Rewriting the Cancer Playbook: Terrain Theory, Immune Health & Ozone Therapy Transcript

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Opening on Mindset and Immune Function

then your mindset will impact the function of your immune system. So if you feel that this is something I can get done and and you have that mindset, then believe it or not, the immune system have all these different receptor sites for your brain chemicals.

So the brain chemicals that you secrete know depending on how you feel, your mood, etc. will then lock onto the immune system and will guide them in their activity.

So if you feel hopeless, you're going to produce brain chemicals that, you know, signal hopelessness. And those are the the chemicals that are going to lock on to your white blood cells.

Well, have you ever wondered if there's a better way to treat cancer? I'm doctor Debbie osment. Welcome to vitality made simple. This is the podcast that equips you to feel better, look better, and to enjoy better relationships.

You are going to love this episode. I've got Doctor Michael. Carl felt he is a cancer expert and he's the head of the Carl Felt Center, which is an integrative cancer center, truly integrative.

And you know, if you listen to this podcast, you know, I love integrative medicine because we want to take the best of all worlds. And we want to end confuse all of this.

Welcome, doctor. Carl felt well. Thank you. This is going to be so fun. I'm absolutely honored to to have you on. You know that you have me on your show.

Doctor Osmond, thank you so much. Oh, well, it's a joy. I enjoyed your book. He has a wonderful book that we're going to talk about. And, you have a real knack, Michael, for, making things less complicated.

I think you have a real knack. Two for giving hope. That's that's huge. Well. Thank you. And that's the thing people dealing with cancer at at when you hear the C-word at it really all of a sudden your, your dear, you know, had like and and you don't know what to do and you have to drink out of a fire hose to figure out, you know, what do I need to do to save my life?

And people. People feel that, you know, when they have that diagnosis, that they have a very short time to figure things out a lot of times. And I and I hear this again and again from both patients and then from my podcast that I do integrative cancer solutions.

You know, they say again and again, I mean, I wish I had more time. You know, and and that's the thing is that you do have more time and allowing you then to instead of just kind of jumping on the conveyor belt, you know, that the oncologist, you know, push a button and put you on, you are you do have time to start to investigate, to learn, and then, you know, see what part of traditional oncology that you, that you want to have as part of your solution.

Introducing Integrative Cancer Care

And what part that doesn't seem right to you. And obviously, knowing also that the oncologist is there going to present what it is that that they are allowed to present and what's within their scope, you know, so they're not going to be talking about anything else that it's outside of their scope.

That becomes your job as a, as a patient or your job as a family member or friend to start to look at to see what what are some other things that are available that is not within the scope of the traditional oncologist.

And when you do that, when you educate yourself and you, you know, walk through, you know, those steps, learn a little bit more about what it is, then cancer becomes less scary.

And you recognize that there there are a lot of people out there that have gone through cancer and are now cancer free. And they, are, you know, they're in a much better place, you know, than they were when they started.

I think that's a key point. I really appreciate that you opened with that, Michael, because people panic and and they, they get lots of unsolicited advice from other people, which just furthers the bad decisions.

I think, so in your work, I know that you try to help people make their body inhospitable to cancer. So so tell us more about that. Yeah. So and it is important for people to understand that cancer doesn't just come out of nowhere.

You know, it comes from somewhere. And it develops within your body. You know, your body. It's the terrain. It's the environment that is then, allowing cancer to to become what it is.

So obviously, if you have a body that is allowing cancer to be there, then you have the power to shift that terrain to shift that environment into something that the cancer does not want to be in.

And so that gives you a lot of, a lot of ability and a lot of control of of what's going on. Because, cancer you and that's the thing is that when you go to medical doctor and you ask, you know, so why, why did I get cancer?

So they usually either say, well, it's your genetics. And if that's not the case, then it's bad luck. You know, that's it. There's no other reason for developing cancer.

And we know, you know, from from my point of view and from kind of more of the integrative point of view is that it is much more than just bad luck. You know, if you have, you know, it could be, you know, a number of different reasons can be fungus, can be parasites, can be heavy metals can be chemicals, can be traumas, you know, and yes, it can be genetics.

But a lot of times that is more epigenetics. You know it. There's much more how your genes behave rather than the genes in themselves. And and that behavior depends quite a bit on the environment that though that tissue exists within the cells, you know, the surrounding environment of those cells.

You know, of course, we have something, you know, we look at the tumor, but we're learning much, much more now about what's called that tumor microenvironment.

And that tumor microenvironment controls a lot of the behavior of that tumor, whether it's going to be aggressive, whether it's just going to hang out or whether it just kind of come and go, or it can even control whether that those cancer cells are going to become cancer stem cells.

And we know that cancer stem cells are the ones, you know, just like in our own body, we have stem cells, you know, that can then if we endure our bone or endure a tissue or kidney or whatever it may be, then we have stem cells that come and repair that tissue.

And it's the same with cancer stem cells. You know, they are there. And then if the tumor tissue becomes injured, you know, an injured can be through chemo, through radiation surgery, all of these are assaults to the tumor.

And so that activates. And the cancer stem cells, you know, to repair the tissue that have now been damaged. So if we can then control the activity of these cancer stem cells, and we can control that microenvironment to make it less inflamed and, you know, less toxic, more oxygen, less acidic, we can control all of that.

We can then reduce the aggressiveness of these cancer stem cells to try to, you know, re modulate and to grow that tumor. Yeah. So and you're absolutely right that it has to do with controlling your environment, controlling your body, to optimize, you know, your outcome.

Well that just gives people so much hope.

Making the Body Inhospitable to Cancer

I think we all want to be able to do something, you know, for ourselves, not just feel like we're passive, passengers, you know, on that train. Well, your book, and this is my opinion, Michael, of your of your book, you sort of broke it down into four areas.

You're going to you're going to enhance the immune system. You're going to, you're going to, support detoxification. You're going to optimize nutrition and decrease inflammation.

So, I mean, so for our listeners, I just love to either make these list and says, let's start with enhancing the immune system. What do you tell A somebody comes in, they're scared to death.

They've got their spouse. They're just their eyes are this big. I mean, I see a lot of of, of, cancer patients in my practice and, and, you know, they're terrified.

And, I mean, that alone is bad for their immune system. Yeah. They and they've seen studies that, you know, the the people that are in charge or take charge of their own journey and be the quarterback of, of their own, you know, of all the therapies, the treatments, you know, they always do better statistically.

They they beat the cancer better. They survive better, you know, better quality of life. So to be in that role where you feel that, yes, this is overwhelming, I'm going to take a deep breath and calm down, and I'm going to look at the different options.

I don't have to figure everything else out during the weekend. Yeah, the oncologist maybe say that, you know, we got to start with chemo on Monday. You know, I can tell the oncologist I want to take a pause.

And I recognize that this is what you'd like to do. But I want to take it a few weeks, you know, to help me to see what it is that's that's going on. And recognizing that that cancer didn't just evolve over night.

Yeah, I usually it takes decades for it to get there. So if you allow another week, two weeks a month, you know, then usually that you usually have that time.

I mean, obviously there are situations where, you know, you've, you know, physically you need to do something quickly, but that's when you have, physiological obstructions, maybe intestinal obstructions.

You can't breathe. You can, you know, where where there's something big that we need to do something fast, you know, in order to be able to, you know, lifesaving or.

But if it's just a tumor and you know, symptomatically or you're doing pretty decent, you got time. Yeah. So yeah, absolute lab time. So in regards to the immune system, you're absolutely right.

When you are in control then your mindset will impact the function of your immune system. So if you feel that this is something I can get done and and you have that mindset, then believe it or not, the immune system have all these different receptor sites for your brain chemicals.

So the brain chemicals that you secrete know depending on how you feel, your mood, etc. will then lock onto the immune system and will guide them in their activity.

So if you feel hopeless, you're going to produce brain chemicals that, you know, signal hopelessness. And those are the the chemicals that are going to lock on to your white blood cells.

And now you have white blood cells that feel hopeless and you know, they're not going to be very effective then. And getting rid of cancer. Or if you are very angry or very, you know, kind of that, now, why is this happening to

me?

And, it doesn't mean that you need you shouldn't go through that process. I mean, it's go it's important to go through your grieving process and your emotional healing and all of that.

You know, that is that's very important. But also recognize to be stuck in that, be stuck in that anger or be stuck in, whatever it may be. Yeah. That will then lock onto your, your white blood cells.

And now they're going to be shooting all over the place. You know, they're not going to be very targeted. They're not going to be, that that kind of strategic, you know, military operations where they kind of assess the environment and then go in and they, there's a cancer cell and go after that and, you know, pull out the sniper and kill it.

They're just going to be blasting all over the place and not be very, productive. So it is very important how we feel in regards to, you know, how also our immune system behaves, you know, so that is step number one.

But then also we got to look at, you know, what are some of the nutrients, you know, what kind of nutrition are we giving our body. Yeah. Because our immune system needs tools in order to be able to do what it needs to do.

Do we have enough vitamin C or zinc or you know, what are some of the nutritional tools that they use? You know, our immune system in order to be able to kill, you know, cancer cells?

Yeah. I like to say like say a prayer. You know, we don't have vitamin C, then it's kind of like the immune system going up to the cancer cells. It's kind of like a, a, you know, an Army guy that comes up with a gun.

And here is the, the enemy, but he has no bullets, you know, so he's trying to go after that, that that offender. Yeah, but he can't shoot them. I mean, he knows he's there and he knows shouldn't be there and want to get rid of him.

But he doesn't have the tools needed in order to be able to address, you know, that that offender. So that's why nutrition becomes really important. And then obviously there's so many fantastic tools to upregulate the immune system.

And you know, we have all the different mushrooms, you know, like reishi and cordyceps. Turkey tail and my taki and we have also the, the beta glucan is fantastic.

We have herbal things that are amazing at, you know, Andrew Graf is astragalus and, you know, there's a whole list of of powerful immune, supportive natural substances.

And the beauty is when you bring in natural agents like that to support the immune system, you're then bringing intelligence to the immune system. You're giving it the tools that it needs in order to be much more intelligent in it, project that it needs to get done, rather than artificially try to just kind of stimulate the release of a bunch of white blood cells, you know, from the bone marrow that they do, you know, when when they, you know, essentially kill your immune system with chemo, you know, that doesn't become as strategic as if you bring in some of these natural tools.

So, and, and it's important to understand that when you, when you go after, cancer, let's say you choose to do the traditional oncology route, which, you know, plays a big role.

So I'm not saying anyone. Yeah. Don't don't consider that. But it is important to understand that the immune system, after you're done, you rely on your immune system to clear up the rest.

And so here you've used some of these harsh treatments, that then, you know, to shrink the tumor and then, it's also then these harsh treatments are essentially depleting your immune system function, making it exhausted.

And so now you're all done. You rang that bell? You're no evidence of disease, but chemo is never going to be able to get rid of all cancer cells. You know, it's never going to happen.

So now and like we talked about the the cancer stem cells chemo is going to make the cancer stem cells more aggressive. So what do we need after that.

Well we need a healthy immune system. So it is really important while you go through those therapies to support your immune system activity and then host therapies to really lean in with some of the the strategies to to support and boost your immune system, like mistletoe, like high dose vitamin C, like ozone IV.

Strengthening Immunity and Reducing Sugar

So there's so many and also some of the the oral supplementation that I discussed as well. So yeah, immune system is key key, key. And yeah, I, I liked how you broke that up into four categories.

Category. And, yeah. So well, in this area, Doctor Carl felt speak to sugar. Because, you know, I have patients all the time that come in and say, well, my oncologist told me that I can eat all the sugar I want.

Yeah. So, having said that, it is important to understand that, you know, how many hours of nutritional training did John colleges have? If they had a a solid four hours, then then they've done well. So.

Which means that they're really not an authority in regard to talking about your your nutrition, your diet and they are absolutely not an authority to talk about any kind of herbs or supplements that you're taking because they really have no clue about any, any of that.

And I usually tell my patients that it's like asking, you know, a plumber to fix all your electrical wiring in your home. You know, that doesn't mean that a plumb plumber is not valuable.

You know, they are great at what they do, but know what it is that they do. And don't give them a task that they're not educated in. You know, in answering so and so when they say you can have all the sugar you want or they give you like boost or sugar or whatever it is.

So say that you to eat more and fat in yourself up, you know, do more carbs. Know that cancer feeds on sugar. Cancer suppresses immune, activity. Cancer promote or.

I'm sorry, sugar. You know, suppresses immune activity. Sugar is inflammatory. Sugar interferes with your energy production within the cells to make it more susceptible to cancer.

Sugar, kind of links protein, tissue. Yeah. Together. So it becomes less functional. So if you are wanting to immobilize your immune system and support cancer, to proliferate, eat more sugar.

So, and, and the oncologists that come from the point of view that. Yeah, the chemo and all of that is going to fix everything and everything else. There's no studies and it's just going interfere with what I do.

If they were so successful with their therapies, we would be much further along. Since Nixon declared war on cancer. And we are not, you know, we we're still at that place where, you know, studies show that by doing traditional oncology by itself, you may expand your life, extend your life about three months, a little bit less than three months.

And, and that's it. So if you're going to listen to somebody that after billions and billions of dollars of research and after several decades since the 70s been trying to figure this out, and all they've been able to do is extend your life maybe three months, then you know, that is not the person that you want to listen to completely.

Doesn't mean, again, that they don't. They're not part of the solution, but they're not the only solution. Well, and there again, you spoke beautifully to that, Michael, by talking telling people they had plenty of time.

They don't need to panic. Many of our listeners know that four years ago, I was diagnosed with chronic lymphocytic leukemia. Kind of accidental dentally.

I was just a test case for someone who had a new flow cytometry lab, and they wanted to see how young my immune system was because I was 62. And, you know, don't take any medicine and, and then this was then covered.

Well, I was sent to an oncologist who literally looked at my test. And since I was subclinical, said, I don't want to see you till you're sick. You don't need to change anything.

Well, of course, you know, I so feel like God prepared me for this. Having me, you know, in this space. So I started many of these integrative, therapies that I want to pick your brain about.

One one thing that I was unfamiliar with four years ago, but now is part of my life. And part of my therapy for patients is ozone. So when you talk about immune enhancement, ozone is part of it, right.

To tell our listeners what you're seeing with ozone therapy, it's incredible I love ozone. Yeah I and we use it with all our cancer patients. You know, it's such a powerful tool.

And they're they're number of different ways to administer ozone. You also have where you do you buy ultraviolet light irradiation and that involves pulling some blood out.

You know, you put the blood into a sailing bag, then add some ozone into that and then run through a machine that irradiate it with ultraviolet light.

You also have something called a major autohemotherapy, where you then pull out more blood and then put that in a bag and then put more ozone into it and puts on heparin.

And that as well. And then you have ten pass, you know, and that is where you are then, you know, blood is essentially it's a machine that uses pressure and pulls out blood.

And then it gets old, donated into the machine. And that puts it back into the into your body. And then it pulls out blood again overnight. It and each want a each time that it does that it's considered a pass you know.

So it would do that then ten times at a maximum. Then you also have where you you know, pull is called IBU or RHP, you know, and that's, it's a tool that we have here.

And that's when you pull the blood from one arm and goes through a machine that gets also made and then filtered and then moves, you know, into. And then we, we put it back in and the other arm.

So essentially it becomes like a circuit, you know, where your blood is moving through that machine that alternates and filters of blood. And with that then you can ozone eight and filter about four liters of your blood volume.

Most of us have about five liters, so about 80% of our blood volume then gets ozone aided, which is really, really powerful. The beauty with ozone is it does so many different things, you know, so ozone is oh three.

And we're used to oxygen molecules that are two, which means that it has an extra oxygen attached to it. And then when that gets into your bloodstream, you know, that extra oxygen then gets released.

So now we have oxygen and then we have an oxidative substance. And that, you know, that single oxygen will then attach itself then to pathogens to like viruses, bacteria, mole lime, you know, whatever it may be and then oxidize that.

But it does the same on cancer cells, you know, where it attaches itself and then oxidize that cancer cell. And then also we know that oxygen is needed for energy production.

So, you know, our cells, you know, when they are starting to, you know, the energy production is starting to get slow. And then they start to shift into more of a cancer behavior, which is what happens when your, your energy

production is, is reduced.

Then the ozone will then help to kind of prime that mitochondria and turn that mitochondria on our energy factory of the cell. And they have actually seen that the ozone by doing intravenous ozone we are then increasing the amount of mitochondria within the cell.

Ozone Therapy and Cancer Support

You know. So you know, usually we have about 2000, of the mitochondria within our cells. And depending on what kind of tissue it is, brain cells, heart cells, you know, they have more than regular muscle cells.

But with ozone, it actually increases the amount of mitochondria and also helps that produces what's called the the giant, mitochondria, which are bigger.

And so it's kind of like a bigger factory that produce more energy. And, cancer essentially is a deficiency in energy so that the more we can support energy production within, all, you know, the different tissues we have, the better off we are.

And ozone helps with that a lot. Yeah. So yes. So it it goes after cancer cells, goes after pathogens and also reduces inflammation, supports energy production, oxygenated tissue.

And then also it triggers the release or production of a bunch of cytokines that are really beneficial in in our protection against cancer and also against so many other diseases as well.

So it is a powerful, powerful therapy. It is. And I think it's accessible to so many people. I mean, people can have an ozone machine at home and director and supply chain, if that's, you know, I mean, that's something I really enjoy doing now because I can do it at home.

I did a lot of the, in my age, and, my veins got tired. But as a result, there's no evidence of CLL anymore in my body. And I really attribute it to ozone.

Mortality. Is that exciting? That it is. You can take control over your own, you know, direction and and using these kind of tools. And and thank you for highlighting. Yes.

So you can do rectal installation, vaginal installation, ear installation. So, you know, if every or every orifice every or if it's an opportunity. Well, and you know, I have a TedTalk called The Forgotten Orifice about the mouth and have the oral pathogens affect everything in the mouth.

So, you know, we use we get a lot of success out of using ozone orally to prepare Donald disease. But I had an interesting case that you might enjoy. A woman was, came in who she was going through chemo, a young woman in her 30s with stage four breast cancer and preventively her oncologist was giving her, bisphosphonate.

That's a drug, folks. That, is is for is in case she gets osteo. It's to battle against osteoporosis. That's going to be a side effect of the chemo. And so because of the side effect of that drug Michael, she was getting, necrosis of the jaw.

So here she was. She'd been told she's going to lose half of her top teeth. And it's just a side effect of the chemo. And, you know, she's terrified because this bone was growing through her gums as a side effect of the, the bone building drug.

Yeah, basically the bone building drug. And, so we used ozone, and I had. No, I'd been through zone training, but I call Doctor Shellenberger. I went through his training and, said, hey, here's what's going on.

Send in pictures. What do you think I should do? And he said, just do ozone treatment once a week. And that's going to shrink it. And then she it'll probably sloughed off.

It did. It saved her. It saved her teeth. It saved her from being disfigured. And and she was someone who said, you know, does sugar affect cancer? They tell me not to worry about it.

And I, you know, I think I might have even said a bad word, which I usually don't, but I was like, no, that is a bad word. And, you know, no, you need to be keto.

You need to, you know, for this period of time, you've got to change your things. In her cancer numbers totally dropped. She I mean, so that's why I was so excited to talk to you because your book does such a great job of talking about these integrative cancer therapies.

I mean, if someone chooses to go through conventional treatment, there's just so much they can be doing to enhance. And of course, I'm I'm agree with you.

I'm not saying you need to go through conventional cancer therapy. There's a lot of other options. So one of the other things you do is you support detoxification.

Tell us about that. Well, so we talked a lot about the tumor microenvironment and the terrain that the cancer develops. And so I, I look upon cancer almost like a garbage dump.

Where, you know, the body doesn't know what to deal with. You know what what to do with all of these chemicals and heavy metals or byproducts from pathogens or whatever it may be.

So, instead of just having it floating around everywhere. Yeah, it starts to collect it in one location. And that then becomes the environment that that, the cancer can then develop.

I kind of like, you know, a bond, a prison. Yeah. We we have all the unwanted individuals in society. And, you know, having them running around and creating havoc.

It puts a lot of stress on society. So we put them all in one location, you know, so society can still continue. And then we tend to forget about you know, whoever's in that prison, you know, they have walls around them, just like the, the tumor, you know, it's encapsulated and and you know, you put everything in there that, that the body doesn't want.

And so that's why a lot of times also people, you know, they may not recognize, they may feel great and all that energy and they have no idea that there's a tumor that's developing.

Just like we as in society, we don't recognize that, you know, now the the prisons is getting full and and, you know, whoever is there, you know, because we are continuing on functioning like we normally would.

So the key is and if we are then going to be able to then release those prisoners, so to say, you know, and also then, just like we want to kind of and dissolve the tumor or shrink the tumor, we need to be able to have programs, you know, within us, you know, to help, to clear out and to, either, you know, retrain them, these prisoners.

But we need to have a really clean environment that these prisoners go into so that they can then start to shift into becoming, you know, having normal behavior.

And so that's where detoxification becomes really, really important so that we can then start to gradually release some of these toxins that are stored in the tumor tissue and be able to process that.

And then also like we talked about the tumor microenvironment, you know, if we can clean up that environment around the tumor, the behavior of the tumor is going to be less aggressive, less proliferative.

And and then now it's going to start. The immune system can start to kind of bite away at it or gradually, you know, because it is not such a hostile environment that the immune system will step into in that tumor microenvironment.

So if we can start, we can open up our detox pathways by, focusing on our elementary organs, like the colon, like the kidneys, you know, our lungs, our skin now open up our ability to move toxins out through there and then activate our liver, our processing plant, to break down, harsher chemicals into more, into form that's easier to get rid of and then also support our lymphatic system.

Know the transport of these these toxins that are around our cells from the metabolic waste, you know, from metabolic processes that we're doing. And so that can then move towards the liver and then be filtered out through the kidneys and expel through the bowel, or sweat out through the kidney or through the skin or, you know, breathe out as we're exercising.

Yeah. Then we are going to be in a much better place, you know, to be able to clear out the toxic debris that is in the tumor. So a lot of people, they when they learn that they have cancer, they become very tumor focused.

And they just want to destroy that tumor, you know, blast it, you know, cut it out, nuke it, you know, whatever it is. Not recognizing that by doing that, all those that toxic, because the bodies use so much energy to bring all that into one location.

So now you're blasting that to all that toxic debris is then going everywhere in the system. And so, yes, the tumor is shrinking. But now it is, because now they're all over.

So it's kind of like, yes, that there are no prisoners in the prison anymore. But now they're all over society and creating havoc again. Yeah, yeah. So we're happy looking, saying, great, there's no prison or great, there's no tumor.

Yeah.

Detoxification Strategies for Cancer

But now we have an environment that is more tumor, that's more prone to create cancer, because your more toxic immune system, more suppressed and so forth.

Oh, that is the best analogy I've ever heard. So. Okay, so give us some specifics. Doctor Calvillo of, supporting these detoxifying systems. I mean, are you recommending sauna rebounders?

What? You know, tell us what? Tell us what we can do. Yes, yes and yes. All of that. So, yeah, I love coffee enemas. That that's my I, I love it, and it's so inexpensive and a lot of patients to say, I don't want to do coffee enemas.

That's too. Yeah, that's just weird. That's, you know, it was not meant to, you know, those things to just meant to go out there. Nothing was meant to go in.

But it's after you've done it a few times, say, can I get get through that initial, people feel so much better. Their energy is so much better. And it really supports your liver's ability to process a lot of these, these chemicals and heavy metals and pathogens, etc..

Coffee and, I, I is fantastic. And I suggest to do it every day. Yeah. So if you're diagnosed, you want to do it every day. You have Gerson therapy for people complaining every day.

Gerson therapy. You do it four times a day. So you're actually you're getting a break. But I just tell you once a day. Yeah. So so that is I would say that is number one.

Number two, like you said, sauna is, you know, especially those infrared saunas, and you can buy the kind of the portable ones, you know, that you can put wherever and collapse, you know, they're they're great ones there.

And the, the infrared actually penetrates deeper into the tissue to help to bring heavy metals and chemicals and

mycotoxins and things out of the tissue.

And so as you're sweating, you're getting rid of a lot of chemicals, a lot of toxic debris. I mean, just rinse that off and get rid of that. And then you have things like ionic footbath, you know, it's it's hey tastic.

Love that, love that, love that. Yeah. And it's it's it's amazing. And and it's not only, you know, because you see all that nasty stuff in the water that's come out of you.

So it's not only that, that it does. It's actually for several days after you are still peeing out glyphosate and heavy metals and things, you know, so you're still detoxifying outside of what you're showing up in the water.

And it also opens up your ion channels, your the, the pathways where nutrients and chemicals and things are moving through. So it's kind of like opening up all the, all the roads on the city so that things can be transported more easily.

So that is one of the things. So for instance, I mean, if you take a, you know, a zinc supplements, for instance, you want that, you know, that nutrient, that zinc to go where it needs to go.

Yeah. So just taking it doesn't mean that all of a sudden it just magically appears and the location where you need it, that requires a lot of intelligence, that requires a lot of, you know, ability to transport things through these different ion channels.

And so to have a tool that opens up those pathways, and remove a lot of that resistance and friction, like ionic footbath does, that, that that's great.

And then yes, movement, you know, you want your lymph needs movement. And so you have a rebounder, being out jogging, exercising, you know, having contracted, you know, muscles, that contract.

Yeah. That will allow the lymphatics to move and that will then help to flush all the toxins that are around in that tumor microenvironment or around cells or tissue that struggling because they feel toxic and they don't get oxygen and nutrients because they feel like they're swimming around in a dirty fish tank.

Yeah. They. Yeah. As you are moving, you're creating that circulation like you would in a fish tank and then filter out that water. So it's clean and fresh rather than murky and, and and toxic and, and it's hard for the fish to survive in at the same with our cells.

So movement is, is so, so key. And then drinking water good quality water. Not from plastic bottles. Please, please, please no plastic water bottles. Yes.

The plastic in itself is cancer causing and it dis regulates your whole hormonal system. And you also want to make sure that the water you're drinking is filtered so you don't have all the fluoride, the fluoride, the, you know, arsenic and, all the, you know, I don't know how many, pharmaceutical drugs they're finding in our tap water now, but it's above 100.

So, yeah, you're you're essentially drinking antidepressants that aren't drugs, hormone drugs, all of that while you're drinking water directly from the faucet.

So, yeah, those those are some of the kind of main things and obviously fiber. Yeah. So eat food with high fiber. Fiber will have the brush. Your colon will help to move toxic debris out and or bind to chemicals, heavy metals, you know, so you can move that out through your stool.

Yeah. Well and and tell everybody how often they should be pooping. I think everybody needs to hear this. Well, so healthy is that you should poop right after you eat.

You know, you should eat and poop. You know, that's healthy. That's what you see in little babies. That's what you

see in animals. You know, they eat and they poop.

So there's that, you know, just once a day I mean right now I'm thrilled to bed. So if somebody is actually pooping once a day. But it should be if you're eating three times a day you should poop it three times a day.

You know that's normal. And if you don't get rid of those toxins, they gotta go somewhere. You know, if you're not pooping them out, they gotta go somewhere.

So now they're stored and now we're talking about the the toxic debris that then, you know, crowd cells and make it hard for them to, to exist. So, you know, so pooping is pooping is important.

It is. And, and too many people have been told that, you know, if they go every three days, that's their normal, you know, and, and it's so I just thank you for talking to that, that I it's just something I want everybody to keep hearing and not just from me.

So I appreciate that. I had a patient that came to me. It's not a cancer patient but she she was exhausted, headache, depressed and, you know, stomach ache.

And so, so I asked her the question, so, you know, so your, your bowel movements, you know, how often do you poop? Well, bowel movements are normal. Yeah, I'm I'm regular.

And so then I, you know, next question. So obviously, how how frequent is that? And then she says, well, every time I have a period, I have a, oh, oh my gosh, didn't that just make you hurt?

I mean, it just everybody out there just going, oh no. Well, I had had patients, Michael, that they only take a trip for ten days because they never have a bowel movement when they're on vacation.

And so that limits their time on their trip. But when they have a period, that's about the worst I've ever heard. Yeah. Oh my gosh, I'm regular and so regular.

You know, that's a joke, Michael, about normal. You know, like, we don't want to be normal because. Because normal is dehydrated, irritated, constipated, frustrated, overscheduled, overstimulated, undernourished and arrested and totally stressed out.

You know, bleeding gums are normal. You know, you don't say a normal, but in a horrible way, you know, so, so bad. Well, that'll kind of lead us segue into inflammation.

Because inflammation is a big part of cancer, right? It is that there really is no cancer without inflammation ahead of time. Yeah. So inflammation is is the driver that that kind of triggers a lot of these, chemicals that cancer secretes, in order to support its own existence.

So, you know, inflammation is huge, huge. And obviously inflammation comes, you know, due to reason. So if we have a toxic environment that's going to be inflammatory, if we don't get the nutrients that we need to repair tissue, then that becomes, you know, inflammation is then going to persist.

So we have the difference between the acute and the chronic inflammation and the acute. You know that, you know, you have an injury and then the immune system goes there.

And you know that acute you know, inflammation, you know, causes signals to be released. The immune system comes there and try to repair it and heal it.

And then it's done. And then we move on, you know. So that's how it should look like. Chronic inflammation is that yes, we have an injury. We don't have the resources to fix it.

You know, either the the area is you know, it's it's kind of like the, the ghetto and the police officers, they don't want

to get in there, you know, because, you know, there's too much unwanted debris there.

There's just so much stuff that they don't want to deal with. And it's the same, you know, if you have a toxic environment, the immune system really doesn't want to go in there.

It doesn't like being there. Or we may not have the, the nutrients or the, the, you know, the resources and or be able to heal that tissue. So now that tissue is going to be in that continual inflammatory signaling, state and, and that then promotes the proliferation of a lot of these different, chemicals like Bad chef and, and mTOR and, you know, that that then supports the growth of cancer and the creation of cancer.

So it becomes really important for us to control that inflammation. And obviously with controlling, we need to make sure that, you know, we, we detoxify like we talked about.

We bring in the nutrients that we need. And then we can monitor the level of inflammation simply by looking at things like C-reactive protein, looking at set rate.

You know, we have ferritin, fibrinogen. Yeah. Those are different things. You can look at. You can also see look at the relationship between neutrophils and lymphocytes.

You know if there's a huge separation between the two then you're you're probably in an inflamed state. So there's a lot of ways that you can monitor to see where you're at.

But obviously if you feel inflamed your problem flame. Yeah. So and there are lots of tools that you can use to help to control that inflammation in addition to, you know, creating a better environment and supporting you nutritionally.

You know, things like curcumin, buzz, Alia, ginger, omegas, those are vitamin C, vitamin D, you know, those are great. And controlling inflammation and so, you know, and also number of different antioxidants, you know, EGCg and grapeseed and resveratrol.

So there's a lot, a lot of tools that can that you can bring in. And as you them bring in these different tools, you can then rerun a rerun labs and see how your body's responding and, and see if am I making headway.

My C-reactive protein or sad rate or my neutrophil to lymphocyte ratio. Yeah, I am I am I doing enough. And then if you're not then you just up up your game a little bit.

And or if you are then you say oh great, I got what I needed. So so what would you say, in your experience has been some of the most, surprising, symptoms, early symptoms of cancer for people, things that might get, blown off, you know, in conventional medicine.

Well, I mean, it and it's a lot of times people blame things on age or blame things on, you know, yes. You just had you have four children and no wonder you are exhausted.

So commonly it is, you know, either you know, feeling fatigue or feeling, you know, some kind of aches or pains. You know, those are common, obviously digestive.

If you have some kind of discomfort, digestive wise, where you feel bloated, swollen, you know, those are kind of common, common sense and look for, okay, I just had a patient earlier today, and she, she was diagnosed with, colorectal.

Yeah. It was colorectal cancer that that had, gone into other locations as well. So that matters. Metastatic. And I know I'm sorry if that was another patient.

Yeah. This one had lymphoma that was that and the intestinal tract. And so, but she'd lost her husband like a year earlier, so she had all this grief and had all.

Inflammation, Early Signs, and Lab Markers

And so she everyone, including herself, thinking that what she was feeling was just due to going through the grief and, and, you know, being tired and impacting your digestive.

And so, and then along behold, you know, when, when it didn't resolve at any time, it was getting worse. They did the imaging and then found, you know, lymphoma then in her intestinal tract.

So, and it usually there's just these kind of common symptoms that you're not aware of, or you're just kind of say that is because of this. And then it could be then cancer that that is the reason, you can check, you know, there's a test called Grail, or gallery test, you know, that.

You can then check to see if there's any kind of cancer signaling, taking place. It only measures, cancers are a little bit more aggressive. So it doesn't, you know, like prostate or some breast cancers.

They're a little bit slower. You talked about close you know it's a little bit slower. So yeah, it probably won't pick up on that. But things like lung cancer stomach you know, gallbladder, liver you know, colon, you know those those would be picked up at that time.

So, but just looking at a normal CBC will tell us a lot. Yeah, it will really, especially looking at your lymphocyte number if it's if that starts dipping and, there's too big of a separation between neutrophil lymphocytes or too small of a separation between lymphocyte and monocyte, then you may want to kind of see what what's going on.

It doesn't have to be cancer, but it definitely is a process that's moving you in that direction. And you want to kind of stop it. At that time. That's so good to know.

I know that you've done a lot of talking about psycho neuro, immunology and sort of, you know, a big word for, how our thoughts and emotions impact all of this.

Share your insights with our listeners, Michael. Well, well, so we talked a little bit earlier about, you know, how that brain chemicals, how they lock in into your immune system.

So psycho, you know, is subjective. Doesn't mean that your psycho just like in your head brain. Yeah. Well, you know, your your mind, your thoughts. Yeah. Neuro, you know, has to do with the neurotransmitters that that neuron chemicals.

And then, you know, immunology just means how it impacts your immune system. So you had, you know, a Norman cousin. Yeah. He wrote a book, while back ago.

Yeah. Anatomy of illness. Yeah, yeah. Great book. Great book is a great. And I think his follow up was head first or something like that. And it essentially he was dealing with a disease that was, was fatal.

And and he, he thought to himself, well, let me cure this using psycho neuro immunology. Yeah. So it became a term, that they use then and the research at UCLA with him at that time.

And so what he did was he just watched funny movies again and again and again. And so he was laughing and laughing and then having a greatest time. And what that was doing is that now he was just secreting happy neurotransmitters that locked into his immune system.

And now he had a happy immune system and a happy immune system does a lot of good. So, he was essentially laughing himself, you know, to a cure. So your emotional status, your mental status is huge.

But then we also have, you know, issues. We all go through traumas. We all have belief systems about ourselves, you know, words that may have been spoken to us as children and that we believed, you know, now, why can't you be like your sister or why, you know, why are you lazy or why?

Yeah. Why this? Why can't you do this or whatever it may be. So we have these belief systems and then we could we can have trauma set, you know, some severe events.

And sometimes it doesn't have to be that severe, but it can be traumatic still for you. So you would then want to investigate. And then because these traumas they it's kind of like apps on your computer that keeps on running.

And they, they suck out energy and make everything work slower and interfere with all the processes that you need to do when you work with your computer.

And that's the same with these belief system, these traumas they keep on playing in the background, even though you may say, well, that was so long ago.

Yeah, I was just a kid. I forgotten about it. I it doesn't bother me now. Yeah. When even though you may say that it is still there and you stored it, you know, somewhere in your body and, and you we can use and different techniques.

We use a technique here called applied psych in our biology, where you can then do it a little testing technique to identify and see what kind of emotions you know.

Where is it coming from? Where is it stored? And then using eye movements, using, you know, color using laser sweeps, you know, to help to then mobilize these emotions, you know, so that the body can then recognize.

Yes, they're here, they're stored here. And then, let's use the innate intelligence that we have and the resources we have to help to, you know, disperse that energy so we don't have to hold on to that anger, that guilt, that sadness, that feeling lost, that feeling not feeling heard, whatever that emotion is that we're holding on to.

So we don't have to we can let that go, and that will free up energy and that we can then use to repair the body, control the inflammation, turn on energy production, immune system much more effective, and then let go of of cancer to be able to kind of build up in that kind of hidden dark area where we hold those traumas.

That is incredible. How can people people are going to be asking me, Doctor Carl felt, how how can they access this through the Carl felt, center? Is that something they can do online?

Is that are there coaches online? Yeah. The app is something that you, you need to do physically here. Yeah okay. Okay. But there are other therapies that are powerful as well.

I mean, it's not only, you know, that's a therapy that we do have here. But there's some amazing therapies that you can have access to a little bit all over eMDR is probably the more common one out there.

Yeah. EFT a great you know, EFT practitioner EFT stands for Emotional Freedom Technique. So these are different tapping techniques. You know, where you tap on acupressure points in order to be able to kind of balance the body and relationship to stressor.

That becomes really powerful. You have, yeah. There's so many different tools. You, you have the, the Gupta program, you have, what's the other one, DSR you have, primal healing.

So there there are a lot of powerful tools out there that, that you can tap into to help to heal some of these, these traumas that are stored that that's great, great news for people because that gets forgotten.

I mean, we've talked about strengthening the immune system. We've talked about detox. We talked about controlling inflammation. You know, that's just another area there that, with our mind body connection, we can forget, touch on optimizing nutrition.

You've already kind of touched that with each of those other three areas. But, you know, what do people need to be thinking about every day? Well, and we can only build a body, but the building blocks that we give it.

Yeah. And so if we give our bodies things that, does not build a body and does just create trash and junk, then our bodies are not going to be very healthy or fortified and strong to be able to deal with whatever, you know, assault, you know, whether it's a pathogen or cancer or whatever it may be.

So it becomes real important that we're meticulous in regard to what goes into our body and every bite we choose, and to either move towards health or move towards the disease.

So, and so it is really important then to look at, you know, is my diet nutrient dense. Yeah. Does it have is it full with vitamins, minerals, enzymes.

You know, I said living food that we're eating and and do I provide it with the protein, that good quality protein, good quality, fatty acids that we need in order to be able to, you know, support, to build tissue, to, have healthy cell wall membranes, mitochondrial, membranes.

Psycho-Neuro-Immunology and Emotional Healing

Are we supplying the body with that? I'll be giving it the the vitamins and minerals have functions like Co enzymes, you know, that help with all the different functions too, in order to be able to produce, you know, an enzyme.

So like the workers of the body. So we are not able to produce those enzyme, we have no workers and nothing can be done. So it is, is really and I'm not saying it, you know, this is the only diet for everyone.

You know, at the end of the day, the diet that you need to eat is a nutrient dense diet. You know, whatever that is. You know, some people depending on what cancer, you know, maybe they they choose an a ketogenic, maybe they choose Mediterranean, maybe they for a while do plant based, and and they're all very beneficial depending on where an individual is at.

With, with cancer. It is good to know that, you know, like we talked about earlier, sugar feeds cancer. So to eat when you're battling cancer, then to eat food that is as sugar rich, even if it is natural foods can then still feed the cancer, so that it proliferates, you know, in that, you know, because cancer is not very efficient in producing energy.

Like I mentioned, it, it shifts from producing energy through using oxygen and then shifts to fermentation where it for man's sugar, to produce energy.

And so it requires quite a bit of sugar in order to be able to produce not that much energy. So, and it fuels, I mean, the cancer or the, the cancer loves sugar.

So what we want to do then is to starve the cancer. We want to minimize the amount of fuel that it gets to and be able to proliferate. And then at the same time, while we do that, then go after it with other therapies to to make it even weaker and use kind of natural oxidative therapies like ozone, like vitamin C, like artists and aid like, you know, so, so we can or photodynamic therapy that we do at our center, you know, we can use those oxidative therapies, while then making it weak or starving it, staying away from food that, that fuels cancer.

That's very, very exciting for people. Now, how do people find your center? You're in Idaho. Do they come and stay for a week or a few weeks or how does this all work?

So usually, people can then, give us a call. We do a free 15 minute discovery call, you know, so that way they can, we can learn a little bit more about you, and you can learn a little bit more about us.

And then we follow that up with a zoom call. If you're not local. And then. So we do that the telehealth and then see if, and then I develop a protocol, you know, we run labs, you know, to investigate a little bit further about what's going on.

And then if it is appropriate then for you to come here. And then we have patients flying in from 2 to 4 weeks, actually from 1 to 4 weeks. Usually it tends to be about 2 to 3 weeks.

That's a more common. And then you receive treatments here, you know, from 830 in the morning till 430, 530, you know, in the evening. And we work on on the emotions, on the mind, detoxification.

We do frequency medicine. We control a lot of the cancer drivers, you know, with, different IVs and different therapies. We support, we kind of shift the metabolic processes away from the fermentation process to more of, you know, supporting mitochondrial activity to support apoptosis and then using things like photodynamic therapy to trigger more oxidative stress and, and kill cancer cells that way.

So it it's it's a lot, a lot when you come here, there's, so we hit it from all different angles because we know cancer is a complex disease. So you need a comprehensive program to address it.

Yeah, I 100% agree. And I would recommend that, people that are dealing with this would really, investigate what you offer. And, and reach out for that 15 minute discovery call.

Tell us about your podcast. Well, so, yeah, we, I run integrate actually, I have three podcasts. Oh, my gosh, you're an overachiever, Michael. I am an overachiever.

Yeah. So, in relation to this subject, you know, I have a podcast called Integrative Cancer Solution with Doctor Carl Feld. And, there we, I talk then to, you know, but with experts in an integrative cancer space and also people that have gone through their cancer journey, what they did, you know, what was successful, what was not successful.

And so you, as somebody that has been diagnosed can then learn from their journeys. And then instead of trying to figure out everything on your own, you can then listen to other people that have been where you're at.

And so that your learning curve is as is shortened quite a bit. That's great. So tell us about your website.

Nutrition, Resources, and Closing

I'll have all this in the show notes, folks. So he'll be easy to find, but, you know, just tell us a little bit more. Tell us about your book. Yeah. So, and my website, and then you can have huge amount of information from there.

It's called, the Carl Folds. It's the Carl full center.com. And you can go to resources. And there we have a lot of free ebooks, you know, and one of the books says kind of the emotional roots, you know, to cancer.

We have, 11 things to consider when diagnosed with cancers and other e-book. Also, we, given out the free, you know, the first chapter of my book, A Better Way to Treat Cancer.

So that's all available under resources in addition to you can find our our podcast there. It's also available on iTunes, Spotify, Google Play, all that, all the different normal platforms.

And it airs every, every week. And I've been doing it, I think almost four years now. I mean, it's been I know a lot of a lot of episodes. And, and then my, my book maybe a Better Way to treat cancer.

Yeah. So this one is, say, a short read, 500 pages. But it, it came out of seeing that people, cancer patients say there's they didn't have one comprehensive place where they could, you know, learn about, you know, all the different aspects.

So I wanted to kind of put in the the roadmap for people that are concerned about cancer that want to prevent cancer. They're diagnosed with cancer, maybe battled cancer, and now they want to stay cancer free.

So I want to make sure that all these people, I have all the people have gone through these different journeys that they have the tools that they need.

And recognizing that cancer is is it is a pandemic. Yeah. We're soon approaching one out of two, being diagnosed with cancer at some point in their life.

So 50% of us, you know, at some point that are going to be diagnosed. So to then go through, using my book as a resource and then looking at the things that may be promoting that process and then shifting your lifestyle, your dietary habits, your, your, your emotional, your mindset, you know, before being diagnosed is a whole lot better and whole lot easier than doing it when you're diagnosed, right?

Right. It decreases fear and just helps you enjoy your life. All these all these, therapies you talk about are just going to make people feel better, look better, and have better relationships.

So I mean, it's it's all vitality. It all goes with vitality. Well, and and for our listeners, I want to just point out, if you're listening on, audio only, Doctor Carl Fields last name is spelled corral at the LD.

So to find him, you need to know that. And thank you, folks. This is we're over 200 episodes on Vitality made simple. And it's all because you've been sharing and listening, and I think we're in 135 countries, and.

Oh, my gosh, this is so much fun because we get to talk to people like you. Michael, Carl, Phil. Thank you. Thanks for taking time. And you saw the sun coming in on me.

You know, here in Oklahoma, it's approaching 7:00. And, and, and Doctor Carl Fields going back to work after this. He's at Mountain time. I'm not I'm going to go play a little bit, but thank you all again.

Join us. We're going to have more ways to have enjoy vitality and to live life to the fullest. Blessings. Until next time.