Redefining the Impossible: Beating Stage 4 Cancer With An Integrative Approach Transcript

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Introduction to Elaine's Healing Journey

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.

Elaine is known as the healthy lifestyle designer. She's founder of Renew Living and the creator of the Extraordinary Living Made Easy Method. She's been cited as one of the world's top ten natural cancer survivors by Extreme Health Radio, having beaten stage four cancer without traditional protocols.

We're going to go into exactly what she did to redefine this. Impossible. What what we think is impossible, but actually is quite possible when we when we know what we're doing.

She then uses traditional protocols and she shares her hard won lessons for living a disease free extraordinary life. She works from the principle that it is possible, through intentions and natural, clean living, to counteract the stressful and health damaging effects that modern living has on the body, mind and our relationships.

She's a highly sought after speaker, author, mentor, and a green juice loving grandmother. Her website is renewed. Living Inc.com. Encourage you to take a look at the website after our interview today.

Elaine, thank you so much for being here. Oh my goodness. Thank you so much. Hi. I'm I'm honored to be here. And I just cherish the work that you do. Yeah. Thank you so much.

I love what you do and how to approach and inspire and guide people with hope and possibility. And you have your own journey to speak from. And then all your years of research and, and, on top of it.

So that's bring so much value to people. And I want to dive right into your story. You know, you had stage four cancer. Probably one of the scariest things for anybody to hear in their life.

My God. Can you talk about what you first of all, when was that? What year was it and what was it like? What were you feeling? What did you think when you first got your diagnosis?

Well, in 2001, I had a six month bout with, stage one non-Hodgkin's lymphoma. And, then in 2008, which we know is more than five years, we thought we were all done.

My medical team said, you're done by. And then, all of a sudden even and I came back from the Galapagos Islands and a month later and I was feeling all these things in my body.

And finally one thing led to another, led to another legend that, you know, people like you and I and probably the people that participate in this symposium is, we advocate for ourselves and just push them and push them.

And then all of the sudden, much to my surprise, my medical team told me that I was diagnosed with stage four non-Hodgkin's lymphoma. And I went, wow. What?

I thought you said this was done. And, they told me that they did not expect me to see my grandchildren grow up. What is. Yes. What a terrifying thing to hear.

So 2001, 2001 was just what was the treatment that you did for stage one? Interestingly, almost the same that I did at a lesser amount. I, I actually went out of the country because they, I was looking for low dose chemotherapy at that time.

And, it was a shock. You know, it's like. What?

First Cancer Diagnosis and Early Treatment

And where I went, they're not even around anymore. But. So I came home and, and I did everything. So we had low desking therapy and, we, we had, for infrared and, hyperbaric chamber and ozone and suffocation.

And I did some of my, and I did, some diet changes, but I was done, you know, in six months, I was, you know, I'm pretty healthy person. I mean, today is you and I are speaking.

I'm 75 years old, and so. And you look like you and you look like you're 55. So what you doing is working. Thank you. Like I could be your sister instead of your mother, right?

Yeah. And then, you know, I just went on about my my way. I didn't really think about it much because it was so fast and so quick. And then, like I said, all of a sudden, and it was like, oh my God.

So I, I kind of took a deep breath and I came home. And Nathan, I have this needle hand needlepoint area rug. It looks like Monet's garden. And I literally fell to my knees.

Nobody's around. I after I had stopped crying, I fell to my knees and I looked up and I said, okay, God, I know I'm not going to die. It's not what you have in store for my children.

My children had lost all four of their grandchildren in the last two years. Just tell me what you want me to learn now. I had no spiritual journey up until then.

Don't ask me where it came from. I do know where it came from now, but I didn't know then. I was the only person walking the face of the earth that wasn't aware that I was dying.

And I think that was. That was a big deal. So I'm an athlete, and I went into training and it was, okay, what do the healthiest people do? What is the foundation of health?

And because I went immediately into game mode, you know, I'm used to be in training. I was a tournament tennis player. And, you know, you get in the gym and you get ready for the championship, and that's really what we were doing.

So I went back to Mexico. And, I was there for three weeks. I was probably the one of the only people clue, the only person I've ever heard of that lost their hair with low dose chemotherapy.

I mean I was like yeah that's how, that's how compromised I was. And I came home and this was in February and I there I am this so, so let me just say that my mindset was have you ever met a Jewish grandmother from New York City that will hear a word or believe a word that you're saying?

You just don't know the animal and I mean animal in the you know, in the highest evolution. So I literally and I had pictures of my grandchildren, I don't I didn't have that many grandchildren and, and I had a little teddy bear with, my grandson's picture that I, I still sleep with it.

Nathan. I mean, this is, like, really weird. But it was all that mindset. So in two years, I, just about two years I was clean and which was amazing. Again, I did all those same things.

Now, this is, as I look back on it, it was part of the journey. So when I found a treatment center here in Northern Virginia, I'm outside of Washington, DC, but I had a far infrared sauna in my house.

I was sitting in it every day. I did, we just need to be honest, you know, with with your viewers. That's why we're here. I did ozone and suffocation, which means that I was had a cast on what I was doing rectally twice a day for years, and I changed my diet a little bit.

And in, by the close of 2009, I was, I was clean again. And people say, well, why did you go this route? And I know it's not for everybody. But I knew that I, I believe that I didn't want to put any more toxins and chemicals into my body because toxic chemicals kind of got me where I was.

So, you know, it was like asking the right questions, asking the right questions, and then, early 2009, I discovered, ionized alkaline water. I discovered Doctor Otto Warburg, his research about oxygen and, and cancer.

So we learned that cancers in anaerobic cells cannot live in the presence of oxygen.

Stage Four Recurrence and Mindset Shift

That's all I needed to hear. And I want to say to everybody that when you can, when you can, dumb it down, when you can bring it in that narrowly. So from there, I, I asked myself 4 or 5, six times a day, anybody that will listen, anybody that works with me, how do I get alkalinity and oxygen in my body now?

And that is the basis of of how I live. And then two years later, I met Lisa Wilson at the Raw Food Institute, and I walked in. And you'll love this. I don't know if you knew this.

So we walked in. It was a seven day immersion and she hand out a screen juice. I drink green juice. I'm talking green juice. I'm medicinally trained. So I now are a raw food educator and introduced therapist and all that.

I drank green juice for two hours. It was like my cells are going, yeah, girl, you're finally getting this. You know? And since that day, I have, never looked back.

I lost 28 pounds just trying to live. And, and that's kind of where I am now. It's incredible. So I want to go back. I want to go back a little bit. Yeah.

I mean, and and you turn this I want to talk about how you've turned this into a life of purpose and meaning and how you've gone from, you know, the fear and anxiety of it all and the mindset behind it.

You touch a little bit. But, you know, I want to dive into that because it's so important for people. But just to to recap, so 2001, it's stage one you did over six months, did some, different therapies.

Ozone. So low dose chemotherapy for people don't know another name for that is IPT and some potentially therapy. It is the chemotherapy that if you're going to do chemotherapy, the one that I would always suggest because it's low dose, it's targeted.

It doesn't destroy your immune system as much as just a huge shot of chemotherapy. And usually if you're getting IPT, you're getting it from an integrative doctor.

Right. Exactly. Who's going to help you and educate you on. Okay, let's take care of your immune system. Let's get right diet. Let's exercise. Do all the other things, vitamin IVs and everything.

It's not it's not a magic bullet, right. It's chemotherapy is not a magic bullet. It helps. And it and it can help shrink a tumor. It can help to kill cancer cells.

But if you're not doing all those additional things that you were doing right, your odds matter. Yeah, exactly. Your odds of overcoming the cancer. So six months you were cancer free.

Did you go back to kind of the normal lifestyle you have? You said you change your diet a little bit, but then I, I was aware I was kind of aware of sugar and, I, I was having a pretty healthy lifestyle, but I, I really didn't give up dairy then.

I didn't I probably gave up a little bit of wheat and sugar. But no, I didn't. And what do you what do you think made a comeback the second time? Come back.

Who knows? You know you want to know the truth. Now, I kind of feel that, it was just supposed to be part of my journey. I'm. That may sound like, really crazy to other people, but I didn't change.

Obviously, there was something in my body. There's cancer in my, There's cancer in my family. The other thing that happened is that I had a Greek test.

And where they send your your blood and and everything. Well, they at this time when I was dealing it, they didn't do any of this testing in the, in the States.

So they sent it to a lab in Greece where they say the correct agents for your for your treatment. It came back to things. Number one, our Garchomp. None of those drugs work for me.

Interesting. That was not my cocktail for my low dose. So I got the right. This is back in, like September of 2008. And it came back that I had a gene out of whack.

And it came back that taking forever mil every day. And it straightened out the gene. So you talk about an integrative approach. This is all of it is every corner of the earth.

So I, I got the right the right treatment and I got the right combination and right recipe. And I had the gene taken care of. Now, we don't really do that here.

We still don't do it here. Yeah. So maybe, you know, hopefully it's one of the things that is moving forward, coming through the kind of work that you're doing and bringing more of this forward into the world.

Well, you mentioned that, you know, you feel like you got it the second time. It obviously came back with a vengeance. It was stage four at that point, seven years later, you feel like you, you know, it came for, for a higher reason, a bigger purpose.

And it makes sense with the great work you've been doing and have been doing to help people all over the world and dealing with, you know, cancer. And I just want to encourage people after this interview, go listen to the interview I did with Bobbi Vogel.

She's a medical intuitive. We talked all about this, in-depth from a very spiritual perspective, and it was a really beautiful, insightful interview. If you're want to go deeper into that and I want you to share a little more as well, Elaine Bigelow said.

Interview with Bobbi Vogel. It's really, really insightful, but that's one of the things we talked about, which is like how spirit, universe, God source, whatever you want to call it, intuition guides us and can guide us in our lives to learning what we need to learn to become the best version of ourself.

Up leveling ourselves, you know, reaching our higher potentials and it sounds like that's maybe what the second diagnosis did for you. Is that is that right? It did.

Integrative Therapies and Recovery Plan

And I'll tell you that, one of the things that I actually learned from your film, the documentary that you did that, that, that we had was that, the concept that we don't catch cancer, that our body creates it, what's happening in our body?

And that, to me, was a monumental switch of of a, flipping of a switch. It was an awareness that was that was huge. The other thing that I learned from the film, and I really, really, really encourage everybody to see it, is that.

The, the personal challenges that we the emotion and the heartache in the things that we don't work through. And that, you know, all the all the people that we were hearing at the conference we just came from and in from your studies and, and, and everything that you produce is that there's always some emotional.

Really big thing. Either it builds up and when we don't deal with it. And what I've come to learn since then, going back to oxygen, is that when we're there and we're in the past and you know what actually caused the pain?

Body. And we never get rid of that. We stay in an acidic state. And I had lost both my parents. That I never dealt with it. I mean, you know, not really.

I was the only one standing, you know, you become an orphan, you know, you become the matriarch and all these things that you don't work out. But now that I've done that, the interesting thing is that I'm no longer afraid.

And until I switched to to raw foods and that food plant based lifestyle, I literally am a juice aholic. Green juice, I don't juice, fruit and all that stuff.

Just. I probably have three 16oz of organic green juice every day. And are you still doing are you doing 100% raw food or are you or what? I'm I'm my diet's probably about anywhere from 75 to 95.

That's still that's still really high. Well, doctor. Well so much better. And yeah that's what Doctor Cousins says. Doctor Gabriel cousins. Right, is a leading authority in this field.

It's the 8020 rule. Yeah exactly. Anything over 70. And I believe he told me last time I interviewed him anything over 70% raw food you're going to have exponential.

Yes, exactly, exactly. And the thing is that until I had a plan and I knew what was going on, what I could do, I was still afraid. I mean, when I had that, when I was clean, when I got my clean diagnosis, I mean, Nathan, I was covered from here to here.

My pet scan is like a Christmas tree. I mean, I had to lock it away because I didn't want it in my office. I didn't want that energy here. And, you know, when when I went to this, the, the center in Fairfax, Virginia, which is since closed, they had me pick the infusion nurse, had me pick a fairies card and oracle card.

I didn't even know what they were. And I swear I picked Miracle Healing. And they're like, oh my God, she's going to need more than a miracle, right? Yeah, but isn't that amazing?

Yeah, you got your miracle. Yeah, I did, I did it was. It was hard work, right? It was like hard work. It was change habits. Changing your diet, changing what you put in your body, how you took care of yourself.

Like that's what people need to understand is that I really don't believe there will ever be a magic cure or bullet for cancer. We've never seen one. I really don't think we ever will.

Because when you understand the human body, we know human minds. You know, there's just not one thing that causes your cancer, right? Most of the time.

And there's not one thing that's going to get rid of it most of the time. Sometimes you hear of these miracle healings that happen when someone releases a trauma like that, right?

It was stored. Neuropeptides stored in the body turned to cancer. All they do is release a really acute as well as long term chronic emotional trauma, and then that disease goes away.

But that's not a pill. That's not, and not. And you have to face that work, Tim. So what was your journey like going through that emotional healing? What did you do?

Well, the interesting thing is that I didn't have much emotional attachment to my journey. As I look back on it, it's like, how could you not? I think I was so consumed with figuring it out.

I mean, I and I'm just saying what I did. I'm not telling anybody else to, you know, I didn't go to cancer support groups. I went back to my athletic teams.

You know, I, I was moving, I wanted to be around people that were incredibly healthy. So I literally was in training and it was my focus was in the future and in the present, and I, I never claimed it.

I didn't whatever it was, it didn't attach itself to me. I made it really attach itself to me. But interestingly, it didn't go any further. I mean, people with my note, my diagnosis there was there was nothing more than kind of like the peripheral area, you know, there there was no stem cells, there was no bone marrow, nothing like that, which it really should have.

And I really, really feel that the oxygenating my cells so quickly with the juice and with the water were huge for me. And the interesting thing is that I started to feel so good that it became a feeling of abundance rather than deprivation.

Green Juice, Meditation, and Lifestyle Changes

So what I learned is that as we bring the really good stuff into our cells, I kind of came up with and this really concept that I teach is that our cells are starving.

Right? And that came out of a workshop that somebody was doing with me to get my, my work and my programs together. I didn't know how to explain it. She said, well, your cells are starving.

Said, yeah, we got that one at the time. Yeah. Talking about green juice, you know, nourishing the cells. I talked about Lisa Wilson's retreat. I was a speaker at her retreat. Yes, I know her.

Yeah. And I remember going. And you just load yourself on green juice? Well, yes, we do green juice here at my house every morning. Yeah. Because you're nourishing your cells with all those phytonutrients and.

Yeah, oxygen that fresh vitamins and minerals, what your body needs. And that's obviously one thing to do. What would you say are your top 5 or 7 things that you did after the second diagnosis, that you still were the most impactful?

You said ozone therapy, green juice, the, oxygenated water. Right. So there's three what else? I become a huge meditator. I meditate an hour before my feet hit the ground in the morning.

Do you do your own thing or do you fall? No, no, I, I, I this morning I spent about an hour and 15 minutes with Abraham. Okay, nice. I, go to sleep, I so I, I do a lot of, Joe Dispenza.

Yeah. Eckhart tolle and these and I and I have, on my phone. I have, chakra music healing, and that's really what I use. I need, I need mildly guided, because left to myself, it just won't happen.

And guided guided meditations and. Beautiful. Yeah. Yeah. Right. And there and they're amazing and I the interesting thing is that my son is now a huge meditator also, sports guy is a sports analyst.

And you know, and, and he and his wife and his family, they all do green juice. My and he's 50 and my daughter's 52 and she and her husband, they're green juice and everybody's in the gym and everybody.

So you know, it's I've become aware of the fact that I am 75 and that it's about passing it on as my legacy. And then the, the other the last, the fifth one, I would say is getting out in nature.

Listen, I'm a city girl. My husband and I closed our house of 30 years, a year ago June, and we moved out to the country. And that's part of the journey.

You know, it's getting out in nature would be. Beautiful. And so and actually and I forgot to mention which you talked a lot about was the iPPt, the low dose chemo sounds, business number six.

Right. Because everything else was natural was was more, holistic, if you will, which supports as we talk about low

dose chemo. So and nature talking about nature.

There is a NASA study that my wife found, a while ago that, especially with the pandemic and the lockdowns and everyone who's been indoors for so much time, months and months, you are exposed to exponentially more toxins in your house than you are outside.

So and I know you also work with with a great company with, air purifiers. And so exactly people can learn all about all that at your website, renewed living income.

But I want to share a natural thing. Talking about nature that everyone should be doing right now is putting more plants in your house. Yeah, yeah I me yeah yeah I know they are not that way.

But my wife just goes buying more and more and more and putting them in every room. Right. Because yeah, what NASA found was one plant per 100ft² of your house.

So one plant. So just do the math. And that's basically what you need to purify a majority of the VOCs, the toxins out of the air. And some plants are more effective at this than others like aloe vera.

Right. You said aloe vera a single aloe vera plant is is more effective than something like 5 or 7. Just standard air purifiers that purifying VOCs out of the air.

That was really fast. Things. So she just took our big aloe vera plant we've had for a few years and cut it into like four plants, but it moved it around.

Yeah, but I just want to share that getting outside nature and number one, bringing nature into your home. Exactly, exactly. And you're right. We do. We do.

Work with air purification systems that replicate nature with negative ions. And in fact, the research I, I didn't get a chance to tell you about has come back, I guess, last month that it does take care of Covid of this particular virus.

There has been research on everything else. But this being new, they did go back and do do the research on it. And yeah, it's a big deal. It's probably one, you know, we should think about.

It's probably one of the reasons that I really didn't get sick when I had, because I had they air purification systems. So everything is out of the air.

There's no toxins. There's nothing around me. You come to my house. Probably the safest place in the world to be right now. Well, I want to say, you know, you are living inspiration for people.

Thank you. You. If I did the math correctly, you overcame cancer a second time when you were around 66, and now you're 66. 67. Now you're 75, looking younger and healthier than you've probably been in in quite a few years.

Forever. Forever. It's incredible. So yes, you know, thank you for what you do. I do encourage people to go to your website.

Nature, Hope, and Final Advice

Renew. Yeah.com. They can work with you. They can learn from you. You got all kinds of great resources for people. But as we wrap up, you know, what are some maybe final thoughts of hope or inspiration for people who are deciding or they're already down their their path of healing and, you know, they they need some hope, some guidance, some inspiration.

What would you say to people? It's one of the things that we just left off with turned to nature. I believe that we are designed to thrive in nature. You know, it's God's garden.

You know it and turn to nature. Take a deep breath. And stay present. So that there's not as much loss. And I'm not negating it. This is scary stuff. But when you go into game mode and you ask yourself, what do I need to learn?

What do I need to learn? What's the foundation? How do I get oxygen in my body? How do I get oxygen in my body? What's the food we eat? The water we drink, the air we breathe chemicals.

We know what? It's all the same thing. It's bringing our bodies back to the way they're designed. So I would say that the biggest thing is to find a way to be present.

If you don't meditate, find a way to do that. Take five minutes a couple of times a day, turn on some nature music on your phone. Just find a way to be centered.

And when you do that, you're in a place to make really good decisions. We want to make our decisions no matter what they are. From strength, not from weakness, and we want to make them from being confident rather than being concerned.

And that's one of the things we do. We take people from being confused and concerned to being confident and and with clarity. So find a way to, to center yourself.

So that you're in a good place, you know, so that you can make good choices. Beautiful I love that. I'm glad that you brought that up. Because when you know someone has a cancer diagnosis, there's a lot of fear, anxiety, concern, which is totally understandable.

But if you can get centered, calmed, relaxed, and get to that place with more certainty and ask those questions, ask for guidance. Look for the right solutions.

You're so much more likely to find the path that you need to heal right, and to awaken and to experience that higher potential of your life. So thank you, Elaine.

I love and appreciate you so much. Thank you. Thank you for the work that you're doing, Nathan. And we need it. The world really needs it, especially now.

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.