Uncover The Power Of Your Circadian Rhythm In Healing Transcript

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Introduction and Cancer as an Environmental Issue

Well. Jason Prall is always, always exciting to chat with you. You're. You're a man to understand so much about. You know, how we should live and what we should do to to live a long, happy, you know, joyful life.

So thank you so much for hanging with me today. Yeah, thanks for having me. It's good to be here. So when it comes to cancer, I mean, we we always, you know, we we go down and into kind of the core component of the cellular.

But we almost have to in order to understand what's going on in the micro level, we need to kind of go more macro and understand kind of what are we surrounding by our environment.

And, and you, you travel the world, you looked at different societies, you know, the you you kind of did the, "The Human Longevity Project" you know, where you're really dug deeper into, you know, these societies, you know, what do they have, you know, that made them lives so well for so long and obviously, that kind of environment would then translate into, you know, what's going on on a cellular basis.

So, so talk to talk to me a little bit about what that environment looks like, you know, so that an individual can then benefit and kind of recreate that in some way.

Yeah. You know what's always interest me about cancer was the various causes of that. Right. So we can have a chemical that is carcinogenic. Right. And it's labeled it and we can. So in other words, we can identify that this chemical can cause cancer in somebody.

And then, you know, something like some kind of radiation. Right. We can say that causes cancer. Okay.

Cancer Causes, Stressors, and Longevity Societies

Well then we have, you know, a variety of, people looking into things that, that like infections, you know, like mold and these type of things in there relating it to cancer and how the cells operate in such a same way.

And could it could cancer really be a fungus? Right. Like there's these type of discussions being had. And so it's it's always been a fascinating thing to, for me to, to kind of just like hear all these viewpoints.

And so when I think about cancer, what I, what really resonates for me is that it's, it's a, it's a whole host of environmental stressors on the individual.

And so yes, anything can cause cancer. But but more often than not, when I'm finding is that it's a whole host of things that are, that are essentially leading into cancer.

Right. So cancer is the end result of a wide variety of stressors on an individual. And there's usually some constitutional we can call it genetic, if you will, but a constitutional sort of weak link or a chain in somebody and we all have it.

Right. So there's always these sort of trade offs in biology when it comes to adaptations. And, and how we're all built, so to speak. And so, you know, whatever the stressor combined with the sort of weak constitutional aspect of somebody and there's this like kind of unique, sort of combination of things that that eventually ends in cancer.

And, and so, you know, when people are trying to understand what it is and what causes and why it happens, we really got to take, a wide view, right? We got to take a 30,000ft view and say, okay, what are all the things in my life that could be contributing to the cause of cancer and or what are all the things that are preventing the natural

healing mechanisms within my body to recover from cancer or avoid cancer.

Right. So so to me, that was like the ultimate view that I took. And, you know, when we traveled around the world, for the Human Longevity Project, we are in Ikaria, Greece, and, and and Sardinia, near Italy and Okinawa and in, in Costa Rica, there wasn't a lot of cancer, in the stories of these individuals.

Right. So in other words, we're talking to people that are in their 80s, 90s and one hundreds, and we're asking them about their life and, and their environment.

Right. And, and all the people that they were around them. And, and there just wasn't a lot of story of cancer. Right. If you if somebody were to ask me when I'm 100 years old, I would have a story about lots of, of of experience with cancer in my immediate and peripheral environments.

Right. So so it's not that it didn't exist, it just it wasn't really a big part of their lives. And if it was, it was something that happened so late in life that it was a natural part of the death process.

Right. So it was we all sort of we all decline, right? That's just biology. Biology will decline. And so we all got to go somehow. but the reality is they weren't dealing with cancer at the in children like we see today in the West.

They weren't seeing cancer in, you know, ovarian cancer and, and colon cancer. And the rates we're seeing in people that are in their 20s, 30s, 40s and 50s.

Right. This is just it's far too young to be, seeing cancer at such a high rate. And so just to kind of maybe start there, that that's the way I'm kind of framing and looking at cancer is this, this, this conversation of things that is just, bombarding a system and overall it just becomes too much.

And so we've really got to figure out what are all the things. And this includes things like emotional trauma, neglect, you know, even head injuries. Right.

These that the things these can all put a stress and a load on the system that eventually will lead into something like cancer. Yeah. Because I mean, in essence, when you're talking about, you know, this cancer causing that is cancer causing.

I'm sure when you go to these kind of societies or these, you know, places where people live for a very long time, they are still exposed to things that, you know, are considered to be cancer causing.

But somehow, like you're saying, their stories are not part. I mean, cancer is not really part of their stories that much, even though they are may be exposed to this cancer causing aging, that cancer causing age.

And so and I agree with you. So you got to look at it as a, as a totality, as a sum total of what you are exposed to and kind of dissect that and, and compare that.

I mean, to me, like what you're doing, it makes sense. You, you look at, you know, what does the totality look like in an environment where this story of cancer is not told, you know, much at all versus, you know, like in a life like you and I, you know, I mean, there's so much cancer around us.

I mean, I don't know anyone that doesn't know two, three, 4 or 5 people in their very close circle that have either, you know, battled cancer, battling cancer or died from cancer.

Absolutely. And, you know, it's interesting is I've actually dealt with cancer myself. So I had a form of cancer called, cutaneous T cell lymphoma. And it's essentially a type of skin cancer.

And, you know, lymphoma. So there's a little, lymphatic immune aspect, like most cancers, that immune component to this, it's not particularly, deadly cancer, so to speak, but but it's a it's a cancer now, they don't know really what causes this.

Again, it goes back to kind of my point earlier. There's a whole host of things. But in my experience, I was in a house with, with mold, and it was at the time where, my child was, was born.

So I was getting no sleep because I had Newcastle, and I was living in a house unknowingly, them that had significant mold. And then I developed something called sirs.

Right. Chronic inflammatory response syndrome. And then I had, basically an infection, in my nose.

Personal Cancer Experience and Modern Environmental Load

called Mark Horn's multi antibiotic resistant coagulation negative staph infection. So I say this, to present a picture of somebody who, who studies health, who's been looking at health, who understands somewhat, how to live a healthy life.

And yet still I got, I faced something like cancer. Now, so, so much of it is, is out of our control in this modern world. Now, it doesn't mean I can't do anything about it.

Doesn't mean I'm disempowered. Doesn't even mean that I can't take responsibility for it. But what I'm pointing to is that we live in such a hyper novel environment that we are being.

We are faced with things that our ancestors four, five, six, ten generations ago didn't have to deal with and they may have had to dealt with other stressors, no question.

But overall, in the essence of things, the stressors that they were dealing with were more biological. They were more, and they weren't as, as, acute.

And they weren't as, there weren't as many of them. Right. So, you know, I was I used to be a mechanical engineer. And one of the things, you know, we did a lot of things, with regard to buildings and safety and health.

And one of the things that most people aren't aware of, you know, because I think this or mold story is starting to become a little bit well known in the natural health world.

In other words, we have lots of mold in our houses, and it's a fairly big problem in the West. But what's even a bigger problem is, this bacteria called acting on my CTS.

Now, this bacteria acts like a mold. It has spores, but it's a bacterium. And so if you do a mold test, you're not going to find acting on my CTS. The reason it's there is because of the mold resistant, chemicals that we use in drywall.

So, in other words, to predict against the drywall getting moldy, it's crowding out organisms and it just grows like crazy. And this becomes a human health concern.

And it's it's estimated by some, like, like, Doctor Shoemaker, that it's up to something like 70 or 80% of homes in the US are dealing with this. So now when you put all these things together and you end in a, in a specific person, you know, my wife didn't suffer like I did.

So there's something unique, right? And it could have been all the things in my past, coupled with my unique genetic constitution, we just don't know.

But the reality is, is that all these acute stressors coming together can create the situation where cancer can emerge. What's really cool is that we can recover from it if we know what we're working with.

Right? And so whenever as soon as that, I realized what it was. Now the solution is going back to nature's ways of dealing with something like that. Right?

So in other words, how can I put my body and my mind back into a state that is able to recover from something like

that? And that's really the trick. And so and I like how you kind of going back, I mean, our ancestors that didn't deal with these stressors that we're dealing with, they were not exposed to a lot of the chemicals we were dealing with.

And, you know, we we have evolved with medicines to kind of fight certain infections. And because of that, then other organisms are then evolving to to take more of a presence, you know, like, you know, we bring in antibiotics.

So now we have other type of bacteria that are evolving the antibiotic resistant, we get fungal, you know, that antibiotics don't deal with that start to kind of proliferate.

We got mold. So now we spray against mold. We know about mold, but because we're killing the mold now, we are then bringing other pathogens that may be even more virulent and harder to deal with.

So it's kind of this evolution that we're dealing with as we think we're fighting nature instead of, you know, working with nature and kind of bringing in the kind of ancient traditions and, and ancient way of doing things and living, you know, how our bodies evolved, you know, and so, so that that's that's really fascinating to me.

So this bacteria talk to me a little bit more about that. So what what does that one do in the body and how does that one impact us? I think to be honest, I actually don't know, too much about it.

other than it's, frequently an issue for people with but sirs with chronic inflammatory response syndrome. So the fact that it acts like a mold and it produces spores, it irritates the immune system. No.

No question. And it can take it, take you down from an immune perspective. Right. So here's the you know, this is what's fascinating about the immune system is that once you have a certain amount of load in the system and again, this can be an emotional burden.

This can be, you know, anything from the past. This can be, you know, bacteria, fungi, you know, metals, chemicals, etc. and no sleep, right? No sleep is a massive load.

So when you take any kind of load like that and basically knock down the immune system, now you're kind of just opening the door, right, for invaders and, and in things like chronic inflammatory response and it changes the biology and the physiology.

So much so that it's, it can be hard to recover from it. So in other words, it's not like it's a simple bounce back by taking a few herbs and things. You really have to work because these organisms are smart, right?

They've learned how to evade the immune system. They learn how to turn off the immune system essentially. Right. And so you're fighting this battle. And if it gets to to a point where it's it's long, it's bad enough.

Long enough. This is where, again, the reason cancer emerges, because the immune system is not in a place to to to turn this off, right. To clean up the cancer.

Cancer is always a potential in all of us, right? In every cell. We have mechanisms to control it. Right. And there's there's certain amount of, there's various types of cell death.

Right? There's 3 or 4 different kinds of well known cell death processes. And they need to be balanced. And if they're not balanced and we can get runaway issues right on both sides.

Right. If you have too much, killing of cells, we have wicked issues. And if we have not enough and we have things like cancer. And so the immune system essentially gets knocked down to a point where it's not able to keep up with something like cancer when it when it crops up.

Right. And then once it starts and it's kind of this builds up this momentum in the system, it's usually not until a certain point where you can even recognize it, right?

Fortunately for me, mine was on the skin so I could actually see it. Right. And it was actually visible. So, I was able to, to address it, but but the reality is, is that it is this hyper novel environment, like, that's that's the that's the real kind of, main thesis here is that because we live in an environment where so much is happening, we our attention is being we are so distractible.

We have so much stimuli. We live in a bizarre light environment. In other words, we're not outside, we're not in the cold. We're not in the sun. Right?

We we don't sleep very well and we don't sleep at the correct hours. We're eating at very odd times of day. we're eating too much. Generally speaking, we're not eating seasonally.

We're eating kind of this, these quote unquote healthy foods, even though they're hyper processed foods being flown around the planet. Right. So we have chemicals all around us, even if you're the healthiest person and beyond aware, if you're living in a moderately in moderate environment, then there's just going to be this stuff and there's there's only so much you can do about it, right?

I mean, I've got all this water filtration system, I've got a reverse osmosis. We we're mineralized the water. Right. So we're pretty aware we drink out of glass bottles.

We, we do as much as we can within reason. And yet if you're living a modern life, then you're going to be impacted in such a big way, right? And again, in my home environment, this was an issue.

Right. And we and and so this is where it gets it gets complicated and difficult. But the the if, if this modern environment in this hyper novel environment is the issue, then the solution is to go back to simplicity.

The solution is to go back to nature's wisdom. Right. So for me, with the type of skin cancer that I was dealing with, 311 nanometer light, in other words, UV light was a solution.

So yes, I could go out in the sun and expose my skin to that. Or I could. We have these modern devices that are mimicking aspects of nature, right? It's 311 nanometer light.

That was beneficial. Right? So I can I can lean into some of that. We can, you know, things like ravioli, fantastic. Curcumin. a lot of the mushrooms, my taki turkey tail, reishi and just loading up and and what I found with those is a practitioner working with a lot of people is that it's not the the two capsules per day.

It's more like eight capsules three times a day. Right. And of course, none of this is medical advice. This is this is my experience with with with this situation.

And so, you know, using nature in, in pretty significant ways and going back to that, going into things like looking at my sleep and circadian rhythm.

Right. Circadian biology was something that was, awarded the 2017 Nobel Prize to three American scientists studying circadian biology and understanding novel mechanisms.

Now, why is this important? Why circadian biology important? Well, circadian is that 24 hour light cycle, right? It's how our biology adapt to the light cycle.

What they're finding is that the cells every cell in your body has clock genes, period.

Immune Stress, Mold, and Chronic Inflammatory Response

Genes be more genes. And these are transcription factors and mechanisms within each cell that essentially allow it to tell what time of day it is. So you have these little clocks.

And that's really important because you need your thyroid to operate in a certain way at 9:00 am and a different

way at 9 p.m.. Right. We need our, our, sex hormones to, to spike into ebb and flow at different times of the day.

Of course, we have melatonin rhythms and cortisol rhythms. Everything. Everything in the body has a rhythm and it's based off of this 24 hour cycle. And so if we if our biology is yoked, is synchronized to the timing of the sun, in other words, we're going to sleep now.

Forcing ourselves are going to sleep, but we are naturally winding down and getting tired as the sun is setting and going to sleep. Probably just a couple of hours after sunset.

Then we're waking either just before sunrise or right at sunrise, and now we're starting our day. This is how the body operates. Our digestion massively influenced by the circadian rhythm.

So what if we eat a pizza at 11 p.m.? Forget pizza if we eat broccoli or any whatever you deem as the most healthy food you could possibly eat at at at 11 p.m., it is going to be digested vastly different than it is at noon, or when the sun is the highest in the sky, when our digestion is the strongest, right?

So this is a very important aspect. Detoxification is guided by this, and there's plenty of research that shows when the circadian rhythm is messed up.

Detoxification suffer right. When you talk about cancer, avoiding cancer and and healing from cancer, detoxification is massively important. You need the liver to be functioning.

You need your bowels to be moving things out. You need your lymphatic system in the interstitial space, in fluids to be moving toxins out of the system, moving biological waste out of the system.

So this is all highly, highly important. In fact, when I work with people with, one on one as a practitioner with that, people with cancers and autoimmune conditions and unknown syndromes that didn't have names and they couldn't even be labeled.

This was one of the first things I looked for is how is the person operating on a day to day basis? Not a not just how are you sleeping? Do you sleep eight hours?

No no no. When are you going to bed? When are you waking up? What is your day like? Because if you're sitting inside all day in a box and you're not exposing your eyes and your skin to the sun in any way, then your biology is going to struggle to understand what time of day it is.

Right? This idea of circadian cues on a regular basis. And they've looked at this for cancer and cancer, tumor suppressor genes, detoxification, the immune aspects of cancer.

It's all highly, highly regulated, by circadian rhythm. In fact, the pharmaceutical industries are now looking at the circadian timing of giving certain medications, right.

So certain medications are more powerful if they're giving it a certain time of day. And this is something that Chinese medicine and I are evader. They've known this for thousands and thousands of years.

And that's great. We're just now rediscovering it in the West. But it's something we often forget about as the general public because we we have modified our environment to our needs and our preferences and our tastes based off of our culture.

Right. So this is what I mean. This is hyper novelty that we're dealing with looking at screens, sitting down, not moving our bodies. Right. This is this is all brand new in the grand scheme of things.

And so we need to we need to unwind, undo some of this stuff. So for people that have us that are struggling with their circadian rhythm, perhaps struggling with their sleep or their energy, one of the most powerful things you can do is right.

When you wake up in the morning, go directly outside within ten minutes, go outside and go for a 15 to 20 minute walk. That's going to expose your eyes.

And this can be in the middle of winter. When it's snowing or raining, it's irrelevant as long as the sun's above the horizon. If it's risen, your your eyes are so sensitive and your brain is so sensitive to, to to pick up these cues of light that it's going to set your circadian clock.

And not only that, you're getting the digestion slowing, you're getting justification flowing, blood flowing, limp flowing. It's all moving just by going on a walk.

And it's so gentle on the system. It's a parasympathetic activity. And if you're breathing through your nose, you're activating your parasympathetic, even more.

You're you're increasing nitric oxide, which, which gets prana blood flow to various parts of the body. So there's so much that we can do that. I mean, this is so unsexy.

It's so, you know, not cool to talk about. And no doctor, no traditional doctors ever going to mention something like this. Right. So and in fact, a lot of the practitioners that I, that I see out there are still not really emphasizing this enough.

So it's a major, major thing. And, and these people that we come to see me when I would just do that one thing, every marker on lab test would improve.

I had people's eyesight improve because they were finally exposing it to light mood's improved. Right. your your drive, sex drive, your everything. Everything improves.

when you start to expose yourself to light. So this is what I mean. Hyper, hyper novel environments and getting lost in that in our modern culture versus what did my great great grandparents do?

How did they operate, and how can I sort of dip back into that, given the fact that I'm still probably operating in a modern world?

Circadian Rhythm, Light Exposure, and Detoxification

Yeah, yeah. I and and that's the thing is, is these kind of very simple foundational truths are usually, you know, the most important, you know, not this, this cool supplement here or you know, this to, you know, work on your cert, you know, certain genes or, you know, we get.

Too lost in that, in the minutia. Right? It's exactly the little details you get. So fascinating and that but you don't recognize you know what. What is the what is the foundation?

I mean, what what are we requiring as human beings to to function along with nature because we evolved with nature, you know, and and like you're talking about this hyper novel environment.

I mean, our genes, our mitochondria, our, you know, microbiome, you know, it has not had the time to adjust with these fast, rapid changes that we are dealing with, with technology.

We're surrounding ourselves with. So the the importance and to, to kind of have a transition time meaning that we, we, we do things that we traditionally did to reset our bodies and, and, and you know, talking about the research, you know, the circadian rhythm.

Yeah, we know about the melatonin, serotonin and, you know, and in regards to light and sound but but going, you know, into that this cellular function that each one has the circadian rhythm in itself not to be turned on.

So when, when we operate opposite from the circadian rhythm, there is a complete confusion. And within within the

body and and here we're we're looking at all these trillion reactions that happens every second in the body.

And if we just create a little bit of confusion within that, you know, just imagine what happens that. That's right. And I love what you're bringing in here, which is that this idea that there's so much happening in the body all at once, which is why, you know, if somebody has colon cancer, right, the focus tends to be on the colon and food.

And that's great. Like no question. You know, that needs to be a focus. And remember your sleep and your circadian rhythm are vitally important. Remember emotional trauma and whatever things may have happened to you as a youngster that you might be carrying around in an in a in a mysterious, magical way like these things are affecting us, right?

And I can share countless stories of how that translates. Right. The mechanisms we have some elucidated, we have some hypotheses, but the reality is that it's so complex and it's so interwoven that we'll never really be able to isolate how these things actually translate and how they work.

But, but, but what I can say is that things like early childhood trauma, things like even head traumas, they they conditioned our nervous system to a state of stress.

Right. In other words, our neurology will actually wire to be able to handle a certain amount of stress. And it'll be it'll essentially be stuck there.

And I have another business that I work, that I, that I own called Sarah set. And that's really what the technology does is helps to unwind this stuff.

So I actually see this on EEG all the time. We're looking at a stressed brain and it's stuck there. And this is somebody that's laying down in a chair relaxing, sometimes even sleeping.

And yet the brain is still showing signs of stress in certain areas. And so these are conditioned neurological patterns because of the way we've grown up in our environment.

And this can be due to boarding school. This could be due to due to simple neglect. This could be due to a divorced parents. There's so many of these things that happen along the course of our lives that are adding up to a system that is unable to dip into parasympathetic, that is unable to dip into relaxation, true detoxification, true digestion.

If you are constantly in a state of nervous system stress, then there are general edges wired for stress. Then your digestion will be impacted. If your jaw is underdeveloped.

Like most of us in the West, I actually have a jaw expander. because I had my airway mouth doctor, look at my airways. This is a very common issue in the West that we have two small jaws.

It's why we're taking out our wisdom teeth, because we don't have the jaw development to handle the amount of teeth in a spacious way. If you go back to Western, the prices work.

And the amazing, epidemiologic work that he did, anthropological work that he did, around the world with the Swiss, with the Afghans, with the native Australians.

He's showing these native populations with mass, massive, massive space between their teeth and all their teeth, and they're perfectly straight and aligned.

So now there's we should have a palate that is expanding. We don't in the West, most of us 90 plus percent don't have a palate and a job big enough to fit our tongues.

Why does that matter? Well, if our tongue doesn't actually fit in our throat, or in it in our in our in our mouth, in our jaw, then it's going to be moved back in, in our throat and then our, our nasal passages impacted because our, the

top of our palate didn't, didn't expand and flatten out.

So now we have an impacted airway in the nasal passage. We have an impacted airway in the back of our throat because our tongues being pressed backwards.

So now when we sleep at night we have these little tiny apnea or sometimes big apnea is, you know, defined as sleep apnea. But even people without diagnosed sleep apnea will have these little apnea.

So in other words, these little periods through the night where we stop breathing. And this could be one seconds, five seconds, six seconds. It could be these short little periods.

But this is impacting us. Now what does that cause that causes mouth breathing. Why does that matter. Well it reduces nitric oxide. Like I said before we it increases the stress response.

When we breathe through our mouth. It changes the microbiome of the mouth which impacts the digestive system. If we're taking teeth out, that's impacting our microbiome.

It's impacting the, the stress in our in our in our jaw. So this is all there's so much to this stuff, right? If we have metal fillings in our mouth that's impacting us.

So there's so many pieces and I don't want to overwhelm the audience here. But what I'm pointing to is there's remembering that the human body is all interconnected.

So if you have colon cancer, these things matter, right? If you have thyroid cancer, these things matter. So, so, so it's really getting back to the basics and understanding how this hyper novel modern environment has created a situation that leads to the body's inability, to, to heal itself.

And, and it fundamentally has the ability. It's just lost the communication. It's fighting a battle that's so significant that it's struggling to overcome. It's struggling to keep up. Right. And you mentioned it.

The key parts here are the microbiota and the mitochondria. Right. So there's three genetic systems in the human body three main systems. One is the human genome. Right.

And we all know about DNA and and and telomeres and all that. And that's great. Very important aspect of of our health. we used to think that was most of it.

Well, it turns out especially with regard to cancer mitochondria, it turns out to be probably a more important picture here. So the mitochondria have their own genome, right.

So when the mitochondria genes start to suffer the mitochondria themselves, the organelles don't work very well. They don't produce enough, energy. So we have low energy.

They produce a lot of reactive oxygen species. They're communicating danger to the rest of the cells. Their their the communication between mitochondria and DNA via reactive oxygen species is suboptimal.

Right. And and their mitochondria are responsible for producing hormones. They're responsible for taking out the cellular trash. They're responsible for cleaning things up and recycling.

And there's so much that they do. So when that stops working very well, the whole cell starts to break down, not produce enough energy. This is one of the precursors to not only cancer but all chronic disease.

I had a mitochondrial researcher and experts say that there's no chronic disease that is not related to mitochondria. So every chronic issue that we can think of has a mitochondrial component.

That's how critical they are to to the health of the cell and health of the tissue and body. Overall. So we have the

human genome. We've got the mitochondrial genome, very, very important pieces.

And then the third bucket is the is the microbial genome right. And this includes what we would term is viruses and parasites and fungi and all the organisms that live in and on us and all throughout our bodies.

So we those three things, if you want to call them that all communicate. So when you eat blueberries, when you eat curcumin, when you eat ravioli, when you eat some of these sort of cancer, beneficial compounds from mushrooms and what have you, it's really, a huge part of it.

Not exclusively, but it's not the it's not the components directly that are then impacting our cells. It's our microbiome then metabolizes these things, produces these, what we now call post biotics where these these compounds that then communicate or serve a role, and communicate to the mitochondria, they communicate directly to our cells.

Foundational Health Habits and Nervous System Reset

There's a three way communication going on, and a lot of it is, is is due in part to these things. So this is a really powerful, even if we just stick to the basics, a powerful understanding of when we eat and certain foods that produce butyrate, that act as a, as a fuel source, a very beneficial fuel sorts to colon cells and the mitochondria themselves.

We eat certain foods that produce hydrogen sulfide or produce honestly, countless post biotics that we haven't even identified in science yet. Now we can understand that everything I'm eating matters.

The Snickers bar that I'm eating is going to produce some kind of post biotics that we don't even understand yet. But. But it's not natural. So I can, I can I can suspect that it's not going to be ideal.

Right? Not only that, it's going to feed all other organisms that, we know, don't really coincide with health if they come out of balance. Right. So, so now this is what can explain some of these, novel compounds that we're, that we're discovering.

In fact, one of the ones that I used, was called ip6 and inositol. Right. And you're probably familiar with this, but this is actually very well known, for to, to benefit cancer.

And so some of these mechanisms, I don't know, perhaps some somebody does and they've been elucidated and I'm not quite certain but that these are compounds that are very, very beneficial.

So now we can understand okay. And this is how some of this is working by if I'm nice to my mitochondria, if I'm nice to my microbiota. Now my my cells my human genome can express a healthy function.

Right. So so this is a really powerful understanding. we can we can, we can recognize benefiting the microbiome is, is is helpful to all cancers and is is beneficial to prevent all cancers.

doesn't matter if it's the brain, doesn't matter if it's the thyroid does matter to the ovaries doesn't matter. You know, healthy my microbiome and healthy mitochondria will prevent all cancers.

Like this is how we move forward. Right. And so some of the things that I was dealing with were infections. Right. So this is where things like these anti helminth drugs and pharmaceuticals that we've heard, like you might even hear some of these things in social media, people talking about things like benders all which is a dog de wormer.

And some people are claiming they have success with that. Well why. Because probably they had infections that were contributing to the cellular stress that they were dealing with.

Does it directly affect cancer? I, I don't know that there's any evidence to suggest that's true, but they there seem to be a plenty of evidence and stories out there regarding things like fender benders all again, not medical advice.

One of the things that I took ivermectin very, very helpful for various infections. There's another, really cool, pharmaceutical that I came across, which was like amide.

And this is an antihistamine, Dick. That is again, this is for treating parasites. But what's wild is that it's its effect on mitochondria has a uncouple effects the uncoupling protein.

This there's off there's research that is showing its benefit on all kinds of of of cancers. Now that's an off label use. So it's it may be difficult for some doctors to, to actually go down that path.

But but what I'm pointing to here is that there's a lot of cool things that we can utilize to both treat cancer from a sort of modern perspective, using pharmaceuticals as well as natural ways.

Right. So using nature's pharmacy in the form of herbs and mushrooms and various compounds like that, and then going back to the basics, not eating food.

Right, or eating food in a way that is, that is calorie restricted, right? Putting these cells in a stressful state so that the intelligence can return so that the immune system can clean things up.

So it's really it's de-stressing the system, in, in certain ways and stressing the, that the, the, the cancer cells and allowing the mitochondria, the immune system and the cells to clean things up in the way that they know how without this bombardment of other of other stress.

So it almost sounds like a reset is what you're looking for. I mean, you you have the the reset, you know, certain way of eating where you allow the body to enter into that, you know, autophagy type of state, you know, where you clean up the old debris and, and it has a moment.

So it's kind of like we're we're sitting there, you know, busy days. But we we have that moment. We have our past, you know, we're we're meditating where we're just kind of allowing, you know, memories, impressions, you know, things that we've been exposed to just to kind of settle down and just kind of reset for the day.

So it's almost like that is what we're looking for. Also, you know, within, within our diet and and you know, and you know, and and then yes, I mean, that's what it sounds like to me.

Yeah. And the other part is, is dressing the body in a good way. Right. So if we go back to sort of mitochondrial piece of this and actually, to be honest, everything right, like the amount of classes I've taken and advanced sort of functional medicine classes on exercise.

Right. How it affects not only the mitochondria. Right. You exercise, in a challenging way. You're going to build new mitochondria. Right. There's this idea of called mitochondrial biogenesis.

Well, that means the mitochondria can can rebuild, can recreate themselves anew. So now we have new versions of mitochondria which are so much more effective than the old broken, worn down mitochondria.

And there's there's dozens or hundreds of mitochondria in certain cells. Right. But what's interesting, too, is why don't we ever see, cardiac cancer?

We don't see cancer of the heart, and we don't even see cancer of the neuron. It's right in the brain. It's because these are so mitochondrial dense that cancer doesn't really show up there.

So mitochondria play a central role in the degradation of mitochondria plays central role in this formation of cancer. And so how do we get new healthy mitochondria?

We exercise and we exercise in a challenging way. It doesn't mean we need to do, CrossFit for 45 minutes if you can. Great. but it's it's it's pushing the body in in in, in a way that it's not used to being pushed and doing so on a somewhat regular basis, so that it must adapt to that.

And then the adapt the adaptation is to create these new mitochondria. So it's stressing the body. It may be things like cold therapy. Right. I have an ice bath.

And this is like was one of the worst things ever when I started. Now it's one of my favorite things, but it's these selective pressures that we're putting on the body.

And so stressing the body in the good ways, in the more comedic ways, in the ways that our ancestors would have done cold, like, you know, sunlight, exercise these are all stressors that they would have, undoubtedly gone through.

And even, holding the breath and in certain ways to dive and fish and do other things like that. And then the, the counter to that is to is to rest, to truly rest.

We this is probably where we struggle the most in the West, even when we're trying to rest and we're on a beach, sipping a daiquiri or whatever, we are not really resting because our system has not learned internally, neurologically what rest really looks like.

And some some of us, I think many of us, perhaps even most of us from the get go from birth, essentially grew up in such an environment. But we we we we, sort of looking for we adapted to the stress.

So sure, we survived and and it made some of us so much stronger. And we developed so many skills and all that. But the body and the brain and the mind and the belief system is such that danger is present at all times.

Right? And this is subconscious. This is so deep in our system that it's sometimes hard to recognize. So this is what we need to get better at is how do I bring my body, my mind, my beliefs into a state of peace and calm?

Right. And one of the most powerful ways, in my opinion, is the breath. Right? It is the master regulator of the body and of the mind. So if we can just do simple breathwork practices, you know, try active breath.

478 breath box breathing. There's a lot of different ways that we can use these things, but it's the fastest way to bring the body and mind back into neutrality.

Right? But sometimes we we try to go from a busy, ordinary, mind chaotic day into a meditation or something. And it can be very difficult to do that because the mind doesn't really like to, to shut off.

If you use something like breathwork, it doesn't have to be a 45 minute thing. It can literally be a minute or two.

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four, seven, eight breath, a box, breathing, something like this. And it allows us to get into a calm state again, going for a walk, right? Without earbuds in, without any distractions, just going for a walk can do some of this too, but it's really about getting the body and the mind into a state of true rest.

I would say most people that I know operating somewhere in the middle, they're not stressing their bodies and they're not at rest. So we're kind of operating in no man's land, right.

And this is where this sort of metabolic chaos likes to really creep up. So we need to stress the body with things like short term fasting, exercise, you know, sunlight.

you know, various foods can be, hermetic stress as well. And then and cold, and heat, of course, saunas are fantastic. And then resting. Right. Massages, meditation, breathwork, you know, Tai chi, yoga, qigong, qigong is one of my favorites.

these are some of the things that we can introduce to kind of to take this barbell approach. Right. Rest like true rest. How deeply into rest can you actually go and and how often can you can you stay there including it during

sleep?

And then how hard can you push your system in a way that feels natural, normal, good, but challenging, right? And not overdo it, but continuously challenge your system?

So these are the ways that I think that you can build up our system, build new mitochondria and the, the, the effects on the immune system of exercise are profound.

In fact. I mean, you could you could make a case that that the two most powerful things to, to for the body to recover from cancer are sleep and exercise.

I could probably make that case, pretty well. Right. So, sometimes again, we try to we try to overcomplicate it and we forget that, that some of the most basic aspects of health, are, are really undervalued.

Yeah, I, I agree and I, and I think exactly what you're saying kind of reiterating what, what we mentioned prior to, you know, just just sees if, if a person just focuses on instead of getting, getting stuck into all, you know, getting lost in all the minutia and all the details and just really do these core components.

So it's kind of like playing piano if you know how to do the scales really well, then then things grow out of that beautifully, just naturally rather than trying to do advanced playing immediately.

And and then you'll never have the foundation. so I think it's the same in health. Yeah. Even though when you're faced with something as scary as cancer and you think you got to do all of these things immediately, so incredibly well, otherwise you're going to die, because I mean that that's kind of in the state you're in.

But I think really at that time, recognizing that the most foundational and fundamental component, if we do those really, really well, the outcome, you know, the the effect of it is going to translate into, you know, these core aspects like you're talking about, you know, our the, the, the yeah, the microbiome, the, the mitochondria, you know, the microbiota, how, like you mentioned, I mean, it communicates to the rest of the body.

And so that's kind of like our pre taste or to the external world is microbiota. And and then it you have the whole entire system along the intestinal lining and all those nerves that they're just kind of sending signals saying, you know, happiness or stress or you know, we got to do this, got to do that.

So if you take care of that, then the right signaling can take place. So it's all this cascading effect that just takes place when you do the foundational things.

This is just it. Right. And most of our immune system is in essentially emanates from the gut itself. Right. And we have the immune system. We have the sort of immune system that is that is enteric, that is central to the gut.

We have an immune system that's related to the thymus gland, right? T cells. We have cellular immunity, right. So we have a a wide variety of inflammatory sort of, organs, if you will, and, and tissues.

But the whole system really, one could argue, in terms of, as it relates to the rest of the world is on the skin and in the gut, like this is the interface through which we engage the outside world.

Right? So a very, very critical component, you know, and so this is why the overall message here is, is to go and think about how your great grandparents used to live and kind of go back to living like them as much as you can, or at least use that as a model or a template and a framework by which to operate.

And what I want to convey, if I haven't done so enough, is that this is powerful stuff. This isn't like, you know, here's all the real things, and let's just do some of these lifestyle things.

This can be the the deal breaker. This can make or break the treatment that you're receiving. You know, I worked with clients that we were doing all the right things, so to speak, from a medical perspective, if you will, a practitioner

perspective.

And when they weren't doing these other things, when the habits weren't changing, but whether it's whether it was somebody who couldn't give up coffee or they couldn't give up the occasional alcohol, or they'd stay up a little late, or they were, a nighttime nurse or whatever the case was.

There was some habit or lifestyle factor that they weren't able to to change or weren't willing to change. We got we got stuck. There was just kind of no more we could do.

It was like pushing on a string, you know? And so with so many of this, whether it's the emotional trauma piece, I mean, I have countless stories of people that once they resolved their trauma, their breast cancer went away or their thyroid cancer went away.

Right? So like, this is sometimes it's it is the central part of what you're doing then. And this is not to be kind of just pushed to the side. Right.

So even as crazy as this sounds, going through your house and giving it, clean, cleaning your house, getting rid of old stuff, right? Like doing aches or spring cleaning shifts.

Your mind, your the energy of the house. This is like. I mean, that is like the I'm trying to go as weird as possible, but these type of things can make a huge difference when you change your belief system.

Right? There's there's something called DNRS dynamic neural retraining system. And this has to do with the back part of the brain, right? Where, a lot of the sort of the sphere neurology originates.

And when we can rewire that, people can look at DNRSR and any hopper and all the amazing work that they've done. And the Gupta program also does, does some of this, and it completely shifts people's health that are stuck, dramatic chronic health issues.

So it's really about finding where the issues persist. But going back to the basics and going back to simplicity, you know, even as far as like instead of eating the organic Apple chips in the in the bag for 4.99, go eat an apple.

Right. Fundamentally kind of the same thing, but but but massively different when it comes to the signals that it's sending to your body. So it's going back to the simple foods.

It's going back to the simple behaviors. This to me is, the most difficult part of correcting health is is working with somebody in their habits. Because the habits are so ingrained, they're so related to unconscious thoughts and behaviors and belief systems that they can be very difficult to change. So, I'll kind of leave it maybe with this message that look at your habits, they will tell you so much about what's going on.

How are you thinking? What are your belief system? What do you really want? You may say you want something. You may kind of pretend you want something.

You may even think that you want something, but your habits are painting a different picture or telling a different story. So take a look at your habits, your habits of thought, your habits of behavior.

This will will start to reveal some deeper aspects of what's going on. And we can get to those deeper aspects. And you can change your habits and change your, your, your, your behaviors on a fundamental level.

Now, this stuff can really resolve and in short order, your body has an unbelievable capacity to heal. Like, this is what's so cool. And whether we use some of these really cool pharmaceuticals that the Western, sciences has discovered or invented or whether we use nature's cures, use it all.

It's all, you know, in the, in the tool belt. and remember that your body does the healing, right? It's really the key to all of this. We can use the coolest technology and we can use the most ancient technology.

But you are the the central thesis of this whole thing. So understanding how your beliefs, your thoughts, your habits, your behaviors are playing a role is really, really the key driver.

Yeah, I love it. Jason, this is awesome. and this. Yeah, this this is is something that needs to be reiterated and told again and again. So thank you so much Jason. This was great.

Absolutely. Thanks for having.