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Welcome to the Deeper Healing Podcast. I'm your host, Danielle Howley. This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer.

You're going to hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them. you're gonna hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal.

Let's dig in. Hi, everybody. I'm here with Dr. B. And one question we get often is, how do we help with cancer? We have a lot of people showing up before, during, after, like all of the spread.

A lot people even in remission who are like, hey, what can you do to help me, support me? Whatever. So I thought, let's do a little video and talk about that.

Because there are a lot of things that can be done. We're doing very different things than an oncologist would be doing. Were not oncology, but very important things to consider.

Interesting topic. And Danielle is absolutely correct. we are not on oncologists. What I do firmly believe though, is that cancer is a multifactorial disease.

You don't get it because you're genetically inclined to it. you get because genetics points the gun, environment pulls the trigger. Once you have been diagnosed with cancer, you've got two important jobs.

One, it is necessary to kill the cancer but it's not sufficient to do so. You also have to change the environment in which the cancel was able to grow.

Well, why is that? Well there's nothing that any oncologist is gonna be able give you that's gonna absolutely kill each and every last one of those cancer cells without also killing you.

There's this thing called survival of the fittest that was established by Darwin a couple hundred years ago. It hasn't changed. We cannot kill everything without also killing the host.

So what we can do, however, is change the environment to let the cancer grow to begin with. That's the part that we tend to focus on. What can we do to help support the body as you're going through all this other treatment, whatever that treatment may be?

Your immune system is supposed to be able to identify cancer. And it can't identify a cancer for a couple of reasons. One is cancer creates an environment of decreased livability.

So our normal cells have difficulty functioning in a low oxygen, low nutrient environment because the cancer is just gobbling all this stuff up. Cancer creates this microenvironment where it's depleted of the things that those cells need to keep their energy system running.

So they move slower, they're a little sluggish, and they are not quite as up on what they need do. But the other thing is a chronic stress state. You're physiologically stressed, and this is why emotional stressors are huge players in everything, not just cancer, but in every thing.

And it's the emotional stresses that has put you in a constant kind of fight or flight mode. Fight or fight is not compatible with rest and repair. You are physiologically stressed over time and that decreases your immune system's function.

So those are the two big reasons that your own cells haven't picked up on the cancer. You're already in a weakened state. Okay. So like that, just lay person here, because a lot of things that would be like a chemotherapy treatment or radiation treatment are killing healthy cells as well.

Patients come in and some have come to us and like, I don't want anything to do with traditional treatment. But other people come out and say, The first step is kill the cancer.

Changing the environment. That, in this instance, is later, but we want to get everything else cleaned up first. Okay, so clean up the environments, rejuvenate, get them really cleaned, up get their cells really pumping well, and with the goal is sustainable, long-lasting quality of life.

Exactly. No recurrence. We make the mistake again and again, and we're just so focused on killing the cancer cells that we cannot do all of without killing us.

I can't say that enough without changing the environment to let it grow to begin with. That's like, boom, that's a mic drop right there. Yes. The whole purpose of Deeper Healing was to identify the reasons and start with diet.

You go into any oncologist chemo IV room and you got donuts and candy. That literally makes me nuts. Or you're in the ICU and they're giving you a styrofoam cup with jello in it.

I'm like, what is happening? There's a reason for that. metabolizes differently than lives. Our regular cells are very efficient in transforming glucose into energy, and we can get up to 32 molecules of energy for every molecule of glucose that hits our cell.

Cancer cells, not so much. They can only get two molecules What's that mean? Well, that means it needs a lot more glucose, and it has 18 times the insulin receptor sites on its cells than regular cells do, so they are just a sponge soaking up all the sugar.

Okay, interesting. So actually- Is that why you see a lot of cancer talking about fasting and kind of- Yeah, fasting, yeah. Okay. And there's actually two dietary approaches that I generally recommend.

One is a reduced calorie ketogenic diet. It's a difficult one to follow, but it has been shown to reverse glioblastoma multiforme, which is probably the singularly most aggressive cancer in the brain anywhere that you can get.

It's what killed Ted Kennedy. It is what kill John McCain. Unfortunately, it's a very aggressive and almost universally deadly. And they were able to reverse it.

However, if they went off the ketogenic diet, the cancer returned. My position is that's because they weren't paying attention to the rest of the deep policy.

I mean, you're talking about weighing and measuring your food. You're talk about doing regular finger sticks to find out what your ketone level is and what you blood sugar level, because the idea is your body can run on ketones.

Cancer can't. So if you cut off the food supply, it kills the cancer. Okay, interesting. Which is why fasting works. I've watched metastatic nodes just melt away after a couple of days of fasting.

Unfortunately, when you go back on the regular diet, they come back. The second approach was developed by a

Dr. Servin Schreiber, who is an MD, PhD, and he actually was a neurologist and neurophysiologist.

And he was investigating wheel blastoma multiforme. One day somebody didn't show up for their test and they threw him on the table and went, oops. Whoa.

He went through the traditional therapy and had recurrence. I mean, it went away. You're cured. Right. Until six months later when he started coming back.

He then said, well, there's got to be a difference, but he didn't change anything that he was doing in his life. I hear that a lot. And so he actually kind of went overboard and he went and did some work in Nepal and, you know, like, what's the difference between this Chinese medicine and American and Western medicine?

And the guy says, if you have pneumonia, go over there. If you got anything else, come see me. He was going down the rabbit hole. But he came up with just basically a list of foods and his approach is more of a modified Mediterranean diet.

So you've got, but it's heavily balanced towards fresh fruits and plants and vegetables. There's also meat in there and there's carbs. It's a balance.

And he was a big proponent of certain foods fighting cancer. You know, brassicas are generally pretty good. They have sulforaphanes. There are actually good anti-inflammatories.

The alicia stuff, onions and garlic have very strong cancer-fighting properties. So that's a place to start. Okay. Emotionally, I have yet to see a cancer patient that somewhere along the line, usually anywhere from two to five years prior, did not have some major emotional upheaval.

You pull the fire alarm in the brain, you go into fight or flight mode. If you're in fight-or-flight mode, all your energy's focused on what you need to do for the next 30 seconds to stay alive.

It doesn't care about healing a wound. So things get pulled away from the immune system, your immune surveillance goes down, cancer gets started. Environmentally, we've got molds, metals, chemicals, indoor air pollution, and EMFs that are all factoring in on the oxidative stress that is another way of pulling the fire alarm physiologically in the brain.

And then lastly, what's already wrong with us physically, whatever else it is going on. So our purpose then is to eliminate the stuff that's bad for you and rebuild what's good.

But what some of the things that we can do also in maybe helping your oncologist help you. Yeah, I see a lot of people coming here with their team. And when they say that, they're working with oncologists, but they are doing a lots of the environmental things in here to clean up their cells, to cleanup their system, detox, check their heavy metals, reduce their trauma, emotional, reset their brain, calm their central nervous system.

lots of IVs, UVB ozone for the people dealing with blood problems. I'll see a lot of different components, which is really when you get into the individual console of looking at birth to now, the exposures you've had, let's do some testing, lets see where you are.

But the ones who've sustainable remission are the one's that do that extra step. How did I get here in the first place and how do I You know, so many people, they get into remission, which is, I call it the dumpster fire of just killing lots of cells.

Then they literally bite their nails for six months until their next scan. But imagine if you took that six month and really got your diet dialed in and your clean water and made the changes.

And I think that is a major part of the cancer story. And that's the part that I do think we do really well. Yeah. If you just kill the Cancer, you may win the battle, but you're going to lose the war.

Exactly. Because those cells that didn't get killed by radiation or chemo or get eliminated by surgery, they're floating around looking for someplace else to grow.

It's not uncommon anymore. The first cancer doesn't It's the recurrence, it's metastatic disease, It is the stuff that happens because you were only focused on killing the cancer.

But there's other things you can do besides just generally clean up and learning how to eat well and live well. The other is there is a circulating tumor cell test.

Commercially, it's called DATAR, D-A-T- A-R. Now, you have to have the circulating tumors cells present in order for this test to work. So, if it comes back, comes like we didn't see any, doesn't mean you don't have cancer, just means that sample didn' t contain the cancer.

But if you are actively fighting cancer, you're going to recover some circulating tumor cells. It grows those cells in culture and then puts them into different things like the typical oncology drugs, as well as some of the repurposed drugs like curcumin and iodine C and ivermectin.

And then dissolve. I would have had the Board of Medicine on my doorstep going, what are you doing spreading this quackery? But the repurposed drugs are coming into their own.

And things like metformin to help control blood sugar. The ivermectin, membendazole, fendendozole combinations for tumor control. We're still playing with the dosages and all, but they all can be very helpful.

A data test can help guide you in which ones are going to be effective against that particular strain of cells. Along with that, we do offer some of those alternative IVs like curcumin.

And actually, Cancer Treatment Centers of America started using IV vitamin C probably 10, 12 years ago in conjunction with their treatment for their breast cancer patients.

It's had good success. So there's lots of other things out there beyond that can be used in conjuction with the traditional therapies. That's really what we're doing here.

Even the DETAR test, I feel like everyone should get that. because it helps direct on all sides what is best. Like even having some of our patients in here, like I had the same diagnosis, I'm sitting next to a girl, we run the Tartar test with completely different recommendations.

So the fact that you're getting that individualized information, so you know exactly what to spend your money on and exactly, what it's gonna give you the best result.

Kavya. I've looked at a number of them now, and very rarely do you see anything that has over a 50% kill rate for any given cancer cell. So that kind of raises the question of, is it really that effective?

And I believe, yes, it can be helpful because if you get a 52% killing rate with ivermectin and a fifty percent kill with curcumin, but a ten percent killing with phenbendazole, I'm going to be paying attention to because those are all individually, collectively.

The test does not check for synergy, but intuitively and logically it seems that one plus one, plus, one now equals at least three. It makes sense, it's compounding.

We make the mistake again and again, and, again that we're just so focused on killing the cancer cells that, we cannot do all of without killing us. I can't say that enough without changing the environment to let it go to begin with.

All right, well, there we go. That's how deeper healing helps with cancer. It was very long, but that's okay. We're here to help you in any way. Where we're deeperhealing.com and we love to tell people.

Remember, this is educational content, not medical advice. The information shared here should be discussed with your own personal healthcare provider.

If you're excited by listening to the medical experts or the personal recovery stories on here and you want to start your deeper healing journey, go to deeperhealing.com and start the process.