Strategies To Overcome Cancer And Autoimmune Diseases Transcript

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Introduction to Chronic Inflammation Summit

Well, welcome back to the conquering Chronic Inflammation Summit. I'm your host, Dr. David Jockers. And today, I have the great honor of interviewing Sylvie Beljanski.

She is a French lawyer turned health advocate, author, and entrepreneur. She's dedicated to continuing the Beljanski family legacy as international leaders in health and environmental research.

We're going to talk about the root cause of multiple diseases. Of course, we're talking about chronic inflammation. The link between autoimmune disease and cancer risk.

Sylvie has written a bestselling book called Winning the War on Cancer The Epic Journey Towards a Natural Cure, which has received numerous accolades, including the Amazon bestseller and International Book Awards.

In addition to her writing and speaking engagements, she hosts the Beljanski Cancer Talk Show, a podcast series dedicated to exploring comprehensive and integrative approaches to cancer treatment and chronic diseases.

So you guys are in for a treat and you can find her website, Beljanski.org. That's Beljanski.org And so without further ado, let's go right to the interview.

Well Sylvie Beljanski, really great to connect with you here. And I know, you know, you've got this great book Winning the War on Cancer. And so I'm excited to to dive into that and really talk about the link between autoimmune diseases and cancer.

And so let's really let's start with how we know that, you know, research shows 60% of American adults now have chronic diseases. What is the link found between all those diseases?

Well, indeed. I mean, as you just said, that means that 60% of American adults have chronic diseases. And, actually, citizens, we are not as Americans.

And I am American. we are not to healthy population.

Chronic Inflammation as the Root Cause

At at least 60% of American adults have been diagnosed with at least one chronic disease. and, about 40% with about two chronic diseases. so, we have a, you know, a lot of other issues.

80% of people have, some glucose related issue, linked to higher body fat percentage to develop polycystic ovarian syndrome services, imbalance of the microbiota that gets our diabetes, prediabetes and and even, you know, cancer, heart disease, are fighting for the first cause of death.

and what we see when we, go through the course of it, not not just trying to, you know, to take a pill to to mask the symptoms. We discover that also diseases of one common cause, which is chronic inflammation.

And it is the same cause, but just different expressions of the disease. so, so it is important to make a difference between acute inflammation and chronic inflammation.

Acute inflammation is, is a healthy part of eating healthy eating plus size after an injury. and it is designed to destroy, pathogens. For example, if you have a virus, will tries to enter your body, you or you or if you get injure your immune system, since it's first responders, it's.

And, as a first responses come in form of inflammatory, inflammatory cells and they, begin to attack up the jammed cells of toxins and start to healing the injured, the tissues.

And, as a body for those kind of, roadmap, which is to identify survivors, respond with, for example, chills, fever, sweats until, until it gets better.

and if you get yourself it's about the same. I mean, service for pain, feet, happiness. Enjoy. And, all that part is it is part of the normal healing process.

But, acute inflammation is supposed to remain a short term process, and that goes from a few hours to a few days, depending on your condition. But sometimes, we develop, what is called the chronic inflammation.

And the chronic inflammation is once your body keeps fighting an me. Which is not to say I will no longer say. And it keeps sending those same first responders, inflammatory cells, even when there is no danger.

You know, it's like, it's like firefighters would come to, bruising where there is no fire and say, so, so put a lot of water, and damaged a facade of a healthy building.

Well, it's it's a little bit the same, for example, if you have one that I did, the arthritis, you will, have a body that will send inflammatory, cells and substances to keep attacking.

But there is no nothing to attack except healthy joint tissues and under the constant attack. Well, that leads to inflammation. And then it at the end, you get damaged.

Your joints. So it's a chronic inflammation, process is normally designed to protect, our body and in fact, it is end up working it. And, this can last, for a long time.

So sometimes for months, for years and, and, and this symptoms are quite difficult to, to pinpoint and they may vary from one person to another. And so it's a very fun, you know, fatty insomnia, joint pain, stiffness, muscle skin rashes.

that can have, you know, also mood disorders, depression, anxiety. So the doctor say it's all in your head, you know, gastrointestinal tissue, issues like it. Yes.

Some people will develop diarrhea, others will develop constipation, some will develop, I see the influx. So they will receive different treatments for those, the thing, I mean, laxatives eventually.

But this is not really, going to help with, underlying cause, which is chronic inflammation. Eventually it can, even make it worse by creating it more, more inflammation.

So, so because of the vagueness of those symptoms, the cause, real cause of the issue, which is chronic inflammation, is very often not addressed and, developed into, into serious chronic inflammation, like, leading to autoimmune diseases like lupus.

So yeah, this, it can be also cardiovascular disease such as heart disease, high blood pressure, cancer, caused disease, asthma, chronic obstructive pulmonary disease.

So, mental health, if you can result from the depress, anxiety that can be linked to, branding, inflammatory inflammation. you have, metabolic disease, like type 2 diabetes, some neuro genetic disease, like Alzheimer's and Parkinson's disease.

Autoimmune Disease and Cancer Risk

Also, this diseases, the common underlying factor is, is inflammation. and, so some things may start also as, acute, inflammation and evolve into a chronic inflammation, like for example, Covid, Covid, attack may start as, you know,

some things you are suppose to get to of a, in a matter of, of weeks if you are a healthy, healthy.

But, some people do develop long Covid, which is, a chronic, inflammation in terms of the long a lungs and, and a chronic, immune disease. So, researchers considers that, chronic inflammation can be doing for, for something like a long time, like from 4 to 10 years before that gets a diagnosis of, some specific diseases.

And, are so many diseases, possible for that can result from inflammation. It's fair to say that any organ can develop an autoimmune disease. So there are about 80, 80 different kinds of auto immune diseases. But, a which are again, two big questions of the body is which organ will be affected.

And that will depend for, let's say, one third our genetics and two said epigenetics. And then those two set of epigenetics, I would consider one studies from our environment and one set of our lifestyle examples, for genetics, for example, if you are prone to food sensitivity, you that's the way you you are, for example, of, you know, environment affecting us and creating, inflammation, I would say bags, for example, the sea pollution.

And, we are now speaking of dance, I mean, so where are suddenly waking up to the facts of, tons of plastics, dumped in the oceans. That's not such a thing. You.

But to know it. I mean, people are looking at it as a real environmental concern. Because as a as a fish, as, the sea salt is contaminated and we are contaminated.

We see a lot of plastics and example of, lifestyle, while, for example, we know that, adipose tissue, which is a fatty tissue, produces inflammatory cytokines and interleukins, which are kind of, pro-inflammatory proteins.

And, as a result, obesity is associated with low grade inflammation. So people have this low grade inflammation going on and on and on. And, the result is that, under long term, obese people have a greater risk of developing colorectal cancer.

So it's a, interesting, story about a little country, which doesn't exist anymore. it's called the Karelia. It was called Karelia. It was, tucked between Russia and Finland.

And at the end of the Second World War, as part of, the division of the world and the Iron Curtain is a population of, little Karelia was split, into Chinese of Finland and the Soviet Union, which is now Russia, and, Finland evolved to a western, lifestyle and joined the European Union and was shot in and extremely, rural.

And the lifestyle of the people living in this, Christian part of Karelia doing a change of as a yes. And, about 60 years after this division of Little Karelia into, separate countries, the there was a study done, looking at how people were, this population was fearing in terms of health and more specifically, their auto immune diseases and what happens is that, this is a Finnish side, yeah.

But yeah, but one is as a highest, the highest in the world. And six times higher is than, in Russian Karelia. And they also have asthma, celiac disease, which is gluten intolerance, about 6 to 10 times higher, in Finland than in Russia.

And then so beginning it was the same population. It was the same little count. So for some researchers, it's the same. well, because in the Finnish sides, more, more advanced, moving, just industrialized.

So there is more pollution which can lead to autoimmune disease, some other assertions. And when because there is not enough diversity in, our modern food on the Finnish side, which adjoins European Union, everything is under plastic, everything is under pasteurized.

So they have a low, very low diversity of, of their microbiome. And and that's that's why there is such a discrepancy between the two sides, obviously, to counter it.

Natural Approaches and Beljanski Research

But what is sure is that there is a meat mismatch between our genes, and, brave New World or a new environment in which, in which we need, compared to, the world in which our ancestors, are living.

And it is in this. Yeah, that we develop inflammation, autoimmune disease and cancer. Yeah, it makes a lot of sense. And there's a lot of connections in the research between autoimmune disease and cancer.

I believe over 50 autoimmune conditions now have been linked in the research to an increased cancer rank link. and so are increased cancer risk in general.

So obviously inflammation is a connection. There. Are there other connections between autoimmune disease and cancer? it's it is a very tight connection.

I mean, for years, autoimmunity and cancer have been considered like as two separate fields of research with not a lot of in common, but it's actually, kind of bi directional kind of the two sides of the same problem.

Well, you know, totally immune disease. The body attacks itself when it shouldn't. And in cancer of the body, that's not the attack itself. When you choose, autoimmune diseases cause chronic inflammation.

And this chronic inflammation in turn can stimulate cancer. So it's kind of a vicious, cycle that, in itself, and cancer does develop very often in, immuno, in competitive drugs, cancer cells, a cure in all of us on a daily basis.

But if you have healthy immune systems that function normally, it should be able to recognize the cancer cells and eliminate them, prior to any clinical symptom. And, these should, I mean, I, I mean, that's how healthy people avoid, to, to to to get cancer also, they're producing abnormal cells on their daily basis.

So recognize them and they, they despise them. That's called the cancer immuno surveillance. it has been, documented, I believe, since, since the 60s.

so it's not some something new, but when you have autoimmune disorders, you you you some some. Yeah. I mean, you on developing, we are more prone, developing cancer.

So it was a large study, that was developed actually, that was published actually in Jama. in 2016 about people suffering, with lung cancer. And they found that, over 13% of the patients with lung cancer had, also, an autoimmune, this is diagnostic, at some time, around the time that also their cancer diagnostic.

So it is very significant, that says it's a 2 in 10 since Sanofi and Fox, sunsets. and it makes sense because, even the treatments, if you do not have success, develops as, disease prior to diagnosis of the first diagnosis of cancer, immune disease, the treatments themselves, do affect, homeostasis, our equilibrium.

And, by creating some further, this balance, it makes you more prone to get the other disease, the conventional treatment of cancer, for example, especially immunotherapy, sometimes may trigger some, autoimmune disease because it overrides your, own immune system so it doesn't have a chance to give and doesn't allow your body to eliminate, as you choose abnormal cells and vice versa.

Some treatments for autoimmune disease may induce cancer, for example, chemotherapy affects the lining of the gut, the microbiome, and destroys, blood cells.

So that's at the core of our immune system, as that creates new imbalance and diminishes the ability to recreate a healthy equilibrium. and, for auto immune conditions that they are treated with, immune suppressive, agents.

So, so it's an improvement on the short term, but, on the long term, somebody lose the ability to recognize those abnormal cells, and, as a result, for example, cancer is this, certain most common cause of death in renal transplant?

Transplant recipients. So there is always, considerable, considerable risk at manipulating the immune system. and

we have seen that again, with Covid as Covid vaccines recently.

and we have heard about those, some tubal cancers, that develop after, after receiving the vaccine because the reason manipulation, some modification of our immune system and the two, the two are linked.

Yeah. For sure. So all these links and so, basically, we know that inflammation is this immune imbalance and the immune systems not coordinated in the way that it should be.

And so with auto immune, it's it's in a sense hyper active and attacking destroying normal cells. And then with cancer it's not it's not attacking not destroying the cells that it should be naturally breaking down.

And that, you know, to summarize what you were talking about earlier, there's kind of there's genetic factors, there's environmental factors and there's lifestyle factors that all play a third of a role in the development of that inflammatory state.

Now, what are the key strategies of some of these in this sort of chronic inflammatory state? Maybe they've been diagnosed with cancer. Obviously, you've got your great book, Winning the War on Cancer.

Maybe they've been diagnosed with autoimmune disorder or some other chronic inflammatory disorder like asthma. you know, things like that. What where should they get started when it comes to healing naturally and dampening down the inflammation?

Well, there are, you know, some good, natural a push to be to become considered means a lifestyle. of course. so, I mean, improvement of the of the lifestyle and, avoid everything, everything toxic.

But there are also some a nontoxic approach, which, so certain plants that need we need to speak of, speak about and, so what we do as a patient transition, I am, the president and founder of the British Husky Foundation is, we are A501C3, and we are doing, research with natural compounds to help fight, cancer.

And, as a chronic diseases. That's exactly what we are doing. And the research we are, doing funding, with universities like Columbia University, Kansas University Medical Center, US, stamps, actually, from research of my late father, doctor, UFO business.

He, he was, one of the first and, scientists to look at the environment back in the 60s, 70s, and look at it as a cause and a solution to, to cancer. And he makes the, observation that there is a structural difference between, normal, healthy DNA and cancer DNA, cancer DNA, always.

Whether you are looking at plants, animals, humans will always present some big loops. so two strands of the DNA are not kept together. And, this difference, as is the observation of this difference, that made him find a number of natural compounds that are able to recognize those, sense with DNA as being modified this way and targets selectively.

Those cells, and the DNA, this difference in the DNA starts at the level of inflammation. It's started. And then increases, but it starts at the level of inflammation increases when it's sort since become cancerous.

And that's, advanced cancer. So it found a number, of compounds, a so two on which we focus a must for, for anti-cancer activity. under specific phase, pain free, revolution for metal.

Yeah. Extract. And what we have been doing, it's a foundation since my my father's passing is continuing my father's work in this direction. as one of the latest, publication, as my father was about glioblastoma, and, it showed that there was, ability of support Berry extracts to regulate interleukin six, which is a poor inflammatory cytokines.

And, he, he which was interesting. It's not a complete inhibition. It's just the healthy regulation to go back to physiological levels so it doesn't create an imbalance like the other, other, inflammatory diets on the market.

Supporting Immunity and Reducing Inflammation

And, what we have done since my father's passing, we have, looked at, other, type of inflammation. And, at Columbia and Color University, we have, looked at, prostate benign prostatic hyperplasia, which is a chronic inflammation that causes prostate, enlargement and also a pancreatic, the diets, which is, inflammation of the pancreas.

and what we have seen is that indeed both smoke there. and I've heard few of them are able to specifically, target, so, inflamed cells. And we have been able to see that we have a different, mechanism of actions at play.

So it was, regulation, of NF kappa B and, and if capabilities kind of, center, control center of. Yeah, the inflammation amplifier in the system really amplifies inflammation throughout the body.

and we starting in the cell. We had, obtained without toxicity, without side side effects. Because the beauty of those extracts is that since they recognize cells whose DNA has been, has been modified, it doesn't touch anti cells.

No, no toxicity, no side effect to cancer cells. So we were able to obtain on plus I plus cuts prostate similar benefits than what can be observed with finasteride without the side effects.

and that what that applies also to other inflamed the tissues. The extra benefits that we have seen with specifically prostate is was also, reduction of size and ductus, which is specific and specific inflammation classes linked to prostate because it transformed testosterone into, dihydrotestosterone and both pallbearer and reversible mentor.

Yeah. We are able to he may be to, inhibits that. with regard to, pancreatitis. Well, we had also an experiment done at Concerts University Medical Center, where we had, mice.

they, we gave them their pancreas inflamed by giving them a lot of, alcohol, alcohol consumption. And, we were able to, to see, to treat them after that, we spoke.

Yeah. And. Yeah. And once the, animals were satisfied, well, we see that, this a control group of animals. I mean, the appropriate, vessel was extremely damaged, but those who had received the help ourselves.

Let me tell you what. When the damage we were able to to repair, cells also reduce completely inflammation. So that was a very nice, very nice result.

Yeah. Powerful stuff. And you guys are publishing this research. All this publication, is, published. Of course, back by the universe. It is, we should have conducted, the studies and, these are all available on your website, those of you foundation, which is, mention that, be on and scan that, Yeah.

And, you you talk about it a lot in your book Winning the War on Cancer. Right. And so what are some of the other things that you really highlight in that book?

What so book is, about what happened, in France, what happened to my father, and how this is all this research, which was extremely amazing. was, this tied by the French government and, how lucky I was to to be able to come here and, to to to carry on this research, through the very key foundation we have had, to as, products, as we have been able to, to work with also stemming from my father's research.

And, that can play a role, in fighting, like loss of, immune system and, cancer, but less directly than power. Power and revolution from me. Yeah. one, little fragments of RNA.

which, I kind of kept, shortcut of what happens naturally, in the, agenda then of the microbiome, natural. We say, you know it all. The immunity is starting to get, well, indeed.

I mean, so nutrients go into the guts and, absorbed by the blood. The blood goes to the bone marrow. The bone marrow creates also white blood cells and platelets, which are, the core of our immune system.

My father. It's a long process. And when you have chemotherapy, lots of, blood cells are destroyed, including those blood cells that are absolutely needed to create the immune system so that leukocytes, the platelets, and and my father, they need to be replaced within 24 hours.

My father came up with little RNA fragments, which are specific of the DNA of the bone marrow, will help the bone marrow create, almost immediately, white blood cells and platelets.

We had the, clinical trial at Cancer Treatment Centers of America with his, product, with people, who had a very, damaged immune system. And so, where as a version of thrombocytopenia, which is a, loss of complete loss of platelets.

And we, we are able to maintain them, without the need of any a transfer gene. And that's, end of the clinical trial there. But now all was kind of, protected, even cells, they had had more, rounds of chemotherapy.

So that's, that's what provides a great help, for the to maintain the immune system of, of, people undergoing chemotherapy. and there is also a link, which is not, spoken enough between immunity and depression and a lot of, of people undergoing, Antidepressants and, yeah, depression.

Exactly. And just by supporting in a healthy way, you have an immune system. You can't you can avoid that. Yeah. We know depression is really brain inflammation and so.

Absolutely. So, supporting the immune system, helping create balance stability in the immune system is going to help bring down the inflammation in the brain, which will allow for better signaling in the brain, which will improve mood.

Yeah, absolutely. This is the other, last, product. worth mentioning. today is a golden extract of ginkgo biloba. this is golden extract is, is this in the Ginkgo biloba tree?

But the golden the extracts, I mean, those are leaves are harvested in the fall, and there's a change of color off of the leaves as a result of the change of chemistry, actually, of the leaves.

So the extract is going to be quite different. And my father made the observations that, this, this extract is able to regrow late, the, enzymes of the liver in particular, people and nucleases, which go havoc when, when we develop cancer. So, there's a bit extra benefit of this regulation.

I mean, you don't really get with a liver back to homeostasis, which is kind of a kind of important. That's, this is the extra benefits that he published about is that, it prevents, prevent and event repair, skin fibrosis and liver fibrosis, which is a big deal in, after after radiation.

And, what we have been able to do with the foundation since my father's passing with this particular extract is to study if there were other enzymes that were, handy be to the origin related, with the Ginkgo biloba extract.

And indeed, we saw that, there was a regulation of angiogenesis, which is the enzyme, produced, explored by cancer cells. and we studied that on melanoma, melanoma cells and, so, as you arginine helps cancerous cells to create more blood vessels, angels, more blood vessels are needed to bring more nutrients, for to cancer cells because they are, very, they need a lot of nutrients, a lot of sugar, to, to grow.

So by, heated beating, also arginine, you, can starve you. No way. colon cancer cells. And you also, prevent them to, just kind, which is also extremely important.

So that's, as it, you know, natural extracts very, literally known, about and, and fortunately, but, a lot of a very good science behind them. Everything is published in peer reviewed papers and definitely, with, knowing more about.

Yeah, absolutely. And you guys, you guys are publishing this research, but you also have these products available for people as well, right? They can just go to Beljanski.org Are they able.

To, you know, find the products. There is a Beljanski foundation is not selling in a in a product. It's sold all about research but indeed. So the research can not, you know, done, you know vacuum unique products to to look to do the research.

So, the products may be found on the website of maisonbeljanski.com maisonbeljanski.com Yeah. And that's where you have those herbs and basically the kind of tinctures that you, you're using in the research.

Yes, absolutely. And and so that, you know, Beljanski has been as a sponsor, much needed sponsor for, for, for to fund this research because otherwise I don't know how it would have, ever happened.

Diet and Lifestyle Tips for Prevention

And, now it's, you know, available for willing to, to rate and that's, Yeah, that's what my father wants it. Yeah, absolutely. Well, you guys are doing great work, and you guys can get her her bestselling book, Winning the War on Cancer.

Be sure to check out, Beljanski.org. That's where they've got her research. And, you know, they're doing really great work there. Any last words of inspiration here for our audience, Sylvie?

What? Well, you know, besides source, plant, exercise are a lot of things. Also that, if I, what they should do to reduce the risk of, inflammation, down the road, autoimmune disease and cancer and so good things.

It's it's, it's the same thing since it is the same course, it is the same things that you can do and some, pretty easy. I would start with an elimination diet, avoiding, gluten containing, grains like wheat, barley, high, avoid sugar, fast food.

Fast food is the least we we sugar. who is, I consider our food a bad food. Additives, synthetic food coloring. I don't want any of those. You want to avoid industrial seed oils, but often upon seed.

So, yeah, the ratio of omega three. Omega six. they are actually a major source of inflammation by themselves. Try to avoid convention. I'm very I know I'm French.

I like cheese, as I'm not the right person to say that. But organic. Yeah. Limit. Limit also to the very minimal market value to expand the universe of US account anti-inflammatory drugs like you pro boyfriend that I and that's or that is only going to under the long run to damage your immune system.

add quality probiotics. choose those based made unspools do not, require to to be kept in the, in the fridge. So we resist, stomach acidity that will go, to, to the intestine where you want them to go and try, try to eat a healthy diet, with, balance, organic, fibers, fibers reduce the time of exposure of the bad stuff in the intestinal tract and also serve as, food for the probiotics that you are taking.

vitamin C supports the microbial diversity of, vitamin A, D, glutathione and glutathione a precursor, all important. And then emotional balance, physical fitness, spiritual connections, things that we.

And you would not think at first that because we doing the forgets that we are one between our, you know, head, spirit and body. But it is all important to fight inflammation, all the diseases, various diseases that come with it.

Yeah. Important tips. Absolutely. I'm right with you on there. So guys, definitely check out Sylvie's book Winning the War on Cancer. Check out the Beljanski Foundation Beljanski.org, and thanks so much for your time, Sylvie.

Be blessed and everybody. We'll see you in a future interview. Be blessed.