The 7 Essentials of Breast Cancer Healing: A Personalized Path Beyond Fear Transcript

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Introduction and Breast Cancer Trends

Doctor Véronique Desaulniers. It's always such a pleasure. Or I'll refer to you to doctor V. It's so much easier. Yeah. Can I roll off the tongue a little bit faster?

So thank you so much for being with me here today. Thank you. Mike. Doctor. Michael. I'm excited to be here. It's been a while since I've done one of these, so I'm happy to be able to share my experience and to reach out to women out there who may be going through a breast cancer healing journey.

I know it's not easy, but there's a lot of things that you can do, so I'm excited to share that with you. And breast cancer, I mean, it seems to me I'm correct me if I'm wrong.

I mean, it just seems to me that it's hitting women younger. More people are going through it. And, I mean, it just seems to be something that we need to lean in harder to kind of curve that, you know, those trends right now.

Absolutely. I mean, there's especially since Covid, there's been, you know, to me, and exponential growth and younger and younger women. I mean, I've seen women as young as eight, 18, 19, you know, developing breast cancer.

So there's there's so many factors which, you know, we all know we live in a very toxic world. And so that's one of them. And, you know, when you get the diagnosis of breast cancer, a lot of times it can be a surprise.

Sometimes it's not. But either way you're faced with, okay, what do I do. Which road do I go down. How does this change my life. And there's so many questions that you go through when you when you're diagnosed with breast cancer.

And it's so overwhelming. I mean, all of a sudden you live your life, you're maybe your mother, you have children and you do your day to day activities, and then all of a sudden you feel this lump or maybe their mammogram identifies something.

And I mean, the, the, I mean, the fear that comes along with cancer and then just kind of how to navigate all the information on your, your income just, you know, saying, do this, do that, and you're here, I'm going to be surgery, chemo, radiation and all of these things seem so scary.

So how do a person navigate that? I mean, what do you do? So the first thing is to take your time. Cancer A breast cancer is rarely a medical emergency.

So you have time to figure out what your diagnosis is. What what do you feel comfortable doing not doing? Are you happy with the doctors that you're seeing?

If you're not? That's your prerogative. You can find other doctors that will support you. And you know, the first thing is to really breathe. You know, don't give in to the fear.

Don't give in to the hype. Give yourself some time to let that diagnosis sit in. And you know, I've been through breast cancer twice myself. And so I can certainly understand, you know, especially the second time when I thought I was quote unquote, okay and cancer free.

But nine years later, you know, it showed up again. But it was because of the stress that I had, the lifestyle.

Navigating a Breast Cancer Diagnosis

I didn't take care of myself. I wasn't applying what I was teaching to other women, and I was stuck with another healing journey. But I learned a lot, and it helped me to grow and, you know, helped a lot of women through the process as well.

And how important do you feel? Because you you worked with a lot of a lot of women. You created this organization, Breast Cancer Conquer, that I actually had the honor of taking over.

Now, when you recognize that you need to have a little slower pace of life, that it's time you've been doing it for a long time, you know? So how do you how important is community for for people going through this, you know, and removing that isolation factor?

Community is so important. I can't stress that enough. And that's part of the reason why I created Breast Cancer Conqueror, because when I went through my first healing journey in 2004, it seems like a long time through 2006.

It is a long time. You know, I was alone and back then. I mean, there really wasn't much information out there like there is now about cancer. So it was a very lonely journey.

But I, you know, trudged through it. I did have a medical doctor who kind of helped me through it. He was born integrative, you know, at that time. But the reason I created breast Cancer Conquer is because I recognized that women needed a forum where they can go and they could learn about the 70 centrals, like the seven basic building blocks that would help them get through their healing journey.

Meeting of the women, the Facebook groups, the coaching groups that we that we have. You know, there was bonds that were made that lasted, you know, many, many years and are still ongoing because nobody really understands what it's like to go through breast cancer unless you're going through the journey.

And that's, you know, why community is so important. And we have amazing community and amazing group of women, wonderful coaches that really guide you and help you.

Yeah. And through all these years. Yeah. You're saying it's like 22 years ago that was 22, 24 years ago. 22 years ago. Yeah. That's that's 220 diagnosed.

So it's a long time. It's a long time. So how many women I mean have gone through breast cancer conquer you. Do you feel if you kind of rough estimate that have kind of really been part of that program.

I don't have those numbers off the top of my head, but I do I do know that we've supported women in over 65 countries, and I would have to say over a thousand, if not more, that, you know, probably more.

But there's a lot of women that went through a coaching program and, you know, the testimonials and the stories that we hear. I mean, that's why we did what we did because when we could and, you know, hold somebody's hand through the process, remove the fear, teach them that if you do x, y, z, that chances are your body will respond.

And helping women to see that, you know, healing your emotional wounds and the whole mindset is, is 90% of the healing. Because if you feel that, you know, cancer is something that's evil and it's going to kill you, then you'll get that.

You might get that kind of response. But then if you recognize that it's just your body speaking to you, telling you that there's things out of balance because that's all it is, right?

Your immune system is suppressed, your your toxic, your your stress. You're maybe not eating as well as you should. You're not getting enough sunshine. You need supplementation.

So all those things can be put into an easy, step by step program. And that's what the coaching programs do to

really guide you through the process. And it's a great program.

And we've seen amazing results with so many women. And that's the thing is that a lot of people when when you you think cancer, you think you gotta hit it with something huge and big.

And because cancer seems so scary and so big, and so then you think, well, I got to do these toxic things because this is a really big disease. And in reality of what you're saying, if you're building the foundation of what health is about, then you're less likely or you're creating than an environment where where that cancer has a harder time to express itself and then become more aggressive, metastatic, more inflammatory and all these kind of things.

So building that foundation, which is which are the seven essentials, it's much more important.

The Importance of Community Support

And you most of the time, as a female or as anyone, you are by by following that system, you are then able to see where you are lacking and where you need to improve more, and then where you kind of hit, you know, seal the holes in the boat, so to say.

So your boat is not sinking. Absolutely. And one thing that I really like about our program is that when you start out, it's not a cookie cutter system, it's individualized.

So when you sign up for coaching, you're given a 15 or 20 page questionnaire on the 70 central. So we can see where you're lacking. Or maybe your diet needs some tweaking or you really need to detox, or the emotional aspect is very important.

The biological dentistry. We got to clean up your mouth. We've got to calm down your nerve system. So we see where the holes in the boat are, and we can guide you as to what to do to fix those holes so that you can improve the terrain.

And we can the cancer. I mean, we've had women, stage four cancer, who did not do any type of conventional treatments at all and healed their bodies and did very well.

Now some women, you know, that's why we wrote this third book together. Breast cancer breakthrough, right? Make sure you get a copy because it's definitely full of information.

But some women, because of fear or maybe pressure from family, or maybe that's their belief system and that's okay. You know, they choose conventional treatments, but then they're left with the question, well, if I do chemo, what supplements can I take to help soften the side effects?

Or if I do radiation or surgery, how do I prepare my body for surgery? So there's all these questions that are answered in this book, along with the basic foundation of the 70 essentials.

Yeah. That is I think it's a phenomenal book. Any anyone going through breast cancer that should be a book that you have. Yeah, because it's a phenomenal resource.

And that is usually the challenge is that a lot of a lot of women that are thinking that it's an either or thing, that you either have to go through conventional and the oncologist says, well, you can't do this and that in the, in the natural world while you go through conventional and, and so that in itself becomes very confusing.

And it's important for, you know, for people to understand is that the oncologist, they're good at what on earth colleges is good at. Yeah. And and that is their skill set, things that are, you know, outside of that, that standard of a standard of care that, you know, that they're manual, that they get to operate from.

If it's outside of that now, they're not good at it. And so that's why it's important then to have a, a community support group and then have resources to be able to navigate that, that space.

Because if you only listen to traditional oncology side, that that's all you're going to know. And that's, you know, one of my reasons, I mean, my dad passing away from cancer is that he was in that world, you know, he that was the only information he had available.

He had no other option. He didn't know that there were other possibilities that existed. So it is so important then to have that community have those resources that can guide you through these different options that are available for you.

Very true. When I started Breast cancer, Concord was all about healing breast cancer. Naturally. That was the name of my second book, and I realized as our community matured, we were attracting women who were doing some conventional treatments, and they had all these questions.

Personal Healing Journey and the Seven Essentials

So it took three years of research. And somebody who was helping with the with the research as well, to be able to put the information together to make sure that what we were recommending was backed up by studies.

And what I was most excited about and fascinated with was that so many times we found the conclusion of these mega studies and analysis is that when people chose an integrative approach and added those things into their program, they did so much better than just the traditional methods alone.

So it was really affirming for me to read that research and then to put it into the book. And I know you've you've done a lot of research as well. So and you have the tools in your clinic that help women, you know, to have that approach.

So it's kind of exciting to see that. And it's great to it's great for the women that are, you know, using that approach. Because when I first announced that I was going to do that, I received so many emails from women that said, finally, you know, an integrated approach.

You know, we don't have to feel like we're the bad guys because we're doing the traditional method. You know, we can be inclusive in this world. So it worked out really well.

Yeah. And it's so cool with that community. Like you mentioned, you have you know, it's the bonds that have been created. You have women's there when we have our, our weekly, you know, get togethers, our membership meetings, you have women spend there for decades, you know, that have gone through this, this journey with you.

And it's really amazing. They know each other, they support each other. They you know, they kind of do ra ra together. And it's really, really amazing.

And it it's so important, I think, for women to get to be in that community and feel supported in that area and know that they're they're people that care about you and that can guide you along.

And that's why a lot of where you have, we're kind of different levels and you have the membership aspect, and then you can do the coaching alongside with and like you mentioned, each individual is unique.

So it's not that it's a cookie cutter for everything. You have the the foundation which is the seven essentials. And then you base upon different labs like the CC and other labs.

You can then personalize the care program for that individual based upon the expression of, of their type of cancer. Yes. And that's that's so key because conventional medicine has that cookie cutter approach.

You know, you have this kind of cancer, you do this kind of chemo, but with this kind of program, we looked at each person individually. And, you know, I'm glad that you mentioned like the GCC because that's essential.

Number six is yeah. No, seven, 6 or 7. One of those about, you know, finding out what's happening in your body.

And the RGC test looks at your blood and sees how many circulating tumor cells you have.

And then you can actually test different natural substances and even some different conventional treatments, you know, different chemotherapies, anti hormone drugs to see which ones are most effective against your cells.

So it takes the guesswork. And I use that in my second healing healing journey. And I still, you know, get tested once a year to see where my circulating tumor cells are.

And it's such a it takes the guesswork and it's so affirming because, you know, you're not guessing. Well, should I take her cumin or melatonin or you know, you know, there's so many therapeutic agents out there.

So it's a great tool to use. And like you mentioned, there are so many phenomenal tools that are available. And obviously, if you throw everything under the sun, you know at yourself, it's going to be overwhelming and it's only so much a body can process.

So if if you can be much more targeted in your tools, targeted in what's going on specifically in your physiology, obviously you're going to do so much better than just do a generalized treatment for, you know, I have cancer and I know such and such mushroom is good or this is good, and I should take it because it's just good.

But we want to know, you know, with you, you know, what's going on with you as a person with your type of cancer, what kind of drivers are overexpressed and what type of natural agents are specific for what's going on with you.

Right. And when you were mentioning those things, it made me think about that's the same thing with food. Some people say, well, I just carrots and broccoli and my cancer is gone.

And the other one says, well, I did carnivore and I'm better. So there's those two extremes. So how do you know what's right for you? And one of the tests that really opened up my eyes and really helped me in my journey was the nutrition genome, where it looks at your genetic weaknesses and what foods and supplements can help support those weaknesses.

So, you know, for one person, they may tend to be more on the vegetarian side. And then another person like myself needs more of a heavy protein type diet and fewer vegetables and, you know, that sort of thing.

So that's that's something important. I mean, of course, eat clean, organic, you know, do the, the walnuts, the flax seed, all those things that are good, but really dig into what your, your genome, your, your DNA is telling your body where it needs support and how you can support it with your food.

And so going back to the the seven and Central's, why did you pick those? I mean, so here you are. You're diagnosed with breast cancer and you know, your chiropractic doctor, you know, so you're all about holistic health and, you know, teaching what to do for patients and helping them on their healing journey.

And then lo and behold, your diagnosed. So what made you decide on these seven essentials? Saying that these this is the foundation versus everything else.

It was one of those moments where I really felt like it was a download. You know, I was kind of struggling, you know, like, what do I do? Where do I start?

I know I need to do this and that, but how do I put it all together for me? And then I just started writing. Okay, what do I what boxes do I need to check off to be able to cover all the bases?

And that's how it came about. Essential number one is about food. Essential number two is about reducing your toxic exposure. Number three is about balancing your your energy, which includes exercise, your nerve system, your heart rate variability.

Four is the emotional aspect, five is the dental.

Integrative Care, Testing, and Personalized Treatment

Because I had a cavitation, I didn't know what a cavitation was until my death just stole me. And it was sitting right on the breast meridian, the left breast meridian and then the all the supplements.

How do you know which supplements to take? And then lastly, how do you remain? The term in traditional medicine is cancer free. You know, we like to say I'm no longer actively canceling.

I'm not producing a lot of cancer cells because in their mind, just because they don't see a visible tumor on a scan or nothing in the blood, they say, oh, you're cancer free.

But we know that there's still some potential circulating tumor cells, and we've got to make sure that that that terrain is stable. So that's number seven.

It's all about the blood tests and the tests that you can do to make sure that you're not moving back into that direction. Yeah. And that's where can I go back to the RGC.

That way we can see all of a sudden if numbers start to increase, then we we get to see what what am I not doing right now? What's slipping in my lifestyle was slipping my dietary.

And what do I need to to address that? I mean, it's kind of like with with you then when you had your, your second reoccurrence, I mean, that's where you had to analyze again and looking at, you know, here I'm teaching all these women do these things and they're doing phenomenal.

And you know, and am I failure. Am I am I not doing what I'm supposed to be doing. And and then you get it. Look deeper. And that's what's so important.

And to can I have to continually assess and monitor to see where you're at. So you're not just going to I feel fine, everything looks fine. Have energy, I have no pain.

And so I got to be fine. So that's why it's so important to keep assessing. Yeah. And really it's not that complicated to assess. Like you get to the point where you just do some of this testing once a year.

But even if you do it, if you're on the, you know, nervous Nelly and you want to make sure, you know, you could do simple blood tests like making sure your vitamin D levels are good, you know, checking your inflammatory markers.

Because if there's inflammation, chances are there's cancer developing. You could check, you know, things like dimmer and fibrinogen to see if the clotting factors are high.

I mean, there's simple tests that aren't complicated. That kind of gives you an eye about what's going on. And, you know, I knew I knew that something was off with me.

But it's like I'm teaching women I'm the breast cancer conqueror, you know, how could I be developing breast cancer again? But I had to look in the mirror and say, look, you're you're not sleeping.

Your hormones are off, you're stressed out, you're overworking, you're not getting enough sunshine. You know, all these things. And, you know, I just had to dig a little bit deeper.

And that's where I really changed my whole approach to working. I mean, I hired trained coaches, and I was more of the overseer and the teacher. Instead of coaching women one on one like I did for so many years.

Yeah. And, you know, even you, with all this knowledge, I mean, did did you have a coach for yourself? Yes, yes. I tell people all the time, I didn't figure this out all by myself.

I had people I had, you know, a medical doctor, I had EFT coach, I had a therapist, I had, you know, massage

therapy. I had a natural path. I mean, I had a lot of people supporting me on this journey because when you're in the thick of it, you know, the emotions can can be very, very powerful.

So you need people to kind of bring you back to center and remind you what you need to do and keep you on track and help you to assess. So I was I was a patient for three years because it took me three years to to heal the second time.

And there was a lot of work, I mean, you know, lots of IVs. I had to drive an hour and a half one way to get my IVs, because we lived up in the mountains in North Georgia.

And, you know, but you do what you have to do and you're committed. And you visualize. I every day I set a certain time frame where it was like an hour of meditation or brain tap or heart math, you know, to regulate the response of your nerve system, really calming down your nerve system.

So there was a lot of brain training through the process, not just the physical part of it that's important as well. And that's why it's so important to to have and that's why we we're offering.

Yeah. That's why coaching is such an integral part in, in breast Cancer Conquer to, to have that coach to be with you. You know because a lot of times you have that scanning the test anxiety, you know that we're going to do ultrasound or MRI or and and.

Oh it's bigger or you know, now everything is worse. You know, whatever I'm doing is not working. And then I have somebody that can then bring you down and kind of call the nervous system and say, hey, yes, you know, maybe this, you know, swelled a little bit, but look at all these other numbers.

You know, how great they are looking, your inflammatory markers, your fibrinogen, your ferritin, and you're circulating tumor cells. You know, all of that is doing great.

Yeah. So it could be other factors, you know like maybe immune system is is going into the tumor and then it's swelling while we're doing that. Or it can be so many other components.

And so to have somebody to walk with you through that journey is to me is essential. It is. It really is. Because, you know, the white coat syndrome is a real thing.

And, you know, they're good at what they do, but they don't. They know what they know, and they don't know what they don't. They don't know what they don't know.

So that's why we're there. And when you meet with the group and you're on the monthly calls or the weekly calls and you hear success, I always made time for that.

I always said, okay, anybody want to share a success story can be something little. It can be a blood test that's better. Or you got to travel to see your grandkids, or you able to walk a mile and you can walk 20ft before.

So it's those little successes that we'd like to hear and support each other. And then when somebody gets a great result, the scan is clear. No more evidence of disease and all these things.

Or sometimes it could be the opposite. Things aren't looking as well as I as I'd hoped, and everybody rallies around you and reminds you how well you're doing about so many things.

And it's just a great support system. Yeah, yeah, I know in our last meeting as a breast cancer female and there, you know, some challenges that she was having there, you know, some symptoms that were going on and then having the community coming together.

We did, you know, EFT Emotional Freedom Technique, you know, to help, you know, to reduce the stress. And she I mean, the difference in how she felt after when knowing kind of the care and the love of the group and that we

were all there for each other, supporting each other.

Coaching, Community, and Closing Reflections

It's so huge and it's so important when you're out there. Because we were talking about that, that isolation factor that comes with cancer, because your family members, they're not going to fully understand, yes, they want to be there.

They want to support you. They want to help you in whichever way that they can. But they haven't gone through the journey. They they don't know what it feels like.

They don't know what's going on in your head, you know. So then to be with other, other women, other people that know that have been there and can relate to what's going on without judgment, this I mean, it's so helpful.

And that's why I love this organization. And and I just want to make sure now when you wanted to kind of slow down a little bit, I want to make sure that still existed because it's so needed.

It is, it is. And, you know, for those of you who maybe don't know, the reason I slowed down is because I was rear ended on on the interstate. I was a passenger in an Uber car.

And anyway, it just really affected my nerve system and my, you know, concussion and herniated discs and all that. And so I just I couldn't function like I did.

And so I just felt like I needed to, you know, it was long enough. I mean, I've been taking care of people for 45 years. And it was just time to, you know, pass the baton and, and, you know, you've you've done a great job and you have an amazing facility.

I mean, that's one of the reasons why I went the first time was just to check things out and see. And, you know, why go to Mexico when you can go to Boise, Idaho?

I mean, you have everything and more, you know, and it's the tools that you have there are just amazing. And we've had so much positive feedback of our clients who've gone there and have received treatment.

And, you know, your team is fabulous. They're loving, they're caring. You know, you're not just a number there. And, you know, we're very grateful that they have a resource now.

And that's kind of why we merge the best of both worlds. You know we had a great program coaching helping women. But now that we have a center where we can send them so we know that they're going to get the care that they need, the testing that they need, which sometimes it's not always easy to get.

Then it was a great blending together. Yeah, yeah. And that this way depending on the the need of care that an individual has, you know I can have the membership aspect, you have the coaching aspect and then you have the fiscal facility aspect.

So there can be kind of an escalation depending on what you need. And obviously Canada, the first step is to to get the book. You know that's kind of where where it starts.

And then and I like to invite all the listeners that going through a breast cancer journey or have gone through breast cancer journey just just to reach out breastcancerconquer.com and just kind of jump on you jump on it for, for free.

Just a couple of weekly calls that we do just so you can get a feeling of the community and you get to chat with with Ginger. We all love Ginger. She she's amazing.

She's such a loving voice. And so you get to chat with her and she get to explain a little bit about what breast Cancer Conquer is. And, you know, get get a taste for it.

Just jump on a weekly call and, and see if this is something that that is missing in what you're needing. And I, I'm really proud at the organization that you've built, and I'm so excited to get to be part of it.

And so yeah, I think it's a phenomenal organization. And it's it's built on a it's just like when you're playing music, you know, if you don't learn the foundations, if you don't learn the foundational keys, and I'm not a musician, so I'm probably going to butcher this.

But I know that the foundational aspect you get to have that. And if you don't have that, then it's hard to build more of the complex scales or whatever it is that you want to add on.

If you don't have the foundation. And the seven essentials are the foundation, and if you have that solid, a lot of times you don't need much more of other things.

But then if you do, those other things are going to work so much better. Yes, definitely. And you know, the whole premise and the foundation for our community, when I first started, it was was for that, you know, to help women.

I mean, some people may have been a little bit more advanced in the knowledge that they had, and some were starting at the very basics. But where where ever you are in your healing journey, it's an opportunity for you to to grow and to change.

You know, that's one of the biggest things with a healing journey. If you keep doing the things you've always done, you're going to get the same results, right?

So it's about it's an opportunity for change and for growth. And you know, what do you want your life to look like. This is a tap on the shoulder. Breast cancer is telling you you've got it.

You've got to do something different because this is the result of your life. And it's not to make people feel guilty about it, but it's just it's reality.

Okay. What do I need to change? Do I need to cut back on my work? You know, I seen women who kept up their same pace, their business. Oh my goodness, they were so attached to their business or, you know, they were the, you know, the moms that ruled the school and did everything for the kids.

They never slowed down. And those are the women who didn't do very well because they kept pushing and and stressing like they did before. So breast cancer is an opportunity to have a calmer, happier, more peaceful life and to not live in fear and know that you know you're doing the best you can in all aspects of the healing journey.

And and the results speak for themselves and then and that that's it. Exactly. What you're saying is that cancer, breast cancers, essentially the body's way of communicating, hey, whatever, whatever's going on right now, it's not sustainable.

We need to do something different. So, you know, I'm giving you a a hard tap on the shoulder, like you're saying that you need to reassess where you're at and let's move in a different direction.

And when you listen to me, you know, body telling the person, you listen to me, then there's no need for the cancer anymore, you know? So then I've communicated, you listened, and now we can go on.

Yeah, yeah. So true, so true. Yeah. Well, doctor V, thank you so much for for the, this phenomenal group, phenomenal organization and for, you know, the, the hard work and the foundation that you created that, that I can now benefit from supporting other women that's going through this journey through breast Cancer Conquer.

And and again, I'd just like everyone to, you know, invite you to just get a taste of it for free. And I know you're going to love it. I know the women in it.

They love it. And, you know, people really, really do well when they feel supported and are coached and have a

community. So thank you, doctor V for everything and for being here with me today.

You're very welcome. It's been an honor and a pleasure and an honor to be able to support so many women all over the world over the last 13, 14 years.

So it's been wonderful. Thank you, thank you,