Podcast Introduction and Guest Welcome

Welcome to the Radical Remission Project Welcome to the Radical Remission Project stories that heal podcast. My name is stories that heal podcast. My name is Kelly A. Turner and I'm a PhD cancer Kelly A. Turner and I'm a PhD cancer researcher, New York Times bestselling researcher, New York Times bestselling author of a radical remission and author of a radical remission and radical hope and the founder of the radical hope and the founder of the Radical Remission Project.

Radical Remission Project. In this podcast, it is our honor to In this podcast, it is our honor to bring you inspiring healing stories bring you inspiring healing stories directly from radical remission directly from radical remission survivors themselves, as well as from survivors themselves, as well as from the amazing doctors and healers they the amazing doctors and healers they Hello and welcome to the stories that Hello and welcome to the stories that heal podcast. This is Liz Curran, heal podcast. This is Liz Curran, co-director of the Radical Remission co-director of the Radical Remission Project. Today I'm looking forward to Project. Today I'm looking forward to sharing our special guest, Ainoam sharing our special guest, Ainoam Learner. On this podcast, in interviews Learner. On this podcast, in interviews with our healers, we highlight with our healers, we highlight practitioners that have seen countless practitioners that have seen countless cases of radical remissions in their cases of radical remissions in their years of practice.

years of practice. Avioom Learner is a cancer trauma and Avioom Learner is a cancer trauma and recovery specialist, clinical recovery specialist, clinical hypnotherapist, TEDex speaker, and hypnotherapist, TEDex speaker, and author of the new cancer paradigm, author of the new cancer paradigm, mobilizing the mind to heal the body.

mobilizing the mind to heal the body. His innovative approach to recovery His innovative approach to recovery highlights the multi-dimensional nature highlights the multi-dimensional nature of trauma and the need to treat its of trauma and the need to treat its roots at the level of the subconscious roots at the level of the subconscious mind. Through his practice workshops and mind. Through his practice workshops and coaching programs, he offers individuals coaching programs, he offers individuals seeking to play a more active role in seeking to play a more active role in their recovery a safe, practical, and their recovery a safe, practical, and meaningful and effective path. This path meaningful and effective path.

How Trauma Led to Hypnotherapy and Cancer Work

This path allows those he works with to engage and allows those he works with to engage and enlist the creative power of their mind enlist the creative power of their mind to resolve their triggers at the core, to resolve their triggers at the core, become more resilient, and cultivate a become more resilient, and cultivate a mindset more conducive to healing, mindset more conducive to healing, recovery, and quality of life. Welcome, recovery, and quality of life. Welcome, Avioom, to the podcast. We're so Avioom, to the podcast. We're so thrilled to have you here and share you thrilled to have you here and share you with our audience today.

with our audience today. >> Thank you. It is wonderful to be here >> Thank you. It is wonderful to be here with you today. with you today. >> Excellent. Well, let's get started.

>> Excellent. Well, let's get started. We'll talk a little bit about your We'll talk a little bit about your practice. Why don't we start with how practice. Why don't we start with how you got into hypnotherapy and then maybe you got into hypnotherapy and then maybe what drove you to work specifically with what drove you to work specifically with cancer patients?

cancer patients? >> Sure. Uh well, >> Sure. Uh well, with your permission, let's do it the with your permission, let's do it the other way around because then it will other way around because then it will make more sense.

make more sense. >> Absolutely. >> Absolutely. >> Absolutely. >> Um because my engagement with cancer led >> Um because my engagement with cancer led me to seek me to seek tools, techniques, modalities that can tools, techniques, modalities that can produce an effect and therefore that's produce an effect and therefore that's why hypnotherapy came into being. But why hypnotherapy came into being. But the you know the story with cancer was the you know the story with cancer was not necessarily an obvious one for me. I not necessarily an obvious one for me. I um at a very young age experienced loss um at a very young age experienced loss or witnessed I should say um someone or witnessed I should say um someone that I really love um being told that that I really love um being told that they lost their partner and um I I was they lost their partner and um I I was very young. I was about six years old very young. I was about six years old and I could not really understand what and I could not really understand what was unfolding in front of me. Uh the was unfolding in front of me. Uh the person was obviously devastated and and person was obviously devastated and and all I felt at that very tender age was all I felt at that very tender age was the desire to make it all better because the desire to make it all better because that's was someone that I looked up to.

that's was someone that I looked up to. Uh but I was 6 years old. Um couldn't do Uh but I was 6 years old. Um couldn't do much then. But something burned into my much then. But something burned into my mind and that something was the way that mind and that something was the way that the the look that she had in her eyes the the look that she had in her eyes that stayed with me for so many years.

that stayed with me for so many years. And fast forward many years when I And fast forward many years when I completed my education in holistic completed my education in holistic health, I was very fortunate to work health, I was very fortunate to work with two groups of people with unique with two groups of people with unique emotional needs. One of them was emotional needs. One of them was Holocaust survivors and the other one Holocaust survivors and the other one was terminal cancer patients. And what was terminal cancer patients. And what really caught me almost unprepared by really caught me almost unprepared by surprise, I should say. It was just the surprise, I should say. It was just the look that the terminal cancer patients look that the terminal cancer patients had in their eyes, had in their eyes, >> it transported me right back to when I >> it transported me right back to when I was 6 years old. It was the exact same was 6 years old. It was the exact same look that that particular person, that look that that particular person, that woman um being told that her husband uh woman um being told that her husband uh has passed away. It's the same look and has passed away. It's the same look and that was the look of loss of something that was the look of loss of something that was taken from them. And that was taken from them. And it just clicked on me because back then it just clicked on me because back then and there I was six years old and and there I was six years old and helpless and couldn't do much. But now I helpless and couldn't do much. But now I had tools. Now I had the education. Now had tools. Now I had the education. Now I had the I had the desire and the drive to apply what I desire and the drive to apply what I have learned to support these people and have learned to support these people and and and and and I've never looked back. Um so that's why I've never looked back. Um so that's why cancer patients or cancer treat cancer cancer patients or cancer treat cancer in general and um I've been focusing on in general and um I've been focusing on cancer and trauma for the past 23 years.

cancer and trauma for the past 23 years. um I think it would make sense uh at um I think it would make sense uh at least for me that there is an least for me that there is an intersection between trauma and cancer.

intersection between trauma and cancer. And so I was very curious how can I And so I was very curious how can I provide my clients um with a much needed provide my clients um with a much needed relief that they needed? How can I help relief that they needed? How can I help their body um their body's campaign for their body um their body's campaign for healing too? How can I make it more healing too? How can I make it more effective? How can I enhance their effective? How can I enhance their experience? And that's when hypnotherapy experience? And that's when hypnotherapy came into play because and we might talk came into play because and we might talk about uh a little bit about it later about uh a little bit about it later because because because I work in the realm of the mind. I'm not I work in the realm of the mind. I'm not a mental health provider but I am a a mental health provider but I am a holistic practitioner and I use holistic practitioner and I use hypnotherapy as a key to access the door hypnotherapy as a key to access the door of the part of the mind we call the of the part of the mind we call the subconscious mind. And so much like a subconscious mind. And so much like a surgeon, a surgeon will use a scalpel to surgeon, a surgeon will use a scalpel to cut into the body to perform surgery. I cut into the body to

perform surgery. I use hypnotherapy as a key to the door of use hypnotherapy as a key to the door of the subconscious mind because it is the the subconscious mind because it is the part of our mind that governs many of part of our mind that governs many of our bodily functions like digestion, our bodily functions like digestion, heartbeat, heartbeat, heartbeat, um body temperature and everything in um body temperature and everything in between. And um it is also the part of between. And um it is also the part of the mind that governs in part the the mind that governs in part the functioning of our immune system. So functioning of our immune system.

Radical Remission Factors in Practice

So extremely important when we talk about extremely important when we talk about cancer or healing cancer um and recover cancer or healing cancer um and recover and so that's in a nutshell why cancer and so that's in a nutshell why cancer and why hypnotherapy.

and why hypnotherapy. >> Yeah that's a really moving story. I can >> Yeah that's a really moving story. I can see how that experience as a kid really see how that experience as a kid really kind of propelled you into the work and kind of propelled you into the work and I I can speak from similar experience I I can speak from similar experience that you know when you are touched by that you know when you are touched by someone in that case you're just someone in that case you're just propelled into it. There's no choice. It propelled into it. There's no choice. It just is right. Yeah. So, um really just is right. Yeah. So, um really beautiful to to hear that story and beautiful to to hear that story and thank you for sharing it.

thank you for sharing it. >> Um >> Um >> Um >> thank you. >> thank you. >> One sometimes we'll remind our listeners >> One sometimes we'll remind our listeners about Dr. Turner's research on radical about Dr. Turner's research on radical remission survivors that ultimately led remission survivors that ultimately led to finding these 10 common healing to finding these 10 common healing factors and I just like to reiterate factors and I just like to reiterate them for the audience to hear them once them for the audience to hear them once more. Um so to list out those factors we more. Um so to list out those factors we have the physical factors which are have the physical factors which are changing your diet, increasing or taking changing your diet, increasing or taking herbs and supplements and uh exercise herbs and supplements and uh exercise and movement. The emotional factors of and movement. The emotional factors of increasing positive emotions and increasing positive emotions and releasing suppressed emotions. The releasing suppressed emotions. The spiritual factors of following your spiritual factors of following your intuition and increasing your spiritual intuition and increasing your spiritual connection.

connection. connection. And then the mental factors, having And then the mental factors, having strong reasons for living, empowerment, strong reasons for living, empowerment, and social support and listening to and social support and listening to these 10 lifestyle changes from radical these 10 lifestyle changes from radical remission. Um, how do you see these remission. Um, how do you see these factors playing a role in your practice factors playing a role in your practice with your patients?

with your patients? >> This is why I really love being here >> This is why I really love being here today because I feel there's amazing today because I feel there's amazing synergy between uh Dr. Kelly's uh synergy between uh Dr. Kelly's uh findings and my practice. Um in fact findings and my practice. Um in fact many of my clients have read radical many of my clients have read radical remission and it it is the reason why remission and it it is the reason why they seek me out in the first place they seek me out in the first place because it it essentially the work because it it essentially the work embodies I think at least seven out of embodies I think at least seven out of the 10 factors. Uh we start with taking the 10 factors. Uh we start with taking more control over your experience and more control over your experience and this is done by playing a more this is done by playing a more significant role in your healing and significant role in your healing and recovery journey. Uh addressing recovery journey. Uh addressing intuition more uh to the very principle intuition more uh to the very principle of the work releasing suppressed of the work releasing suppressed emotions. It's one thing to know that emotions. It's one thing to know that this is what you need to do. It's a this is what you need to do. It's a whole other thing to find someone who whole other thing to find someone who can actually help you do that. So, uh can actually help you do that. So, uh it's no surprising to me that so many of it's no surprising to me that so many of the people my clients that have read the people my clients that have read Radical Remission and were inspired by Radical Remission and were inspired by Dr. Kelly's work have found their way Dr. Kelly's work have found their way into uh my practice. And uh we talk

into uh my practice. And uh we talk about the resol strengthening the about the resol strengthening the resolve to heal. Um we talk about one's resolve to heal. Um we talk about one's will to live. We talk about all these will to live. We talk about all these different aspects that span I think uh different aspects that span I think uh across the 10 radical remission factors.

across the 10 radical remission factors. Absolutely. Absolutely. Absolutely. >> Yeah. Yeah. That's that's perfect and >> Yeah. Yeah.

Case Studies: Healing Through Emotional Work

That's that's perfect and I'm so grateful that you are a beautiful I'm so grateful that you are a beautiful resource for that releasing suppressed resource for that releasing suppressed emotions factor because that does come emotions factor because that does come up so frequently. People will focus on up so frequently. People will focus on that one. Um and you know we always say that one. Um and you know we always say there's no order of importance. It's it there's no order of importance. It's it depends on the person and what they need depends on the person and what they need to work on. But that one does very to work on. But that one does very consistently come up and workshops and consistently come up and workshops and coaching and just people's experience coaching and just people's experience and you know it's a reflection on our and you know it's a reflection on our society obviously our level of stress society obviously our level of stress and you know add a cancer diagnosis onto and you know add a cancer diagnosis onto that it it really can become you know that it it really can become you know quite a bit so I'm very grateful for the quite a bit so I'm very grateful for the the work that you do. Um do you want the work that you do. Um do you want >> Yeah, absolutely. Do you want to take an >> Yeah, absolutely. Do you want to take an opportunity to share a case study or two opportunity to share a case study or two about um someone in your practice that about um someone in your practice that has overcome the odds of their has overcome the odds of their diagnosis?

diagnosis? diagnosis? >> Yeah. Well, you know, when you said pick >> Yeah. Well, you know, when you said pick um you know, a couple of cases, I said, um you know, a couple of cases, I said, where where do I where do I start? I where where do I where do I start? I want to talk about all of them because want to talk about all of them because they're so um I wouldn't say I mean it's they're so um I wouldn't say I mean it's just just just extremely rewarding obviously for my extremely rewarding obviously for my perspective but uh for every one of my perspective but uh for every one of my clients you know each person as you know clients you know each person as you know is a whole wide world for their loved is a whole wide world for their loved ones and um to be able to guide someone ones and um to be able to guide someone back and and I want to kind of so I want back and and I want to kind of so I want to be very clear we are not working to be very clear we are not working specifically on the physical um specifically on the physical um expression of cancer In other words, tum expression of cancer In other words, tum the tumor itself. That's the realm of the tumor itself. That's the realm of medical treatment. What I do based on medical treatment. What I do based on research is I provide my clients an research is I provide my clients an evidence-based approach to address those evidence-based approach to address those mental and psychological patterns. But mental and psychological patterns. But we know through research suppress the we know through research suppress the functioning of our immune system functioning of our immune system eventually diminishing it to such a eventually diminishing it to such a point where it's rendering the body point where it's rendering the body vulnerable to disease agents and vulnerable to disease agents and carcinogens. So this is what we do. Uh I carcinogens. So this is what we do. Uh I can tell you about uh Karen and Karen is can tell you about uh Karen and Karen is um very much uh thriving uh five years um very much uh thriving uh five years after her initial diagnosis and she um after her initial diagnosis and she um was diagnosed with metastatic breast was diagnosed with metastatic breast you know for me it always comes down or you know for me it always comes down or for my clients um for my clients um well well well I will say that and then express or or I will say that and then express or or share a little bit about the conscious share a little bit about the conscious and subconscious mind because I think it and subconscious mind because I think it will be very meaningful. Karen was will be very meaningful. Karen was struggled uh struggled immensely with struggled uh struggled immensely with everything that was self-nourishing.

everything that was self-nourishing. Breast cancer as you know has each each Breast cancer as you know has each each cancer location can have some meaning cancer location can have some meaning behind it. Um if we talk about the behind it. Um if we talk about the breast which is a source of nourishment breast which is a source of

nourishment then very often it will mean we are then very often it will mean we are struggling with patterns of struggling with patterns of self-nourishment, self-care and so self-nourishment, self-care and so forth. When we talk about other cancers, forth. When we talk about other cancers, we talk about other expression or other we talk about other expression or other limitations. But for Karen, she grew up limitations. But for Karen, she grew up in a home where her dad was um not very in a home where her dad was um not very present, was um very often angry and present, was um very often angry and sometime violent and certainly not warm.

sometime violent and certainly not warm. He was in fact um his work was in the He was in fact um his work was in the force in the policeman as a policeman force in the policeman as a policeman and um he retired early because of an and um he retired early because of an injury and he was just a very injury and he was just a very challenging person to be uh near and challenging person to be uh near and certainly have as a father. And because certainly have as a father. And because of that uh there was a lot of trouble at of that uh there was a lot of trouble at home and her mom was not u home and her mom was not u entirely stable emotionally as well entirely stable emotionally as well because of that and caring for for kids because of that and caring for for kids was overwhelming and so there was not was overwhelming and so there was not there wasn't a lot of intimacy and and there wasn't a lot of intimacy and and warmth and and even tension to go warmth and and even tension to go around. Um, you know, we all I I I tend around. Um, you know, we all I I I tend to say that we all have this inner to say that we all have this inner pendulum that will swing based on our pendulum that will swing based on our upbringing. If we grew up in a home that upbringing. If we grew up in a home that was um emotionally challenging, we was um emotionally challenging, we experienced a lot of emotional pain. The experienced a lot of emotional pain. The pendulum will swing more into the pendulum will swing more into the intellect in the realm of the mind uh intellect in the realm of the mind uh and thoughts, academics and so forth. If and thoughts, academics and so forth. If we grew up in a home that was kind of we grew up in a home that was kind of very rigid and cold, perhaps lacking um very rigid and cold, perhaps lacking um some nourishment, we will tend to swing some nourishment, we will tend to swing toward the professions or the toward the professions or the experiences that have more emotional experiences that have more emotional nurturing component. For Karen, a way to nurturing component. For Karen, a way to her way to compensate was to excel in her way to compensate was to excel in her academics, in her studies. And um her academics, in her studies. And um and that came at a cost become because and that came at a cost become because very often uh people become at least for very often uh people become at least for her in her case she became very much a her in her case she became very much a perfectionist, very rigid in her ways.

perfectionist, very rigid in her ways. Um almost prided herself in um Um almost prided herself in um self-deprivation, right? The ability to self-deprivation, right? The ability to go without emotional nourishment. And we go without emotional nourishment. And we know that one of those we know through know that one of those we know through research this big word called research this big word called psychonuroiminology.

psychonuroiminology. psychonuroiminology. We know that one of the factors that is We know that one of the factors that is impacting in a negative way our ability impacting in a negative way our ability our body's ability to defend against our body's ability to defend against cancer or the functioning of our immune cancer or the functioning of our immune system is grief over deprivation. And so system is grief over deprivation. And so there was a lot of that going on for there was a lot of that going on for her. Um, at first these patterns of her. Um, at first these patterns of self-deprivation or priding ourselves of self-deprivation or priding ourselves of the ability to go without when we are the ability to go without when we are young, they're very much like a shield young, they're very much like a shield protecting us from the world outside.

protecting us from the world outside. But when we grow up, this shield almost But when we grow up, this shield almost at some point become our flag, our our at some point become our flag, our our identity. And and it's a it's a identity. And and it's a it's a challenge for us because we don't challenge for us because we don't necessarily know when it's happening. We necessarily know when it's happening. We don't we we can't say oh that's the don't we we can't say oh that's the moment when my defense patterns became moment when my defense patterns became my identity. We don't know, we don't do my identity. We don't know, we don't do this consciously obviously. And so this consciously obviously. And so when she came into the office, she came into the office, these are the things that we had to these are the things that we had to address. And um address. And um very successfully because she was able very successfully because she was able to really resolve a lot of these to really resolve a lot of these limitations that she has placed on limitations that she has placed on herself as a result of the pain that she

herself as a result of the pain that she has experienced. And resolving these has experienced. And resolving these limitations meant that she could begin limitations meant that she could begin to thrive and practice u a better to thrive and practice u a better relationship with herself and witness relationship with herself and witness herself in a new way. And therefore um herself in a new way. And therefore um some of these patterns have resolved and some of these patterns have resolved and as a result her immune system perked up.

as a result her immune system perked up. Her numbers, blood count and so forth um Her numbers, blood count and so forth um went into the positive and she is very went into the positive and she is very much thriving. I just checked in with much thriving. I just checked in with her uh the other day just to make sure I her uh the other day just to make sure I have my papers in orders and uh it's have my papers in orders and uh it's just such a joy because cancer for just such a joy because cancer for people that have moved on it never people that have moved on it never really disappears but it fades into the really disappears but it fades into the background and doing this kind of work background and doing this kind of work allow it to fade really far back. It's allow it to fade really far back. It's kind of a distant memory and so it's not kind of a distant memory and so it's not at the forefront. Not every ache and at the forefront. Not every ache and pain kind of turn triggers us into oh my pain kind of turn triggers us into oh my god what what is that and what is so god what what is that and what is so this is extremely powerful and rewarding this is extremely powerful and rewarding and I was very privileged to just be in and I was very privileged to just be in her corner and facilitate that but she her corner and facilitate that but she did all the work and um another example did all the work and um another example would be Steve. Steve is another um would be Steve. Steve is another um client that I just checked in and and he client that I just checked in and and he reminded me we are six years out and reminded me we are six years out and Steve struggled with tonsil cancer. Um Steve struggled with tonsil cancer. Um and and again if we talk about the and and again if we talk about the correlation of location and the emotions correlation of location and the emotions behind it. Steve grew up um behind it. Steve grew up um um in a home that was difficult. uh his um in a home that was difficult.

Mind-Body Connection and Psychoneuroimmunology

uh his dad was alcoholic and a smoker and on dad was alcoholic and a smoker and on the one hand uh Steve loved him because the one hand uh Steve loved him because he did try to be present but on the he did try to be present but on the other hand he um despised him because he other hand he um despised him because he suffered his beating and and and suffered his beating and and and frustrations and abuse and so he had frustrations and abuse and so he had this love and hate relationship with his this love and hate relationship with his father and Steve's mother just presented father and Steve's mother just presented a different texture you know she did a different texture you know she did everything because she loved him dearly everything because she loved him dearly him and his siblings but she was also him and his siblings but she was also afraid of his dad and as such he felt afraid of his dad and as such he felt that she threw him under the bus ever that she threw him under the bus ever like at every opportunity and didn't like at every opportunity and didn't stand for him. Um and he tried to get in stand for him. Um and he tried to get in between their fights and which were between their fights and which were sometimes violent and sometimes violent and it it just broke his heart and he lost it it just broke his heart and he lost his voice.

his voice. >> So it's so interesting that he struggled >> So it's so interesting that he struggled later on with tonsil cancer and later on with tonsil cancer and he lost his voice right as a child. And he lost his voice right as a child. And so I see these correlations very often so I see these correlations very often and it's not anything conscious. We and it's not anything conscious. We don't do this consciously. We don't, you don't do this consciously. We don't, you know, aim to have know, aim to have illness one type or another. Uh but but illness one type or another. Uh but but it's just this correlation I've seen it's just this correlation I've seen over the 23 years that I've been doing over the 23 years that I've been doing this work, I've seen some patterns and this work, I've seen some patterns and they're quite remarkable. So you know they're quite remarkable. So you know when when the radical mission book came when when the radical mission book came out, I I was thrilled because someone out, I I was thrilled because someone put it into words. someone actually made put it into words. someone actually made sense of it in a way that right sense of it in a way that right >> you know when I talk about it people >> you know when I talk about it people will say well it's anecdotal it's this will say well it's anecdotal it's this well 23 years of anecdotes I mean it's a well 23 years of anecdotes I mean it's a little long for that right I mean little long for that right I mean >> right yeah >> right yeah >> yeah so I was thrilled that the book >> yeah so I was thrilled that the book came out and that it all

kind of makes came out and that it all kind of makes sense sense sense >> yeah it really validates the um the >> yeah it really validates the um the power of the mind right because only out power of the mind right because only out of the 10 factors only three are of the 10 factors only three are physical so it really does validate the physical so it really does validate the work you do and and so many others and work you do and and so many others and to hear that um you know really to hear that um you know really reaffirmed in your work is really reaffirmed in your work is really beautiful. So I love that.

beautiful. So I love that. >> Yeah. Um do you see themes across I mean >> Yeah. Um do you see themes across I mean obviously you're speaking by um obviously you're speaking by um diagnosis. Um do you see themes across diagnosis. Um do you see themes across cancer patients in general that show up cancer patients in general that show up with kind of this desire to focus on with kind of this desire to focus on their releasing suppressed emotions their releasing suppressed emotions factor?

factor? factor? uh the main theme that I would say uh uh the main theme that I would say uh that I see is is a certain belief and that I see is is a certain belief and again maybe today we won't necessarily again maybe today we won't necessarily have the time to talk about the have the time to talk about the conscious and subconscious mind but you conscious and subconscious mind but you know when we come into this world we know when we come into this world we learn certain things about ourselves by learn certain things about ourselves by the people that raise us and everybody the people that raise us and everybody has the best intention but sometimes has the best intention but sometimes it's just not enough um and um I would it's just not enough um and um I would say that the belief that comes up the say that the belief that comes up the most often for my clients is the belief most often for my clients is the belief that someone or somebody will be better that someone or somebody will be better off without them here.

off without them here. >> Interesting. >> Interesting. >> Interesting. >> They they did the math as kids and >> They they did the math as kids and obviously uh they can only get it a obviously uh they can only get it a certain way because when we are growing certain way because when we are growing up our mental and psychological up our mental and psychological faculties are not yet fully developed.

faculties are not yet fully developed. We can't really see the picture in its We can't really see the picture in its true context. But they they put one and true context. But they they put one and one together in that respect that before one together in that respect that before they came here they learned that there they came here they learned that there was love. Their parents were um in love was love. Their parents were um in love and that's why um they got together and and that's why um they got together and if after they have arrived that love if after they have arrived that love isn't thriving in other words there is isn't thriving in other words there is trouble at home. Kids put one and one trouble at home. Kids put one and one together and very often tend to blame together and very often tend to blame themselves uh for what's going on even themselves uh for what's going on even though it has nothing to do with them though it has nothing to do with them because adult problems are adult because adult problems are adult problems and kids very often are the problems and kids very often are the blessing or the glue that puts people or blessing or the glue that puts people or hold people together in place but as hold people together in place but as kids we can't see it there was you know kids we can't see it there was you know there was love before there's pain now there was love before there's pain now what has changed well I came into this what has changed well I came into this world so this belief which is insidious world so this belief which is insidious is really ve very very uh comes up very is really ve very very uh comes up very often for for patients. Yeah.

often for for patients. Yeah. >> Now do you see that present as you know >> Now do you see that present as you know people pleasing and worthiness issues people pleasing and worthiness issues stuff like that stuff like that >> very often. Yes. So you know I mean it's >> very often. Yes. So you know I mean it's all been said and done this the c word all been said and done this the c word the disease of the nice people right it the disease of the nice people right it all stem from um our struggle with our all stem from um our struggle with our self value and worth. If there were self value and worth. If there were troubles, we didn't feel worthy of troubles, we didn't feel worthy of asking for our needs. We didn't get the asking for our needs. We didn't get the nourishment that we needed. And that can nourishment that we needed. And that can impact us in different ways. So, impact us in different ways. So, absolutely, all these words, all all, absolutely, all these words, all all, you know, all these cliches are true.

you know, all these cliches are true. >> Yeah. >> Yeah. >> Yeah. >> It's uh interesting. I've never heard it >> It's uh interesting. I've never heard it said uh the disease of the nice people, said uh the disease of the nice people, but I think that's a very accurate but I think that's a very accurate description.

description. description. >> Yes. Yes. Yes. People that tend to put >> Yes. Yes. Yes. People that tend to put other people's needs first, that will other people's needs first, that will very happily care for other people while very happily care for other people while not attending to themselves, that have not attending to themselves, that have not been taught how to listen to their not been taught how to listen to their body, which is very often why they will body, which is very often why they will push themselves really really hard and push themselves really really hard and only go to the doctor when everything only go to the doctor when everything already collapsed, right? I mean, already collapsed, right? I mean, >> right?

>> right? >> right? >> When I Yeah. And and it's just >> When I Yeah. And and it's just unfortunate, but it's what we have unfortunate, but it's what we have learned. So that's why I mentioned that learned. So that's why I mentioned that the work is cancer and trauma recovery the work is cancer and trauma recovery because there is this intersection. If because there is this intersection. If we have been wounded um when we were we have been wounded um when we were young, it impacted our self-image, the young, it impacted our self-image, the way that we view ourselves, the way that way that we view ourselves, the way that we feel about ourselves. And it kind of we feel about ourselves. And it kind of set into motion a whole trajectory of, set into motion a whole trajectory of, you know, if I don't feel worthy of um you know, if I don't feel worthy of um speaking up, then I will not ask for speaking up, then I will not ask for what I need. And then it expressed what I need. And then it expressed itself in the workplace and in itself in the workplace and in relationships and and in all kind of relationships and and in all kind of dynamics. And it's just, you know, dynamics. And it's just, you know, there's no mysticism here. We we live in there's no mysticism here. We we live in a reality of cause and effect. So, in a reality of cause and effect. So, in many ways, what I help clients do is um many ways, what I help clients do is um begin to live more authentically and begin to live more authentically and more aligned with their true core more aligned with their true core values, really kind of shed all the um values, really kind of shed all the um extra weight that they have put on to extra weight that they have put on to defend themselves against the world. And defend themselves against the world. And in doing so, their biology has an in doing so, their biology has an immediate correlate response.

immediate correlate response. And that's because the subconscious mind And that's because the subconscious mind um and again now is not the time to talk um and again now is not the time to talk about the conscious and subconscious about the conscious and subconscious mind. I will just say that the conscious mind. I will just say that the conscious mind is the objective mind. It deals mind is the objective mind. It deals with the outside with uh objective with the outside with uh objective reality. And the subconscious mind is reality. And the subconscious mind is the subjective mind. And the conscious the subjective mind. And the conscious mind which is kind of the captain of the mind which is kind of the captain of the ship can give command to the ship can give command to the subconscious mind and the subconscious subconscious mind and the subconscious mind will activate the body accordingly.

mind will activate the body accordingly. But we were never taught uh about this But we were never taught uh about this relationship. So even and still many of relationship. So even and still many of us are utilizing this relationship. We us are utilizing this relationship. We do this when we worry. So whenever do this when we worry. So whenever someone tell tells me well I don't know someone tell tells me well I don't know what you're talking about. All I have to what you're talking about. All I have to do is ask them do you worry? Oh yeah do is ask them do you worry? Oh yeah yeah yeah I worried a lot and so what do yeah yeah I worried a lot and so what do you do when you worry? Well, I um you you do when you worry? Well, I um you know essentially we are using the higher know essentially we are using the higher mental faculties of our conscious mind, mental faculties of our conscious mind, specifically imagination to craft some specifically imagination to craft some doomsday scenario and then we don't doomsday scenario and then we don't intentionally do it but we infuse this intentionally do it but we infuse this doomsday scenario with fear with anxiety doomsday scenario with fear with anxiety with so the conscious mind is logical with so the conscious mind is logical and rational. The subconscious mind is and rational. The subconscious mind is emotional. When we marry emotional. When we marry thoughts and emotions, we send thoughts and emotions, we send information into the body information into the body unintentionally. If we have been unintentionally. If we have been wounded, this has been going on for many wounded, this has been going on for many years. And then one

day, you know, if years. And then one day, you know, if you leave a bucket outside to collect you leave a bucket outside to collect raindrops, it might take one season, 10 raindrops, it might take one season, 10 season, 50 seasons, it will eventually season, 50 seasons, it will eventually overflow. And that's when illness shifts overflow. And that's when illness shifts Dayar Cancer Genetics is a global leader Dayar Cancer Genetics is a global leader in developing bloodbased oncology panels in developing bloodbased oncology panels that can detect cancer, identify that can detect cancer, identify treatment options for improved outcomes, treatment options for improved outcomes, and assess remission status. With and assess remission status. With facilities in Europe, Asia, and the facilities in Europe, Asia, and the United States, Dayar Cancer Genetics United States, Dayar Cancer Genetics believes that through relentless believes that through relentless research, bold initiatives, sustained research, bold initiatives, sustained commitment, and an unapologetic commitment, and an unapologetic determination to succeed against cancer, determination to succeed against cancer, innovations will continue to be made to innovations will continue to be made to help defeat the disease.

help defeat the disease. Stop undergoing unnecessary invasive Stop undergoing unnecessary invasive procedures and having your cancer procedures and having your cancer treated through a trial and error treated through a trial and error approach. Through a simple blood draw, approach. Through a simple blood draw, Dayar Cancer Genetics awardwinning Dayar Cancer Genetics awardwinning platforms can accurately diagnose platforms can accurately diagnose cancer, develop a treatment plan cancer, develop a treatment plan tailored to your cancer's individual tailored to your cancer's individual composition, and detect a cancer composition, and detect a cancer recurrence prior to imaging. To learn recurrence prior to imaging. To learn more about Dayar's tests, please contact more about Dayar's tests, please contact Chad, their director of business Chad, their director of business development, via the email in the show development, via the email in the show notes.

I'd like to talk a little bit about your I'd like to talk a little bit about your book, The New Cancer Paradigm. Um, it book, The New Cancer Paradigm. Um, it introduces a new perspective that introduces a new perspective that focuses on the body's innate ability to focuses on the body's innate ability to fight against and heal from illness and fight against and heal from illness and how we can strengthen it by utilizing how we can strengthen it by utilizing the connection between the subconscious the connection between the subconscious mind and the immune system. Can you mind and the immune system. Can you share a little bit more about your share a little bit more about your experience using psychonuroimmunology experience using psychonuroimmunology to maximize the efficacy of modern to maximize the efficacy of modern medical cancer treatments and improve medical cancer treatments and improve odds of full recovery?

odds of full recovery? >> Sure. Thank you. That was a mouthful. >> Sure. Thank you. That was a mouthful. >> That was >> That was >> Yes. Uh in a nutshell, I would say that >> Yes. Uh in a nutshell, I would say that uh and every listen one of your uh and every listen one of your listeners know this if they've been listeners know this if they've been through this. Uh cancer affect us on through this. Uh cancer affect us on many different dimensions. Yes, the many different dimensions. Yes, the physical dimension that's the realm of physical dimension that's the realm of the physical body. That's where the the physical body. That's where the crisis is and that's what we are crisis is and that's what we are treating with medical treatment which is treating with medical treatment which is incredibly important. But cancer also incredibly important. But cancer also impacts us mentally, emotionally, some impacts us mentally, emotionally, some of us spiritually. So the point of the of us spiritually. So the point of the uh the the the book um the new cancer uh the the the book um the new cancer paradigm is to help people shift from paradigm is to help people shift from just focusing on the physical to also just focusing on the physical to also addressing the mind. Because if we in addressing the mind. Because if we in the healing equation which has the the healing equation which has the physical, the mental, the emotional, if physical, the mental, the emotional, if we only address one part of this healing we only address one part of this healing equation, in other words, the physical equation, in other words, the physical through medical treatment and we fail to through medical treatment and we fail to address these other realms or other address these other realms or other parts of who we are, these other aspects parts of who we are, these other aspects of our experience, um then we're going of our experience, um then we're going to get partial results, hence to get partial results, hence recurrences. So the very goal of this recurrences. So the very goal of this work is not only to support the body's work is not only to support the body's campaign for healing and recovery by campaign for healing and recovery by enhancing or strengthening the body's enhancing or strengthening the body's immune system but also by preventing or immune system but also by preventing or we we we deal with prevention by we we we deal with prevention by addressing the deep-seated

patterns that addressing the deep-seated patterns that have promoted this condition to begin have promoted this condition to begin with. So it's a two-fold. We kind of with. So it's a two-fold. We kind of working toward uh healing and wellness working toward uh healing and wellness by strengthening the immune system. And by strengthening the immune system. And we also work to prevent this illness we also work to prevent this illness from resurfacing after treatment is over from resurfacing after treatment is over by addressing the by addressing the innate conditions or the patterns that innate conditions or the patterns that some of the vulnerability that the body some of the vulnerability that the body had to deal with. So psychonurinology had to deal with.

Daily Resilience Practices and Self-Care

So psychonurinology essentially is a field of scientific essentially is a field of scientific study that have um proven back in the study that have um proven back in the early 70s that the immune system can be early 70s that the immune system can be conditioned and they've done this conditioned and they've done this experiment on rodents and uh it's all experiment on rodents and uh it's all online people can read it uh these online people can read it uh these experiments were done in the university experiments were done in the university of Rochester in New York and since have of Rochester in New York and since have been uh replicated throughout the world been uh replicated throughout the world and it's a thriving field of research and it's a thriving field of research which your oncologist will not which your oncologist will not necessarily necessarily necessarily tell you about it's just because it's tell you about it's just because it's not their scope of practice. But not their scope of practice. But nevertheless, it proved that we can nevertheless, it proved that we can actually condition our immune system to actually condition our immune system to either diminish or to be enhanced and um life diminish or to be enhanced and um life tends to do the uh diminishing tends to do the uh diminishing component. We have to do the enhancing component. We have to do the enhancing component and um and that's what we do component and um and that's what we do in the office. I I want to I I think an in the office. I I want to I I think an easier way to understand this is that if easier way to understand this is that if we talk about a piece of steel that is we talk about a piece of steel that is uh magnetized, right?

uh magnetized, right? >> So when we have a piece of steel that is >> So when we have a piece of steel that is just a regular piece of steel, it can't just a regular piece of steel, it can't even lift a feather. But if we charge it even lift a feather. But if we charge it with some electricity, if we magnetize with some electricity, if we magnetize it, it can lift many time its own it, it can lift many time its own weight. So from my perspective, a mind weight. So from my perspective, a mind that is magnetized, which means so so that is magnetized, which means so so when we magnetize a piece of steel, we when we magnetize a piece of steel, we don't change the the steel, it's still don't change the the steel, it's still the same steel. We just reorder the the same steel. We just reorder the electrons.

electrons. electrons. When the mind is magnetized, it we're When the mind is magnetized, it we're still the same person. We just have to still the same person. We just have to reorder our thoughts and beliefs to reorder our thoughts and beliefs to express differently. And when a person express differently. And when a person is magnetized, they are more resilient.

is magnetized, they are more resilient. They can thrive. They have more energy. They can thrive. They have more energy. They can wake up in the morning without They can wake up in the morning without that knot in their stomach. They can uh that knot in their stomach. They can uh continue to be that beacon of light to continue to be that beacon of light to their loved ones, not someone that their loved ones, not someone that everyone have to tiptoe around. I mean, everyone have to tiptoe around. I mean, it's just it's a whole different it's a it's just it's a whole different it's a different state of being. And then different state of being. And then this kind of experience position them this kind of experience position them for a more favorable outcome.

for a more favorable outcome. That's kind of the whole story in a That's kind of the whole story in a nutshell. We have to magnetize the mind nutshell. We have to magnetize the mind to bring about a different expression to bring about a different expression because the mind is the cause and the because the mind is the cause and the body is the effect.

body is the effect. >> I love that. And what a a great way to, >> I love that. And what a a great way to, you know, show that kind of the cause you know, show that kind of the cause and the effect, but in the middle is the and the

effect, but in the middle is the work, right? that middle piece of taking work, right? that middle piece of taking that person who may be, you know, a that person who may be, you know, a people pleaser or have really low people pleaser or have really low self-worth and then kind of quote self-worth and then kind of quote energizing them, you know, re reworking energizing them, you know, re reworking their their um electrons, if you will.

their their um electrons, if you will. And um and really we do that through the And um and really we do that through the you know I like to introduce that to you know I like to introduce that to people through the power of these people through the power of these lifestyle changes because they are um lifestyle changes because they are um they can be seen as little changes in they can be seen as little changes in your life like just a choice that you your life like just a choice that you make whether it's to eat differently make whether it's to eat differently whether it's to begin meditating or whether it's to begin meditating or start seeing you know a practitioner for start seeing you know a practitioner for therapy and then these these changes therapy and then these these changes really activate some empowerment and really activate some empowerment and then they realize that they're not just then they realize that they're not just victim to, you know, the patterns that victim to, you know, the patterns that they had as a child and they really they had as a child and they really become so self-actualized and really be become so self-actualized and really be it's so beautiful to see someone who has it's so beautiful to see someone who has come from that place of um lack of come from that place of um lack of worthiness. I'm just going to go with worthiness. I'm just going to go with and to see them become empowered and and to see them become empowered and have the ability to stand up for have the ability to stand up for themselves and believe in themselves and themselves and believe in themselves and love themselves in such a different way love themselves in such a different way than they had just not long before. It's than they had just not long before. It's really powerful.

really powerful. >> Absolutely. I think the the the thing I >> Absolutely. I think the the the thing I want if if someone just remember what want if if someone just remember what I'm going to say now they already are in I'm going to say now they already are in a better place. Uh my message is that a better place. Uh my message is that it's not about fighting cancer. There's it's not about fighting cancer. There's no war on cancer because that which we no war on cancer because that which we resist persist. Right? So this emotional resist persist. Right? So this emotional pain that we have about who we are. This pain that we have about who we are. This this self-concept that is distorted this self-concept that is distorted we're trying to push away from it.

we're trying to push away from it. >> This is not about fighting this or >> This is not about fighting this or cancer or anything else. It's about cancer or anything else. It's about aligning ourself with the truth of life aligning ourself with the truth of life principle. What that simply means with principle. What that simply means with with consciousness of health of being with consciousness of health of being whole and healthy and healed already.

whole and healthy and healed already. And so it's not about fighting something And so it's not about fighting something but rather it's about aligning yourself but rather it's about aligning yourself with health consciousness. And what does with health consciousness. And what does that mean? It means contemplating that mean? It means contemplating everything that is of good nature.

everything that is of good nature. everything that is of enhancement and everything that is of enhancement and expansion and beauty and comfort and I expansion and beauty and comfort and I mean you can go on and on but it's it's mean you can go on and on but it's it's a different a different way to be. If I try to fight something I way to be. If I try to fight something I spend a lot of energy trying to manage spend a lot of energy trying to manage it and and deal with it. I want you to it and and deal with it. I want you to stop doing that and I want you to kind stop doing that and I want you to kind of focus inward and recognize that there of focus inward and recognize that there there's a life principle there's a life principle flowing through us at every second of flowing through us at every second of every minute of every hour of every day.

every minute of every hour of every day. That life principle fashioned every That life principle fashioned every organ in our body from an invisible organ in our body from an invisible cell. That life principle is like a cell. That life principle is like a watch maker. it had watch maker. it had produced or manufactured every bit and produced or manufactured every bit and piece that goes into the watch. If the piece that goes into the watch. If the watch stops working for whatever reason, watch stops working for whatever reason, it doesn't mean that it's broken. I it doesn't mean that it's broken. I mean, it is broken because it stopped mean, it is broken because it stopped working, but it

doesn't mean it can't be working, but it doesn't mean it can't be fixed. You take it to the watch maker, fixed. You take it to the watch maker, to someone who repairs the watch, who to someone who repairs the watch, who has the knowledge of how to do that. And has the knowledge of how to do that. And in this case, we just have to kind of in this case, we just have to kind of surrender into it because this mind of surrender into it because this mind of ours that managed every moment of our ours that managed every moment of our life until this moment in time for the life until this moment in time for the most part have done a remarkable job.

most part have done a remarkable job. Not only when we're awake, also when Not only when we're awake, also when we're asleep, our hair is still growing, we're asleep, our hair is still growing, our digestion is still working, our our digestion is still working, our heart's still beating. I mean there's heart's still beating. I mean there's just if we just relax into that truth just if we just relax into that truth instead of trying to kind of affect instead of trying to kind of affect change in the outer world we will be change in the outer world we will be better off uh in so many wonderful ways better off uh in so many wonderful ways and it is not difficult to do. It's just and it is not difficult to do. It's just again like you said reordering the again like you said reordering the molecules or the electrons in that molecules or the electrons in that respect. Yes, that's all that it respect. Yes, that's all that it requires to do. Yeah.

requires to do. Yeah. >> Yeah. You you reminded me of a quote >> Yeah. You you reminded me of a quote from uh Kristen Nef the self-compassion from uh Kristen Nef the self-compassion researcher. She had this quote um researcher. She had this quote um pain plus resistance equals suffering.

plus resistance equals suffering. >> Oh, I love it. >> Oh, I love it. >> It's so powerful, right? >> It's so powerful, right? >> But if you take that same pain and if >> But if you take that same pain and if you don't resist it, if you embrace it you don't resist it, if you embrace it and you empower yourself, pain being for and you empower yourself, pain being for example in this situation a cancer example in this situation a cancer diagnosis, you can you can fall into diagnosis, you can you can fall into this place of despair and then you this place of despair and then you suffer. But a lot of these radical suffer. But a lot of these radical remission survivors get the diagnosis remission survivors get the diagnosis and they say, "No way. that's not what's and they say, "No way. that's not what's going to happen to me. And they become going to happen to me. And they become empowered and then that equals healing.

empowered and then that equals healing. And I really love that. I think it's And I really love that. I think it's such a a simple concept, but it's really such a a simple concept, but it's really powerful to really think about, you powerful to really think about, you know, where's the pain and then what do know, where's the pain and then what do you choose next?

you choose next? >> Absolutely. Wonderful. Yeah. Beautiful >> Absolutely. Wonderful. Yeah. Beautiful quote. I didn't uh hear it before, but quote. I didn't uh hear it before, but now I'm going to look for it. I've now I'm going to look for it. I've learned something.

learned something. >> Yeah. I I don't know where I collected >> Yeah. I I don't know where I collected that one. It just stuck with me years that one. It just stuck with me years ago, but yeah, she's a she's good for ago, but yeah, she's a she's good for that one. Definitely.

that one. Definitely. >> Yeah. I you know I don't know why it's a >> Yeah. I you know I don't know why it's a such a kind of a almost like a a such a kind of a almost like a a different concept for us to exper to to different concept for us to exper to to think of suffering because suffering is think of suffering because suffering is essentially a a mental and emotional essentially a a mental and emotional experience experience experience >> right?

>> right? >> right? >> So yeah we can heal the body but what >> So yeah we can heal the body but what about suffering right so what is it made about suffering right so what is it made of? How can we of? How can we >> undo these patterns that are fueling our >> undo these patterns that are fueling our suffering? Can we change the quality of suffering? Can we change the quality of these patterns so that they can produce these patterns so that they can produce joy and gratitude and love and joy and gratitude and love and everything in between? Absolutely.

everything in between? Absolutely. >> Yeah. >> Yeah. >> Yeah. >> Beautiful. >> Beautiful. >> Beautiful. >> Yeah.

>> Yeah. >> Yeah. >> So tell me this um for those who are >> So tell me this um for those who are listening that you know perhaps aren't listening that you know perhaps aren't at the place where they're they're at the place where they're they're seeking a practitioner um but everybody seeking a practitioner um but everybody should be working on mental resilience should be working on mental resilience dayto-day, right? So what do you dayto-day, right? So what do you recommend and what maybe what do you do recommend and what maybe what do you do in your personal practice to kind of in in your personal practice to kind of in enhance your mental resilience and with enhance your mental resilience and with the perspective of you know health and the perspective of you know health and longevity on mind longevity on mind >> well thank you this is yeah so let's >> well thank you this is yeah so let's start with I call them rituals daily start with I call them rituals daily rituals and when people hear the word rituals and when people hear the word ritual they go into you know all kind of ritual they go into you know all kind of occult stuff but no brushing our teeth occult stuff but no brushing our teeth twice a day is a ritual daily ritual twice a day is a ritual daily ritual So I start the morning um with a So I start the morning um with a one-page gratitude practice. I don't one-page gratitude practice. I don't know uh we we don't have the time today know uh we we don't have the time today to talk about the frequency of gratitude to talk about the frequency of gratitude the information or the emotional the information or the emotional signature of gratitude but it's just of signature of gratitude but it's just of everything that is lovely of good everything that is lovely of good nature. And so when we when I wake up nature. And so when we when I wake up it's clear to me that I may not be in it's clear to me that I may not be in the right frequency or in the right the right frequency or in the right state. So if you remember these old state. So if you remember these old radios with the tubes that you have to radios with the tubes that you have to dial and in between there was this dial and in between there was this static. Right. Right.

static. Right. Right. >> So I very often wake up in the static. >> So I very often wake up in the static. Um you know for whatever reason I just Um you know for whatever reason I just had a dream or I I don't even know why.

had a dream or I I don't even know why. >> So I dial myself into an empowered >> So I dial myself into an empowered frequency. Whether it's joy, whether frequency. Whether it's joy, whether it's delight, whether it's gratitude, it's delight, whether it's gratitude, it's a high performance frequency that it's a high performance frequency that is correlating with harmony and health.

is correlating with harmony and health. So that's my first go-to. Every I don't So that's my first go-to. Every I don't go without. And it's it's really go without. And it's it's really important to say this is I'm not this is important to say this is I'm not this is not philosophy. This is not poetry. I'm not philosophy. This is not poetry. I'm just so happy and grateful that I have a just so happy and grateful that I have a roof over my head, clean water coming roof over my head, clean water coming out of the tap because I travel the out of the tap because I travel the world and not everyone have these things world and not everyone have these things that we take for granted. So that we take for granted. So >> right, >> right, >> right, >> I feel it's very easy to take >> I feel it's very easy to take nourishment from things that are nourishment from things that are indisputable. They're currently here and indisputable. They're currently here and now. and you know, clean water coming now. and you know, clean water coming out my tap. And I live in Boston, so you out my tap. And I live in Boston, so you know, it's cold here. I love to step know, it's cold here. I love to step into the warm shower. It's such a into the warm shower. It's such a privilege. And so I just focus on things privilege. And so I just focus on things that are working and worthwhile and are that are working and worthwhile and are very easy to acknowledge is true. My very easy to acknowledge is true. My mind doesn't reject them. And so I mind doesn't reject them. And so I activate myself in that way. Throughout activate myself in that way. Throughout the day, I tend to listen to my body. I the day, I tend to listen to my body. I will take breaks when when needed. Um, I will take breaks when when needed. Um, I will care for myself in whichever way will care for myself in whichever way that feels right. If I can and if I if that feels right. If I can and if I if there are periods of times where there are periods of times where something is more demanding, that's something is more demanding, that's fine. But I will make sure that I pay fine. But I will make sure that I pay attention.

attention. attention. >> I love tapping. I don't know if you guys >> I love tapping. I don't know if you guys tap talked about tapping in your tap talked about tapping in your podcast, but you know, EFT, emotional podcast, but you know, EFT, emotional freedom technique. I love it. It's such freedom technique. I love it. It's such a practical uh way to do this. And uh a practical uh way to do this. And uh exercise is one of the factors in a exercise is one of the factors in a radical mission. Absolutely. There are radical mission. Absolutely. There are so many beautiful ways to cultivate a so many beautiful ways to cultivate a healthier relationship with ourselves.

healthier relationship with ourselves. And I think that's the key. What do we And I think that's the key. What do we do? Do we wake up and just start do? Do we wake up and just start functioning in an automatic kind of way?

functioning in an automatic kind of way? Do we just fold yesterday into today and Do we just fold yesterday into today and therefore we're going to get a lot more therefore we're going to get a lot more of yesterday or are we going to create of yesterday or are we going to create something new? And to create something something new? And to create something new, we have to step into an unknown new, we have to step into an unknown place within us. And for me, that's the place within us.

Advice for Newcomers and Finding the Right Practitioner

And for me, that's the most exciting part of the day, focusing most exciting part of the day, focusing inward. So hopefully it will inspire inward. So hopefully it will inspire someone in that direction.

someone in that direction. >> Yeah, I love that. That's great. Uh, how >> Yeah, I love that. That's great. Uh, how do you find you you find yourself do you find you you find yourself checking in? You know, what does that checking in? You know, what does that look like for you as far as just look like for you as far as just checking in internally?

checking in internally? >> I think this is where again one of the >> I think this is where again one of the factors intuition comes into play. factors intuition comes into play.

>> Um, I pay attention to my levels of >> Um, I pay attention to my levels of energy. energy. energy. I tend to um feed myself um food that is I tend to um feed myself um food that is more or less healthy. This is not about more or less healthy. This is not about being saintly in any sort of way. Um being saintly in any sort of way. Um it's just about taking care of this it's just about taking care of this physical body. And you know, I will say physical body. And you know, I will say that our emotions are just like gauges that our emotions are just like gauges on the dashboard of a car. You know, if on the dashboard of a car. You know, if one of the lights come up, you pay one of the lights come up, you pay attention.

attention. attention. >> And that's what I do. I can tell you >> And that's what I do. I can tell you that what I picked up recently and I'm that what I picked up recently and I'm not a not a spring chicken. I picked up baking spring chicken. I picked up baking because uh I don't have to eat what I because uh I don't have to eat what I bake but I love the process and so bake but I love the process and so whatever you know whatever do this to whatever you know whatever do this to you for you you know with whatever you for you you know with whatever enhances your experience. Absolutely.

enhances your experience. Absolutely. >> Right. >> Right. >> Right. >> Yeah. >> Yeah. >> Yeah. >> Love that. >> Love that. Well, as we kind of head toward our our Well, as we kind of head toward our our wrapup here, um we always like to ask if wrapup here, um we always like to ask if you could make if you could spin any you could make if you could spin any advice for someone uh do you have any advice for someone uh do you have any advice for someone who is new to a advice for someone who is new to a healing journey on how to um start healing journey on how to um start incorporating these lifestyle changes or incorporating these lifestyle changes or you know what would you recommend to you know what would you recommend to someone that's new to all of this this someone that's new to all of this this holistic lifestyle? Yeah. To be very holistic lifestyle? Yeah. To be very curious.

curious. curious. Um for some reason when we grew up we Um for some reason when we grew up we were not given were not given permission to be very curious and it was permission to be very curious and it was perceived as we are annoying or like why perceived as we are annoying or like why are you asking me this? You know I mean are you asking me this? You know I mean right right right >> asking so many. So we have learned to >> asking so many. So we have learned to deem our light in so many um difficult deem our light in so many um difficult ways. Curiosity is just ways. Curiosity is just the first step on this path. Um, and the first step on this path. Um, and then it's just to feel their way then it's just to feel their way through. Meaning when you engage with through. Meaning when you engage with practitioners, ask as many questions as practitioners, ask as many questions as you want. You know, there's this you want. You know, there's this wonderful author Bernie Seagull you wonderful author Bernie Seagull you might be familiar with and he coined the might be familiar with and he coined the term

exceptional patients many years term exceptional patients many years ago. And for his from his perspective, ago. And for his from his perspective, these were patients because he was a these were patients because he was a medical provider. These were patients medical provider. These were patients who were pain in the ass of the medical who were pain in the ass of the medical uh uh team, right? They asked a lot of uh uh team, right? They asked a lot of questions. They wanted to be a part of questions. They wanted to be a part of the process. They wanted to uh be part the process. They wanted to uh be part of the decision- making process. And so of the decision- making process. And so I would encourage anyone who's just I would encourage anyone who's just starting out. Talk to any practitioner.

starting out. Talk to any practitioner. Ask as many questions as you want. I I Ask as many questions as you want. I I do free consultations because of that.

do free consultations because of that. And these are 45 minutes consultations. And these are 45 minutes consultations. People can ask me everything and any and People can ask me everything and any and there's full transparency. If someone is there's full transparency. If someone is not if a practitioner is not able to not if a practitioner is not able to answer your questions just right away answer your questions just right away off, you know, off the cuff and if off, you know, off the cuff and if they're not transparent and if you feel they're not transparent and if you feel that they're that they're trying to sell you something rather than trying to sell you something rather than find or get to your truth, then you find or get to your truth, then you should pay attention. uh it's your should pay attention. uh it's your intuition telling you uh you know this intuition telling you uh you know this may not be the right place for you. But may not be the right place for you. But if you find a practitioner that you feel if you find a practitioner that you feel resonates with you, you do some reading resonates with you, you do some reading about them and you see that they have about them and you see that they have traveled this path for a while and they traveled this path for a while and they um have the experience um have the experience then uh dig deeper because again your then uh dig deeper because again your intuition is speaking to you that this intuition is speaking to you that this might be the right path forward.

might be the right path forward. >> Perfect. Yeah. A little empowerment, a >> Perfect. Yeah. A little empowerment, a little intuition definitely gets you a little intuition definitely gets you a long way in the beginning.

long way in the beginning. >> Yeah, I told you I when when the book >> Yeah, I told you I when when the book came out or the radical mission book came out or the radical mission book came out, I was like dancing, doing a came out, I was like dancing, doing a little dance because I finally someone little dance because I finally someone put in the words and it doesn't have to put in the words and it doesn't have to be me and now people can read and be be me and now people can read and be informed and make an informed decision informed and make an informed decision about what kind of care might be right about what kind of care might be right for them.

for them. >> Right. Right. Absolutely. >> Right. Right. Absolutely. Well, if our listeners would like to Well, if our listeners would like to reach out, connect with you, you know, reach out, connect with you, you know, what's the best way for them to find what's the best way for them to find you? Where can they find you? How can you? Where can they find you? How can they find you?

they find you? >> I think the easiest resource is my >> I think the easiest resource is my website, ainomo.com. website, ainomo.com. I know it's a little mouthful in and of I know it's a little mouthful in and of itself, but um itself, but um >> maybe there will be a link on your show >> maybe there will be a link on your show on absolutely podcast. Uh it's on absolutely podcast. Uh it's ainomoer.com ainomoer.com ainomoer.

Resources, TED Talk, and Closing Remarks

com and um I I've got and um I I've got decades of resources available for decades of resources available for people to learn about what's possible to people to learn about what's possible to inspire them to um inspire them to um uh I I have a product that might u be of uh I I have a product that might u be of value to them all kind of self-hypnosis value to them all kind of self-hypnosis recordings that can help them prepare recordings that can help them prepare for surgery and uh chemotherapy and for surgery and uh chemotherapy and radiation and everything in between and radiation and everything in between and other tools. those other programs. There other tools. those

other programs. There is the in-person uh 3-day intensive is the in-person uh 3-day intensive program that is designed to help um program that is designed to help um patients enhance the functioning of patients enhance the functioning of their immune system. And then then the their immune system. And then then the there's the online program uh similar there's the online program uh similar name to the radical remission, a little name to the radical remission, a little different. It's called the mindful different. It's called the mindful remission um online program and it's an remission um online program and it's an 8week long protocol and 8week long protocol and >> we work together. We do a lot of really >> we work together. We do a lot of really deep work right there, whether it's in deep work right there, whether it's in person, in person or online. And most person, in person or online. And most importantly, we get the job done, which importantly, we get the job done, which is uh maybe at another time, we can is uh maybe at another time, we can share more inspiring stories of people share more inspiring stories of people that uh thrived, not just survived that uh thrived, not just survived treatment, but thrived through treatment treatment, but thrived through treatment and continue to thrive till this day and continue to thrive till this day because because because >> yeah, very much needed. So you guys and >> yeah, very much needed. So you guys and your work and the radical mission your work and the radical mission project in and of itself is an project in and of itself is an incredible resources uh for for anyone incredible resources uh for for anyone in need. Absolutely.

in need. Absolutely. >> Yeah, that's that's great. Thank you for >> Yeah, that's that's great. Thank you for that little plug as well. Um do you want that little plug as well. Um do you want to share about the topic of your TED to share about the topic of your TED talk we mentioned in your bio?

talk we mentioned in your bio? The TED talk was uh about the missing The TED talk was uh about the missing piece in cancer recovery and and piece in cancer recovery and and relating specifically to the realm of relating specifically to the realm of the subconscious mind because medicine the subconscious mind because medicine is constantly trying to catch up with is constantly trying to catch up with what the mind knows how to do. So the what the mind knows how to do. So the mind is the most brilliant pharmacy in mind is the most brilliant pharmacy in the world. It can tell the brain to the world. It can tell the brain to produce the right drug, any kind of drug produce the right drug, any kind of drug and disperse it into the right location and disperse it into the right location in the body. There's never an overdose.

in the body. There's never an overdose. So So So medicine is not a written and done medicine is not a written and done story. Uh even though sometimes story. Uh even though sometimes oncologists would like to present it as oncologists would like to present it as such. Um the truth is that every medical such. Um the truth is that every medical breakthrough that happens and they breakthrough that happens and they happen very often literally rewrite the happen very often literally rewrite the story. So yes, absolutely medical story. So yes, absolutely medical treatment is important, valuable, treatment is important, valuable, meaningful. But in my TEDex talk, I talk meaningful. But in my TEDex talk, I talk about uh the realm of the subconscious about uh the realm of the subconscious mind and using hypnotherapy and this mind and using hypnotherapy and this therapeutic model that addresses the therapeutic model that addresses the root cause of root cause of of illness. And um some would find it of illness. And um some would find it provocative. I think it's it's very much provocative. I think it's it's very much aligned with my findings over the past aligned with my findings over the past few decades. And uh it's available on my few decades. And uh it's available on my website, on my YouTube channel, and website, on my YouTube channel, and people can access it from anywhere.

people can access it from anywhere. >> Excellent. Well, thank you so much for >> Excellent. Well, thank you so much for coming on the podcast today and sharing coming on the podcast today and sharing your work with us. You are truly an your work with us. You are truly an inspiration.

inspiration. inspiration. And thank you to all of our listeners. And thank you to all of our listeners. If you want more inspiring stories of If you want more inspiring stories of healing, be sure to follow, share, healing, be sure to follow, share, review, like this podcast on your review, like this podcast on your preferred platform. And if you have your preferred platform. And if you have your own inspiring story of a radical own inspiring story of a radical remission, please visit remission, please visit radicalremission.com and complete the radicalremission.com and complete the And thank you for listening to the And thank you for listening to the Radical Remission Project stories that Radical Remission Project stories that heal podcast.

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