Introduction and Breast Cancer Stress Factors

Well. I am so pleased to have Doctor Véronique with me. Or also known as doctor V. Thank you so much for for spending some time with me. Thanks, doctor. Michael.

I'm really excited to be here and, share my message of hope. Well, and and one of the challenges. And I have so many patients coming in and to my clinic.

Yeah, there's so many women battling breast cancer. I mean, why why do you think that is? Taking place now? Oh my goodness. How much time do we have? There's, there's I mean, so many reasons, but, you know, the the high points, is stress, toxicity, and especially when it comes to breast cancer.

You know, the, the chemical estrogens in the environment that, we're being exposed to hormone imbalances. I mean, there's there's just so many, so many reasons.

But, you know, I would definitely put stress at the top of the list. Yeah. And, and I think the kind of society is, is kind of a faster and faster pace.

And we are so, you know, I'm bombarded with messaging. You know, we it's like we can't step away and just be in our own space, you know, because we got our devices.

We gotta look at. We have, you know, radio shows, TV shows. It's all these things that we're continually being inundated with. And, and so yeah, stress I would say high on the list.

You know especially I see that not I mean for everyone battling cancer. But it's interesting for females because there's so yeah compassionate and they nurturing and caring.

So I almost think that it it hits them a little bit harder. Yeah I, I agree because we, we juggle so many hats. And that's one of the big lessons that I learned in my second healing journey, was really to learn to put myself in that little bubble of protection every day and get into that relaxation mode.

I mean, you you have to carve out that time, because if you don't, you know, the day goes by and you haven't taken the time to meditate, to pray, to really get your nervous system into that relaxation mode.

Because you can't heal if you feel like you're being chased by saber tooth tiger, right? Your your nerve system's on high and your immune system suppressed.

You're not getting the oxygen that you need. And and really, you know, studies have shown that if you're in that sympathetic mode, it literally turns on those cancer causing genes.

It's it causes more blood flow to the cancer cells. And so it's so important to, you know, clear your mind, calm your body every single day when you're dealing with, with, any disease in your body.

And, and you mentioned, you know, second time around. So you've been battling breast cancer twice. So it's like you're and you, you dealt with this completely naturally.

Not not saying that everyone has to do that, but that's your choice. And you did it successfully. You know. And yeah, here we are. So do you mind just kind of sharing your story a little bit for people that that are unfamiliar?

Sure. So 2004, I was, getting ready for work. I'm a chiropractor by profession and a, you know, successful clinic back then. And, I was in the shower, felt a lump in my left breast.

Doctor V's First Breast Cancer Journey

And, you know, I just innately knew that it wasn't, it wasn't just a cystic breast, you know, cystic lump. I just my gut told me it wasn't right. So, so I dealt with that.

I chose not to do a biopsy or mammograms. You know, I tested with different things. Liquid biopsy, sonography, bloodwork, bioenergetics, scanning, that sort of thing.

And so I worked really hard for two years. And after two years, everything was clear. So I started sharing my healing journey and became known as the Breast cancer Conqueror.

So nine years after my first healing journey, I was, a busy woman because I was, you know, coaching women all over the world on how to reverse breast cancer.

But I was not applying what I knew I needed to apply, wasn't applying what I was teaching because I was so busy. Just, you know, care so much. I want to, you know, teach as many women as I could.

And I knew I just wasn't feeling well. You know, I just I just didn't feel good. Wasn't sleeping. My hormones were off. Felt a lump in my left breast. Same area.

And sure enough, you know, the scans and everything showed up again. So this time was a little bit more difficult for me because I was, you know, the breast cancer conqueror teaching women how to heal cancer.

And here I am, you know, recurrence. How do I explain that? So I've had to do a lot of research. Really delve deep into each of the seven essentials. And I recognize that I had to change things.

So I cut back on my work. I literally, I think I cut back my work schedule to half of what it was. I trained other coaches to do the coaching for me, and, it took me three years, but I always had the vision that, I would be at one of our retreats on stage and I would announce what I'd been through.

And sure enough, three years later, you know, August 2018, I was able to share my journey and showed the pictures of before and after and the bloodwork and the tests and everything that I've done.

I've gone through, and a lot of change from my first to my second healing journey, in nine years, a lot of more information about healing cancer, naturally, more testing was available.

More information on genetic testing. And it was it was very different and much more comprehensive. And so that made me realize there was such a big piece of the puzzle missing when it comes to women in breast cancer.

When they're they ring the bell, excuse me. And they're told, you know, go home, you're cancer free. And you know my mind. I'm like, are you really cancer free?

You know, why did I have that recurrence? And so I learned about, breast cancer stem cells and circulating tumor cells and why we get a recurrence. Because we went back to the lifestyle that we had before.

And so, I just realized that, you know, there was, a deeper path to go down. And it was successful. And we were able to help a lot of women. And, you know, our mission with breast cancer conquer is never cured breast cancer again. Right?

Because once you know what causes the cancer and what you can do to control it, and you have a large measure of control over your body and how it heals, then there's no need to fear it.

And I mean, caused the issue with fear in itself. And that's a challenge, is that, you know, once you have it diagnosed and then you have that kind of image fear, you have the lab fear, you have all these anticipation.

And to be able to kind of move through that and, and not live in that fear and having cancer as your gravity point. But instead I'm focusing on what are the things that I need to unravel and what are the root causes, what are the drivers and focus on optimization of health.

And that's what I love so much about the breast cancer Conquer program. Yes, it's about it's about optimization. And that's where the 70 skills come in, because it looks at every aspect of healing and you and I, I've been to a lot of conferences over the years, you know, 40, 40 some years in the wellness industry.

And I just felt there was like pieces of the puzzle that, you know, some doctors were giving great presentations and I'd say, yes, that's really helpful.

That's going to work. But what about this piece? What about that piece? And, you know, that's when I put the 70 central system program together because it covers every base, you know, from nutrition to detoxification to emotions, dental, all of it.

And so it's, it's such a comprehensive program and which is why we've had such great results with, the women in our community. And, and that's the thing is that when you're diagnosed, it's so overwhelming.

And there there's so much information out there. Do this, do that. You know, should I take this on? I parasitical that drug, you know, this or this therapy.

Yeah. Should I do yoga? Should I? I mean, all these different things. And you have all friends and families that, you know, tell.

Recurrence, Research, and the Seven Essentials

Well, I have such and such, doctor. And they, you know, so you're just inundated with information and you have no idea. You have no background and understanding how to put it all together.

And that's what I feel is a beauty with the seven essentials. And I know that they're they're put together. You kind of roll them all up in the, in your book.

You know, I healed breast cancer naturally. And, Yeah. Do you have one there? Yeah. You we we we have a bunch of those books at, at our site because it's an awesome book, but that's the thing is to be able then to kind of ground yourself, have that grounding energy and knowing that if I do these steps, you know, I do these seven essentials, I'm going to be covering a large a huge amount of ground in order to be able to address, you know, what's going on within me.

And, and then I'm going to be shifting the environment. That's inside of me that the cancer developed in to a an environment that cancer really doesn't.

They can thrive in. And that's what I think is so beautiful. To make it simple, make it concise. And then also obviously you have the the coaching program for people that that needs that kind of extra care, a little bit of hand-holding, you know, because as I said, it is so confusing and it's so much information immediately.

It is it is, you know, we we talk about women who call us initially and excuse me, they have the. Yeah. And the, the the thing is that we'd, But what I see is that people, you know, they feel that they are isolated them by themself.

And then to have a community, you know, that they can tap into and have, you know, this type of a framework that you work through, it's step by step. You know, I think it's phenomenal.

It is it's very, very helpful because, you know, they'll show up with what we call the deer in headlights syndrome. You know, they're just panicking and, you know, they're feeling pressure from their doctor or their families only right away.

You know, you have to have surgery, you know, get on that conveyor belt, so to speak. But, you know, we let them know that cancer, breast cancer is rarely.

And a medical emergency, right. You have time, to think about your options. Time to let that diagnosis sit in. Time to, think about what do you think?

Is that the root cause? Why do you think. Why do you think you have breast cancer? And once you get comfortable with all of that, then you can make more informed decisions and, really create a healing plan because, you know, your doctor is going to give you a recommendation, the treatment plan.

Right? Well, we want to give you a healing plan, which can go with that treatment plan, which kind of brings me to the next thing I wanted to mention was, you know, when I started this, this journey, this teaching journey with breast cancer, Conqueror, it was all about healing breast cancer.

Naturally. But as we worked with more and more women, we recognized that so many women in our community were having surgery and doing radiation, and many of them were doing chemo and we weren't really supporting that aspect of healing.

And, there was a survey that went out to oncologists and women who had breast cancer a couple of years ago, and they found that 73% of women on the breast cancer journey were doing complementary medicine.

So, you know, I got to thinking and I thought, well, if we're going to support all women, as many women as we can, then we need to kind of adjust our program a little bit, which is why we added, you know, conquering breast cancer with more of a, a integrative approach.

And so we did a lot of research, took three years to get our program together to be able to teach women that if they do chemotherapy, guess what? Curcumin can be very powerful in actually making the chemotherapy more effective, but also decreasing the side effects.

And so there's a whole slew of of research that we've put together, to, to help women who are going through that path. So whether it's radiation surgery or chemo, there is a lot of evidence, more and more, that women who do a complementary approach, actually, they're much better than those who don't.

And that's the thing is, is, you know, a lot of patients, they think it's an either or, you know, that you either have to go naturally or, you know, you go traditional oncology.

And each individual, I mean, their, their comfort level and their need is, is different, you know, so you can't just say because this person did this, that's how every person should do.

You know, each person is very unique and their needs. And so, and then to marrying then if a person chooses do surgery, radiation, chemo, like you mentioned, curcumin.

And there's so many other powerful tools that you can bring in. You know, one that I love a lot is, you know, obviously neuropathy is a big deal for, you know, with a lot of chemo.

And so bringing in something as simple as a high dose of glutamine, as is really phenomenal to help to minimize, you know, the, the risk of neuropathy while you do chemo.

So just these little nuggets, you know, become so important, you know, while you then go through, you know, if it's traditional oncology. So and that that's what's so great, you know, is that, you know, it's not an either or and, and, you know, you combine the program very, very well.

Yes. And that brings me to a point I'd like to make. So speaking of books, so we have a book. Doctor Michael and I have coauthored a book called Breast Cancer Breakthrough Integrating Convention Panel and Natural Medicine for True Healing.

So this is just a printed copy of the of the cover of the book. Because there's so much information and like you mentioned, beautiful nuggets where, you know, if you're going through conventional treatments, you can go to that section and say, hey, I'm having trouble after radiation.

Or, you know, how do I prepare my body for radiation? And that's it's all there and everything is evidence based. And that's what I love about our work together because, you know, we know that the science is there.

We just have to bring it out so people can be aware of that and apply it in their lives. Yeah. And and I'm excited that that book is going to come out in October.

So I'm, I'm, I'm thrilled that we're able to, you know, bring our brains together and put it together.

Integrative Care and Supporting Conventional Treatment

And then obviously your brain was that was a bigger part because it's so much smarter. Not I don't know, I don't know. You're pretty smart to the reading your section of the book.

I haven't had to read through a few things and look up a few words, but no, it was very good. Yeah, yeah, we're really excited, and I think that that's going to be kind of a phenomenal tool for for patients, you know, battling breast cancer and kind of navigating that space that that includes both traditional oncology and holistic.

And yeah, for instance, another little nugget. Yeah. Just to kind of a teaser. Yeah. So like radiation for instance, you know, niacinamide is one of the best photos sensitize search.

And so if you want to optimize the effect of traditional oncology, bringing these different tools in will make it so much more effective versus listening to your oncologist saying that, oh, please don't do anything.

And they because they just come from a place of not knowing they, they, they just haven't studied this. So because they haven't studied, they don't know, they say, you know, the tell the patient not to do it.

And the patient thinks that the oncologist comes from a place of knowledge when they don't. Yeah. So, so that's, that's what's so important for the patient to recognize.

And what I love about misinformation too, it's not always about having to take things. Sometimes it's about just not doing anything like fasting. You know, for women who fast 48 hours before their chemotherapy have fewer side effects, more effective results, live blood work, don't lose their hair.

I mean, I've seen plenty of women in our community not lose their hair going through chemo. And, you know, talking about radiation, I know in your section, you talk about, ketogenic diet while you're doing radiation because it's, you know, the low sugars, healthy fats, sensitizing the cells to the cancer cells to the radiation protects your healthy cells.

So it's it's little nuggets like that that can really make a big, big difference on your journey. And and do you mind just for people to kind of get a feeling you've been mentioning seven essentials.

And I know we talked a little bit about stress and I heard you say something about dental health. What do you mean? Just kind of giving you a brief overview.

Obviously, we're not going to be able to carry all the y'all, cover all the details, you know, on the seven essentials, but just so some people can get a feel for it.

Sure. So essential number one is let food be your medicine and, there's so much information on nutrition now, but the basics is eat clean, eat organic as much as you can.

Lots of raw foods, clean meats, clean fish, you know, as much as you can. And, lots of, cruciferous vegetables

because they're very beneficial to help detoxify, your liver and to, detoxify those unhealthy estrogens.

Essential number two is to reduce your toxic exposure, which, you know, we live in a toxic world. We can't live in a bubble, but there's things that you can do to reduce your exposure.

Just look at the things that you have in your home. You know, the household cleaners, the things that you put on your skin. Learn to detoxify your body.

Because even if you try to be clean, you know, we're getting toxins all the time. So coffee enemas, sauna sweating, you know, little things like that, that can really make a big difference.

Number three is to balance your energy. So we are energetic beings, you know, I know you work a lot with energy in the body with, you know, at your clinic.

And so how do you balance your energy? Well, chiropractic, acupuncture, grounding, trying to protect yourself as much as you can from emfs, balancing your hormones.

And just kind of as a side note, because we're, you know, talking about breast cancer, your hormones, your balanced hormones don't cause cancer. And I know your doctors are telling you, you know, stop your hormones.

They want to shut down your hormones because they say that those hormones are driving the cancer, when in reality you need your hormones for your immune system and your bone health, your brain health, all of these things.

Now, it's not to say that you can't temporarily sometimes take some of the anti hormone drugs to kind of slow the cancer down. But long term, you know, we know that it's causes secondary cancers and it's not beneficial.

Let's see three four is healing the emotional wounds which is all about managing your stress. Dealing with our garbage and our stuff from the past that we stuff in very, you know, so looking at childhood events, teenage adults, you know, even where you are, your relationships now, are you in a toxic relationship, learning to to heal those wounds.

And there's a lot of tools that I know you have and books and things that we recommend as well. Five is biological dentistry. You know, what you have in your mouth is going to affect your body because your teeth are connected to all your organs through the acupuncture meridian system.

So if there's a root canal, which is basically a dead organ in your body, that's very toxic, it could be dripping toxicity. And if it's sitting on the breast meridians, because there's specific meridians for the breast tissue, it could affect the breast tissue.

The metals that are in, fillings. Right. Mercury. We know it's, it's a xeno estrogen can mimic and stimulate estrogen in the body. So work with a biological dentist to clean up your mouth, get rid of those poisons, and, you know, just, create a healthy environment in your mouth.

Even periodontal disease, you know, if your gums are bleeding when you floss or brush your teeth, you've got lots of unhealthy bacteria in your mouth that are driving cancer.

So that's important. Let's see, number six is, all the therapeutic, herbs and supplements that can really support your immune system. Basic things sometimes, as you know, so important because our food is so deficient.

So minerals like magnesium, zinc, selenium, making sure your vitamin D levels are optimal. Lots of vitamin C. And of course, you know, you know, there's so many, so many herbs and supplements that that can boost your immune system and weaken the cancer.

And lastly, it's, number seven is keeping a pulse on your health and adopting very early detection. So whether

you're trying to prevent, breast cancer or prevent a recurrence, you know, you've got to keep a pulse on your health, you know, do that blood work that measures inflammatory markers, get a firmer ground, do some ultrasounds, check your breasts, you know, do the breast, exams on yourself.

The Seven Essentials Explained

And, just, you know, stay on top of everything because you want to make sure that, you know, that's not creeping up and that you're keeping that terrain in a healthy way so that cancer does not have an opportunity to take hold.

And so the labs here are mentioning, you know, thermography, you know, do you mind expanding a little bit how how that can be helpful because, you know, these are things that people may not recognize, as something, you know, that can be useful.

We're all no, ma'am. You know, mammograms, you know, we think that that is the standard way of doing things. But, we're seeing more and more that it is not that good.

Right? Right. Because of the radiation, excessive radiation that can trigger cancer. And if you have a small tumor and they compress the breast with radiation, I mean, that can be good.

And, you know, they miss 50% of the cancers anyway. So if you choose to have a mammogram, always back it up with an ultrasound. And then thermography basically reads the infrared heat that's coming off your body.

We know that cancer thrives where there is inflammation. So that comes up. If there's some red spots in the breast tissue, it could be hormone imbalance.

It could be blood flow feeding a tumor. And it's just a great way to to look at the body. It's not going to diagnose cancer, but it'll give you an idea of physiologically what's happening in your in your breast tissue.

And you can recognize patterns that, you know, look like it's, it's, you know, driving or that tissue is moving towards cancer. You can recognize that several years prior to.

Right? Absolutely. Yeah. We have plenty of pictures of before and after, women that, you know, started their healing journey and you could see all the vascular already in the breast tissue.

And a year or so later, I mean, it's amazing the difference. So there's definitely lots of proof that it can be an effective screening tool. Don't use it as the only tool.

Because you know, nothing is 100% perfect. And so it's good to, you know, I say if you choose thermography, back it up with an ultrasound as well. Yeah, I love that.

And you talked, you know, one of the seven essentials, was trauma heal the wound. And, I think that's something that a lot of people don't recognize the value of and how important that is in regards to, in regards to cancer, and especially breast cancer, because breast is such a nurturing organ.

And, you know, and like we mentioned, females are nurturing in nature. Yeah. So if there's an interference in that, then that will interfere that energy sort of say in that tissue.

Right. And trauma doesn't just go away. You know, it's stored in our tissues and they've, they've shown that in with laboratory mice, you know, if they traumatize the parents, their grandchildren will have the same trauma even without being exposed to it.

And so it can be generational. And so it's important to work with qualified people to help you release that trauma. And there's I mean, there's so many books.

I mean, we have a reading list for our clients. One of them is You Are the Placebo by Doctor Joe Dispenza, who is

so powerful in the way that he teaches and explains.

And all the research that he's done is that our brain has all the chemistry it needs to heal the body. We just have to have that strong belief. And that's been proven over and over and over again.

So your belief system has to be crystal clear that my body has the ability to heal and my body is stronger than the cancer, and the cancer is just an expression of disease and imbalance in my body.

And I can bring my body back into balance. But then, you know, it goes back to where we started off at the beginning about the stress and how we're in fight or flight.

And so it's important to get into that relaxation mode so your body can respond to the messages that you're giving it and the meditations and the calmness that you want to be.

And when you're in the journey. Yeah, you have that feels like a neuro immunology. Or you can even say psycho and neuro immunology just because it's all so intertwined.

But it's what they recognize. Yeah. Is that the white blood cells, our immune system, they have these different receptors that our brain chemicals land into.

So obviously if we are in a place of, of stress or hopelessness or, you know, fear, then those are the brain chemicals that are going to be released and they are the ones that are going to impact your immune system.

So how much better would it be, to have, you know, of, of, of joy, empowerment and hope and faith and, you know, these, these, these strong driving, you know, neurochemicals that can really then guide our immune system to be as efficient as it needs to be.

Absolutely. You know, your cells are listening to your thoughts and every thought to think releases, proteins that will express themselves and even even plants.

I mean, they've done studies where they've shown, plants where you're projecting, you know, negativity and anger and hatred and hopelessness and, and these plants, like, wither away compared to those that are told that they're loved and they're happy and all is well, and, you know, so if it affects plants that way, just think of how it's going to affect our body.

So our our thoughts are definitely things that need to be well monitored and controlled. Yeah. And then you can take that even further. I mean we know that we're at least two thirds water.

And, you know, the the experiments that were done in Japan, you know, with, you know, holding water or projecting your, your thoughts onto that water and how that then changed the structure of that water.

And you could then physically see the difference between hate and fear versus love and joy. And, and obviously that then changes the structure of the water within us when we hold those different belief systems.

Yes, yes. The book messages and messages of water, messages and water. It's fascinating. I mean, when you see the difference between, oh, a glass of water or container that has love written on it versus hate.

I mean, it's night and day. What those crystals look like. Yeah. So that that's why it's so important that all these different components. Yeah. The cancer is a is a complex disease.

And and it isn't just one cause of it. You know, it's a multifactorial. And that's why it's so important, you know, the seven essentials then to to cover these different factors that then are can drive the cancer.

And obviously some people may be heavier and one essential versus another. But you do not want to forget one of the seven. You want to make sure that all are addressed and considered.

Yes, yes.

Thermography, Trauma, and Mind-Body Healing

And that's that's one thing that I really love about visiting your your clinic several times is that it's it's not just about the physical aspect. I mean, you bring in, you know, the energetic aspect and the emotional aspect that is that is so important with, you know, all the therapies that you use and the testing and the music therapy.

I mean, it's it's such a balanced approach for people who need hands on care. You know, you just need to address all of those issues, which is really, really fascinating to me.

Well thank you, thank you. Yeah. And and that's we, we we love that. We, we love when our patients come and we love when, you know, fellow providers come and visit us and get to hang out with self.

Yeah we love that. Yeah. It was just great. How. Yeah. So people obviously you've been coaching people for a long time. Yeah. Regards to how to move through this journey.

Do you do you mind just kind of sharing a little bit what that looks like? You know what people can expect and then also what what are some the results that, that you've gotten to be part of, you know, as, as a coach?

Well, it all starts with a phone call or an email and, you get to speak to Ginger, who's, an angel. Really, in so many ways. She just knows how to listen.

She knows what to say. She's she's been doing this for 12 years now. And so her her role is to kind of, walk you off the ledge, so to speak, you know, because there's a lot of panic going on, a lot of fear.

So she's really good at calming those fears because she's seen what we've accomplished in the last 13, 14 years, you know, as a team. And so she'll, she'll listen to your needs and what it is that you're looking for, and then she'll make suggestions as to the best type of program.

So we have do it on your own type of program where you can just purchase, you know, some videos and do it at your own pace. We have, one on one coaching, where we have amazing coaches.

Diane, you know, my daughter in law who's been doing this for ten, 11 years now, she's like my little mini me. And there's there's Laura. There's also, you know, registered nurse.

And then we've got Michelle is in the UK who is, nutritionist, special and nutritionist and, she's she's amazing. She's been through her own journey. And so we've got an amazing team of coaches.

So if you want one on one accountability, that's a great way to go. But we also have group coaching. It's a ten week program where you're in a group of about 10 to 20 women.

And, we go through the seven essentials. You have accountability. You have homework that you have to do every week. And, it's just, a great way to learn and to be in community with other women.

Yeah, I love and that's what's so important, you know, to remove that, that isolation, you know, and and being connected and empowered by people that have, you know, that that that know that healing is possible because they have, you know, they've seen it so many times.

Know, do you mind just kind of sharing a couple stories of, of people that have gone through the program and, and, and you know, what happened. Yes. And before I did that, I just want to mention about community, and I love to share this.

The study that was done on it was an 11 year study done with women on breast who had breast cancer, and they found that if they did two things, they had community support and they learned to manage their stress, they had a

75% decreased risk of dying of breast cancer.

I mean, that's so fascinating to me, just those two things. And they saw that it decrease the probability of them dying of breast cancer by 75%. I mean, that's incredible.

Shows you the power of community and support. So let's talk about Lisa, who went through conventional treatments and, basically it was a recurrence. And the doctors kind of sent her home.

There's nothing else we can do. She had maps to the bones, the lungs, and, she, started our program. And within a couple of years, all her scans were clear, and she went from stage four to to Claire.

And to this day, she is still doing well. We've got a Mary. Mary money who's, amazing. She started off conventional treatment. She came to one of our live retreats in Atlanta.

She thought we were crazy, you know, and I said, never fear breast cancer again. It's like, what is. What is this woman saying? I she took the dive and she took the leap of faith and followed our program.

And she was, a triathlete. And now she's doing triathlons again, you know, so from chemo and despair to, you know, doing her triathlons again and, you know, there's just so many stories.

Laura. Who? Laurie. Who was so afraid of recurrence. I mean, she hadn't had cancer in a couple of years. I think she's been to your. Yeah, she was at our last retreat. She, She was so afraid.

She just knew the cancer was going to come back. I mean, that was her her motto. And we had to unwind that way of thinking and get her to calm down and take control of her health.

And this has been, I don't know, six, seven years. And she's like, doing great. No recurrence. No, no, she's not canceling at all. And I mean, there's just so many great stories.

And that's why we do what we do right? Yeah.

Coaching Programs and Patient Success Stories

It's that reward, you know, to to get to walk alongside a person and then, you know, you see the, the joy when, when they feel that, I can breathe now and, and just having somebody to hold your hand when you're, you know, kind of walking a path that you're uncertain of and that you, you don't know kind of how to navigate. It to me, you know, have that kind of steady direction, you know, and like you mentioned community, I mean, 70%.

Yeah. Just cutting down on on stress and community. I mean, that that that's phenomenal. I mean, so it goes way beyond, you know, take this supplement, do this therapy, you know, just those two alone, you know, is is and that's, that's, you know, programs like, you know, breast cancer Concord.

They offer that, also I know that, you know, because because obviously you've talked a little bit about herbs and supplements, and I know that each individual is quite unique depending on what the root causes and what, you know, what what type of cancer and cancer drivers and, and they're certain tasks that we can do then to kind of make it even more personalized, you know, that I know is is offered through breast cancer conquer.

But you also you picked out kind of a foundational program, you know, supplements, you know, for people, that that's just kind of a good foundation. And then you can personalize on top of that.

Do you mind just kind of sharing why you picked those out and what they do? Well, you know, we talked a little bit about, you know, the basic minerals and vitamin D and those sorts of things.

But it's very, very important to boost your immunity, because cancer is, is a disease of a weakened immune system. Right. So we just want to make sure that, people's, like, vitamin D levels are in our optimal.

They're getting plenty of vitamin C, beta glue cans, medicinal mushrooms, things like, you know, poly MVA, things that are going to support the, the mitochondria and the oxygenation so that we can get a really, really strong immune system.

And, you know, there's there's targeted therapies. There's what we call, you know, cancer killers, that will literally weaken and destroy the cancer. I know you talk about in your section of the book, B17 as, you know, quite effective, even, you know, curcumin in high doses and there's, yeah, there's there's a whole whole list of them that can be very, very effective.

Yeah. And then I know that, on your website, breast Cancer Conquer, there's like a foundational pack, you know, that you can get, that just helps it cover a lot of the bases and then obviously can build on top of that.

Yeah, yeah. But doctor B, thank you so much. For what? What you are doing, what you have done. And you know, the impact that you've had on the world because, you know, cancer doesn't seem to be something that's slowing down.

It is impacting more and more people. And we, we need to then really kind of roll up our sleeves and be there for people. And you have been that person.

So thank you so much. Well, thank you, Doctor Michael. You're you're doing some great work there in Boise. So thank you for all that you do as well. Yeah. Thank you.

And and I'm excited for our new book. That's coming out. Yeah. So that's going to be phenomenal. Yeah I'm excited too. It's going to help a lot of women. Yeah. Thanks.