Introduction and Cancer Summit Overview

I am super excited to have our next guest on and he and I were just having a chat. This is an amazing young man. I'm older than him so I can call him a young man, but his name is Nathan Crane and he had an interesting childhood.

Maybe we'll talk a little bit about that. Nathan, as we as we get into this interview. But coming from a childhood that maybe wasn't ideal. He made some great discoveries.

And thank God he did, because now he's doing amazing things. He is a speaker. He's an author. He's a documentary film producer, 20 time award winning documentary film producer.

And your new documentary is coming out soon, which will mentioned on here. So, Nathan, I am so excited to have you as part of the Global Energy Healing Summit.

And we're going to be talking about a topic that, pretty much everybody has somebody impacted by and that is cancer. So can't wait to hear what you have to say about how we can work with cancer or work through cancer if we have it, or guide other people to work through it to to really continue to live great lives that are maybe even enhanced by going through an experience like that.

So thank you so much for being on board with us. Yeah, Tom, thanks for having me. I think this is incredible event you've put together. I think the topic is is very timely.

Definitely something I'm really passionate about. And, and really happy to be here and share some. You know, while there are some grim statistics about cancer, and certainly everybody tuning in has dealt with cancer in one way or another, whether it's through a family member, a loved one, a friend, or even yourself.

If you're tuning in, you know, there are certainly grim statistics about it. But the reality is there's there's so much misinformation, and there's even a lack of information out there and oftentimes confusing information that leaves so many of us in fear.

But when you understand what actually is cancer, when you understand what causes it and what you can do about it, you don't have to be afraid any longer.

And that's really why, one of the reasons I'm so passionate about the work I do, helping literally millions of people around the world dealing with cancer is because it's something that, as you get a deeper grasp of what it really is, you take back that power for yourself.

You take back control of your own health, your own destiny, and it doesn't have to be this fearful thing that you know, oh my God, I'm destined to because it runs in my family.

Or, you know, I'm getting older, so most likely I'm going to have a cancer and other chronic health diseases does not have to be that way at all. And we have to get through some of those grim statistics and understandings to get to that other side of. Wow.

As you mentioned a little bit in your introduction, it actually can be a blessing. It can be a massive mental, emotional, spiritual wake up call that can actually change your life for the better.

Yeah. And I'm excited. I think having that fear inside of you is incredibly destructive, right? It prevents you from being able to heal.

Nathan Crane's Early Life and Wake-Up Call

So I, I'm, I'm really, I'm hopeful that today we can give people some confidence back to know that there are certain things they can do to prevent cancer.

And if you have it, rather than just looking at yourself as a science project that you're going to go to someone else to poke and prod and test and Medicaid, and then you're going to come out somehow better, right?

Having some real power, not not, you know, not that those are things that maybe you should not explore, but but even if you do explore that and you, you know, are a bit of a science project, maybe to a doctor or somebody that's trying to help you because they're trying to do their best.

They just don't know. Sometimes they've been educated down a certain road and that's all they see. And so today I hope we can give people some, some eye opening ways of looking at it and, and really working through it and becoming a better, a better person through it, which is the real possibility.

So tell us about your journey. I mean, this wasn't something that you probably were thinking about at six years old. I want to help people with cancer. As a matter of fact.

I mean, looking in your bio, you had some challenges growing up. Talk about how you got to where you are right now. Where are you? You have this focus on on helping people evolve through cancer and other things too.

But we're focused on cancer today. Yeah, absolutely. You know, I was, I started, experimenting with, the darker side of life. I had a really young age, you know, nine years old.

I was already, you know, stealing my mom's cigarets and smoking cigarets and, yeah, 12 years old, started drinking alcohol, you know, 15, you know, parents or parents were divorced at 12.

There was a lot of, you know, problems in the household and and at 15, you know, really started, I became addicted to drugs and became homeless in and out of jail.

Right. And it was it was very unlikely that I was going to reach the age of 18. So it was a pretty, you know, challenging childhood, to say the least.

And, you know, my parents did really the best they could. I mean, I love them so much to this day. And, you know, without the challenges that I went through, I wouldn't be the person I am today.

So, I mean, I know what it's like to be sick, to be unhealthy, to be lost, to be afraid, to be addicted to, you know, chronic, chronic addictions that me to destruction and physical destruction, you know, had the had the the vaccines and was on pharmaceuticals growing up had was on antibiotics all the times I was sick a lot.

Right. I'd go in, I'd get strep throat. Go the doctor solution antibiotics, go home, take antibiotics for a week, feel better. Six months later, sick.

Go to the doctor. Antibiotics. Right. And I was on antibiotics a lot as as many people are. And what we now know about antibiotics, it's just one round of antibiotics can completely throw the health of your microflora in your gut completely, and open up, you know, room for leaky gut, autoimmune disease.

And, you know, we know that it causes damage within your intestinal tract. Just one round, you know, and I don't know how many rounds, a dozen, two dozen, three dozen. Right.

So I definitely was on track for a cancer diagnosis or a very, very early death. And, you know, without getting into all the specifics, I had a, I had a, a wake up call at, 17, 18 years old.

And, and I listened, you know, that's the big thing here is we all have those wakeup calls in our lives matter. You

know what your age is for people tuning in no matter where you are, whether you have a cancer diagnosis or not, you know, we all have these wakeup calls.

And whether, you know, you consider it from intuition, you know, your inner wisdom or it's God, it's divinely inspired, it's from source. Whatever it is, we have these moments of beautiful clarity that are so.

Pulling in it's magnetic nature that guides you to make a drastic change in your life. Yeah, right. And and so often we don't listen to them. And so often we go on living, you know, a mundane, yeah.

Challenging, a sad, a depressed, a sick life because we're too afraid for that change. Fortunately, I listen to it. Right. And since then, I've had it come multiple times, and I've.

I've listened many times again and again and, and and I know what it's like to be faced with that fear of complete change, of, you know, changing of friends and family, of location, of everything I thought I knew as being a human being at 18 years old.

Right. But I listened. And that led me to San Diego, California, which I know we were talking about is is where you're at. And I spent ten years in San Diego, basically re generating every part of myself, becoming a completely different person, getting really interested in health and living a wholesome life and started meditating hours and hours a day and studying with, you know, Buddhist monks and Zen masters and chanting with the Hari Krishnas and sitting on the beach and just meditating in the ocean for hours a day.

And, you know, writing like I had. There was one point for a few years there where I had stacks of journals of just writing that would just flow out of me.

It was, you know, it was poetry and art and just kind of like personal development, you know, mental, emotional, spiritual transformation. Just couldn't stop writing.

And it was this whole discovering process, awakening process to who I am and what I'm here to do. And you know what it means to be a human being living with health and happiness and joy and creativity and contribution.

And certainly, you know, that whole period wasn't very it wasn't totally smooth. You and I were talking offline that sometimes you want things just to be a perfect straight arrow.

So easy. No problems, no challenges. And life doesn't work that way, right? Life. Life will guide you in the direction and put challenges in front of you.

But it's up to us to, you know, overcome those challenges and with a little bit of grace and certainly some passion and some dedication and some drive, those challenges are the stepping stones that build our character and build, you know, our inner knowing and wisdom and capacity to live a fulfilled life.

Right. And so, you know, I always say it's like the hammer of life. You know, the hammer of life comes. And if you're on what's called the wrong track, you know, there may be no right and wrong in this world, but but let's use the dichotomy of right and wrong.

Let's say you're on the wrong path, right? The hammer of life will come and give you a little tap on the back of the head and said, hey, you know you're on the wrong path here.

Like as a as a teenager, sure, I get arrested. That's a, that's a hammer of life tap, right? I don't listen. I keep on that path, you know, I, I get on house arrest, right?

And then probation for a year. That's a bigger tap. You keep not listening. That hammer gets harder and harder and harder until eventually it is something like a cancer diagnosis.

It is something like a, you know, loss of something so valuable meaning to you or or, you know, whatever. It could

be a health challenge. It's just so shocking.

You had no idea, right? The reality is, if we're on a path that's guided by that inner guidance, that intuition, and we can talk about what cancer is from an energetic level, we can talk about it from a biological level and then what you can do about it.

But I discovered this early starting at 18 years old and and for about seven years I was on this path, you know, till about 25 or so. And, and I was, you know, I started, getting invited to speak and teach different, seminars across the country.

And I started writing books and I, you know, just dove headfirst into this path of being a teacher, if you will. And I thought I knew a lot at that point and that I knew everything.

Right. And, and, and then my grandpa was diagnosed cancer. And when I went to visit him in Arizona, I, I realized really quickly that I didn't know anything about cancer.

Understanding Cancer as an Internal Process

And I had really not, not come across it in my, you know, seven years on this health and healing and spiritual path to that point. And I saw him sitting there.

He was, you know, he'd been doing the conventional treatment, chemotherapy and radiation. His hair had fallen out. He was so sick. He was in so much pain.

And I just I knew it's like that inner wisdom knew there had to be better solutions. And what he was being given from the conventional approach, but I didn't know what it was.

I didn't know what to say, you know, and I was I was hopeless, helpless. And that at that point, you know, he he unfortunately passed away in 2013. And from that point forward, I just became obsessed with cancer.

Like I became obsessed with learning everything I possibly could about it. What causes it, you know, why were diagnosed with it and what to do about it. How do we prevent and reverse it?

Because the statistics are getting worse and worse. We're now, you know, a hundred years ago, less than 1% of people had cancer. Today, we're almost at 50% of people having cancer.

And it's not getting any better. Right? The conventional approach has not given us much in terms of actual solutions or cures, if you will, for cancer.

We spent billions and billions and billions of dollars on research, but from a purely pharmacological point of view, trying to look for that one magical cure, and we've gotten really no closer to to find which we never will, because that's not the approach.

Right answer. Yeah, right. And so, I didn't know it then, but I know it now, you know, because along the way, I've interviewed hundreds of world leading experts and doctors from every field of medicine I've produced conferences and summits.

I've, you know, had the the award winning documentary which has just come out now, you know, books and you name it right along the way. I've just learned so much in the last eight years dedicated to cancer.

And what I've realized now is that cancer is kind of the you can look at any chronic health challenge out there, right? Whether it's autoimmune diseases, diabetes, it's heart disease.

You know, and I really look at cancer as that one disease that if you have a cancer diagnosis, it is the biggest awakening opportunity you could ever have.

Yeah. And it gives you a very clear path forward when you understand why it's in your life. Yeah. And when it is in your life, it and you understand what has caused it.

You realize that you have been off the path. You know, your nature, your human nature for a long time. Yeah. And it's the opportunity to get back on a path of being aligned with your highest natural self.

Right? We are in harmony with our natural self at its deepest level. And the roots are, you know, holding us to our nature or you won't have a cancer diagnosis.

Yeah. No. Absolutely not. What that is in a moment. But you know so that's why. Yeah. So yeah, that's kind of what has led me to this point of just so awesome.

So yeah, it. Yeah. And it's a, you know, some people have heard some of these ways of thinking about cancer before, but for a lot of people it's brand new.

And even if you've heard about it, when you get cancer is like, whoa, you immediately think, okay, what doctor do I need to go see which again, you want to go do all those things, but you also want to take control.

You want to take control. And that's where a lot of people, they just don't see cancer for what it really is. It's a signal that's trying to, you know, with a hard nudge, get you back on track.

And they you don't get better from cancer just by. That's why some people that they actually will have, a drug will help them, you know, have a remission.

But guess what happens, comes back. Right? You didn't solve the problem underneath. So let's talk a little bit about what cancer is. I was watching one of your videos and you said, and I totally agree with what you just said a couple of minutes ago that, you know, all this money, billions of dollars being spent on.

Okay, we've got to find the cure. We've got to go find the cure to go in. Because most people think, you know, the way that they view it is cancer is attacking us from the outside.

We've got to defeat it. And you're analogy, which I believe in is no, it's from the inside. It's coming from the inside. Talk a little bit about that.

Yeah, absolutely. You know, we have this fear of cancer because because we don't understand it. But the reality is everybody tuning in, right now has cancer cells inside your body every day, every second of every day.

Whoa. I have cancer in my body right now. How do you know that? I don't have a cancer diagnosis? I feel fine, I'm energetic, I feel good, I don't have health problems.

No, you have cancer. What? You may not be able to find it on a Pet scan, but if you were to look at it and, you know, our our technology is advancing to the point actually where you can start to, to find cancer cells, right?

There's something called circulating tumor cells. And there are some, some advanced cancer cell diagnostics like from Japan that have come out now where our cancer when you find it in stage one in the US, for example, it's already a tumor.

You can already see it on a Pet scan. It's already been forming in your body for maybe seven years up to that point, right. Which is about the average.

It's usually before you can find it. With most of our Western diagnostic tools, it's been forming in your body, exponentially for at least seven years, sometimes longer.

And it depends on the cancer. Sometimes it's less, sometimes it's more. But there are some diagnostics now where they are. Stage one is they're stage five.

So they're stage one would help us catch it 5 or 7 years prior to what we catch it now. Right. And the earlier you catch something, the more you can do about it.

But my point is, is that and that's not to scare anybody, that you all have cancer in your body is to understand that it is part of our biological process of being a human being. Now what?

When we are in alignment with our natural healing state, you're never going to have a cancer diagnosis because it means your immune system's functioning at its high, at its normal natural ability, your lymphatic system's working, your your detoxification organs.

Your liver's working great. Right. When these things are all working like they're supposed to, you're not going to have a cancer diagnosis. Because what our bodies are designed to do is identify, destroy and remove cancer cells.

That's what your immune system does every single day, right? When you systems working is sending out T cells and B cells and K killer cells. And it's finding these cancer cells.

It says, hey, you know, we don't want you here. You're, you're kind of, you know, cancer cells like this week, life form that's just trying to hold on for dear life.

Right? A chronic for fermented, cell. It's gone from a natural, healthy cellular respiration into chronic fermentation, and it's just holding on for dear life.

It's trying to stay alive, just like, you know, if you were hanging off the edge of a cliff and you were holding on for dear life, that's like what I see. Cancer cells are like, hey, let me save your skin, because I love that analogy. Right?

You know, it's not some big, strong, you know, muscular. It's a it's one holding on for dear life. It stands no chance if the immune system is healthy and strong.

I love that's a great for everybody. That's a great, just visual prompt for you. And so it's a weak little cell holding on for dear life. That's really what it is.

And but because you've created the perfect environment for cancer to keep replicating, then it's going to because it's going to, you know, angiogenesis is going to set in and it's going to create new blood cells, new, new, I mean, new blood vascular systems to feed the cancer.

So it's going to do everything it can to stay alive. It's going to switch from, you know, like all this to it might switch to, to run on ketones. It'll find other energy sources to stay alive, just like, you know, all of life is really programed to to stay alive, right?

Yeah. Nothing wants to just go out and die. But in your body's also designed a process called apoptosis, which is natural cell death. Right. So again, when you're in alignment with, with energy, with the natural flow and source of energy, right.

When you're in alignment with the foods. And we know food is all energetic, when you have the right energies of foods in your body, right energies of liquids in your body, we know structured water versus dead water makes a tremendous difference in, you know, whether the cell can actually receive the hydration of that structured water or not, right, when you are in alignment with nature.

That's why I keep saying it's, you know, cancer is basically you're misalignment. You're misaligned from nature. When you're aligned with nature in its deepest level, energetically, mentally, emotionally, physically, spiritually, then you're not going to have a cancer diagnosis.

So your body's designed to find these cancer cells, get rid of them. It's doing it all the time. The problem is why do we end up with cancer? Why is it spreading so rapidly?

Why do so many people have it? It's it's because of our modern lifestyles. Stress. It's massive exposure to toxins and toxic burden. Right? It's nutritional deficiencies.

Most people don't die from cancer. Actually, they die from nutritional deficiencies, heart disease or infections. So nutritional deficiencies, it is a glucose massive overload of glucose.

So people who are eating way too much sugar, too much processed foods, too much white food, simple carbohydrate foods. Right. Cancer thrives in a high sugar environment.

So, you know, it's a it's a glucose imbalance basically. All of these things contribute to whether you're going to have a cancer diagnosis or not. We know environmental toxins.

We know an unhealthy diet. We know lifestyle behaviors. We know these are all core causes of cancer. People saying, well, I don't smoke, I don't drink.

We know both of those causes cancer, right? But are you eating processed meats? Are you eating a high animal, fat diet? Are you not exercising five, six days a week or you're not doing qigong and meditation every single day, are you?

You know, not putting whole, living, vibrant, energetic plant foods into your body. Are you stressed out or are you in a low grade chronic stress? So on and on and on.

People say, oh, cancer just happened. I don't know what happened. I we almost think like we catch it right?

Hope, Prognosis, and Taking Back Control

And you catch it, you create it from the inside out because of all of these different areas we talked about and not to overwhelm people. It's actually quite simple.

That's why I keep saying the further we get away from nature, the more chronic diseases we're going to see. And if you look at our society, oh my God, this whole next level of trans human, you know, where people want to go of integrating robots and machines with human beings.

Talk about being as far away from nature as you could ever possibly be. Yeah, sounds cool and it sounds great. And how I could put a chip in my head and I could think about something, and then my little device orders it for me and wow, how great is that?

The further away we get from our innate natural selves, the more disease we're going to continue to see on the planet. And right now, if you don't believe it, just look at where we are today.

Then where we were 100 years ago. Cancers are number one killer in children today. 50 years ago children never even had cancer. Yeah, right. Children are being born with autoimmune diseases.

They're being born with diabetes right. They're they're becoming obese at five, six years old and they're getting heart disease. Right. It is a complete disconnect from our deeper natural selves.

And if we want to get back to health and healing and wholeness and to preventing and reverse cancer, which is totally possible. I've met so many people over the years, which has been so inspiring to me.

So many people with stage four cancers told in their 70s go home and die. I'm sorry you're not even going to see your grandchildren to live. This is what they're told, right?

Yeah, and I'm talking to them seven, eight years later, cancer free, and they get it following these approaches that I can share. Natural holistic. Yeah. Approaches.

So the possibility is is endless which is which is extraordinary. Yeah. I want to talk about those approaches. But the other video before we go there are the other video that I did watch was there's No Such Thing as false Hope.

And you said, you know, sometimes people go, oh, don't give them hope. You know, they only have, you know, the doctors said they only have six months to live.

And I thought, what? You got it. You call that a fake expiration date? In the video. And just before we get into some things that people can do to prevent and, and if they have cancer to heal, talk about that.

That concept of there's no false hope, like someone maybe listening to this has this stage for cancer diagnosis. As a matter of fact, my wife just got an email from somebody that had a stage four cancer diagnosis, somebody that we hadn't seen in a long time, but that had been a friend many, many years ago.

And they were, you know, they were, on their way to planning their way out, which, I mean, there's nothing wrong with that. You know, we're not meant to live to all be, you know, 300 years old or whatever.

So not making anybody wrong, but talk about this concept that even with a, you know, from a scientific standpoint, but grim diagnosis, why people can still have hope.

And then we'll get into maybe things that you can give them, strategies you can give them. So the first thing that we all need to understand is if you go see an oncologist and they give you a prognosis, which I do, I call it a fake expiration date.

Right. They are giving you a prognosis based on their generalized statistics from insurance companies. So you can't sue them if you die. That's what they're doing is they're covering their bottom line.

They're not bad people for doing it. They have to. Yeah. Hospitals are businesses. They're not health care systems to care about the health of humanity.

They are businesses to make billions of dollars. And really, if they really cared if their number one initiative was to actually help people be healthy, right?

A health care system, they would teach prevention, they would teach diet and nutrition. They would teach exercise and medicine. They wouldn't just prescribe pharmaceuticals that have tons of side effects that require more pharmaceuticals to mitigate those side effects.

They require more pharmaceuticals to mitigate those side effects that eventually require surgery and other treatments. Right. Again, they're not bad people.

They think all the medical doctors that I've come to know and I'm friends with and colleagues with many of them started in conventional medicine. They had this big awakening that they weren't actually helping people heal from chronic diseases.

They're great at acute trauma care, right? Someone comes in with a severed limb like, wow, yeah, I want to see a medical doctor. I to see a surgeon. Right. Sure.

You've got an organ that's ruptured. You know, I wouldn't recommend you just rupture an organ. I wouldn't recommend going to your nature park, because they're not going to do anything for you and send you the hospital.

Yeah. You want to go to a surgeon? When it comes to chronic health conditions, it comes which is cancer, which is you know, we know cancer is 90% to 95% diet, lifestyle and environment.

We had epigenetics on top of that takes us to 99.9% genes, 99.9% of all cancer can be prevented and reversed through diet, lifestyle, environment and epigenetics.

Right. And so these are lifestyle related diseases diabetes, heart disease, you name it. And medical doctors just they're just not trained in school. How to actually prevent and reverse chronic metabolic lifestyle related diseases. Yeah.

So you have to educate yourself on how to do that. Right. You have to learn how to do that and you have to learn, what is actually causing these conditions and then what you can do about it.

So when you go to your doctor in college, it says you have six months left to live. That has nothing to do with you. That's the biggest takeaway. It has nothing to do with you individually, right?

You determine through your thoughts and your actions from that moment forward how long you're going to live. Yeah. Now we obviously take into account you could walk out on the street and get hit by a bus and you die, right? You head right.

You live two days, you didn't live six months, right? And that would be very unfortunate. But you also have the opportunity to change your diet, lifestyle, environment and thinking, which relates to which stems from epigenetics to where that six month fake expiration date could become six years, could become 16 years, and more importantly, not just adding more years to your life through these important lifestyle changes, but adding more quality of life.

Yeah, when when you hear that grim prognosis, most people, out of fear immediately do whatever the doctor tells them to do, which is, we got to rush you into surgery, we got Russian chemotherapy, we got Russian radiation.

Right now. My assistant's going to get you set up for treatment next week. And you stand there in fear. You just been shocked. You don't know what to do.

You remember back to your mind. Your. Your grandmother had cancer and passed away, right? Whatever that subconscious programing is, and you do whatever you're told to do in that moment, the people who live the longest, who live cancer free, who become cancer free, or who, live past their prognosis state, or most importantly, have such a better quality of life.

Yeah. The ones who do not believe that prognosis. They're the ones who say, I'm going to get a second and third opinion from an integrative whole mystic medical doctor, from a functional medicine practitioner, right, from somebody else in another field who is trained in lifestyle medicine.

And then I will let you know what I decide when you take that power back and say, look, cancer has been forming in your body for five years, seven years, ten years, 20 years.

You do not need to rush into treatment 99.9% of the time. You know, unless you got a you less, you got a tumor that's on your brain stem and they literally say, look, you got 48 hours.

We're going to do our best to remove that tumor. You're dead in two days, right? Yeah. There are some very, very slight like, slim chances. But even if they say you have six months, great.

I'm going to use this time right now to learn everything I can about it. Yeah. Learn everything. What I can to to help heal it. And if you do choose conventional treatment, which is great, sometimes chemotherapy, radiation surgery can be very helpful, right.

If you do choose that. There's so many natural things you can do energetic wise, whether it's judo and meditation and yeah, breathing and yoga nidra right.

Is is connecting to, you know, barefoot. I'm standing barefoot right now on a grounded out because that energy from the earth is constantly running through time and creating healing.

Right. There's so many things you can do that will actually mitigate the devastating side effects from the

chemotherapy and radiation. You know, you could you go to an integrative medical doctor and you can get something called APT insulin potentiated therapy, which is 10,000 times more effective than chemotherapy at targeting the cancer, but ten times or less damaging to your immune system.

Animal therapy or radiation destroy your immune system. Yeah. Which opens up the doors for other infections and other problems. And chronic inflammation has set in.

So if you can target the cancer with low dose chemo to help shrink it a little bit while you're changing diet, lifestyle, nutrition, environment thinking to support healing, now you've got what my documentaries about cancer, the integrative perspective.

You have an integrative, holistic approach to health and healing. So to kind of complete that thought, the biggest key takeaway here is the people who they've studied.

And there are thousands of case studies, what they call radical remissions. Most doctors don't understand what happened.

Natural Healing Principles and Energy Practices

How did they reverse cancer, you know, out following conventional medicine or an adjunct to conventional medicine approach? How did they do that? They just say, oh, is a radical remission? Well, no.

There are principles and foundations that all of these people follow, that when you follow them, you empower that natural, innate capacity for your mind and body to heal itself, which is what we are designed to do.

Yeah. No. That's awesome. And so when people get that cancer diagnosis an ongoing and maybe it's not you listening to it, but one of your friends for sure at some point in time or a relative will.

The thing that you have to understand is it's a it's a signal that you've got to transform. You've got to make a change, not putting your health in someone else's hands, which from childhood we've all kind of been inundated in or introduced into the system that when something's wrong within you, go to someone else and get it fixed.

Taking control and changing the patterns. And the reason that cancer is so deadly to so many people is making that personal transformation is challenging for people, right?

You know, saying, hey, this is me. I've got to change the way I think. I've got to go in and and get rid of some unconscious beliefs or thoughts or experiences.

I've got to change the way I eat. I like the food I'm eating. Okay, well, it doesn't like you. I it's it's it's not doing anything really great for you.

And that's hard for people because we're such creatures of habit. But if they follow what you're saying, number one, if they follow it before they even get cancer, they probably won't have that diagnosis, as you said.

And if there is a diagnosis, there's there's there's a good chance if you really make a transformation, that you can get a great result out of it and look at it later on as a gift, because, as you said, it's not just living a few more years, it's living more years in a more enlightened, elevated state of who you can become.

So from that standpoint and cancer and many of the people you've met, they probably do look back on it, not as this invader or this evil thing, but something that man, if it didn't show up, my life was never going to be the way it is now, right?

That's really it. It gives people often a new sense of purpose, and it's really hard for people to see that at first. Just like anything you lose your business, your yeah, a divorce, you lose your house, right?

Whatever happens to you in your life, it's hard in that moment to see that as a blessing. Yeah, almost always when we keep a positive mindset, we keep working towards goodness in the world.

Eventually we look back. I look back in the event not too long ago, 4 or 5 years ago, that was I was literally hit in my life and one of my businesses by a tornado, a hurricane and a cyclone and a and a, volcanic eruption all at the same time.

And at the time, you know, it was depressing and challenging and very like, okay, you know, I'm working towards all these great things. And I had all this, you know, I'm building something incredible.

It's changing so many people's lives, and yet it's all being destroyed right in front of me. Yeah. Nothing I can do about it right now. Feeling helpless again. Right?

And yet I look back. It didn't take me long, actually. A couple of years, but I look back and go, that's the greatest thing that's ever happened to me, right? Yeah.

You know, put me back on the path I'm supposed to be on because I was veering off in a direction, you know, that that was away from, let's say, my purpose or destiny.

Yeah. And so that was a blessing for me in so many ways. And it's helped me become so much better in the work that I do now. And so when I get to interview people who have reversed cancer and the ones who do say it was the greatest gift that's ever happened to me, it's because they recognized they stayed open.

Open heart, open mind, said God. Universe, divine source, whatever you call that mystical, magical, lifeforce energy. Right? What is this happening to me for you wait.

Asking why is this happening to me? Yeah. Why are you doing this to me out of victimhood and move into empowerment and say, what is this for? What is this you teach me to show me, to help me grow.

If you can just ask that question every day, just once or twice a day, ask it for meditations. Ask it in your you know, your morning, prayer and you're sitting outside.

I love to sit outside in the morning and meditation and I read and I drink my tea and I watch the sunrise, which is you know, as we know, for cancer, activating your parasympathetic nervous system as often as possible.

Yeah. Body. We're talking about energy, right? Yeah. The nervous system is this incredible. You know, web of interconnected energetic frequencies that are always communicating either stress, fear, anxiety, run for your life kind of regional approach or peace, calm, rest, relax, digest.

And that's parasympathetic, which is what you want to be in as often as possible to both prevent a cancer diagnosis and to help your body reverse cancer.

Because when you're in that peaceful healing state, that parasympathetic state, that state of rest and digest, your immune systems upregulated your cortisol is downregulated in your body, is entering into states of of cellular cleanup and cellular repair, which is what you want most often, right?

Yeah. So, you know, it's just recognizing that you can either find balance in your life and find purpose and meaning from the challenges and devastation, that can drive you forward to with more purpose and more me.

Yeah, that will give you that energy and that passion to change your diet, to change your lifestyle habits, to change the things that have caused it in the first place.

Or you can stay in victimhood and keep asking, why me, why me, why me? And nothing's ever going to change, right? That becomes that becomes our choice.

It's easy, but it's it's a reality. Yeah. It's awesome. I call I call those times in your life the seminar you never would have signed yourself up for.

But you're really glad you went through it afterwards. Yeah. And and just reminding yourself of that now, it's easier for me because I'm older now and things show up that I don't necessarily like in the beginning.

I just know, all right, this is going to teach me something. When I was younger, it was a lot harder. I was like, oh, why is this happening? You know, I don't want to learn this right now, even if it is going to teach me something, I want it to be easy so I hopefully people can remember that.

That's a that's huge. And the healing process is use whatever it is that you're going through to be your guide, to be your prod, to think new thoughts, to seek out new ways to take control of your health.

Hey, Nathan. You've got so many great things you can offer people. I know the documentary is coming out. You said tomorrow online. How can people find that? Or access that?

Yeah, it should be, it should be out right now for people who are tuning. Oh, yes, they can. Okay. To the integrative perspective.com integrative perspective.

The integrative perspective. Well I can't okay. Or just search cancer. The integrative perspective. It should show up you know okay. It's everywhere online.

But I also have a great resource I'd be happy to to share with folks. Right. Yeah. That's free and get it on my website. And it gives people a deeper foundation of what are those pillars that you can start to think about and implement in your life, whether it's prevention or trying to heal.

That's an e-book I put together, and it's called the Five Natural Pillars for Helping Prevent and Reverse Cancer. It's evidence based. It's based in science.

But it's based in, you know, years of, of of researching and talking to people who have reverse cancer. And that's just said Nathan crain.com. They can just download that e-book for free.

You know, I would like to say in kind of final, closing here a little bit, is there there are that's why I want people to get the e-book, because there are foundations and principles.

Yeah. Within those just like anything. Right? In business and speaking in leadership in life and anything, there are a million ways to do something. Right.

But if you go back to the foundation, you go back to the principles, then it makes sense what you choose to do. You could you know, there are I don't, I don't know if it the Buddha it was who believed to be said that, you know, there are a million paths to enlightenment, right?

But it's the one that you choose to stick with. It takes you there. But as long as you know those foundations, you know, you know the principles, then you can make good decisions for your health and for your choice.

You can. If you don't know the information, you don't know the foundations. You know, know the principles, then you're choosing blind. And nobody ever wants to choose.

Or you would never want your pilots to be up in the sky flying blind. Sure. Right. So why would you fly blind with your health? Yeah. That's why. You know, getting those pillars and foundations is key.

That's right. People can download that e-book for free. But more importantly, you know, since this is the, you know, energy healing Summit, right? I want people to to be able to recognize that there are profound things you can do energetically.

Can contribute to your overall health in healing. You know, there was study I saw a couple of years ago where they actually were doing qigong and healing qigong practice.

On cancer cells in a petri dish. And they watched those cancer cells basically die in petri dish now. Yeah. That mean that's going to happen automatically in the human body.

We don't have those studies yet, but you can certainly begin to realize the power of things like qigong and energy healing as part of your toolkit. Yeah, I never want to approach something like cancer or any chronic disease from, I'm just going to take this pill or I'm just going to do exercise, or I'm just going to do qigong, because you could have toxins from your home and toxins in your food and toxins in your water, and stress from out here that are contributing to the cancer.

And if you're just doing the one thing but not addressing all 5 or 6, then you're missing the whole picture, right?

Resources, Documentary, and Closing Remarks

But there was a, video, at the Medicine, qigong hospital in China years ago where they actually filmed, a healing session on a woman that was hooked up, to a scan.

And they within a couple of minutes of doing, you know, qigong energy healing, they watched that tumor completely dissolve. Yeah. Wow. This is Greg Braden, a colleague of mine, good friend and colleague who was actually there and watched the whole thing happen.

And that video has since been uploaded and taken down, upload and taken down has been censored. I don't know if it's still on YouTube. You might be able to find it today, but a lot of that information gets censored, right?

Yeah, various reasons, but, just leaving people with a huge sense of hope and possibility that energy, medicine and energy healing practices through diet and nutrition to good lifestyle choices, through having good relations, shows people you can count on trust, you know, and breathing good air and eating good food and drinking good water and getting the toxins out of your life, all these things combined.

And you take one at a time. Yeah. And that's the important thing people like. Well, after all that at once, what if you could? Great. But start with one thing that Nathan just told you.

And here's here's one, there is a massive meta analysis that just came out, from the 1960s all the way up to, 2000, 17, 2018, where they looked at, 20 something studies and they looked at thousands of people who either ate mushrooms every day.

They looked at people who ate mushrooms every day, 18g of mushrooms every day, and people who ate zero mushrooms. And the people is that it just literally just came out.

And the people who ate 18g of mushrooms every day, which is about to. Mushrooms. Yeah. Versus people who ate zero mushrooms every day had a 45% reduction in cancer risk. Wow.

Just start eating a couple of mushrooms a day and there there you go. Right? I mean, we know awesome. We know, mushrooms have anti-fungal, anti-cancer anti angiogenesis.

They they help promote apoptosis. They have so many, you know, fundamental healing capacities just in mushrooms. But so do basically just about every plant on the planet.

Yeah. So you figure out where's your biggest weakness. Is it your diet? Is it you're not exercising? Is it the energy work? Or maybe you're doing tons of energy work, but you know you're not taking care of the toxins in your home or and you're watering your food.

You figure out where's your biggest hole? Yeah, where's your weakest link? And you work on that first. Yeah, right.

And you learn everything you can about it.

You make your biggest changes there. You make that stick. You make those habits real in your life, and then you go on to the next. That's awesome. Yeah.

And the big one for a lot of people is just their thoughts, you know, thoughts. So unfortunately or fortunately, thoughts can can overpower even the best diet.

Right. Where we're, you know, just yeah, I, I, I was eating perfectly. I was a vegetarian vegan. Why did I have this happen? Well, there's other things beyond diet, diets.

Very powerful, but there's other things beyond that. So, Nathan, you've been amazing. You've helped. You've helped so many people already. Thank you so much for being on our summit.

Nathan Crane, aka and Nathan also produces the Global Cancer Symposium. I think you've done a couple of those that, I know there's there's some ability to, see that on your website even.

Right. The first one is a there's a new one coming out, okay, called the Conquering Cancer Summit. It'll be okay. And people can just search that and find it online.

Yeah, fantastic. But, Tom, thank you so much for having me. You know, I appreciate it. I love the work that you do. I'm so glad you put together this summit.

And, Yeah, very, very happy to to share what I can hear in the short time with people tuning in. I really wish everybody can find that deeper, healthy, healing and happiness in their lives.

So thank you so much. One, it's something that affects everybody, either personally themselves or somebody else. So this has been such great information.

Go to Nathan's site. You can find out a lot more. Watch the documentary. And Nathan Nathan, we are blessed to have you on. Thank you again so much. Really appreciate you.

Thank you brother. Appreciate it. Yeah.