Opening Praise and Cancer Prevention Overview

Well, dear friend Nathan Crane, I'm. This is always so cool to get to chat with you. Thank you so much for for, enlightening us about so many important things under the lights of cancer.

This is something that I know that you really dug deep into for for a lot of years and spoken to a lot of smart people, gathered information and, and, though, you know, that way, you becoming smarter yourself.

Or one of the smart people I've, spoken to multiple times over the years is yourself, and, have learned from you and what you do in helping your patients to thrive.

And, you know, and so thank you for putting on this event, this, this kind of education, this format is so important for people to get this education and to learn and then to actually be able to implement it in their lives and to, you know, listen to all the interviews that you've done and to create a roadmap for people because cancer is, you know, the worst pandemic we've ever seen in human history.

I mean, we're talking about 10 million people dying a year from cancer around the world right now. You've never seen that before in any pandemic. And what blows my mind is cancer is primarily a preventable disease, right?

It's something that most of us can prevent with the right knowledge and the right choices. Now, not everyone can prevent it. 100%, right? But most people can.

We know upwards of 95% of cancer, you know, is primarily diet and lifestyle related, is primarily due to the toxic lives that we live, the chronic stress that we're under, the damage to the mitochondria and the DNA of the cells.

And we can prevent most of that by just knowing what causes cancer. You know, what changes do we need to make in our life and our diet? And how can we detox these, you know, these, cancer causing chemicals and toxins out of our bodies and out of our lives.

And then we see miracles all the time. I know you see miracles with your patients. I see miracles with me, the patients and clients that we work with through Conquering Cancer and our coaching programs.

And, you know, I have these incredible stories recently, case studies, of patients that are sharing. Hey, we did what you said with diet. We did what you said with detox.

We did what you said with emotional healing. We, you know, started, cleaning up our lives and everything. And the stage three and stage four cancers gone.

No evidence of disease, right? Two years, three years on, this disease gone. So we know it's possible. We know that when we get at the root cause of cancer, then it's possible for the body to heal itself of. I have to give a caveat.

It's it's never guaranteed, right. There's no conventional doctor that will guarantee your success. There's no natural approach or natural doctor or myself that can guarantee your success.

But we know that when you empower your mind and body to heal with the right methods and tools and strategies, you're more likely to be able to do it because, your body is an incredible powerhouse.

And that's also true for prevention. So people tuning in who say, look, cancer runs in my family. I got the Brca1 genes. Should I get my breast removed, you know, have all these questions.

Yes, the same things, but at a lower dose for people who have cancer are the same things that are going to help

your body prevent cancer. So, you know, those are some of the things I'm excited to, talk about with you, today.

Yeah. And I just had a patient yesterday for the first time. Yeah, she came in, and they did the genetic testing on her, and she had no genetic predisposition whatsoever.

I mean, there was none. There's no genetic target. You know, I hear she's stage four breast cancer. Yeah. And she is, you have almost treated out. You know, she really doesn't have much more options when it relates to, traditional oncology care.

And come to find out, you know, she grew up on a farm, you know, picking strawberries and, you know, all the pesticides and all the things that she was exposed to.

So these are the things that's important for an individual to kind of recognize that these things accumulate in the body and they, you know, create what's called epigenetic changes.

Yeah. Even though you may not have a genetic predisposition, like you said, most of the time it's 95% caused by what you're eating, what you're exposed to, what you're thinking.

And I think that that number is a very conservative number. I think it's it's probably more like 99% plus. So. So what are I mean, you mentioned a number of different things.

I mean, what what are some of the chemicals that we are exposed to that you feel that, you know, these are things that we need to really be concerned about.

And, and how do we get them out of our body? Because at the end of the day, that's the key. We got to get them out of our bodies to prevent these epigenetic changes that lead to cancer.

Yeah, 100%. So, you know, let's talk a little bit about the the toxins and chemicals we need to be aware of.

Environmental Toxins and Rising Cancer Rates

Like I have identified nine major categories of toxins that we need to remove and eliminate, even though yes, we're exposed to hundreds of thousands. it's not that we have to be concerned about hundreds of thousands.

It's if we focus on these nine major categories that have been linked to cancer, that have been linked to mitochondrial damage, have been linked to DNA damage, reactive oxygen species, chronic inflammation, all the stuff we know are precursors are directly associated or directly contribute to cancer.

You know, we understand these nine major categories, and we can kind of, you know, do one at a time. But what's interesting is the protocols that I have discovered and developed, they kind of handle all of it.

That's the nice thing, right? You make some clear, specific changes and then there's advanced detox stuff I can share as well. But what I find is most people aren't even doing the seven foundational things that eliminate 80% or more of the toxins were exposed to.

So it's like getting the foundations and we'll cover those. And then, you know, adding in some advanced stuff can be can be really helpful. But when I give a lecture in front of hundreds of people at a conference and I have them raise their hands by the end of the seven foundations I list, nobody has their hand up.

Or it might be one person, you know that's actually doing all seven. So I just want to, you know, reiterate how important the foundational stuff is. First, before we get kind of, you know, into the shiny object stuff.

now, yes, you have a stage three or stage four cancer. You're going to want to do as much as you possibly can, right? But I'm talking early cancer. I'm also talking cancer prevention.

And then I'm talking yes. If you have cancer, you know, these are the foundational things you should be doing while you're doing all the advanced stuff or under the care of, naturopathic oncologists like yourself, you're going to be having lots of tools and resources for your patients.

But there was a study done by the EWG where, you know, they discovered 287 chemicals in the umbilical cords of, of babies. And this is pretty wild because until that point, most doctors, scientists thought that the the cord, the umbilical cord protected the baby from the pollutants, from the heavy metals, from the toxins.

We now know that's not the case. Unfortunately, 180 of those chemicals are carcinogenic, meaning they cause cancer, 217 of them are toxic to the brain and nervous system, and they've been known to cause birth defects and abnormal abnormal development, in various kinds of tests and studies and animal tests and so forth.

So we we realize that just in the last, you know, 100 years alone, there's been 140,000 new chemicals created and childhood cancer has increased substantially, along with adult cancer has increased substantially.

And now the new study that just came out, it was published in the BMJ oncology, showed that younger people under 50. In the last 30 years, cancer has increased by 80%, who is 79%, nearly 80% increase in cancer in young people under 50.

So we're talking 20 year olds, 30 year olds, 40 year olds who thought, yeah, I don't have to worry about cancer. And now it is affecting everybody at higher rates than ever before.

And so if you look at, okay, what's actually changed, you know, in the last 100 years when cancer was almost unheard of, when 100 years ago, cancer was barely seen ever, even 50, even 70 years ago, in the 1950s, you know, cancer was believed to be about 10% of people.

Now we're almost at 50%, right? And humans have been on the planet a very, very long time. So if it were genetic, you know, we would have seen cancer for thousands of thousand years in everybody.

Right? We're seeing it in so many people now early on, earlier than ever before. It's not just better detection methods. It's literally we're seeing these massive increases.

you know, melanoma in the 1950s only had one. About two people had cancer out of 100,000. Okay. Two out of 100,000 now up until about 2007, that rose 17 fold.

So it's 17 times increase in melanoma, for example. And what's the number one thing has changed. The number one thing has changed in the last hundred years is this massive explosion of manmade chemicals.

We've seen more than 140,000 new chemicals been invented and manufactured in the last 75 years alone. Most of these are synthetic. They're man made. They come from fossil fuels and so forth.

and they're unbelievably disseminated. They're in, you know, they're pesticides. They're they are in our clothing. They're in our toothpaste. They're in our our shampoos and conditioners.

They're in our skincare. They're in a clothing in our homes. And most of these chemicals get passed and allowed to be manufactured in countries with very little scrutiny.

And you remember things like DDT, right? There were songs on television saying DDT is good for me, and they were spraying kids with DDT. You know, think of asbestos, think of lead, chlorofluorocarbons.

All these things were considered safe, effective, you know, non damaging. And now who knows how many millions of people's lives were directly impacted negatively cancer causing Alzheimer's, neurodegenerative disease, autoimmune disease, gut damage, all the stuff that comes from these chemicals and can.

I was never allowed into the market without scrutiny. Can I make 111.? Yeah, because you're saying melanoma.

So we're thinking melanoma skin cancer. So we got to put skin as you know, sunscreen on ourselves.

And so here you're saying back, you know, when you say in the 50s, you know, there was like two out of 100,000 and now there's 17 fold in 2007. Well, I assume back in the 50s, we didn't do a lot of sunscreen at that time, did we?

Exactly. And people spent more time outside as well. Yeah, exactly. I know. So that kind of busts that theory that the more sunscreen. Yeah, it's, you know, the less melanoma.

because they've seen that the sun in itself is protected for internal cancers. I mean, I mean, you should still be smart about yourself, but so and we know that the skin is a detoxification, a detoxifying organ.

So if you're filled with toxins, you're exposed to sun toxins, move out to the skin surface and then you're that triggers then oxidation of those, those skin cells.

So it's not really the sun in itself. It is also it's those toxins, you know. And if you lather toxic, you know, sunscreen on you, you're gonna you're going to create more toxins onto the skin and trigger more oxidative damage onto the skin.

So yeah. So I just want to kind of throw that point I apologize. No, I'm glad you brought it up. I have an entire, webinar presentation on that topic and the research behind it, and I and I would bet, you know, $1 million that if they studied, if we did a study, if we did a placebo controlled group study of, you know, say you took a hundred people who spent an hour a day in the direct sun, let's say the noon sun, you know, in someplace like Florida, right?

With no, no chemicals on their body at all. No lotions, no. No sunscreen, no anti-aging creams. None of this stuff that's full of all these toxic chemicals.

Right? Put in an hour a day in the sun, and then you take another group. Same people, same lifestyle, same everything, and lather them up with the lotions they use in the sunscreens and anti-aging creams and, you know, all the stuff and then compare them.

Sun Exposure, Sunscreen, and Skin Cancer Debate

I would just about guarantee it that the people with all the skin care products that they use would have a significantly higher cancer rate than the people who don't internal and external skin cancer.

And likewise, one, because we know we need vitamin D for our immune system to fight against cancer. It's an essential hormone for our health, right? And we primarily get that from the sunshine and getting adequate sunshine.

But to just as you said, I really do not believe that the sun by itself, the UV radiation, which is essential for all life on the planet and including human life, is responsible for majority of cancer skin cancers.

It is. And just think about this. Just think about basic science. Take some, you know, UV radiation and then put it against chemicals, right. And send it in and slam it against all kinds of chemicals and create this whole laboratory reaction on the body.

And what do you think's going to happen? You know, it's like, well, you get it. You know, I got this UV ray and I'm shooting it and then I'm hitting all kinds of these manmade chemicals and toxins, you know, on the skin where it's getting absorbed into the bloodstream.

Like what do you think's going to happen, you know, so people go, what do I do? the sun's bad for me. One, the sun is not bad for you to know. You should not be getting burned every day.

Of course you're getting burn, burn, burn, burn, burn, burn. You know, we know that that, you know, creates too much damage. But if you're spending an hour in the sun every day, you're not going to get burn number one.

You'll you'll build some more. You know, most people will produce more melanin, which actually blocks, you know, from getting sunburn. And you can spend more time in the sun. You'll produce more vitamin D.

But number two is, I don't wear sunscreen. I haven't worn sunscreen for years. What I do is I make sure I get sunshine as many days a week as possible, and two, if I feel like, you know, I'm at the beach for a few hours, I'm going to get burned.

I put on a hat and a thin long sleeve shirt. That's the best sunscreen you could ever use. So I'd stop the chemicals, stop the toxins, stop the sunscreen.

Right. And, and we're going to see some major improvements. But, you know, that leads into what I have discovered is like the nine major toxins we need to be concerned about. And, I can send this to.

Actually, I'll send this entire present. I have an entire presentation. We won't be able to get into all of it today, but I'll send it with all the resources and links and everything I'll give.

I'll give a link to everybody at the end, then go download it for free. so they don't have to necessarily take notes. But the nine major toxins are heavy metals, phthalates, pesticides, herbicides and fungicides, processed sugar, electromagnetic pollution, Candida, lice and viruses, bacteria, parasites, and mycotoxins, fillers, additives and preservatives, VOCs and ACS, and chronic toxic stress.

And yes, chronic toxic stress is essential as a major toxin, we have to learn to heal and manage because we know what it does to the immune system. We know that it contributes to chronic inflammation.

We know that it down regulates our body's ability to, to heal against cancer. So, you know, we can, obviously, we're not gonna have time to go into every single one of these right now.

I could talk about a few of them, or if you want to ask me anything, we could. We could take a moment. Yeah, I'd like to. Yeah. Because obviously these are, you know, if you kind of bundled together these nine categories.

Yeah. So we're talking about chemical heavy metals. And obviously we need to you know one this you know, don't expose yourself you know to how do you get rid of them.

We ain't got them you know. So those those are kind of two factors. so yeah. Tell me a little bit about how kind of go through for people how to avoid them, you know, where did they find them?

And then also what can they do to support themselves to kind of clear, you know, the heavy metals and chemicals as a category out of their system. Got it. Good.

Yeah. Perfect. So where are you going to find most of the heavy metals? One of the biggest ones you've got to be aware of are things like mercury and aluminum lead, these kinds of heavy metals that are in your water.

They're in your pots and pans. sometimes they are even in various products that you're using. Mercury is in so many products today, it's insane. It's found in most fish now, unfortunately, you know, aluminum is, is, very toxic.

And a lot of people use aluminum cookware. They use aluminum water bottles. we know that, aluminum, causes all kinds of problems. We know that aluminum is even in certain vaccines.

We know it has pro-inflammatory effects. Peptide denaturation, and it can lead to oxidative stress, immunologic alterations, Geno toxicity, all kinds of problems.

Same with mercury. Mercury is, carcinogenic. Mercury is in most people's silver amalgam fillings, so finding a

biological dentist to get those out is essential.

We know so many case studies of patients who get their mercury fillings removed. It's got to be safely by a biological dentist who knows what they're doing.

And we see so many improvements of their health. Sometimes a cancer actually goes away, sometime back pain goes away. Sometimes, like some, mysterious symptoms they had for 20 years goes away.

I hear all these case studies. When you get those mercury amalgams removed. That's a big one, because we're literally. Yeah, they tell us it's safe, but you can see just the little tiny like, think about mercury off gassing in your mouth 24 over seven.

Because it does it does off gas. This has been documented. Now they tell you, oh, it's safe levels. There is no safe level of mercury. I'm sorry. No safe level of mercury.

and same with, aluminum. So you're going to find that and then, you know, phthalates, you're going to find those in most of your plastic products. you know, it's in all kinds of it's, you know, the big one is PVC, polyvinyl chloride.

It is a known human carcinogen. You're going to find it in all kinds of packaging and your plastics. You're going to find it in, you know, a lot of this stuff is actually in lotions and creams and shampoos and deodorants.

There's aluminum. It's been in deodorant for years. Like, why do you need aluminum in deodorant? Right. Going right into your lymphatic system. And then women have breast cancer formed right out of that lymph node.

It's it's crazy to think about. We don't need this stuff in our products or in our bodies.

Nine Major Toxin Categories to Address

Pesticides, oversize fungicides you're obviously finding on conventional food. processed sugar is not a direct cause of cancer, but it is certainly, inflammatory and feeds cancer.

so processed sugar, you know, Emfs, we're not going to get away from emfs 100% when I get away from any of this. 100%. That's not the goal. The goal is to, improve is to get to an 80% plus because the body's resilient.

When we give it the environment it needs to thrive. It can handle a lot of stress we throw at it, but it's when it's too much and it's accumulating for decades.

And then you see these cancer explosions. So we're not trying to be perfect. We're trying to reduce, mitigate and eliminate as much as we can. And I'll I'll share with you the steps to do that in a moment.

Once I get through these candida lice and micro toxins, viruses, parasites. You find this because of your diet. You find it because of processed sugar.

You find your candida and and mycotoxins and viruses and parasites taking over your body because the environment, because your gut is unhealthy, because the food we're putting in is toxic, because we're filling our bodies with additives and fillers and preservatives and processed sugar.

And those things thrive in that environment. Again, it's not about getting rid of those things. Actually. We need the bacteria. We need the fungus. We need the yeast.

It's just when the quote unquote bad ones, you know, take over because they're opportunistic, because we don't have enough of the good ones in our system, in our digestive tract.

That's when we start to see problems and they, you know, start to take root. And then you have all these symptoms and this chronic inflammation, you know, fillers, additives, dyes, preservatives, all this stuff we don't need.

You don't need it in your food. There are many studies showing that mixing multiple chemicals together in these products cause DNA damage. Mitochondrial damage can contribute to, you know, metabolic dysregulation.

And, it's just we don't need it. You know, in the VOCs you're finding in your home, it's on it's off gassing from the paint, from the formaldehyde that your covers were soaked in from the the fire retardant carpets, from that beautiful blanket you bought your grandchild and didn't realize that it's laying off, gassing these vaccines that are volatile.

There's a word volatile organic compounds. And this is not organic in the way we're going to talk about it. This just means these are volatile organic compounds.

These are toxins that are in carpets, flooring, cabinets, blankets, cleaning chemicals. Right. And and then obviously PTSD, chronic stress and trauma.

And we'll talk about that because that's a really important one that most people actually don't focus on. But when they do, they often see the most miraculous healing.

So that's that's a brief overview of of where you're going to find these things and see them in your life and what we need to do to heal. Let me get into seven foundations for everybody.

Right. So foundation number one, and this is gonna sound so simple, but the best solutions are usually the simplest, right. The best solutions are usually common sense.

But are you actually doing it. So step one is where I teach all of our clients. Step one by at least 80% plus certified organic whole food and eat 80% plus whole food plant based.

So meaning you're getting most of your calories from real foods from a diversity of plants, from the phytochemicals that come from cruciferous vegetables.

Your broccolis, you know, your sprouts, you're getting herbs like a Reagan. Oh, and time and cilantro and parsley, which help pull out the heavy metals.

You're eating berries and all kinds of veggies every day. Carrots. You're doing fresh juice daily. Organic. Why organic? Because we pesticides, herbicides, fungicides we know are sprayed extensively on non-organic foods.

And we know that some of them are carcinogenic. Some of them are probable carcinogens. Most of them, if not all of them, are endocrine disrupting. They mess up our hormones.

They tear up our gut. Right. And when you buy USDA organic? Yes, you're not going to eliminate 100% of all pesticides, but you eliminate 80% plus. And that's the goal.

Remember, the goal is to get 80% plus of what we're doing. So that way our bodies can do what they're designed to do, which is eliminate the rest. We can eliminate heavy metals.

We can be exposed to certain amounts of heavy metals for years and years and get rid of them easily when we're doing these seven foundations. So foundation number one. Yeah.

And what's important for people to understand is that when you do organic, it's not just that you're avoiding pesticides, which is really important, or avoiding heavy metals, but it's also these different phytochemicals.

They help in the elimination of these toxins that are built up in the system. So it's like a double benefit when you bring this into the system. 100%. Exactly.

And so we're removing the toxins and then we're bringing in again whole food plant based, you know, at least 80% plus is what I recommend because then you're getting lots of veggies, lots of fruits and berries, lots of, you know, legumes and nuts and seeds.

And you want to eat diversity, whole grains, these kinds of things. step two also very simple. Most people have not done this. Replace all your body care, your soaps, your lotions, your toothpaste, your deodorants, your shampoo, your clothing, what you wash your clothing with, what you wash your dishes with, with the liquid you put in your dishwasher.

Everything you use that either makes contact with your body or goes in your body. Replace all of your body care products with certified organic. Again, you're eliminating the fillers, the additives, preservatives that we talked about. You're eliminating the pesticides.

Riverside's fungicides. We talked about your eliminating those chemicals we talked about to go on your skin and may have a reaction with UV light and potentially lead to cancer.

Super simple. But you know, it's like I replace you don't have to get 20 products. You know, we use like one organic Castile soap for just about everything.

You know, Doctor Bronner's is a great brand, but there's a bunch of brands out there, you know, toothpaste, deodorant. You know, you get 4 or 5 things that.

And that kind of covers most of your things. Purity woods has an organic, age defying cream that's really good. You know, if you want, like, skincare cream, lotion, there's, there's, organic lotion that you can get, all these options are available.

Yes, they're a little more expensive, but how much is your health and well-being to you? What does that mean to you? And when we're buying organic foods, we're buying the Whole Foods.

You're buying the fruits and vegetables. You're in the real living foods section. That's not much more expensive than conventional, where where you spend way more money is when you go down the processed food aisle and you're getting the cereals and the candy bars in the processed food and the potato chips and all that stuff.

It's double or triple the price when it's organic, and it doesn't make it any healthier for you. Really. Like that's the price stuff. We should be mostly avoiding 8,090% avoiding it.

Have it once in a while, fine, but it should not be part of your daily diet. And when you're eating organic and shopping organic in the real food aisle, it's really not that much more expensive, especially if you're going in farmers markets or you're eating a little more seasonally.

You know, you don't have to have blueberries every single day of the year. Even though I love blueberries and I almost have them every day when they're out of season, they're they're more expensive, you know, and so you can just shop a little more mindfully.

Step three is you have to filter your water, but not just your drinking water. You've got to filter the water that goes on your skin. So in your shower or your bath, and you got to filter the water that you cook with.

So, you know, a reverse osmosis under the sink water filtration system, is, is a great place to start. Like a couple hundred bucks, you can go anywhere from, you know, $50 a filter, up to $5,000, filters, whatever your budget allows.

But filter your water. There are pharmaceuticals in most people's water. They're heavy metals and mercury and aluminum found in most people's waters. There are all kinds of chemicals and toxins and pesticides found in most people's water, even, well, water.

So you're like, oh, I'm on a well. I don't need to worry. Have you tested your well water? Because that leaches down into the aquifer, unfortunately. And so we've got to have a good charcoal filtration system.

Seven Foundational Detox and Prevention Steps

Now, some people can afford a whole house filter system, which is great, but if you can't, you know, reverse osmosis under the sink. and then a simple showerhead, charcoal screw on filter that you change every 3 or 4 months on your shower.

I've got one on all three of our showers. And, you know, it's like those aren't expensive. And they last 3 or 4 months at a time. But again, it's what is important for your health.

And you don't want the toxins from the water going into your skin. I've said this for years and years. What you put on your body and in your body becomes your body.

What you put on your body, and then your body becomes your body at a cellular level. So the water, yes, the toxins are seeping into your skin, into your bloodstream, filter all your water.

The fourth step is you've got to filter the air in your house. There are studies that have been done that have shown that actually most indoor air in homes and offices is more polluted than some of the most polluted cities outside.

So if I go down in the middle of New York City and I see all this, you know, fumes and stuff coming off and smell gasoline and oh my God, it's so toxic out here, I need to go inside to get some fresh air.

You're actually better outside in New York City in that air, than in your own home or in, inside most commercial buildings. And why is that? Because at least outside, you're getting the air circulating.

The trees are sending oxygen like it's not staying stagnant in your home. It's stagnant. There's VOCs 24 over seven are just you can't see them, but you're just breathing them in.

And we know that they're toxic. So you have to filter the air in your home either with a good filter like I use air doctor. I've used different ones over the years, a good filter and or so I use both.

But whatever you can do. Plants, living plants and plants are actually the best in my opinion. I have a few plants in, thanks to my wife who takes great care of them.

I have a few plants in every room of the house, and yes, some plants filter better than others. You know, aloe vera is one of the best ones, but NASA did a study years ago, and they discovered one plant per every 100ft² of your living space is enough to filter most of the toxins out of the air.

So just do the math. If you live in a 2000 square foot home, that's 20 plants. Spread them throughout the home. Get easy indoor ones to take care of. And guess what? It's beautiful.

You're breathing fresh oxygen and they are cleaning the air for you. Step five is you got to get rid of the nonstick and aluminum pans. and replace them with cast iron.

That's my favorite. Cast iron or stainless steel. Those are like the two best you can use. are they as convenient? No. Do they take a little bit more?

Take care of. Yes. Are they ten times better for your health? In my opinion, absolutely. We talked about aluminum. We talked about the dangers. You know, these nonstick pans.

Now you got all these ones that are my wife even got convinced she got, you know, sold on she went to Costco and we need a new pans. And they're like, oh, these are from Europe.

They don't allow these toxins on them. This nonstick is actually a healthy version. And, so I was like, okay. And they were like super expensive. And I did the research.

I looked it up. What material are they actually using? Did the research on it, looked into it? Nope. Just as toxic as anything else out there. They and they're promoting it as nontoxic.

And you know, they were nonstick and they don't allow these chemicals in Europe and blah, blah, blah, blah, blah. And I'm like, it's the same crap. It's the same crap.

And so you've got cast iron, stainless steel or ceramic and ceramics. Tricky because you can't really get a ceramic pan that is ceramic through and through.

You can get ceramic coated pans. but oftentimes the inside is aluminum. So the ceramic wears off in your, you know, scratch in aluminum in your food, soaking it in or, or you can get ceramic coated and then the insides, like stainless steel is what I've seen.

And so those are going to be your best bet for a ceramic pan. but I'll tell you what. I got a cast iron pan, and I use that thing for everything. I love it, it's polished cast iron.

I can hand that down for generations to come. That thing will last for a thousand years. You know, you take care of it, and it actually gives a good flavor to the food.

second best is going to be stainless steel. Yeah. And the beauty with those is that, I mean, it's like evenly cooked and you. Yeah, you got to kind of keep keep, you know, keep them oiled sort of say, you know, you got to season them and bring in.

Yeah that that oil. And after that they're just a dream to cook with you know. So we yeah we we love our cast iron pans. You know they're they're amazing.

Yeah. Exactly. And so I know I'm still staying high level and basic for most people. But as I said like and we're getting some advanced stuff here in a minute.

But these foundations are essential. Ask yourself, am I doing all of these things every day? Right. And most people are not. But if you are, good job.

keep paying attention because there'll be more that you can do that will help you. Number six is plastic, right? We talked about phthalates, the toxic exposure to phthalates, plastics.

We got to get rid of plastic water bottles, plastic containers and replace them with stainless steel and or glass. Okay. Because of plastics now plastic is okay in my opinion.

If it's holding something dry, right? If it's like you just have and it's not getting, any liquid in there. Liquid absorbs toxins from the plastics, and I still suggest replacing as much plastic as possible where you store any food, because even condensation can build and things like that.

But if there's liquid going in plastic, you know that it is absorbing chemicals from it and then going into your body, one water bottle, single water bottle they found recently when they were checking for microplastics had something like 200,000 pieces of microplastics in the water in a single water bottle.

Right. So if you use, water as you buy, you're like, oh, I buy bottled water. Is is cleaner. I'm sorry to say. It's actually worse for you. You are drinking millions of pieces of microplastics and chemicals putting into your body.

So bottled water is not better. You got to do filter water and then use glass for anything that you use. These are I mean, the thing about glass now is that it is so affordable.

I mean, I bought 12 of these to fill with juice. I'm doing a juice cleanse right now and it was like 20 bucks on Amazon, you know what I mean? And it's like the day we live in now is is pretty crazy when you can get you know, ten years ago, buying glass bottles was like, you know, 30, $40 for a single bottle like this, you know, now you can get 12 bottles for 20 bucks or something.

So replace anything that liquid goes into with glass and reduce buying, plastic wrapped liquid types of foods as

much as possible. Again. So to be perfect you're not be able to 100%.

But we're looking for 80% in step seven. This is where most people fail is emotional detox. And I say fail because most people aren't doing this. when I when I give this lecture in person and what I say is, you know, we know that, through many studies that a daily meditation practice can help with cardiovascular health, anxiety, stress, immune system function, blood pressure, memory, addiction, sleep, all the things we need improvements in to help our bodies fend off against cancer.

And so what I recommend everybody do is start with a 15 minute guided meditation practice per day, and eventually work up to 30 minutes. If you have cancer.

I mean, really, you have to take it seriously. The people who I have interviewed over the years who reverse cancer, every one of them has had a very focused meditation practice, oftentimes twice a day for an hour, an hour in the morning.

Elaine Gibson, Doctor Veronique Dasani and so many who said, look, I knew I need to reduce stress, I need to heal emotionally, need to upregulate my parasympathetic nervous system.

So in our meditation in the morning, our meditation at night is two hours. Now. Yes. Is that time? It is. But again, how much time is your life worth to you and how amazing you feel when you meditate?

But I recommend people start with 15 minutes. Get an app, download calm, go to YouTube, search up guided meditations, try different ones. Joe Dispenza try qigong, try all different kinds of ones and see what you like.

Set a time, you know, get a place. You don't have to sit cross-legged. You can sit in your comfortable chair, you can lay down. You can do it as soon as you wake up, turn on your meditation or before bed.

But start a practice daily. At least. Work up to 30 minutes at a time. And depending on how serious your cancer is, you know you may consider increasing it further.

So those are the top seven foundations that you know every single person should be doing. If you want to. If you want to try and prevent cancer and you want to empower your body to heal against cancer.

And, and we can go to some of the advanced detox stuff as well if you want, or if you have any other questions before we do. None. And that's, that's a, that's a thing is that people people come to me, you know, these these kind of heroic treatments and they are all amazing.

They it's incredible. But all these different lives do and you know, I'll I'll leave, you know, photodynamic and, you know, metabolic and therapy, ptosis and, you know, all these different things are they're incredible.

But if they're not added to a foundation, you know, they they are not going to get anywhere. And that's why it's so key to be able to place this foundation and and this is something that is I mean, yes, it cost a little bit money, but it's not that expensive.

I mean, and like for greens, if you want to do organic greens, you can sprout your own, you know, sprouts, you know, buy some seeds and it's inexpensive and have a sprouting jar.

And I mean, it's amazing what you can create out of that, you know? So all these different things are so vital and so important, and you get to build have that as a foundation and build upon.

And so, so I really appreciate you. You're doing this. I want to kind of go back a little bit, you know, for like aluminum, is still in my head. So aluminum, you know, with the vaccines, you know, we, we think of, you know, aluminum to say, well, we have it as an adjuvant.

Well, what what what is an adjuvant. What does it do? Well, it actually aggravates immune system to have a

stronger response to whatever the virus or whatever it is that they add to it.

So so here we are then, putting stress on the immune system each time when we're adding aluminum. And it's so pervasive everywhere. And also they've seen like and and like you talk about Alzheimer's dementia.

They've seen how when you have mercury or aluminum, how the nerves are not really they're not wanting to connect. They're actually retracting when when they are, when they're seeing aluminum and and the mercury.

So imagine then having the silver fillings in your head and it's going up, you know in your teeth. And it's going up in your head. You know, what are those nerves going to do.

Well they're not going to want to communicate, you know. So what happens if you have all these trillions of, potential nerve endings that are supposed to communicate that allow you then to form words to be able to remember, you know, the name of your grandchild or remember, you know who the person is that you're meeting at the grocery store, who that is.

Yeah. Those neural connections, you know, because of the mercury aluminum, they're they're kind of they're retracted and they're not going to fire. And you're going to kind of stand there and not really remember, you know, remember.

So it is so important to understand the, the impact of these different, these chemicals and heavy metals. Yeah. It's it's not just, yeah, a little heavy metals here and chemicals and has a little bit of an impact.

And I should be careful. They it it's a big, big impact. And to do these fundamental fundamental foundational things you're talking about, it's it's such a key.

Such a key. So so thank you so much for for bringing this up. You know thank you. yet if you, if you don't mind kind of some of the, just a couple of, of some of the advanced things because I'm, I'm so we've been talking about them and and I'm sure people are.

Yeah. I don't want to miss out on this. Yeah. Well, I know, I know, we only have, like, two minutes left, so let me do this. I'll just list I have my top 11 list and I'll just list them and then I'll give people to the link to the presentation.

They can go download it for free.

Advanced Detox Methods and Emotional Healing

And then actually my own personal protocols products I recommend what I personally use, what I personally do. All the details are in the full presentation.

I'll just give it to everybody, but I'll just list, all 11 really quick, so people can see, am I doing that? Am I not doing that right? if you're not doing it, you might consider adding it in.

The first one is Zeolite Planet to light spray because of its ability to bind to heavy metals and pull them out of your body. The second one is crack cell chlorella.

Because of its ability to detox heavy metals and toxins out of your gut. Third one is fermented foods. Because of its ability to rebuild the microflora, we know 70% of your immune system is related to and stems from your gut, and so having that healthy, intestinal tract, healthy microflora is essential.

Fourth one is Sauna. And I have kind of a beginning sauna protocol up to like an advanced sauna protocol, temperatures, all that kind of stuff that I share.

in the document. Fifth one is phobic acid. Again, the gut is so responsible. Right. We know Hippocrates realized this, you know, 2000 years ago that this has been known for thousands of years how important the gut is for our

overall health and prevention of disease.

So folic acid to help repair the gut lining. There's a daily detox smoothie recipe that I share that has whole organic foods in it to smoothie. It's fantastic.

And it helps pull out these toxins out of the body. You just drink it once a day. I also go into specifics on why strength training specifically is so important.

Not just cardiovascular training, but resistance training and how it relates to detoxification and longevity. and then draining the glympse. So most people know about the lymphatic system, but a lot of people don't realize the lymphatic system, which is the lymphatic system of the brain.

And the only time that the brain drains the toxins out into circulation of lymphatic system is when we sleep. So during the day, it's mostly turned off for the most part.

And at night when we sleep, it takes roughly eight hours for your brain, your lymphatic system, to remove the toxins and the waste products that have accumulated in the brain.

And remember, the brain is mostly fat tissue. And that's where heavy metals, to your point, you know, you have these heavy metals in your brain and they're reducing these synapses and connections. And now you lost your memory.

You have all timers. You have, you know, you can't remember who your your own son is. We know that getting these heavy metals and toxins out of the brain is essential to our health.

And if you're sleeping less than eight hours a night, guess what? Your brain isn't doing a full drainage of the lymphatic system. So, I'll share with you some strategies for improving sleep and what you need to think about.

Because eight hours in bed doesn't mean eight hours of sleep. That's super important. Number nine is how to reduce our EMF exposure. Yes, we have computers and phones and Wi-Fi and all this stuff.

We're surrounded by it. But there are really simple things we can do each day to limit the mitochondrial damage substantially from the EMF exposure number ten is to heal these adverse childhood events, these Aces that we know contribute to up to 20 years reduced lifespan.

If you have a certain amount of adverse childhood events, if you have traumas and emotional stress in your life, we know through the research that they, show higher risk of cancer in both men and women.

And so there are some, some evidence based solutions that, you can follow, including meditation, but also qigong, Reiki, other kinds of healing. Hypnotherapy is actually fantastic.

there's a lot of evidence based solutions to help heal these emotional trap traumas that actually release neuropeptides. Dr. Candace Pert discovered this.

how these how are these neuropeptides get released into the body, into the bloodstream, gets stored in organs and tissues and their chemo attractants.

And so if we don't have the wherewithal to release these neuropeptides through emotional healing, they're literally attracting cancer cells to them and through the chronic inflammatory process contributing directly to cancer.

So we have to release this neuropeptides through emotional healing. and then the 11th one, which is the hardest, the most expensive, the most painful, but probably one of the most important is remove the mercury fillings from a biological dentist.

So, you know, you can do all this other stuff and it can be super, super helpful at the end of the day, at some point

that's something you should probably consider.

and so like I said, I know, I know, we're out of time, but, I'll give the presentation, all my recommendations, protocols, everything. people can just go download it for free.

That's it. nathancrane.com/detox. nathancrane.com/detox. And, you can have this entire presentation. All my protocols. Just give it to you to to have and, you know, use for, the Betterment of Your Health.

I love it, love it. Well, Nathan, thank you so much. This is invaluable information.

Free Detox Resource and Closing Remarks

you you always do such great, great, great job to kind of create organization out of what in some people feel is like chaos, you know, and and create a path and set that, that people can follow.

So thank you so much for for doing this. I appreciate this tremendously. Thank you. Yeah. My pleasure. Thank you.