Survive And Thrive: Conquering Breast Cancer With Natural Medicine Transcript

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Introduction and Dr. Vu2019s background

Well, Dr. V it's such a pleasure to have you on this segment of a Cancer Breakthroughs. Thank you so much for joining me. I'm so excited to be here. Dr. Michael, this is really a wonderful event and I know you're hosting, and I appreciate you sharing my message of hope with your audience.

Well, thank you. Thank you. For all of you out there, Dr. Véronique Desaulniers, better known as Dr. V, is the founder of Breast Cancer Conquer and the Seven Essential System.

Her signature process has empowered thousands of women in over 63 countries around the world. Her mission is to save livesone breast at a time. Dr. V has personally conquered breast cancer twice, which gives her an empathetic perspective to understand other women facing a health journey.

Her signature book, Healed Breast Cancer Naturally, is the number one Amazon bestseller in ten categories and in five countries. Dr. V has also bridged the gap between the pink breast cancer movement and natural medicine by creating a revolutionary program called How to Survive and Thrive.

Conquering breast cancer would come by conventional treatments and natural medicine. Well, I'm. You are such a powerful woman. What what you're doing and the impact you have in the world.

Tell me a little bit how how it all started. I mean, you mentioned that you conquered it twice. Tell me a little bit of of what what took place, what happened?

Well, certainly not what I expected I'd be doing at this stage of my life. But, you know, as it is, life happens. And so I'm a chiropractor by profession.

And about 25 years into my practice, I was really like a wellness warrior and way ahead of my time when it came to, you know, natural healing. But I was getting ready for work.

This was 2004, and I was in the shower doing a breast exam and bam, you know, felt that lump in my left breast that, you know, changed my life professionally and personally forever.

So I had to ask myself, how could somebody like me develop breast cancer? You know, I know cancer is just the symptom. It's you know, it's not the the cause.

So I had to ask myself, you know, what was this root cause? I mean, I had eaten organic before. Organic was in style. I, you know, breastfed my children at home, birth, chiropractic, exercise.

I mean, you name it, I was doing it.

First breast cancer diagnosis and creating the Seven Essentials

So I literally sat down with a pen and pad and said, okay, what is it going to take for me to get to this root cause and and get on this healing journey so I can reverse this path?

And, you know, I felt like it was a download and I just started writing and and this is how I came up with the seven essential system. You know, it's a it's a registered process that basically it's how, you know, thousands of women around the world.

And it helped me get through my healing journey. And I'm sure we'll we'll get into the seven essentials. So fast forward, you know, I became I threw up a website in 2012.

You know, I sold my chiropractic practice trying to figure out what I was going to do for stage two of my life. And I'm just got a lot of messages about, you know, share your healing journey.

This could really help other women. So 2012 threw up a website, Breast Cancer Conquer, and became the face of healing breast cancer, naturally. But you know about, I guess, three or four years into that process, you know, I was working from sunup to sundown.

I was stressed out. I wasn't sleeping well. My hormones were off. I had, you know, cavitation, you know, there's just a lot of things going on. So I created the perfect storm for cancer to show up again.

And so 2015, I discovered again that, you know, I have breast cancer. And that time was a lot more difficult for me because there was a lot of shame. You know, I just felt like, am I a fraud?

Here I am the breast cancer conqueror, but I'm facing a recurrence. How could this happen? So I really had to pull back and say, okay, you know, I really need to get this right this time and apply what I'm teaching to other women.

So I, you know, restructured my work. I cut back on my work. I trained some coaches so I could have some time to really heal and to really dig deep this time, you know, still using the 70 centrals, but dig a lot deeper.

So it took me three years, the second time and again, you know, no conventional treatments at all. But I was able to reverse the cancer and was able to, you know, as of 2018.

Yeah, 2018 I was able to, you know, stand on the stage literally and tell my community that, you know, this is what I'd gone through the last three years and here's the before and here is the after.

So good news is, you know, I'm happier and healthier than I've ever been. So I learned a lot in that healing journey. And why do you what do you think?

I mean, because a lot of times cancer, you look at all the fiscal factors, but, you know, and like you were talking about, you you beat cancer and then you you feel almost like you're invincible.

And you get to do all this. You're this productive woman, you know, type A, I would say. So how important is it for people to recognize that you you have to really love yourself, take care of yourself and and maybe just, you know, being the sympathetic, you know, you know, being out there.

Type A producing is not the solution. Exactly. And that was my biggest takeaway from my second healing journey. And just realizing, you know, my whole life I was nose to the grindstone and, you know, typical cancer personality, you know, put other people first.

Workaholic didn't deal with my stress and emotions in a healthy way, you know, stuff, stuff, stuff. Everything is fine. And those things catch up with you. And, you know, I, I learned what it felt like for my body to be stressed.

I started using a tool called Heart Math App, you know, the little clip to measure my heart rate variability.

Second recurrence, stress, and the role of emotional healing

And I discovered that when I was meditating, I really wasn't meditating that while I was still in the red zone, still in the fight or flight. So I learned to connect that feeling of being in that relaxation mode with how it felt in my body.

So now when I feel that shift and I'm getting to that stress mode again, I say, Now stop. You know, I'm not going down that path anymore. And, you know, that was a big, big lesson for me.

And, you know, learning about a recurrence and breast cancer stem cells, you know, that was another big aha. You know, we think that, you know, we can ring the bell.

Ding, ding, ding, you're cancer free. But in reality, once you created that cancer in your body, you really have to be vigilant because those breast cancer stem cells can lay dormant and they can be triggered by stress and lifestyle and, you know, bad diet and all those things.

So I spent a lot of time learning about that and what we can do to keep those at bay. So that really, you know, my part of my mission, too, is to teach women that they never have to fear breast cancer again.

You know, once they understand what cancer is, what it's not, how it works, what you can do to weaken it and strengthen your body, then there's no fear because you have a large measure of control about on how your body reacts to cancer.

And I've asked this question to a lot of the people, you know, experts participating in the summit. In your mind, what is cancer? That's a good question.

So cancer is a symptom that you're body is out of balance and your life is out of balance. And it's an indication that, you know, your body is tapping you on the shoulder and it's telling you to pay attention to your life and to your lifestyle and to yourself.

So that's basically what cancer is to me. And I couldn't agree more. I don't know how many patients that have come and said Cancer has been my greatest blessing because you really have to do exactly what you did, meaning you have to create that inventory and go through, you know, what am I not doing right in my life?

You know what? What do I need to bring in in order to be able to feel full and fulfilled and, you know, have purpose and all the different things? And what one of my exposed to chemically, what am I eating?

What am I? I mean, all these different things you have to do an inventory. So I'm I'm curious, when you sat down that first time and you wrote down the seven factors.

Yeah. What what are those seven factors? So the seven essentials is number 1 is let food be your medicine. Number 2 is to reduce your toxic exposure. Number 3 is to balance your energy.

So that's everything from your hormones to your sleep to your exercise. Number 4 is to heal the emotional wounds. Number 5 is to embracebiological dentistry.

Right, because we know that connection. Number 6 is all the therapeutic plants and herbs and supplements that can boost your immune system and kill the cancer.

And number 7 is is really practicing early detection and keeping a pulse on your health. So I recommend a lot of tests that are used outside of conventional medicine and some that are done are so that people could really understand what's going on in their body, you know, even though they're cancer free by their medical doctor, if their inflammatory markers are high or they have high levels of circulating tumor cells, then we know they still need to continue to do the work.

So for women out there that are really concerned, obviously, because it's I mean, what are the statistics now in regards to breast cancer? Well, years ago, it was one in eight.

Now, the latest things that I've seen is one in six. And, you know, every by they're saying by 2050, every other person is going to have some form of cancer.

So for women with breast cancer or another kind of cancer, but know the statistics are not are not getting any better. And, you know, look at the environment, look at all the chemical estrogens that we're exposed to. So it's no wonder.

And so for early detection, what what are the things that you are suggesting? I mean, you mentioned a few things to to monitor, but how you know, what what should a woman do in order to be able to be on top of it?

Well, the you know, the standard of care and in the prevention world is the mammography, which, you know, I've never had a mammogram. And I'm not telling anybody in the audience not to have one.

It's a personal decision. But, you know, we know that mammography causes, you know, can increase your risk for breast cancer based on studies done. And there was a 20 year study done on 90,000 women in Canada, and they found that there was no benefit at all to the mammography screening.

You know, not there was no change in mortality. The compression, the radiation. If you have a small tumor, you know, what is that doing to that tumor?

So but if you choose to do a mammogram, then always back that up with an ultrasound. Because we know with the increase of fibrosis to disease, because of all the chemicals in the environment and all the sugars that people are eating, you know, there's more cysts than their breast.

So 48% of the time they'll miss the tumor. It's like seeing trying to see a polar bear in a snowstorm. Right. Everything looks the same. So back it up with an ultrasound.

Another choice for screening would be thermography. So thermography does not diagnose cancer. You know, the only way to really diagnose cancer is through a biopsy, which I don't recommend.

But that's another that's another story. Or there's, you know, ways to protect yourself if you're going to do one. But thermography reads the infrared heat coming off your body.

So if there's inflammation, it's going to show up as red hot. You can actually see, you know, patterns of blood flow where the tumor is being formed. So that can give you an idea of what's happening in your body.

But again, back it up with an ultrasound. Don't rely just on one screening tool. Then there's a lot of various blood tests, everything from the RJC, you know, the research genetic cancer center in Greece, where they filter your blood.

Look at the tumor circulating, the circulating tumor cells grow those in the lab, and then they test 50 different natural substances against the cancer cells to see which ones are more effective.

So it really takes the guesswork out of, you know, targeting the cancer. They also can test chemotherapy agents of the same time. So that's a very useful test.

And it can even tell you if you're not sure if you have cancer, they can detect and tell you what kind of cancer you you have. And there's other tests like the gallery test which can detect 50 different kinds of cancers.

What cancer is and early detection options

There's different companies that look at the cancer DNA, pre-cancer, DNA in the blood like Signatera. They'll measure that every three months to see how the treatments are going.

Inflammatory markers, vitamin D, thyroid, you know, all the basic things that are that are so important to understand what's happening in your body. And so, I mean, it sounds to me that that old process, I mean, ultrasound and thermography seem I mean, from what I'm hearing, you know, just looking at it physically, obviously, you know, looking at markers in your blood is really important because then you can see patterns and how you're you're, you know, and what direction you're moving without having to see physical objects.

So but the ultrasound I mean, shouldn't a person then just go to ultrasound? I mean, when that seemed to be the safest and just skip the mammogram so you don't squish and radiate?

Well, I would recommend, you know, ultrasound and thermography over mammography. But, you know, again, that's a that's a personal choice. You know, some women, you know, I'm when I say these things, I always get

emails.

I found my tumor through a mammogram and blah, blah, blah, blah, you know, those sorts of things. So it's, it's a personal choice. And it's not to say that mammography has not had its place.

And with the more high def and the three D and all of that, yes, they do find things. But at the same time, you have to think about radiation causes cancer.

Right. And you you know, you have to weigh the the odds and the benefits. You know, you can protect your body by taking high dose melatonin curcumin Tokyo train all know type of vitamin E before during and after you have those procedures done.

So you know it's a personal choice. Yeah I mean and to me to I mean you want to minimize using tools that cause what it is that you're trying to detect.

Yeah. Yeah. To me that just makes per, you know, makes sense to me. Yeah. No. I know we started kind of a lot talking about kind of where you're at in your life, you know, for the second recurrence.

And something that always fascinates me is obvious as kind of the emotional, the trauma, the wounds that we carry. And I know that that that was one of the seven factors.

And I really want to make sure that we. Can I get into that a little bit deeper? I mean, what what when you looked there for yourself of I mean, what what what did you see?

Well, it was I mean, I knew I was my life was just so I was I was just so stressed out about what I was doing. And, you know, I come from a family of alcoholics.

I grew up in an alcoholic environment. I was sexually abused between the age of 3 to 5 by a convicted pedophile. This was in the late 1950s. So, you know, police went door to door to warn the families in the neighborhood.

But, you know, my parents were not well, they were I found out they were aware. And but as a child, I you know, I did not know that that had happened to me.

So I grew up as an adult, living with a wounded child, running her life. And so by the time I reached, you know, my late forties, early fifties, that's when that memory came came to me after doing lots of therapy.

And, you know, I was shocked. I was shocked that that, you know, that had happened to me. But I called my mom, called my sisters. They all knew. But it was like a family secret.

But so, you know, there was more work to do there. And then there was a lot of work to do on myself and just learning to forgive myself, forgive others, nurture that little girl inside of me, you know, which I'd never done, let her know that she was safe and she'd never be harmed again.

And, you know, I did I did a lot of work. I worked with two different EMT coaches. I did E Box, which is a form of electronic voice recognition, where the software recognizes the stress in your voice and energetically with frequencies.

And homeopathy can help to balance out those stressors. And that was very helpful for me and you know, just really taking time for myself for the first time in my life, if I wanted to take a nap, I would take a nap.

I wouldn't push through it with a another cup of coffee or whatever, you know. So I think for me that was the biggest shift in my journey. I mean, I did all the other stuff and then stopped, you know, physically all the IVs and supplements and enemas and blah, blah, blah.

But really the emotional aspect was such a huge shift for me. And, you know, I tell, I tell my community, if I were to

start over again, I think I'd put the emotional one is number one because it's so, so important.

And and I've seen that. I mean, you know, working with women with breast cancer for 11 years now, I can see, you know, women with the same diagnosis, doing the same therapy is basically one does the emotional work.

One doesn't have a clue or doesn't do it. And it's amazing the results and the difference in their, you know, in their their results in healing cancer.

Yeah, it seems like it becomes a gravity point. Yeah. When you have that trauma that that emotion just kind of pulls you into a, into bodies desire to communicate stronger, which is what it does with with cancer and letting you know that you're not you haven't looked at the core component yet.

You know, you got to look harder. And, you know, the people that I'm not saying that supplements and vitamin C IV and all these things are aren't great.

They're they're fantastic. But if you don't get rid of that trauma, that sliver that's there bothering you. Yeah. You're still just going to be trying to mask in a way, you know, or trying to prop up a system that is wanting to fall down.

Yes. And, you know, when you were saying that, it reminded me of the hamster on the wheel. You know, if you keep doing the things you've always done, you're going to get the same results.

And you know, another thing that I really focused on was Dr. Joe dispenses work. You know, you are the placebo.

Dental health, cavitations, and root canals

And I mean, understanding that process and realizing how powerful the brain chemistry and our, you know, psycho neuro immunology and, you know, our body listens to every thought we think and it produces these, you know, neurotransmitters and proteins that ourselves listen to, including the cancer cells.

I mean, that was so powerful to me. It was empowering. Like I have a lot of control over how my body reacts and, you know, we understand with, you know, the science of epigenetics, right?

Bruce Lipton, all of that, you know, that we literally can change the expression of our genes by how we manage our stress, by how, you know, the thought, but the thoughts that we think.

So it's that's such a powerful message for women that are healing or anybody was on a cancer journey. Yeah. Yeah. I couldn't agree more. And and also you mentioned in regards to I mean, you have the the people that are ringing the bell, you know, and saying that and thinking that they're they're done.

And then they go back to the normal patterns that they had prior to that, obviously created the cancer to start with. I mean, how how frequently do you see that?

And with with all the people that you're counseling. We see a lot of women that come to us with a recurrence. I don't have a percentage, but I'd venture to say at least 50%, 60%, you know, where they maybe they did the conventional and five years later, ten years later or less than that, you know, here they are again, but they don't want to go that route anymore.

And they're, you know, they're open to trying something different. And, you know, and to be clear, you know, when I started this this whole process of healing breast cancer, naturally, you know, that was really my focus.

But over time, I did see many instances where women had good intentions and wanted to heal naturally. But for whatever reason, you know, the kind of cancer or you know, whatever was happening in their life, the cancer kept growing and they weren't seeing the results.

They were they they were anticipating. So that's the time when, you know, conventional medicine is okay. And I

really stress that now because we you know, we just launched that program back in the fall, How to Survive and Thrive, you know, with conventional treatments and natural medicine, because I found that there was almost shame and guilt in our community.

Oh, I want to heal naturally, but I'm not going to tell. I'm not going to tell anybody. I'm going to have a lumpectomy or you know what? If I do chemo, everybody's going to look down on me.

So, you know, there's no shame in whatever method you choose if you believe that that chemo is a healing nectar. And I've seen that many times and women then they do great through their their treatments versus seeing it as a poison and it's going to kill me and the cancer.

So, you know, it's about balance and letting women to find their place. And it doesn't matter what kind of treatment that you do. The important thing is that you get well and that you get to the core issues that you follow that seven essentials lifestyle because that's what's going to keep the cancer from recurring.

And the beauty is by starting naturally, like, you know what, you know, using the seven essentials is that you prepare your body so that it comes from a place of strength.

And then you can then use, you know, whatever traditional oncology therapies you can use that as that push. But then you have that, that strength, that, that, that immune system is as much stronger.

You know, your detox organs are there, your tissue is not going to be damaged as much because they're more vibrant, you know, and being able to handle the chemo or the radiation or whatever it is that that you're choosing to do, you know, and that that becomes so powerful that you get the marrying of the two.

Yeah. And there are so many questions that come up because they'll hear from their oncologist, don't take supplements. It's going to, you know, undo what cancer is doing or there's no science behind it.

And, you know, I disagree with that because the science is there. And there are many studies like many like decades of study that show that certain antioxidants, like curcumin, will actually enhance the benefit of the chemo and protect your cells at the same time.

So, you know, it's it's a matter of educate women and, you know, the pink movement who is really so focused on just one method. But, you know, there was a survey done in 2021, I think with oncologists and women with breast cancer.

73% of them were doing complementary medicine along with conventional medicine.

Nutrition, supplements, and hormone balance

So, you know, the pattern is there and this is what women want. And so I think it's you know, it's my responsibility in others to be able to let them know that, you know, there's other things out there that you can do.

And patients always ask me, you know, what? What would you do? And I and I and I tell them, because I haven't had cancer. I mean, my my father died from colon cancer.

Yeah. That that's kind of been been my my exposure over and above and my profession. But I tell him in I can think one way now, but I don't know what I would think if I was in your shoes, you know, and so I don't want to project what, what I believe from a place where I don't have it, you know.

So you have to you as a person have to truly connect and feel what feels right to you and how you want to address this a long way that whatever person choose, you know, I do believe wholeheartedly that you have to have you know, you need to integrated with natural medicine in order to be able to have a good outcome.

Yeah. I want to share a story from one of our clients, Tara Coyote. She's incredible. Started off with us healing

breast cancer. Naturally, she was stage three and she did great for the first couple of years and then she had a lot of trauma.

She had to sell her horse farm or sanctuary, lots of financial stress because healing cancer naturally is not cheap. Right, unfortunately. And the cancer came back like raging.

And she she was stage four in the lungs. Liver fracture, literally fractured her femurs and she was living in Hawaii at the time. And the doctors there were softer, you know, when it came to an apology.

And they said, you know, we it's time we can send you to hospice or you can face your demons and try chemo because, you know, she was like never, you know, and she wanted to live.

She want to give it a shot. And so she did the chemo and she is vibrantly healthy. No evidence of disease. Now, several years later, I mean, it was tough to go through that.

But, you know, she she did what she had to do to just survive and thrive. Yeah. And then and that's a key. You know, there's a place for everything. And just when you choose to do it. Yeah.

To decide instead of thinking, oh it's, it's poison, you know, just really, you know, think loving thoughts and just kind of see how it then goes after all the things that it needs to do and go after.

Yeah. I actually interviewed Tara on on my podcast. She's such a horrible woman. Yeah, she's amazing story. Yeah. So talk a little bit about the cavitation because that or for the dental health because that's something that a lot of people that's kind of last on their list.

They don't think that it is that important. And so when you ask, you know, do you have root canals and say yes. And the last thing people want to do, obviously, is start to pull teeth now.

Right. So so tell me a little bit how how important that was and why you felt that that should be one of the seven factors? Well, if we just start from from basics, if you have silver fillings, they're not really silver.

You know, they're 50% mercury. Mercury is a metallo estrogen. So it mimics and stimulates estrogen production in your body. A root canal is a dead organ, right.

It's it's producing lots of toxicity and infection. Even if it looks okay on the x ray, it's like having a dead gallbladder appendix in your body. You know, no matter how clean or septic they try to make it, there's always an infection of some sort and, you know, causing all kinds of diseases and autoimmune and immune suppression, all of that.

And so from a chemical point of view, you have to look at those two factors. And of course, gum disease, right? Women, post-menopausal women who have gum disease are twice as likely to develop breast cancer.

And so, you know, work with a biological dentist who knows how to measure that. And then you look at it from an energetic point of view, because your teeth are connected to all your organs through the acupuncture meridian system.

So if there's something sitting on your breast meridians, you know, there's four up here and two down here, then that could be a causative factor as well.

So for me, I mean, I've had my amalgams taken out by Huggins dentists back in the early nineties, way back in the day, I had 16 fillings, 16 metal fillings in my mouth.

I mean, how is I still alive? And so, you know, went through that process. But I never knew about cavitation until my second healing journey. And sure enough, you know, did the cone beam and found I think there was four or five and so went to Dr.

Nunnally and in Marble Falls, Texas, and had those cleaned up. And, you know, to this day I'm still doing some some work because, you know, the bonding that they use back in the 1990, while it's, you know, cracking and not good.

So I'm getting those replaced with cleaner and harder materials. So it's you know, it's a never ending process to make sure that your your mouth is clean.

Yeah. Yeah, that's fascinating. I had, you know, one one of my cancer patients stage four breast and and she yeah the the root canal we did the 3D scan and we found it was infected.

Tooth Yeah, exactly what you're saying. Right on the meridian, right over the breast, you know, where she had the tumors. So it is, it is uncanny how that correlates when when you investigate it.

Yeah, that's very fascinating how the body works. And what they're saying in regards to cancer. I mean, there's so many diets out there, you know, and you know, some people say ketogenic plant based and then we have that the Kelly way, you know then we have yeah.

Carnivore paleo. Yeah yeah but yeah while the carrion what I mean what what do you what do you suggest. I mean how do you counsel women in regards to what, what to eat when you're dealing with breast cancer?

Well, I'd start off by telling them there's no one size fits all. And if somebody tells you that, run the other way, because it's not just plant based and it's not just carnivore, you know, it depends on you because we're all biologically individual.

I do recommend that they do the nutrition genome testing, which is a DNA test that looks at their genetic weaknesses and how nutrition and supplements can support those weaknesses.

So that gives you a big clue right there. And and then just, you know, big picture organic as much as possible. Lots of good veggies on your plate, obviously, you know, lots of cruciferous with women with breast cancer and then clean protein.

If you choose to eat meat, make sure that it's grass fed and that's pasture raised. No antibiotics, no hormones and, you know, measure your blood sugar.

That's another important thing because I mean, I just for decades, you know, 30 plus years. And when I was in my second healing journey, I really ramped it up.

But I, I wasn't feeling well after I juiced. And so I was studying Dr. Nasha's, you know, the terrain and the, you know, the approach of really keeping your your fasting blood sugars down and your fasting insulin and all that.

And that was a new concept for me, being metabolically flexible. So when I started testing my blood sugar, I mean, it was off the charts and you know, my age B when C was high.

So I, I though in hardcore with ketogenic for about six months like hardcore just trying to stay in ketosis and the fats and hardly any carbs. And it helped me with my metabolic inflexibility, but for me it was I couldn't do that long term.

So now I'm more balance. You know, I, I, I'm careful with my carbs. I don't do any grains, you know, lentils, beans, peas, all of those things. And I, you know, keep a pulse on my bloodwork to see how my, you know, my blood sugar is are.

So yeah. And and I think that's the key, is that each individual is different and you have to learn what's what's working for you, you know, looking at a genetically and exactly what you're doing.

You know, we I have patients and measuring their blood sugar for the first month. You know, you do a little pinprick and see how you're responding to your food because you never know.

I mean, it may be that the healthiest thing ever, you know, like avocado and you're you're all of a sudden you're spiking on it then and each person is so, so different.

Yeah, totally. And I know that if they people really want to dove deep into the seven factors, I mean, they need to get your book. I have it on my shelf and it's it's an awesome book and it's as really it's a really kind of foundation to, to build your health on.

Yeah. So, but kind of a last point that I wanted to address a little bit more than the supplements. I mean that that's, that's, that's a big, big question.

What are some of the core supplements that you feel women should look at when you're dealing with with breast cancer? Well, definitely vitamin D, you want to make sure your vitamin D are optimal, but in the therapeutic range between 80 and 100, lots of vitamin C, lots of trace minerals, magnesium, zinc, selenium.

You know, those are key because those are all related to your immune system. I prefer, you know, liposomal, vitamin A, LIPOSOMAL, Vitamin D, and then you get into, you know, the cancer killers, like the medicinal mushrooms, the high dose melatonin, curcumin products like Poly MVA or Sal.

And, you know, there's I mean, there's so many we could spend the whole day just talking about that aspect. But again, the key is to test and assess, right?

Don't guess, make sure that what you're doing is working for you and don't stay on the same supplements for a year at a time, you know, turn, you know, change things up.

Otherwise, the cancer cells could become resistant to what those supplements and nutrients are trying to do. So, you know, change it up like every month or every 90 days so that your, you know, you're shifting and, you know, a great way to to test, to see what you need, which supplements are going to work best for you is the RG CC test.

And there's numerous doctors all over the world that that use the test and can help you with that. Yeah. Yeah, it's, it's a test I know that we use as well.

Is there any, anything that before we conclude and any anything that you feel really should be communicated? You know, for women out there? Yes. Essential number 3 is to balance your energy.

And part of that is balancing your hormones. So your hormones, ladies, do not cause cancer. You know, your conventional doctors will tell you, you know, you've got a PR positive.

We've got to give you aromatase inhibitors or premenopausal, you know, Tamoxifen, some drugs. You know, your hormones, if they are balanced properly, are not driving the cancer.

It's all the chemical estrogens and all the things that you're exposed to that are stimulating. And, you know, they're they're upsetting that hormone balance in your body another factor for you to understand is whether or not your processing or metabolizing or methylated your hormones properly because I, I discovered that I don't you know, I've got that empty apart snip that keeps you from methylated and breaking down your hormones properly.

So if you have that, then you can supplement to support those pathways so that those aggressive estrogens can be separated from the body and not keep recirculating.

So, you know, just keep in mind your hormones don't cause cancer. Every 20 year old on the planet would have cancer if that were the case. Right. So just try to reason on it.

And there's a lot of things that you can do to keep your hormones properly balanced. So a female that, you know, let's say they've done a lump to me and they don't want to do chemo.

They do want to radiation that the college's oncologist says, well, at least we need to do a hormone blocker

because it's an ERPR positive, you know like tamoxifen.

So and at that state would you, you would say that no your natural hormones did not create it. Tamoxifen is not the solution. You should measure your hormones and you should optimize them using bioidentical if you need to.

Is that where you would suggest? Well, obviously we don't tell women to take those drugs or not take them. That's their personal choice. But I would say another one of the main questions we get is I've been on these drugs and it's making me feel terrible and I have osteoporosis, can't think and, you know, all these things.

So, you know, we'll teach them, you know, we'll have them do saliva testing and we'll teach them, you know, what it takes to balance their their hormones properly.

Some use homeopathy, some use herbs, some use bioidentical. You know, it's really what they feel comfortable with. And then, you know, finding out you have a methylation issue and if you do, let's support that process.

And you know, there are things like them and and, you know, melatonin and fermented soy, you know, and other things flax that can help keep those hormones properly balance.

Yeah. And and that's the key exactly what you're saying. These, these chemical hormones that we're exposed to, what we're cleaning our counters with, what we're washing our clothes with, whatever, you know, the mascara, the makeup, all these things that we put on that have all these zino estrogen that is where the big problem is.

And that is what you need to really need to support to clear out because that sends such a strong signal compared to your own hormones. Yeah. Yeah. They're a thousand times stronger than than our hormones.

So, you know, our little cells don't stand a chance against, you know, powerful chemicals like that. Yeah Well, Dr. V it's you have such a powerful, you know, mission and you're touching so many people all over the world and it's such a such a pleasure to to know you and also the amazing information that you bring out to the world.

So thank you so much for spending this time with me. Thanks for for including me in your summit and sharing this message of hope, because there's unfortunately too many women out there that need to hear this message and.

Where can people go to find, you. So breastcancerconqueror.com and Facebook and Instagram and our Website, we have so many so much free information there for women to to learn about their healing.

And obviously get your book. Yes, obviously. Get the book Heal Breast Cancer Naturally working on book number 3, you know, the Survive and Thrive program.

So that should be out hopefully by the end of the year. Wonderful. Wonderful. Well, thank you so much.