Introduction and Guest Background

I is Dr. Jenn Simmons. I have something really special coming up for you, so you're definitely going to want to tune in and take notes because our next guest is Dr.

Kevin Conners and he is the director of the Conners Clinic, which is an alternative cancer coaching center. He has a great story to share and technology that you need to know about if you are on your breast cancer journey.

So, Dr. Kevin Conners, welcome, welcome. Thank you so much for having me. It's so good to see you again. It's so good to see you. I'm so delighted to have you here.

You I really like didn't give your background a much attention. Enough attention because you have a deep rich history of cancer care. So can you start to share with us a little bit about your story, how you even got into the holistic cancer space?

Well, I didn't need to get into the holistic like so many practitioners get dragged into something that God really wants you to do. You didn't really have that additional attention.

Not that I was against it. It just never even crossed my mind. So I graduated chiropractic school back in 1986, so I'm an old guy, but I really practice functional medicine.

I did kinesiology, I did a lot of hormonal stuff, balancing adrenals and thyroid and all this kind of stuff. And of course, just to clarify for everyone who thinks that chiropractors are about adjusting your back, they really do take a very holistic view to education.

It's very different than, you know, my degree, which, you know, I'm a medical doctor, but we did not have a holistic education at all. So your education was very different than mine.

That's true. And so we did have an education that was more natural based, really big head nutrition with supplementation. But how do you prevent disease and get the person's body working correctly?

So I do think I have though there was times in my career I thought, oh, I wish I would have just became a medical doctor because that I would be able to do different things with my license.

Well, that's not the right way to go either, because that's not the path that God had me on. So God pushed me down this path and had me learn everything about nutrition, basically to help people with a cancer diagnosis.

And that's how even when I was in school, one of the things we're to talk about today is the use of right frequency technology. And that's what I was really turned on to that that technology when I was in school, but I didn't actually start using it until the late nineties.

So another ten years went by, but a lot of different life lessons before I bought my first rice machine went by, one of my patients, who was a chiropractic functional medicine patient, came in and said, I told out I had breast cancer in both breasts and they wanted me to do chemotherapy and I just did not do it.

So they said, if you don't do it, you got three months to live or whatever. They told her it's time she said, So I just want you to help me. So that was my aha moment that wow, I arrived with.

That said, that's a big stage to start your performance on. Well, it's a. Little bit a little bit of pressure there, huh? Yeah. Yeah. So she basically said, if you can't hear me, I just I'm ready to die.

I'm just I'm not going to do the chemotherapy because I don't know. I remember what her experience was now, but it was something that she nursed spread through chemotherapy.

And she was you know, she was convinced that the friend died of the chemotherapy, that she was just not going to go that pattern. Which, you know, incidentally, does happen.

I mean, that's not a far stretch, right? Because chemotherapy, while it does kill cancer cells, it also kills normal cells and kills whole systems. Right.

Well, you're just hoping that that kills the cancer before it kills the patient, too. Yeah. Yeah. So. Yeah, but it's a little bit of a race to the bottom.

Right. Yes. Right. So I can imagine having ushered someone through that path before that didn't have a good outcome. I mean, we're all we're all biased by our life experiences, right?

So here's this woman coming to you who has a very negative perception of what chemotherapy is all about. And she's trusting your life, this this kind of alternative method in in her life, in your hands.

So tell us how that played out. Well, it played out quite well for her. She lived another 13 years. So with metastatic breast cancer. Yep. Wow. Now she did well.

How Dr. Conners Entered Holistic Cancer Care

And that was that was the first experience I had using the right machinery. But so and you know. Tell us a little bit about that technology, what's happening with the running machine.

So the Rife is using frequencies. That's basically I mean, Rife technology is there still it's just a term that's coined from the dead royal raven, right.

Who did studies with light frequencies to help people, all sorts of different things. But anybody could say they have a rice machine and it you know, so you have to you have to define what that is.

So by definition of what a really a real rife machine is, is using light frequencies and that can penetrate the body. So the machine has to have enough power to penetrate the body to be able to affect the cells.

So frequencies carried real light that could affect the cells. That's what a it by definition of what a Rife machine is. That's what a rife machine is.

So there's a lot of machines out there that are like pads that just stick out of your heads or you hold these little rods or something like that, and they're frequency generators.

But is that to me, that's not really what's going to help shield somebody with cancer. You have to use light frequencies that you have to cycle through those frequencies, you know, quite readily really do it doing it a lot.

I hear people say, well, I used the rife machine. I went to like chiropractors or my dad pass that. We did it, you know, once a week and it didn't seem to help.

Well, I don't think it's I don't think you're going to get much help with any disease using the right machine once a week. It's just you have to do it more frequently than that because you really what you're trying to do is get the immune system to take another look at that cancer.

It help the immune system kill that cancer. So how frequently do you recommend this light treatment? I recommend you do it every day. Okay. And and tell us about, first of all, how is it delivered and then what is actually happening in the body?

Why why is this effective? What is it doing? So it's delivered through a frequency generator. Through a bulb. So the bulb is could be called the test to test the bulb or, you know, a plasma ball, but it's another term for it.

So that's where the light is coming out of that bulb. The machine that we use is the name of the brand is true, right? That's the brand that we have settled on.

I've used, you know, dozens of different machines through the years. So that I think is the best right now. That could change, but it's what I think is the best right now.

And that's what we use now. When we first started using the right, we had a whole different game plan. I mean, I went to school, I had a doctor, people come to me, they get treatment or they go home. So we did the right in the office.

So with people that had cancer, we did the right daily. Well, I was only open five days a week, so we did it five days a week. But they were in the office for a couple hours and it was it did tell about ten years ago what one of my patients who was actually a great success story.

I pancreatic cancer admits to several different areas and came to us with two weeks to live according to bail. They gave him two weeks to live, but that was like three days ago, you know.

So according to that, he's going to be dead in ten days. And we started doing the right in the office and he just started getting better. And after about eight months of, you know, continuing to improve and he was doing great really well, he told me they were moving to California and it's like, okay, what do we get?

Do it? And he said. That's a little bit too much of a. Commute. Yeah, a little bit too much of a trip to Minnesota at the time, right. So we later I literally went home with I was like searching for office space in Palm Springs.

Could I open up a clinic down there to help him with to maybe help other people there? And it was really one of those Holy Spirit moments for me, those times in my prayer life where, you know, I could almost audibly hear God or almost, you know, I just felt like he said to my spirit, what would you do if you had cancer?

And the answer was, Well, I just I just have this ability to just do it every day while I sleep because that I could do 8 hours of programing. And I really felt like the Lord just said, Well, why are you doing that for everybody else?

And it was that was just a big a big shift in our practice. We just switched everybody was going to go home with a write machine. He went home with the right machine and he lived another several years. And so it that that's how we use it right now.

All we don't even have a clinic where people come to anymore. We just do the program and ship the right tool. They could start using it. Do all our, you know, other nutraceutical education online and over the world.

Try to help people that educate people so that it's so that I think the best use of the right is using it daily and that it it what fits my philosophy is I don't what people have it to sit there a chair with a bulb on a during the day where they could be living, they're like, are you trying to get better from kids?

Or for you try to get better so you can live. So why don't we program this at night so you can run it at night that you couldn't live during the day. So that's that's just what fit our philosophy of practice the best.

And it has worked for a lot of people. I I'll be the first to say that I don't think it's a magic wand for disease, but it certainly helps your immune system take another and another and another and another look at this cancer to attack it.

So you mentioned that twice. So talk to me about exactly what is the rice technique, what is it doing? Like, what does that what does that light stimulate?

So there's a lot of different theories on what the rice does. There's there's some businesses who wrote said books on frequency healing that are a lot smarter than I am.

And if you really want to get technical you could read some of their frequent those books are frequency healing by theory just as a practitioner that's used it and Ed artfully tried to apply it to people as that it it stimulates the immune system to attack it.

So what are the issues that we have when we're trying to kill cancer cells is cancer cells are our old cells. So they're cell tissue. They may be apparently reproducing in rapid, leaky heads.

That's why it's cancer cells, a state of rapid replication, replicated cells in a state of rapid replication, but they're still self tissue. They're still self cells.

Rife Technology and Daily Use

Well, our self cells, our cells have a way to turn off our t cells and natural killer cells. Otherwise our T cells and natural killer cells will be killing everything and we'd be dead at two days old, you know, post-birth.

We'd be, you know, we have to have a way in our body to turn off our immune system so it doesn't kill self tissue. And that's part of the part of the issue with cancer is that we are our cancer cells are are herded off are are live parasitic attack against that.

Yeah. So because they are our cells right like our cancer is not some foreign invader, it is our it is our cells that's undergone a transformation. But part of that transformation also allows it to evade our immune system because it is cells.

Right. And and the other part of the cancer picture that I know is not talked about in the medical oncology suites and the radiation oncology suites. Is that the whole process of developing breast cancer has to part of that picture is that the immune system is not doing what it's supposed to be doing because there are so many things in this current day and age that are distracting our immune system.

Right. We're dealing with a sea of toxins and your immune system has to deal with all of that so it gets exhausted. And everyone all day, every day is making cancer cells and an intact immune system will recognize that.

So you brought up the point that is better. You know, a little bit controversial over the years that all day, every day our body is is creating cancer cells.

I agree with that. And I think there's evidence that proves that. So what happens is you mentioned toxins get inside cells and toxins can damage the DNA and cause the cell to go with rapid replication most of the time, maybe 99.9% of the time, I don't know.

But most of the time, if a cell goes in rapid replication, it kicks off this certain genetic process in these genes called tumor suppressor genes. Tumor suppressor genes kick off this this what what's called the intrinsic apoptotic process.

So apoptosis is cell death. So we want the cancer cells to go through apoptosis. Yeah. Programed cell death. Like intentional. Exactly. So if we start to develop cancer, our tumor suppressor genes kick on cause that cell to die and we never get diagnosed with cancer.

So because it never reaches critical mass right. That if it's just a few cells and they're going to undergo apoptosis, it's not an issue. They're dead.

Yep, they're dead. So but sometimes for various reasons that doesn't do it. Then we're relying on our immune system to kill it. And because itself tissue, we need to get our immune system to look at it over and over again to help to recognize it as an enemy, to kill it.

That would be that extra sick apoptotic process from the outside. The immune system is killing that cancer and that's what we want to do it you mentioned, which I think is true.

What are the you know, I think that process does take place most of the time. But because sometimes our immune system is distracted, maybe because we're fighting, you know, inflammatory processes at multiple areas, because we're, you know, our diet is inflammatory or, you know, our lifestyle is inflammatory.

We we're. The diamond. Toxins, etc.. Yeah, baby. Because our immune system, the part of the immune system that the neurology of the immune system that fires that immune attack is the parasympathetic.

And if we're living a too highly sympathetic lifestyle that we're overly stress that our parasympathetic is going to be suppressed. So that's going to affect it in a in a healthy way.

Our ability to elicit a healthy immune response to kill cancers. So there's lots of variety reasons why a person ends up having a cell based that reaches what you mentioned, critical mass, where it's now it's 3 billion cells large and maybe now it's 20 million cells larger, you feel a little low.

So it's that is those are the the facets that you have to do address dealing with the toxins, dealing with this, building up the immune system, dealing with the neurology and the Wraith machine is just another tool that could hit the cancer at its old frequency and stimulate the immune system to go, Oh, let's look at that.

That's a bad guy. Let's go kill it. So mostly what it's doing is it is enhancing the immune system, alerting the immune system, helping the immune system to recognize these cells.

Right? Yeah. Well, I like that word. It's alerting the immune system to recognize that that group of cells called cancer as an enemy. Yeah. As their. Cells.

There's other theories, too, you know, theory was that it caused direct lysis of the kid. So. Right. I think that does take place. Some of the cells, but certainly not all of the cells.

But I think the biggest way the right works is, is that alert system that's alerting the immune system to recognize this this group of cells as an enemy so that it will kill it.

So can you describe more about the procedure? Like what does it look like? What does it feel like? How do you do it? Well, it's simply a bulb ad, the one that we use that you could get multiple bulbs for the machines, but we use the word that's a tube that's encased in Plexiglas.

So it's really unbreakable. It's bid to use at night while you sleep. Okay. I tell people to cuddle with the bulb. Now the company makes an amplifier so that you could actually put the bulb under the bed.

If you're like, I'm not comfortable cuddling with this, I roll around too much and you know, I thrash around embedded in the bulb, flies out of the floor.

It won't break. It's encased in Plexiglas. But if that's the kind of person you are, we have some people like that that connect the amplifier, just put the bulb under the bed.

What you feel, you really don't feel anything. If you do have it snuggled next to you, you'll feel warm because it does heat up. So it does admit heat.

It does add bits of heat. So you will feel more, which is less comfortable in the summer. But if you have air conditioning, it it's kind of it's kind of mid air comforted.

And so you get used to rotate it. It, you know, people feel kind of naked without it almost. So it's something like a teddy bear you're snuggling with.

Okay. And out of curiosity, I mean, it is emitting light. And one of the biggest reasons why our immune systems are exhausted is that we have a huge sleep disruption issue.

So does this have any effect on sleep disruption? Disruption? Because we know that we all sleep better in absolute darkness. So we tell people to put it under their covers so they're not see the light.

So this light is not there right now. So that's not an issue. If if they buy we've had brain cancer patients that literally put the bulb on top of their head, like, don't do that.

They're like, No, I sleep blind, but it is like, okay, so everybody's a little bit different with their skin. Is it something that could easily be solved with a sleep mask anyway?

It could solve with a sleep mask. You go with a, there's a the frequencies are going out. You don't need to have a guy by your head with great care. But but you know, this gentleman did that.

Just recall that. But so I tell people just to kind of snuggle with the bulb at your belly that's going a go through your body, go up to your brain, go down to your feet.

It's going to have plenty of amperage penetration. So that really isn't an issue. But if people do have major sleep issues, for whatever reason, they could use the amplifier to put it underneath their bed.

And so how is this on all night long? How long is the optimal time that the machine is on them? It depends on the program that I write. So I write a program for the person typically.

Yes, it's on a night of sometimes I'll only write for our programs for that person, depending on what's going on with their condition and such. But typically it's an all day program.

Yes. And leaving it on for more is not harmful in any way. What are what are the downsides of this therapy? Well, there are no contract indications as far as like can you use it with a stent?

Could you use it with a defibrillator? Yeah, it's a light frequency. It's not an electrical frequency. So there's no there's no harm with any of those other, you know, embedded devices you may have you could use it with a EMR because the about it is electrical frequency.

This is light frequency. It's different. What's the downside? The downside with the RIF is I don't know what disease you have. So with cancer, there's no downside.

If you have Lyme disease and you're doing Lyme kill programs. Yeah, there's a downside because this thing does work. So if you're ready, let's say you have Lyme disease.

Borrelia really a bacteria is a grab negative bacteria grab negative bacteria when they die. Their cell membranes shatter and grab negative bacteria have label polysaccharides in their cell membranes.

You end up with lipopolysaccharide endotoxin that your blood and you could feel ill. That's called a cyber reaction.

How the Rife Machine Works in Cancer Care

So when you're ready to kill programs for Lyme disease with what any gram negative bacteria programs, you could kill too fast. And if you do so, you're not going to feel good.

So we do recommend if you're doing this for Lyme, you run your run show programs maybe 15 minutes a day, excellent to begin with, etc.. But with cancer, you don't get that.

So that's not an issue. There really is. No we have some kids are patients that are late at a hospital bed that their family is ready. This 24 seven So the more times that you could get the your immune system to be stimulated

against the cancer, the better.

But that's within reason if you're healthy and you're ambulatory, even with stage four cancer, there's help in getting outside and walking it exercise to not sitting in front of a bulb all day either.

So there's a balance there. You mentioned Lyme. What about mold? Because I find that mold illness is a huge issue and a precursor to to breast cancer.

Yes, it's very commonly a precursor to a lot of cancers. So so remember, with mold and fungi, there's a difference. Trade, mold, fungus and micro toxins so bold will produce toxins called.

BICHELL Toxins. Those are not living things. Those are poisons of mold can also produce mold is a type of fungus that could be living in your body, too.

So running the rifle, mold and fungus programs could be very helpful. But if you have micro toxins from Ebola, the ability or something that you have to detox, those mycotoxins are going back to using proper tools.

You know, per the patient's condition, if they have mycotoxins you, you can't just use that, right. You have to use a key later. You have to open up detox pathways, you've got to pull out.

That's Michael Thompson. But if that person does have Libby bogus in them editing Libby, so, Becca, what's the right the best what's the best use of the right?

It's editing. Libby is the best use of the of it will help pull out toxins but it'll help pull out toxins by helping support your living liver tissue and gallbladder programs to help those organs function better.

It's not going to go it grab onto Mercury and pull it out of your body. Gotcha. What about what about dental infections, though? Is it effective for the infected.

Fantastic dental like implants and mercury and stuff? Don't get you got to use. Right. Toxic infections. Huge problem with breast cancer. Right. Huge problem.

These people with will. And I do want to say that anyone who has breast cancer with a history of root cause, you must go see a biologic dentist because it is so very common to have some low lying, smoldering underlying infection in your mouth, which is the stimulus for the breast cancer. Yeah.

And we've seen thermography pictures where you literally have a red spot at the mouth going right down the directly to right to that. Yep. Breast cancer.

Absolutely. It is like a so I'll just reiterate what you said. Make sure it's a biological dentist because people go, oh, I went to my dentist to pick for that just fine.

Well, no. So getting that taken care of so is important. So there are I always put a root canal infection and tooth abscess, a dental voca, a dental infection, programs out of the right.

Those are all available to you. So we talked about the best use for the right thing, any kind of infection anywhere. Right. And cancer. And if you have active Lyme as that because that is an infection.

Is it true also with viral infections? Yes. So anything that is you know, anything you need a immune stimulant for, anything you need add anything related to, it's all your cells.

So let's have kidney disease. My kidneys are shutting down. Well, running the right kidney normalizing frequencies is going to help break normalization to the kidney cells and can help your cells heal.

So it's any living tissue that's going to be the best use of the right. So I want to ask specifically because I'm

assuming there's different protocols for different things, right?

So with regards to the breast, is there just one standard protocol or does that protocol vary depending on the person? Well, it varies depending upon the type of cancer and it varies depending upon the person.

So we look at try to get to the cause. You mentioned gold being a wide cause of cancer, head tooth infection, dental infection, be it another possible cause of cancer.

You also mentioned toxicity, another cause of cancer. So we try to with our patients, we try to dig to the cause of it, believe that, you know, if you treat the cause of a person's problem, sometimes the problem goes away.

Your body has this red, believable ability to heal. If you take away the insult of not that you don't still want to try to get kill the cancer, but you're trained to look at the cause too.

So everybody's program is a little bit different, the programs that I write, but I'm talking about the program, I'm talking about the RIF program, the phrase what what erroneous start with the RIF is that, oh, have prostate cancer.

What's the prostate? Kids are frequent. There's like 150 frequencies that are known for prostate cancer. Plus you got to deal with co-morbidities of prostate hypertrophy.

Plus you got to deal with, you know, is it metastasized to bulge? We wrote the frequencies for that same thing with breast cancer. There's 150, 200 frequencies for breast cancer that are going well.

We got to write that all into the program. Plus, any co-morbidities so they have a plus dealing with any cause. So if there's if we take that to the infection as a cause or node as a cause, we got to write that into the program as well.

And other than using this machine, what else is going into your protocols? Well, remember, this machine is just a tool. The tool I think what I already said is that it stimulated your immune system to look at the cancer another way.

So you have to have a healthy immune system. So, you know, we have people that just buy a write machine from us, but then I'm trusting that they're going to do they're going to work with a local naturopath or doctor that's going to do things that are going to be immune stimulated.

They're going to work out their neurology called the sympathetic and stimulate the parasympathetic, and they're going to do all the other things that you have to do because it's dealing with everybody, whether it's whether it's they have thyroid issues or whether they have cancer.

It's multi-faceted. So the more facets that you can address, the better chance that you're going to have optimal results. So diet and detoxification or healing the liver or the dealing with the gallbladder and helping the gut feel it, making sure that you don't have it.

You know, a core body autoimmune disease, which is very common with kids or dealing with the neurology of it, stimulated the parasympathetic, usually stimulated nutrition using maybe specific nutraceuticals that could have maybe an oxidative direct kill like protocell or something like that.

So we check a process that we come up with a protocol specific for them, and that's just how we operate. In thinking about things that stimulate the immune system.

I think of like vitamin D, I think of low dose Naltrexone. I think of sleep. What kinds of things come to mind for you? Well, things like Ambien, stimulants would be, yeah, vitamin C, vitamin D.

But also you're looking at specific things for kids are like mushroom complexes. Ip6. I have a list of about 80 different things in my book, but the common things for like Breast and.

Mistletoe is another immune stimulating agent. So yeah, so definitely stimulates the system by being either irritant.

So that's a but that works well.

Your pale mushroom is really important for most breast cancer patients. Yep, I agree. So and in terms of the RIF therapy, are you do you have to do it indefinitely?

Is it something that you do for a period of time and stop? Well, would you recommend people do it indefinitely to a point? So let's say they are at a point of no evidence of disease.

They're really bad tastic. Their condition does it make sense just to stop everything, you know, to be? No, because even if even if you in a state of no evidence of disease, the evidence could only be see the standard of care.

Right. Exams by, you know. Like something that's something that's five. Mm. Hours on a PET scan. We're talking about 500 million cells. Right. So by the time you can see it on imaging, the cat's out of the bag.

What, what do you use for follow up to to say that people are needy. I don't ever say people are addicted. Okay.

Protocols, Co-Factors, and Immune Support

First of all, that's not my call. Legally. That's okay. Fair enough. Secondly, I don't think anybody is I mean, just because there's no evidence of disease doesn't mean that it's not in there.

So I think we'll use some wisdom here. You you could have circulating tumor cells y measured by circulating tumor cells. And there's zero there's zero in the blood.

So they're they're probably you're the liver and the lungs and they're just waiting for opportunity to start reproducing and raise a family. I mean, should we wait until you get to that point and now you have evidence of disease and we could see it on a PET scan?

Or should you continue to treat yourself as if it's all it's just like if you don't have cancer what if I just get I just, you know, drink from every plastic bottle.

Yeah. Throw caution to the wind. Because I don't have. I don't have a disease. Well, you pack like a 19 year old, though, because you're wiser than that.

So if you had a die serious diagnosis, you should treat yourself as if within reason. I don't think you need to be obsessive compulsive about your diet maybe as much.

And I don't think you need to be as obsessive compulsive about using your right eye. But I think it's pretty easy to turn the blast to God every night while you're baby, you're not going to take a vacation anymore.

But while you're home, turn the thing on. I can't tell you how many times where we had a wife of a husband come in and say after this guy has was a death's door, because that's what usually come to the alternative practitioner, right?

Of course. So he was on death's door. He did it. Fantastic. I remember this word games it a full body cast. He had metastases all over his body. He was a he was a bus driver, of course.

And he had to give up his job. He was in a full body cast. He got all better. He went back to work. It was like the most amazing feeling. But this is and then we didn't hear from him for like a year.

And then he came into the office, literally fell on the front desk and told my staff at the time, Oh my gosh, the cancer's all back again. And he had stopped using the right four seven, but stopped taking his nutrition, stopped his diet.

I'm not tell you that. Maybe, maybe it would have come back. I have no no idea. But I'm just saying that, gosh, you

know, you don't stop doing the things that are help you, you know.

Yeah. I mean it's unfortunate, but we all have those cautionary tales. I mean, I remember as clear as day my patient, Nancy, who came in with just diffuse metastatic disease, told that she had three months to live and we had her stopped drinking.

We cleaned up her diet. We treated her each pylori. We had her see a dentist. And a year later, she has no evidence of disease. And she had lost, I don't know, £65 or something like that.

And then, you know, the medical oncologist says, oh, you're good. And so to her, that means go back to eating the way you ate before, go back to drinking.

And, you know, sure enough, the cancer comes right back. And I, I think that there is this perception because the way that conventional medicine deals with anything is like this temporary.

Here's your plan for the next six months and then go back to doing what you were doing before that people extrapolate that into this world. And the things that you and I talk to people about are forever changes, right?

You don't have to be perfect, but you can't do what you did before and expect a better outcome. Yeah, absolutely. I think most people understand that.

But there's some people that are stuck to that medical model that they're just covered you. They want you to fix them. And even if you do fix them that they think it's done or they can go back to what got them in their place.

Yeah, it doesn't work that way. Yeah. Speaking of which, who is coming to you? Who's coming to us? Well, we, we, we, you know, we do a lot of education.

So we're trying to get people to come to us when they first hear that they get cancer. But most of time, that's not the case. Most attempts, you know, they I follow their kids or two years ago or what did chemo and radiation and etc.

or whatever. And it's back with a vengeance. Well, two thirds of a step are gone, no matter what they said. And now, you know, now they're looking at alternatives.

And I get it in a sense that but you get a dark diagnosis that's so scary. You just you don't have sometimes the mental capacity to start doing research or try to figure out how to kill yourself naturally and the standard of care using so much scare tactics that you feel like you don't have time to do anything else.

The truth is, is that even if you do choose to do, you know, whatever level of standards of care, complete with alternative things at the same time is going to give you a better outcome, period.

And so most people that come to us are later stages and that's okay. We don't judge. But, you know, if if you could make the decisions to make lifestyle changes earlier, you're going to have a better chance of your body's being able to heal and respond the way you want it to do.

And so the way I see this is, first of all, I talk a lot about this in my book, The Smart Person's Guide to Breast Cancer. The vast majority of people that get a breast cancer diagnosis have plenty of time to do your research to figure out what is best for you, what feels right, but ultimately what is going to be the right decision.

And it doesn't have to be the thing that you're told to do and and pushed into and scared into, certainly not immediately. Right. You have the time to learn to consider to research.

And ideally, even if you are told that you disease free because you've had surgery, because you've had radiation, because you've had chemotherapy, even if you're told that you're done with treatment when you first get diagnosed, it's so wise to consider something like this because again, even if there aren't circulating tumor cells, we know that breast cancer from the onset is a systemic disease.

And if all they see is a little tumor in your breast, that does not mean that that's all there is. Because as we started to talk about in the beginning, by the time you get diagnosed, there are millions, if not billions of cells.

And some of them are circulating. Some of them are not going to be part of that tumor that you recognize. And so thinking about this disease from the onset as a systemic disease gives you the opportunity to include and incorporate things like this, which will make the difference in the long term.

Because if you think about it like a systemic disease and do everything that you can to protect your system and to promote the health of the system, then you're going to have a far better outcome.

I agree with you 100%. The last thing I want to talk to you about is I know you are a person who is very connected to God. How important do you think God is when you're on this breast cancer journey?

Well, I think God is important whether you're out of breast cancer charity or not, because ultimately it's he is our hope for all things temporal and certainly everything internally.

So being connected with him is, is, is nice whether you're in a critical situation with scary things happening, whether you're in any kind of difficult situation, whether it's a financial collapse or or a cancer diagnosis, you have to have, you know, your eternal spirit connected to him.

I think that's important. We have patients that are Christians that are believers. That's okay. We're not proselytizing to them. We're here to support them wherever they are.

But I have no qualms about sharing that. My personal journey and my personal walk with God, because that's what gives me straight. He's what gives me strength and he's who I call on for strike two to do everything.

There's a lot of decisions to be made. I believe that we need to call on him, but have a relationship with him to be able to help, to be guided through this decision process.

Should I do chemo? Should I not should I continue with the with the estrogen blocker? Should I not do estrogen blockers? Is these are questions that all our patients have.

So it's if you lose audio. No, no. Okay. These are questions all our patients have. And the more connection that you could have with your heavenly father, the more coverage that you're going to have.

But I think it's also important for a we talk we touched on that neurology side that parasympathetic sympathetic side. I'll tell you, there are patients across the board, whatever kind of cancer they have, the ones that do the best they need have.

I mean, ultimately are we want our outcome to be that we are cancer goes away and we can continue to live a life. So let's let's call that the best right?

So the patients that do the best tend to be the ones that are the most call about their cancer. And I believe that is a neurological piece. So the parasympathetic nervous system is so important in healing disease, your parasympathetic called you the parasympathetic arrested relaxation.

Your parasympathetic also stimulates your immune response. Your parasympathetic is completely control your detoxification.

Faith, Mindset, and Closing Resources

That's why you would do coffee edibles, because it stimulates your vagal there, which is your parasympathetic or but the people that have that deep relationship with God, that that subdivision of, hey, I want to get better.

I want to see my grandkids. I want I feel like I have a lot more to offer this life. But I'm okay if God takes me home

too. But I'm here because I want you to tell me how to get better.

But they have that healthy balance that now we grieve, but we don't grieve like the rest of the world grieves without hope. We do have hope in the future, regardless of whether it's here on Earth or whether it's in heaven.

Those are the people that tend to have the coldest to bitter. And they there they have that balance between their parasympathetic and their sympathetic.

I think there's a lot of healing that takes place there. Yeah, I couldn't agree more and I think it doesn't matter what religion you subscribe to, it doesn't even matter if you subscribe to a religion, because ultimately it's about being connected and being connected to something bigger and having purpose and a desire to live and taking comfort in the fact that there is a plan and you don't necessarily need to worry about that.

So you said people who are calm about their diagnosis, it doesn't mean that you don't do what you need to do to heal. You certainly do. But know that there is a grander plan.

It has happening. Yes, we have a responsibility on our part. Yes. And if we don't fulfill that responsibility, that we suffer the consequences of that.

So we suffer the consequences of our own decisions here at it's true. So but so follow that responsibility. You do everything you care, that everything you educate yourself to do.

Every day you go, but then you leave the results in God's hands that can rest. And that that's where the piece comes in. Yeah. So I just wanted to review all the great stuff that we talked about today.

We talked about rife technology and that it delivers light frequency, stimulates the immune system to start to recognize cancer cells. So kind of reengage as your T cells, your natural killer cells and that there are lots of things in our environment that are adversely affecting our immune system and damaging our cells, things like lack of sleep over exercise under exercise, stress, toxins, chemicals, low lying infections.

And that this this technology can be a huge contributor to the healing process. Of course, it has to go along with getting to the root cause, determining what is kind of driving that disease state and dealing with that.

And lots of times there are co-infections like Lyme disease or mold fungus, things that are also dental infections, things that can also be mitigated with this technology, although it has to be carefully done in order to prevent or hurt time or reaction or that kind of flu like reaction.

That happens when you kill things too quickly because they release and do toxins into your system. It is safe to use this technology along with other kinds of technology like PEMF And as long as you're not killing an organism too fast, you really shouldn't have any side effects.

But we talked about that the machine is just a tool and that it has to go a long dietary and lifestyle changes and things that stimulate your immune system and that it should be used ideally early on in the process, run indefinitely to a point in that you may not need to travel with it, but there is no reason to stop using it because it is so benign and it can be the key to keeping that tumor load at bay.

And lastly, we talked about the importance of having a greater purpose and having something to live and knowing that there is a grand plan in place. We certainly have to do our job and play our role and do what we can do to heal and play our part in that.

But knowing that we are connected to something greater that gives us faith that whatever is meant to happen for us will happen for us as long as we continue to play our role, don't leave anything out.

Wow, you are great at summarizing. Well, where can people find you? Since I know there is going to be a lot of people interested to talk to you? Well, you can talk to me if you want.

You can schedule a what we call a case review that we do that through our website, Conners clinic, connersclinic.com hit the begin here page. And you can schedule a case review or you can just utilize all the information on our website, too.

I think I have a blog post, so tons of information. We feel like that part of our mission is to just educate yourself, whatever is best for people, however they need to move to the next level.

Appealing. Awesome. Awesome. Dr. Conners, thank you so much for being here today, for sharing all of your wisdom and experience, for giving people hope, because I know that that is a major part of what you do.

And it's not false hope. And I just I love what the energy that you're out to the world. So I am so grateful to you and all you do and so happy to have learned about what you do.

Because I know that it it is going to be something that contributes to so many. And you are really making a difference. Thank you for having me. I appreciate it.

It's Dr. Jenn