going to be done. Absolutely. What do you think about curation? I'm not that familiar with curation.

I've heard anecdotal stories from my patients. Some of them have used it and, they've seen benefits from it. So I can't really speak on that subject. And curation, it can be tricky.

As well. And you really do have to see somebody who's skilled at it. You can do a hair mineral analysis. You can do urine studies as well to see what kind of toxins you're putting out.

You may have to be poked, you know, you you have to have a collation session to see what comes out of your body. Have you ever heard of, zeolite? Yes.

Do you recommend zeolite? I've taken it off and on. I haven't, you know, really studied it enough to say, you know, the again, what I've read shows that it can bind heavy metals and help excretion from the body.

But then a lot of other things can do that, like modified such a spectrum as well. So. There's a form of curation that I like, especially, if you don't mind my sharing.

Nutrition and Toxic Exposure

And that is, zeolite, the nano zeolite. Okay. There's one particular brand. There are others, but there's one particular brand I use is called ACG nano.

And the reason I like the zeolite, is it's a it's a safe form of collection because not all forms of collection are safe. They have. That's why you have to work with a professional to do this.

The nice thing about the zeolite, the nano zeolite, you can spray the back of your throat. It's absorbed into your bloodstream. And zeolite basically is lava rock dust.

And that little lava rock dust molecule, it's a nano sized molecule is a Swiffer. It's got a strong charge. And therefore it's going to attract other strongly charged molecules like the heavy metals, like the insecticides and pesticides.

So what happens is that those small molecule, the other small molecules latch into that zeolite cage. It's called and that's it. They're locked. And because it's nano sized, every time it filters through the kidneys it gets filtered.

Every time it goes through your liver it gets filtered and gets dumped out into your into your gut. And because it's nano sized, locked in, even if it reenters back into the body, it's still locked.

So this is a form of attrition. This is like erosion. If you use it you're going to be continually sort of dealing with these molecules in your body. And then just excreting them without any risk.

Good. Now. Oh that's again something that I've learned across the many years of doing the same kind of work as well. Right. All right. What's the next step?

Number three. And this is right up your alley. It's to balance your energy. So we are one billionth physical matter. The rest is all energy. And so how do we balance that energy.

Well there's several things that you can do. Chiropractic is one of them. We talked briefly about that. Acupuncture deals with the chai energy in the meridian.

So that helps to, you know, bust up those, energy blocks in the body, massage. And then, of course, pimp pulsed

electromagnetic frequencies, which this fall summit is about that.

And as I was going through my second healing journey, that was one of the tools that I added to my my healing toolbox, because I recognized the importance of grounding and really getting those frequencies we're so disconnected from, from the planet, we know the Earth is one big magnet that gives off wonderful frequencies.

And you know, we're wearing shoes outside, we're driving cars, we're living in homes with cement floors. So we're very disconnected from that healing potential.

So as I did my research, I chose to, you know, to get a, a a mat and a smaller pad. And I really felt, you know, it calmed down my body. It made a huge difference in how I felt physically.

And we know that inflammation is the foundation for all disease. And and, you know, pump is very good to decrease inflammation, decrease stress in the body, increases oxygenation, stimulates the immune system.

You know, increases circulation. So it has so many benefits. To me. It was a no brainer to really add that to my my healing toolbox. And that's again an ongoing strategy.

It is. Absolutely. It's something that you continue to do even though you've been told there is no evidence of disease. You know, women often walk away and you think, oh, I'm cancer free.

I can go back to my old life. No, you can't, because there's still circulating tumor cells. There's breast cancer stem cells. There may be a teeny tiny tumor.

They don't pick up on a Pet scan or a CT scan. So you have to maintain that whole lifestyle. And this is the way that you live going forward. Now, I know you you we talked about hormones.

You asked about hormones. That's another aspect of balancing our energy. We know the when our hormones are off, when we're off as well. And we know that our hormones are very important for our brain health, cardiovascular health, bone health, immune health, all of that.

And unfortunately, women's hormones have been vilified by conventional medicine. Right. You have estrogen positive cancer. So we've got to shut off your hormones because that's what's causing the cancer.

Well, I disagree that if there's an imbalance in hormones, it can. And if you're exposed to a lot of xeno estrogens or chemical estrogens that can drive the cancer, and if you have a problem with methylation or metabolism of your estrogens, that can be problematic also.

So not just the blank statements your hormones cause cancer, because if that were the case, every 20 year old on the planet would have cancer. I I've actually going back to that point that you made about, the ongoing need to work.

I personally, I as much as I'd like to tell people that tell women or anybody any kind of cancer that now you're cured. Right. And oncology plays a funny game saying that if you're five years out, you're cured.

Well, that's again, that's a funny game, right? So from my perspective, we're doing a disservice to people with cancer by telling them that they are, survivors.

So when you are told that you're a cancer survivor and you say, okay, well I'm done. Right. So part of my mission is and I know that's part of your mission too, is that you're never done if you have heart disease or you have liver disease or you have, brain disease.

Miss, a whole list, the list goes on. Any chronic condition is basically, from that point forward, a chronic condition. And that means that you have to treat it like a chronic condition, which means you have to constantly be dealing with it.

And the fourth, the good thing is about whatever you do to deal with it chronically. It's also going to help you in many other ways, and you'll never know what you prevent. It.

Right? So people like yourself, when you start to back off or other stressors come into your life and you know, things start to creep in that you're not aware of, and you you now have lost the advantage of that lifetime survivorship, vigilance.

All right, I totally agree. Yes, it's it's a lifestyle going forward. I mean, cancer changes your life and it's it's a it's a gift. It's a blessing. It's a transformation that you're you you make.

And not just physically but mentally, emotionally, spiritually, you know, all aspects of all life, all aspects. In fact, actually, when I started doing holistic medicine as a family doctor, as a former family physician, and I worked in the conventional medical world for years, and I was on the faculties of a number of universities.

And I said, this is, you know, this is insanity. And we my patients started doing much better. What? I started doing holistic medicine. They left the office smiling, but they came into my office when I was a regular doctor.

Nobody left smiling. Right. And you got all these other interventions. You take all these medications and they make you sick, and they don't really make any difference in the long run. Right?

Or significant difference, at least. So what we're doing, functional medicine, what we're doing is much more important generally and will improve survival. So let's go back to the hormones for a second.

I did a lot of hormone replacement therapy, and I totally agree with you that the hormones are given a bum rap out. I'll from my perspective, I'll tell you why hormone replacement is given a bum rap. From my perspective, it's because they're synthetic.

They're not bioidentical. Yeah, right. And it because they're synthetic, you know, how does progesterone get developed in a lab. How does progesterone get put into a hormone pill.

The chemists go at it right. And they tweak it. They say, oh, let's add this molecule, this add that molecule this way and that. And what they do is that when they decide that, they think they designed it, right, they throw it against the wall and see what sticks and say, if it looks like a duck, guys, quacks like a duck.

It must be a duck. But the problem is it isn't. So even a small tweak to a molecule is enough. Like testosterone and estrogen are not very different, as are hormone.

Energy Balance, Hormones, and Emotional Healing

They're very they're very similar, surprisingly very similar. So small changes to an estrogen can turn it into a progesterone or turn it into an androgen acting agent.

And so both of these synthetic progesterone are actually androgenic. And because they're synthetic we don't do blood tests on them. We can't do a blood test on a synthetic progesterone.

There's no blood test. I can measure your progesterone right. Because it's biological. It's a bio identical to what you do. So we have this problem. It's all alien stuff now even premiere in which is basically a pregnant horse mare's urine.

So why do we keep horse. Horse mares pregnant to get their urine. And we know there's three estrogen right. Estradiol astral and estrogen. So which of the three is the bad guy.

Well they all right. The bad girl I would say right I mean they all work together right. The our hormones are good and still has a protective effect. You know the, the EQ ratio that doctor, Lee came up with, you know, years ago.

That's one thing that I really monitor. And making sure that your estrogen progesterone ratios are balanced because estrogen, like the accelerator pedestrian's the the brake.

And if you know you you're too estrogen dominant, then that can trigger some, some cancer issues. So the one that I think that I've seen that probably creates the most risk is actually the strong.

Strong. Yeah. And that's what horse mares urine primary 90% estrogen. Well, how much astron do we make in our bodies? Women I can't say we. Okay. Include myself, but Astron is only 2 to 5% of the, total lesbian in your body.

So that's, again, another synthetic sort of craziness to overload the body with that strong, that does increase the risk. Have you ever heard of a doctor Zorba?

I don't think so. No. And doctor Lee as well. They're buddies. Actually, Doctor Zala runs a hormone lab. Oh, CRT lab. Oh, yes. Okay, so I know. Yeah. All right, so Zama has done 30 years of research on breast cancer.

Here. Decades of research on breast cancer. And if you go do a search on the internet about progesterone, it's almost impossible to find a study that talks only about natural progesterone.

They consider all the artificial progesterone progestin progesterone genes. All the literature considers them progesterone. So it's completely confusing right.

But they're not they're not they're artificial. They're not they're synthetic. So Doctor Zala says that progesterone doctor lead does the same thing as a natural progesterone, which your body makes is in many ways anti-cancer. Yes.

Right. So that's actually protective. And women who are taking bioidentical hormones and all you do is just take, these, natural progesterone, you know, already giving yourself some protection and you're still balancing.

Yeah. Yeah, totally. Well, well, I'm glad we're in agreement there. There we go. Yes. Survivorship and hormones. So again we what we're saying is don't be afraid of hormones but be afraid of synthetic hormones.

What you're getting is the. So isn't Iowa identical. Yeah. Totally totally. So essential number four is to heal the emotional wounds. And I think if I were to start over, I would put that as number one, because I firmly believe that 90% of the healing occurs between your ears and in your heart.

So we, we really dive into that, aspect by helping women to understand the power of their beliefs and their thoughts. We we encourage them to read specific books like You Are the Placebo the Art of healing by Doctor Bernie Siegel.

You know, all these books that really help you to understand that your belief and your thoughts. You know, Bruce Lipton, right? If we if we project or if we think that our body is not going to heal or if we live in fear, our thoughts are literally going to affect those genetic switches.

And so it's very, very important to get clear about, you know, 1,000%, you believe that your body has the ability to heal and to start releasing some of this internal conflict that you've probably had since you were a child.

Since 95% of our thoughts are subconscious, all that imprinting that happened, you know, between the time you were conceived till five years old, you're you're running those programs in the background and you're reacting.

You're not really living as as a mature adult. You're still reacting to those childhood wounds. So we encourage in women to look at those childhood wounds, you know, teenage her and young adult, what's happening in your life now, you know, are you in abusive relationships?

Do you, abuse, medication or drugs or alcohol to numb the pain? You know, so there's a lot of factors and really encouraging women to learn to nurture themselves and nurture that little girl.

Learn to love yourself, forgive yourself, forgive others. These are, you know, all aspects of of healing the emotional wounds. What about spirituality?

Extremely important. Yeah, that's that's part of the the healing journey. Because, for me, there was definitely I mean, and to for everyone who's faced, a diagnosis with cancer, you face your mortality and you start asking the questions, is it, you know, what is thereafter this?

And you know, why did why did all these things happen? And you know what? What's going on in the world today. So really connecting with your your creator and and really coming to understand that the physical, patterns that we have or just are just skimming the surface about what our future holds eternally.

I learned a long time ago as well. Talk about that. Is that women who, this is, I forget the name of the book right now, one of the original books or early, early books on breast cancer and survival.

And they found that, women who do two years of counseling and this applies to any cancer, not just breast cancer, but it applied especially this. They discovered it.

And, it's a radio therapist, actually, discovered that women who do two years of, psychotherapy after their diagnosis have a 35% higher survival rate than women who don't.

Now, why would you want to do psychotherapy? Because it helps to clear those negative patterns. And it helps you to recognize your imperfections and to be okay with them.

You face those fears, you face those demons, and you release a lot of a lot of stuff that you're carrying that's causing that internal conflict in your body.

We kind of tend to agree more, can't agree more. And what you don't you don't have to be crazy. No, you don't have to be Looney tunes. You don't have to be deficient in any way.

This is the natural human condition. And so what happens is once you start dealing and processing, especially under some help, under professional guidance, then you will be you will over that period of time, over that two year period of time, do much better.

So this is what this is a form of grief therapy. When you get it back home says you got you're you're now in grief. You have to be normal. And it takes about two years for grief work to work itself through, never mind whatever else is going on.

As well in, you know, in general in the background now. So and there was, talking about study that there was an 11 year study done on women with breast cancer specifically, and they found two things they found if they had community support and they learned to manage their stress, they had a 75% decreased risk of dying from breast cancer.

I mean, that's huge. So just those two things at some critical over 11 years. That's a that's impressive. Yeah. Yeah. What about meditation? Meditation. That's definitely part of it.

Getting into the relaxation response every single day, getting that parasympathetic response. Because that's how your immune system's going to function better.

You're going to digest better, oxygenate better. Because we're living, you know, with the pedal to the metal. We're in that fight or flight. So we yeah, we talk about meditation, visualization, heart map, app checking, heart rate variability, all of that.

All right. Now you were jumping to go to the next one. So let's go to the next number five. Biological dentistry. So what does that mean. That means that when you work with the biological dentist, he understands that your teeth are living organs, that are connected to your other organs through the acupuncture meridian system.

So you have to look at your oral health two ways. You know, the chemical assaults which have to do with the mercury fillings and the, you know, the nickel, the aluminum, all the heavy metals, you know, those are metallic estrogens.

They'll mimic and stimulate estrogen in the body. And they're just very toxic. They're neurotoxic, affect your digestive system, all of that. You have to look at gum disease because women postmen puzzle women who have gum disease are twice as likely to develop breast cancer.

So that's a huge issue. Root canals. Root canals are like dead organs in your body. They're they're dripping toxicity. No matter how they septic, they try to make it.

There's always a pocket of anaerobic bacteria that's suppressing your immune system. Cavitation conditions are infections in the bone. And that was one of the big discoveries that I made in my second healing journey.

Discovered I had poor cavitation and so had that cavitation surgery. And, it's an important aspect of healing. It's an infection in the bone that needs to be healed.

And interestingly, two of them sat on that left breast meridian. So no coincidence there. Right? And so energetically, if you have a hunk of metal or a root canal or a cavitation, that's going to affect that specific meridian.

And we see that time and time again. Right? There's a connection between the meridians, in the top teeth and the bottom two that affect the breast meridian.

So if women can't afford to clean out their whole mouth, always start with the breast meridians first and then slowly chip of the others. Yeah. That's fantastic.

The teeth are extraordinarily important. I've seen some amazing stuff, amazing work done with cavitation that are removing, removing them and cleaning out the bones.

And it's actually very difficult, surgery to do. You really do. You can't just go to any old person to do cavitation surgery. You really have to do it through a biologic dentist, or at least an oral surgeon who is very skilled.

Also, because you have to persist and persist, to persist because those bones have tiny little sacs to them. All right. They're air sacs. They're like air sacs almost.

And you can have a pocket hidden. That's not obvious. You have to open that up and drain it. Get rid of that infection that's in that sac. And it can be very tedious work, but it's very important work.

As you say. Yeah. Very important. And a biological dentist will know to use ozone. And you know, you have you the best way to find those cavitation is through the 3D beam, bone scan, because that'll give you that panoramic view.

And there's not too many, you know, dentists or surgeons that are really adept at doing this kind of work. But, you know, they're getting better and better over the years. So.

So that was number number five. Number six is, healing your body with therapeutic plants and herbs and supplements. So it's basically the, you know, hundreds and hundreds of different nutrients that can improve your immune system and kill cancer cells.

And, in my book, I've got over 700 references to PubMed that shows, you know, studies to to back up everything we're saying. So, you know, if you start basically with just nutrition, for example, basic, immune essentials would be like vitamin D, making sure your vitamin D is optimal.

Women come to us, their vitamin D level is in the teens and the 20s, and their doctors never say anything to them. So we try to get them up closer to 80 to make sure that, you know, their immune system can be, can can be beneficial and work for them.

Vitamin A is also very essential because vitamin D and A have that synergistic relationship. Magnesium also important for those three to work properly.

High dose vitamin C, zinc, selenium. You know, those trace minerals. Very important. And then you can get specifically to boost the immune system. You can get medicinal mushrooms, products that stimulate the mitochondria and like poly and VA and, you know, anti-inflammatory substances like curcumin and, you know, the list goes on and on.

There's literally hundreds of different, supplements that we, we can go through our list and recommend depending on their budget and depending on what they're going through.

And, and you have you have that list in your book. Yes. Yes. Right. Can't list everything. But there's a, there a long list in there. That's a good place to start.

And you may have to pick 5 or 10 that you start with. You're not going to start with 40 or 50. Exactly right. And it's good and it's good to rotate, you know, if you if you create.

And this is something that our coaching program, program does, we help women create a specific protocol based on their needs. And, we always pulse it.

Biological Dentistry and Therapeutic Support

You know, we don't put somebody on something for six months, but we try to change it up every month, sometimes every week, depending on how, you know, chronic or acute their situation is, and there's, you know, there's ways to test to see which nutrients are most effective for you as well.

All right. Then lastly, number seven. So, you know, I call it, you know, early detection, you know, being being very proactive. But it also deals with your healing journey and looking at tests outside of conventional treatments.

So if we just start with, monitoring your, your breast health, of course, we know that during the pink month, there's a lot of pressure on women to get mammograms.

And I'm not telling women not to get a mammogram. I personally have never had one. But, you know, there's a lot of controversy now about mammography and the increased radiation risk, the compression, you know, all the problems that can cause with dense breast.

It misses almost 50% of the tumors that are there a lot of false negatives, false positives. But if you choose mammography, back it up with an ultrasound.

We also talk about thermography, which looks at the infrared heat coming off your body to see where the inflammatory patterns are. It's not going to diagnose cancer, but it will give you an idea about the physiological changes going on in your in your tissue.

And again, back it up with an ultrasound. Then you can also think about a breast self-exam. You know, we've never really been trained to do a proper exam, but you know, there's tools out there now which I left my model out, but it's, a model called My Breast Friend, which, has been used by the Mama Care Foundation for decades to teach physicians how to do a proper exam.

And so now we've made that model available to women so that they can learn, you know, the normal geography of their breast tissue. And then, bloodwork, you know, make sure your vitamin D levels are optimal.

As I mentioned, look at your inflammatory markers, because that can tell you a lot about what's going on in your body if you're, you know, your, C-reactive protein is high.

For example, studies have shown that the higher the number, the the poorer the outcome is for survival when it

comes to breast cancer. So really monitoring your your inflammatory markers, of course, you know, use your traditional markers as well.

Thyroid panel very, very important. And now there's so many advances in detecting cancer at an early stage. I just did a test called the Gallery test from think of the Grail company.

They detect they can detect over 50 different kinds of cancer in the bloodstream by looking at the, circulating cancer DNA pattern, in the blood. So very, very fascinating.

Technology. We also recommend a company, called risk, also known as the grease test. And I've recommended and used it for over eight, eight years, and it's been tremendous results with it.

They filter your blood to look at circulating tumor cells, the stem cells as well. Then they grow those cells in the lab, and then they, drip basically different substances, 50 different natural act natural extracts, 50 different chemotherapy agents, and they'll see where the die off is.

And depending on the percentage, then the higher the percentage, the better those, products will work in your body. So fascinating work that you know, we're seeing some great advances in the department.

All right, so let me ask you a question that could be controversial. Okay. Have you read Breast to Kill, dress to kill. Yes. About the bra. Yeah. So what do you think about that?

I totally agree. I don't wear underwire bras. If anything, I wear a lot of sports bras when I'm around home. You know, I don't, you know, there's. It just makes total sense because you're blocking the lymphatic drainage of the breast, you're compressing the breast, and you're attracting more emfs with those metals and those wires to your to your, breast tissue.

So I, I totally agree. And I think physiologically, it also makes sense. And I was going to go back to a question, and it relates to that question. Is it the stagnant lymph in the breast is basically inflammatory cells that are sitting there.

Yes. Right. So you need to move. How does the lymph move in the body. How do you get lymph to move in the body. Only with physical activity. Massage. Yeah right. And activity.

So what causes the breast lymphatics to move. Bouncing right. Right. Cooper's ligaments. So when when the breast bounces you're actually in a sense milking the breast.

You're milking the lymphatics of the breast. Right. So that that becomes important. And I think the underwire is important, but I don't think it's as important as allowing the breast to basically bounce when you walk.

I think that's the key. So my recommendation is usually abandoned once you get home from the office. Right? Right. You're making up for yourself. Right? Right.

Because the more your breast bounce and I think the bigger the breasts, the more important that is. Right. Because it's harder with bigger breast. To get an adequate amount of lymphatic movement.

So what about breast self-massage. Extremely important. Yes. And we recommend there's a lot of good oils that can be used in conjunction with that that can that can help.

But I use a, it's called the Healthy Girls Breast Oil. And it has a combination of different oils specifically, you know, to help cleanse the breast and stimulate the breast and, you know, always move towards, out towards the lymphatic system.

Right? So, circles, different circles in each breast. Right, right. Because you got milk out the lymphatics. Yeah. So that should be done properly with every shower ideally. Yeah.

Yeah, yeah. Every night before I go to bed. It's my routine. So do you mind if we go back to, energy and you, you you basically do magnetic therapy. So tell us what you what you do, why you did that, and what kinds of results or benefits you're seeing from it.

Well, I recognized when I was going through my second healing journey that getting grounded and getting those frequencies were very important in healing.

I mean, I knew about camp, but I, you know, I hadn't really looked into it. So I did a lot of reading, a lot of research. And, I came to the conclusion that this would be an important aspect of, of any healing journey for any type of, of issue.

And so I happened to choose a, the company out of Israel, Kira Tronic or Kira Tron, and I think they have a different name in the US. You said it's called it's called PA meds.

Parmenides here. Meds permit. Yeah. And, I started using it on a consistent basis. You know, I would use it every day, and it came with a little pad. So I would do a separate session on the breast tissue, with that pad.

Early Detection, Breast Care, and PEMF

And it really, really made a big difference for me because it was so relaxing. Help me with my sleep. Decreases inflammation. It was just an instrumental part of my healing.

And and I still use it. Take a power nap. You know, I lay on it. Very good to help relieve pain. I'm very athletic, play a lot of tennis. Really helps to get that circulation going and to increase oxygenation to those sore and tight muscles.

So, your system happens to be called the palm. It's home system. And there are different kinds of devices with different levels of intensities. And one of the reasons I was very interested in chatting with you, because you are a user, you have the experience with it, is that even though we can't categorize it as energy medicine, in a sense it's really not energy medicine from a when people look at it from a frequency perspective.

But what are the key mechanisms of magnetic fields in the body is as the magnetic field is passing through the body, which it does complete by, does not stop the magnetic field, but as it's passing through, it increases the production of charge in the tissues.

It increases the production of ATP in the tissues, it increases the stem cells of the tissues, and natural healing stem cells increase the circulation and anti-inflammatory.

So it has all these different actions, all from that charge being produced. So again, it's not energy. Same as say for example, laying on of hands or Reiki or that kind of energy healing.

So it's a it's actually a physical therapy. It's a form of physical therapy. And the key really is getting the intensity right. So one of the things I heard a doctor from, northwestern speak about breast cancer stem cells.

So what percentage of women at the time of initial diagnosis of breast cancer have stem cells in their bones? I would guess and say 100%. Or it may be 100%, but Doctor Max's first name is Max.

He says the studies will show he's 40 to 60%. Okay, because what's the most common cause of death in, breast cancer patients? People with breast cancer women.

Recurrence and metastasis. Metastasis. And that happens how many years after the initial diagnosis? Anywhere from 2 to 10 years, 20 years, sometimes ten, even 10 to 15 years.

So that's why you think you're done, right? Right. And then those stem cells start to wake up. What causes stem cells to wake up? Stressed low energy.

The, the charge of the cell is going down. Mitochondria is changing. And inflammation. Yeah. So inflammation. And there's a blog on Doctor Polycom about identity.

And there's also a section in the new book, Supercharge Your Health with PMS about the adenosine receptor and how it's important for the identity receptor to give the cells the bones 15 gauss.

And so you have to get the right penal system. If you're talking to somebody about a plan for somebody pushing you into a of which is really what's going on out there and they're pushing you into a PMF, ask what's the intensity of this system?

So remember that research now on the adenosine receptor says it's got to be 15 gauss at the adenosine receptor. So that means it's got to be 15 gauss deep into the body.

If it starts out with only one gauss, what benefit are you getting? It's going to make you feel better. Because what they do is they stimulate the acupuncture points of meridians.

So everybody feels good. That's good. That's a good thing. But it's not doing the healing work. So if it's doing energy medicine from an acupuncture perspective, that I consider that energy medicine per se and not healing per se. Yeah.

So very important. And people can find out more obviously, on our website, doctor Parker, do you have any parting thoughts or comments or questions? I would just say if anybody out there is on a healing journey with breast cancer or if they've been newly diagnosed, it's very important that you give yourself the time to reflect and figure out you know, what you're going to do to heal your body.

You know there's no need to fear even though you cut up that tumor or you've had radiation or surgery or whatever you've done, you still have to address that root cause.

And when you address the root cause with all the things that we've talked about today, your body will respond beautifully. And, you know, there's there's that whole transformation is, as I mentioned, not just that physical one, but that emotional, mental and spiritual transformation that occurs.

And you end up on the other side, a happier and much healthier you, whole body, whole person. Yes. Veronique, let's show your book again, please. Yes.

Heal breast cancer naturally. You can find it on Amazon and, your website, breast cancer conqueror.com. And you can find us on Facebook and Instagram and all kinds of free information there.

Well, I really appreciate you sharing your wisdom and knowledge and experience with us and with the audience. And, they know how to reach you if they if anybody has that need for themselves or somebody else in the family.

Well, thank you for sharing my message of hope. And I appreciate so much the many years and decades that you spent, helping people to improve their health and all the research that you've done on on PMF and how important it is to to really create our healthy bodies and integrated and everything else that everybody needs to do.

Well, unfortunately, can't be the only tool. Thanks again. Enjoy the rest of your day. Thank you.