Introduction and Guest Background

With me. I have my dear friend Nathan Crane. He's Mr. Awesome. Thank you. Thank you so much for joining me. I'm I'm so excited about what we can talk about today.

Hey, I love that new nickname. That's the first time it was called me Mr. Awesome. I'm going to have to coin that. Thank you. Yeah, that that that's your that's your next shirt.

You know, it's like the Mr. Wonderful investor guy, right? Yeah, exactly. Yeah. I've got to just make sure you look good with a cape. And thanks like I appreciate it, man.

Thanks for doing this. This is awesome. I'm super excited to share some really shocking and exciting information with everyone today, so thanks for having me.

Yeah, it's going to be so cool. Yeah. We're going to be talking about some some ancient knowledge that is really supported by new scientific research.

So it's going to be some really cool stuff for everyone out there. Nathan Crane is a natural health researcher and certified holistic cancer coach. He is an award winning author, inspirational speaker, Amazon number one bestselling author, and a 20 time award winning documentary filmmaker.

And Nathan is on the board of directors for the Beljanski Foundation, a nonprofit conducting scientific research into natural solutions for cancer. Nathan, also the director of Healing Life, president of the Holistic Leadership Council, which I am part of, you know, honored to be part of and is amazing group of leaders from all over the world as part of that council.

He is founder of Conquering Cancer and director and producer of the award winning documentary film Cancer, the Integrative Perspective. And Nathan has received numerous awards, including the accolade 2020 Outstanding Achievement Humanitarian Award and the Outstanding Community Service Award from the California Senate for his work in Education and Empowerment with Natural and Integrative Methods for Healing Cancer, you can receive a free download of his bestselling book Absolutely Free by visiting becomingcancerfree.com.

Awesome you are a rock star. Thank you. Thank you. I appreciate you. I mean, this is going to be a great conversation because I just I love spending time with you, man.

You're such a wealth of knowledge yourself and the work you do. And helping people heal not only prevent, but actually heal from all kinds of chronic diseases, including cancer.

I learn something every time we get a hang out and I always have a good time. We laugh, we smile, we and we get to help people. So at the end of the day, that's the best medicine right there.

Yeah. So looking at I mean obviously cancer as a riddle we are all are trying to solve. And I think a lot of times we always look ahead and not learn from what we what we've known in the past and we become to kind of wrapped up in our head thinking that we have to be brighter than we are and and letting go of things that are really foundational in order to be able to understand how to address this this complex disorder that is becoming a pandemic.

So, so share with me a little bit. I mean, energy medicine is something that you are huge into. And tell me a little bit about that and the landscape for people to understand what that is.

Cancer as a Lifestyle-Related Disease

Yeah, let's let's give a little context. I mean, for people to realize what kind of pandemic we're actually in right now. You know, in 1905, cancer was believed to be about point 5% of people, right?

Less than 2% in 1950. That was about 10% and raised to 10%. And today, certainly in the West and in many civilized countries, you know what we would call first world modernized technocratic countries.

We see cancer at almost 50% of people. So it went from, you know, almost nobody having cancer as a really rare disease to basically everybody knows somebody who has cancer.

And unfortunately, if you're in a room of ten people, half those people are likely to become diagnosed. And it's earlier and earlier, you know, it used to be at 60, 70, 80 years old, and now it's the number one killer and it's the number one death by disease in children under 19 and children in 50 years ago, children never even had cancer.

And now they're dying by the tens of thousands every year. It's insane. You know, hundreds of thousands of people are dying. Millions of people are dying actually around the world from cancer every single year.

And the most important part is that cancer is primarily preventable. It's a preventable lifestyle related metabolic disease. That's the big thing here.

And so number one is to look at any kind of breakthrough solution for cancer, whether you have cancer and you're tuning in and you're looking for, hey, what can I do?

What changes can I make? What can I implement? That's backed by science that can actually help my body heal itself. Or maybe your doctor or your health care professional or your coach and you're trying to help your patients improve their quality of life and extend their lifespan, or you're just trying to learn for yourself or for a family member.

Men that have been told it runs in my family. Many I just talked to someone this morning. You know, she said actually I was getting a blood draw, which is important thing to do from time to time and just check where you're at with your own biomarkers and see if your, you know, metabolic biomarkers are on track for health or maybe they're declining and you should pay attention to that.

And the nurse, she told me, you know, my whole family's had cancer, so and so we started talking and I talked about diet and lifestyle and energy and all these things.

You know, there's only so much you can share with someone in 5 minutes, right. So but she she left feeling, you know, inspired that, hey, this is something that I need to look further into.

And that's the important part is continue watching these kinds of interviews and learning from, you know, more information and, you know, owning this this whole summit because you can spend your time going through it.

That's what I did, you know, started over a decade ago, was learning from hundreds of top cancer experts, cancer researchers, cancer conquers and survivors.

And through that journey, it led me down this really interesting path of one understanding what is cancer, what actually caused it. That's really important. And then number two, how can we empower our bodies and specifically our own immune systems to fight against cancer?

Because cancer is not something you get. It's not something that is given to you. It's very rarely hereditary. We've had no cancer.gov says less than 5% of cancers hereditary.

And if you talk to an average geneticist, they'll tell you less than 1% of cancer is hereditary. We know that if you have the BRCA1 gene, 50% of the women with the BRCA1 gene never get cancer.

So we know genes don't cause cancer. We know that it's not primarily genetic and in fact, it's primarily diet and

lifestyle. Even according to the latest research in Nature, a big scientific publication that says, you know, most cancer and most chronic disease, for that matter, is actually lifestyle related.

Now, today, you know, in my book that you can get for free at my website, in my master classes and programs and a lot of the work you do, Dr. Karlfeldt, you know, we talk about diet, we talk about nutrition, we talk about supplementation, we talk about sun, and we talk about sleep.

We talk about a lot of these other diet lifestyle factors that we know can help improve your body's ability to fight against cancer. Because you really if your your focus is to turn on your your your cancer fighting mechanisms in your body, we need to focus on the immune system and we need to focus on reducing chronic inflammation.

But what a lot of people don't know anything about and where my research has led me very interestingly and fascinating, fascinating to me over the years as that deep down this path of energy, medicine and energy healing, which now is, you know, being really well understood, even though it's a multi thousand year old practice and teaching and understanding.

And there's a lot of terms for it now. I mean, bio, bio regulatory medicine and therapy, you know, there's PEMF, there is all kinds of therapies that have come out of understanding that we are energetic beings, that every cell in our body, including cancer cells and including the mitochondria inside the cancer cell, actually emanate emanate a a a frequency and a magnetism and an energy that determines the health of that cell.

So that's the fascinating thing. And so we can dove into some of that research and then also what we can do about it, because what's really cool is that when you understand the deeper, energetic mechanisms of the body, you now have a free, empowering resource within yourself to actually regulate the cells resonance, the energetic field that your cells emit and you have within you right now the ability to turn on apoptosis, cancer cell death.

This is and I'll share some incredible science that shows you how to do this. That as well has been showing it in vitro in petri dishes, literally killing cancer cells.

By the energy that we turn on within ourselves, as well as weakening the cell membrane around the cancer cell and bursting it. So then the nutrients that we put in our body and and the natural anti-inflammatories are Kirkman's and the and then the cancer fighting nutrients in the sulforaphane from the green vegetables those go into the bloodstream and they can actually enter those cancer cells and help kill the cancer cells.

So this is really fascinating stuff for a dove in. Did you want I want to just give you a chance, maybe having questions for you.

Energy Medicine and Qi Gong Basics

And what's so cool with you is that with all the work that you've done, I mean, like you mentioned, you've interviewed hundreds of, you know, cancer survivors, doctors.

I mean, that was just kind of right in the beginning. I'm sure we're talking about thousands now because you're somebody that is as they're on the cutting edge type of therapy.

So the cool thing is that you come with all that knowledge, with all that experience, even though you were not a medical doctor or maybe an oncologist or anything, but you get so much more because you're not stuck in that one box, you know, just doing that one thing.

So you have that breadth of knowledge and understanding just based from all that information, light, I mean, energy, medicine. I mean to me that is the the frontier.

I would say that that is that the past history, energy and it is the frontier of medicine. I mean, that's where we need to go. As we were understanding who we are and the connection to the universe, that connection to each other.

You know, at the end of the day, like you mentioned, you know, yes, we see these fiscal forms, but we're not physical. I mean, if you go down into particles, you know, you you have these, you know, studies where you shoot electrons through, you know, two slits and and you recognize that, you know, depending on how you look at those particles, you know, you measure it as a wave, its away, you know, which means it's physical.

You measure it as a physical component, as a physical component. So you know, when we look at cancer, you know, we then think physical, but it isn't, you know, our bodies aren't physical.

So, you know, so I'm really excited to kind of hear, you know, we're, you know, well, what the new is. I mean, like, like with a you know, you're talking about, you know, disrupting the cell wall membrane, you know, when when you have a disease cell wall membrane, it can handle all that energy and that frequency.

And then rux disrupts and then you can kind of do a lot of things. And that's a challenge with a lot of medication and supplements, is that it? It can't enter into the cancer to have that therapeutic effect.

So to be able to bring these type of therapies on board to maximize the care is what I call elegant medicine. Yeah, yeah. I love elegant medicine. Exactly. So.

So that's the first concept we need to accept before we can even continue, is that you just said it. Humans are energetic beings and this is not woo woo.

It's not some, you know, belief systems. It's proven by science. We have measurable electrical and magnetic fields that resonate from our body and resonate from every single cell.

The heart, the physical heart, for instance, it uses an electrical field that can be measured through an electrocardiogram to regulate its beat. And MRI's. What's MRI's?

Magnetic resonance imaging is scans the body's magnetic field. And then through that, that's how it produces the tissues to show you, oh, you've got a tear in your rotator cuff tendon, right?

Your superspeed notice bonus or whatever that MRI is looking at. It's literally scanning your magnetic field of your body and your cells in your tissues to produce images.

So we know it's not people seeing them as some woo woo things, say energy, medicine or whatever. It's like we're using it every day in modern science.

They're just not using it to its full potential yet. And that's the exciting part. So, you know, the question one of the questions I had is like, how did our ancient ancestors figure this stuff out?

Because this actually goes back well over 5000 years is what's was was believed. And there's certainly documentation of this kind of self-regulated, energetic healing model cities that go back thousands of years and some believe it actually goes back even way further.

But we do have documentation going back thousands of years. We have it going back to the yellow emperor, for example. And the dates aren't really that important.

What's what's important to understand is that for the past few decades now, there's a large number of really accomplished scientists from leading universities like UCSD, UCLA out of California, Harvard University, big universities, well-respected universities out of China, and some of the top scientists in the world.

They have applied modern scientific methods and protocols to investigate the biological, chemical and physical effects of something called Qi Gong. If anyone hasn't heard of Chee Gong, we'll talk a little bit about what it is.

I'm sure everyone's heard of Chee, right? You've heard of Chee. Chee spelled Q Eye is basically lifeforce energy. That's really what it translates to and we all have it.

So what we're measuring in our devices today is, is in the ancient practice, they would call Chee. They say that's your life force energy. Well, we're measuring it with scientific methodologies today.

So whether you call it lifeforce energy, you call it your own body's energy, you call it Chee, it doesn't really matter. But what the science has established very clearly is that one chee physically exists.

It's measurable too. It can interact with and affect matter, physical matter, from molecular to atomic levels all the way at the smallest level. It can affect the fundamental components of living organisms from water to sugar to cell membranes.

Like we talk about the cancer cells to proteins to DNA and even RNA, and it can recognize and optimize genetic properties without adverse effects, which is really interesting.

It can it's been shown to actually induce apoptosis in cancer cells without harming healthy cells, and it can actually be applied in biotechnology and materials processing and create chemical reactions.

It's really fascinating stuff. So for so we'll talk about a few different forms of energy mass. And the main one I want to talk about today is is qigong, because qigong is not very familiar in the West, but it is it's like if you ask anybody who comes from China about qigong, everybody knows about it because it's been a part of the culture for literally thousands of years.

And then it was kind of hidden for a long time. And then it had this big reemergence over the past hundreds, over the past 100 years. And it had a big reemergence.

A big part of that was because of these kind of grand master practitioners who became trained in Western science and became trained Western medical doctors, but they studied this ancient form of healing from all the top masters and then combined the science with the ancient methodology so that it could be translated to our modern time.

And I feel like that's part of, you know, a part of my purpose here now is to help people recognize that, hey, qigong, I really think you know how yoga like 100 years ago, probably nobody in the Western knew about yoga.

I'd never heard of it, never had no idea what it was. Right. And then Yogananda, Paramahansa Paramahansa Yogananda comes to the United States and starts teaching yoga, and then it expands and expands and expands and more teachers and more and more now every say the word yoga.

Every single person, certainly in the United States and probably Europe and other countries have at least heard of it, have at least tried it, or have some understanding of what it is.

I feel like we're at that that point right there where hundreds of thousands of people in the US know about qigong and it's about to become tens of millions that big breaking point.

And just in exactly because of this, because of the science behind it is so fascinating. What's your idea? And correct me if I'm wrong, but don't they in China, don't they have like hospitals where they use qigong as a main treatment for people dealing with cancer and just by shifting the energy, then they we are then seeing cancer disappear.

Exactly. So a few years back, I met a master qigong teacher in Santa Fe, where I lived who studied under a Grand Master Peng Ming in China, who was the founder of what was called the Medicine List Hospital in China.

And they had hundreds of thousands of people go through this hospital where they had no drugs, no medicine, medicine lists, and all they had was qigong and within.

Qi Gong Case Studies and Research

And people would live there and they would practice and they would learn how to direct the energy towards

healing. And they would and they went there with just about every major chronic disease on the planet, and they saw a 95% reversal rate of every single disease on the planet.

And some people, it happened in really short periods of time and some people it took months and even even years. But then some of the, you know, stage four incurable cancers, all these kinds of things, neurodegenerative diseases and Parkinson's and you name it all these kinds of chronic health conditions, many of them we're seeing benefit very quickly.

And and others, you know, it just progressively improved over time. The fascinating thing was there were no drugs or no chemotherapy. There's no radiation, there was no surgery, nothing, just teaching how to regulate and direct our own body's natural, energetic, healing capacity.

It's in it's within every single one of us. And it's teachable and duplicated all through practice. That's it. And it's and it's easy to learn this stuff, which is really, really cool.

But they documented this scientifically and then this teacher, a master Ming Tang Goose, studied in the Master Teacher program, which is why they call him a master teacher.

And then he came here to the west over 20 years ago and started teaching qigong. I met him, I don't know, five, six, seven years ago. Started practicing with him, working with him, going to the retreats, learning the methodology, the philosophy, the teaching, and saw a tremendous benefit in my own life in so many ways, my own health in abundance and well-being and energy and mental clarity.

And then I did, because I'm a documentary filmmaker, I did multiple documentaries on incredible healing stories that happened. Bianca Mola, who had Parkinson's disease.

Parkinson's is a progressive neurodegenerative disease that basically incapacitates you until you die. It's a very challenging disease that people go through a lot of pain and suffering depression, a lot of depression because Parkinson's basically downregulate your dopamine.

So imagine just not having dopamine every day and feeling so terrible all the time, while also your brain is degenerating. She started practicing this qigong and within months her Parkinson's.

And so she had a clinical medical diagnosis of Parkinson's. She had tremors, she had everything. And within months, Parkinson's free. And she still practices to this day and she's still Parkinson's free.

Isn't this isn't this cool, though, because you have I mean, this is a primary example of where we think that these illnesses are of physical origin, that we have a chemical like dopamine, you know, neurotransmitter and the effect.

And because you're deficient in it, you are then you're are experiencing or exhibiting this type of fiscal illness, but then recognizing then that beyond or prior to this physical manifestation, so to say, of neurotransmitters, of, you know, how the brain functions is the energetic quality is the the energetic flow of things.

And by shifting that, then we are then shifting how reality manifests, you know, how these particles are produced, how the brain functions, how it signals, how the immune system works just by shifting the energy which is a prior existence before your physical, physical body.

So I mean, it is these are just prime examples of exactly that that, you know, like you're saying, scientists, physicists, they know this. Yeah. It's just that medical profession is just a little slower.

A little slower, decades slower. Usually, unfortunately, which is why I feel like we're getting to that tipping point because, you know, this came here over 20 years ago and it's like, hey, you know, we're starting to reach more people with this and more people are experiencing the transformation in their health for themselves.

Tom Lo Swick is a great example. I mean, he had six or seven diagnoses. He was in a wheelchair. He you know,

he was basically in a wheelchair because he was he was in so much pain.

He had chronic fatigue. He he felt like he was he was going to die. He had cancer or he had he was on over like a dozen medications. And basically he was he finally turned to qigong, came to this retreat in Santa Fe and left there feeling after I think one week was so much hope and possibility and more energy and clarity than he had in a long time, and a will and a desire to live when he was basically giving up ready on his way out.

When I met when I interviewed him, when I interviewed his his therapist at the time, and she says, you can see this on the documentary that's on YouTube.

She says, You know, when I asked him how how much do you want to live and how much do you want to go? And he says, honestly, it's it's I think he said, it's 5050.

He's like, I'm or 6040 or 7030 something like that, where his his his he had a higher percentage of wanting to die. He was so over the pain and the suffering.

And many people I'm sure can relate to that. And within a short time of practicing every single day, not only did he completely get off all his medications and his cancer go away and his immune system come back online and his chronic pain go away, and all these kinds of issues that he was dealing with.

And his doctors told him, you know, because he had spinal fusion all the way down to his lower vertebrae, tell him Tommy could never twist again, anything like that.

And he was a big surfer, so that was really depressing. I went out to northern California in San Francisco, and we were swimming in the freezing cold ocean in the winter together.

And he was like 30 years younger, you know, his energy, his vitality, his clarity, everything his whole life transformed for the better. And, you know, he's swimming again and surfing again and doing all these kinds of things that truly saved his life.

And they're just case study after case after case study of this. I do another documentary, Otis Wallen, who's also on YouTube, who also had, you know, kidney cancer, liver lesion, had all kinds of issues going on.

And same thing, practicing learning the practices, learning how to direct the energy. He had a pulmonary embolism. His lungs were collapsing. They were blocked by 80%, a 20% breathing capacity left.

There's a chance he was absolutely going to die. And through the practice that qigong practice, he completely recovered his health and improved his relationship with his spouse at the same time, because there's a beautiful thing that happens as you start diving into this practice where it's it becomes it's not just a health practice, but a really a mind body spirit, emotional healing practice all at the same time and completely reclaimed his health.

And again, the stories go on and on. But I want to share some of the science and then share with people how they can start experiencing this for themselves.

There was if you look at kind of an overview, scientific article on qigong, there's one called Qigong in cancer care theory evidence base in practice.

And you can go read this on PubMed. But basically what they say is regular practice of qigong exercise therapy has a potential to improve cancer related quality of life and is indirectly linked to cancer prevention and survival.

And they say, yes, we need more studies, we need to understand it more. But what's really cool is when you start looking into the studies on it, there's a lot of studies that most scientists don't even know exist because they haven't done the deep research on it like I have.

And some of those studies are like there's one for 26 is is called external chai of yan shin qigong differentiate

differentially regulates the a key t and extracellular signal regulated kinase pathways and is cytotoxic to cancer cells but not to normal cells.

So let's clarify for people real quick what is a k t because that's really important. You know what that is, obviously, but is protein kinase B also known as acting as a collective name of a set of three serine and Threonine specific protein kinase is a play key roles in multiple cellular processes such as glucose metabolism, apoptosis, which is cell death, cell proliferation, which we know cancer cells proliferate at rapid speeds and we need to reduce that transcription and cell migration.

So what they were able to show was that it regulates these pathways and kills cancer cells. In the study they were sending chai this lifeforce energies within every single one of us directed to pancreatic cancer cells in a petri dish.

And they did it for 5 minutes initially and they found that sending by direct g energy. Again, this is the energy is within all of us. It caused rapid lysis of the pancreatic cancer cells, which we talked about earlier.

That's the cancer cell membrane. It caused it to burst. And that's where we get the nutrients in there because so because, as you said, many of these things can't get to that cancer cell membrane.

The chee literally burst the cancer cell membrane and also also showed that the qigong energy caused apoptosis of the cancer cell, which means it literally helped kill the cancer. So there was another study that showed the exact same thing, but in colon cancer, colorectal cancer cells and it's really fascinating stuff because when you really look into it and you see that like literally you have a petri dish, you have cancer cells and all you're doing and say all you're doing.

But it's it's a really powerful thing is sending this intentional directed Ki life force energy within you to the cancer cells and those cancer cells are dying.

It makes you think like, what the heck is going on? How is this even possible? Right. It sounds like a science fiction movie. It sounds like, you know, if you if you watch Marvel or or DC Comics, like any of The Avengers or, you know, Powers that people have powers of of actually a good example would be what are those like martial.

There's like a martial arts show where they have all these incredible powers. Talking about kung fu or the. Yeah, I mean. I'll think of it in a minute, but, but literally it's like we have these powers within us.

We just have been shut off to them for a long time. For whatever reason, we have been lied to about it. Maybe, maybe we they've been hidden. We know that it was really popular for a long time and then all of a sudden it was like nobody knew about it.

So something happened. I mean, we. Had it gained popularity again over the past 100 years. And then guess what happened when that hospital in China was thriving and they had millions of practitioners and thousands and tens of thousands of case studies of healing and all these peaceful qigong practitioners that were getting together every day and practicing qigong and and basically healing chronic disease.

Guess what the Chinese government did? They put that grand master paying me on house arrest and they shut down the hospital. And for whatever reason, the people were becoming too powerful.

And the government doesn't want you having that power. I mean, imagine the potential that you have, the self-healing, self-regulating power within you to stop disease, to blow up the membranes of cancer cells, to literally kill cancer cells within you.

You have the healing potential within you to stop disease and increase longevity and thrive. That's really bad for a lot of, you know, corporations, greedy corporations that depend on our sickness for their profiteering.

It's really bad for people in power who want more power, who don't like wise, intelligent, powerful, individualized human beings taking control of their own health and not being sick.

Right. It's really bad for the people who are greedy and who want more power, but it's really good for you and I because we want to thrive. We want to be healthy, we want to stop disease, and we want to do it without paying millions of dollars and destroying our immune systems in the process.

And the key is that, I mean, we become focused and a little bit of fear as well in regards to chemicals were exposed to you know, we would talk about like the COVID thing and the money and what it does to the body.

We're afraid of, you know, different cell phones, cell phone towers and all of these things. And and yes, they they are scary and they're impacting our health.

Yeah. But at the end of the day, if we look upon it on a on a frequency level, on an energetic level, if you then drive your own energy and recognize that power that exists within you, you know, you can take these photos of of your body that currently in photography or you know I was playing around in the nineties with other technology where we can see this energy field around an individual.

And you see now talking about martial arts, when you break a brick, you know, you can actually see that the brick is broken prior to the hand touching it and is the energy out of the hand that's actually breaking the brick.

How Qi Gong Supports Healing

And so recognizing that we have this power that exists within us, then we can then neutralize something that the frequency of these other things, even though they look physical, is not going to impact us.

I mean, we that that empowerment and realizing that we have that us we can guide our immune system, we can guide all of that, you know, through an energetic level.

It becomes very freeing. Yeah, exactly. Very freeing. And yes, those things do matter. You know, toxins do matter. Food does matter. Right? You know that I know that you work with patients every single day.

I work with clients every single day. We fi that's another form of energy that we know. Invisible energy, right. That is we know is damaging our cells and potentially leading to cancer.

So it's important to recognize the invisible energetics around us, the toxins in the air and water that we breathe, the toxins you're breathing from the formaldehyde off your cupboards and your kitchen right now, you can't see them, but they are being brought you know, you're breathing them into your body and it's potentially damaging mitochondria and leading to cancer.

So we know we're surrounded by all this stuff. But at the end of the day, if you can regenerate your cells, if you clean up your diet, clean up your water, clean up your air, you know, clean up your environment the best you can.

We all should do that. And, you know, I've been doing that for over 15 years. So it's like practice what you preach. We should clean all those things up, eat as healthy as we can.

And I also practice qigong every single morning, and I have for a few years now. Why? Because I know it is so powerful. And I know it makes a tremendous difference in my own life, not only because I feel it and I've seen the benefits of others, but I've also looked at all the science behind it that's backing it up as well. So, you know, is there a qigong form of qigong that's better than others?

Here's my experience. So far, all qigong is beneficial. That's the number one thing. And and then depending on who you talk to, may say this Qigong is better than this one. This one's better than this one.

At the end of the day, the best qigong is the one that you practice is the one that you do. That's that's the most important. Yes. This form of what's called wisdom, healing, qigong, which is the one that I primarily have learned from, for Ming Tong, from Master Ming Tung is a one that is primarily currently taught through my company Healing Life, which is healing lifting that people can learn about their.

But we're bringing qigong masters from all over the world to bring all their methods into one place because it's all beneficial, you know, qigong is traditional qigong, an ancient qigong is a combination of a of a variation of multiple healing practices that we know today or many people know today.

But ancient Chinese medicine had already figured out all these things are incredibly healing. And then put them together into a full system of of healing and longevity.

That's where people aren't really getting the full benefits of qigong today is because they're doing one of these things by itself in a silo. And not getting the complete benefits achieved along system should include or at least the one, the ones that I've seen that have been called the number one medical qigong in all of China should include number one, the teachings, the wisdom, the knowledge you need to have, the understanding that the theory and the teachings of life, of emotions, of energy, etc.

we need to understand things. Number two, the sound healing and sound healing is really important and it's really powerful stuff. And the science has back this up.

There's a 2000 study from Finland that observed that stroke patients who are giving access to a form of sound healing as cognitive therapy improved their recovery from stroke.

Other research showed that patients who suffer from the loss of speech due to a brain injury were able to regain it more quickly. You know, the phenomenon of music as a sound healing as a sound healing device after stroke is called the Kenny Rogers.

It's very well studied for addiction. It's shown that learning instruments, for example, improves addiction. Recovery. There's a study at University of Wisconsin showed exposure to the right frequencies and tones actually produces dopamine, which is an we know that's a big issue for Parkinson's, but we also know it's a big issue for depression.

And we also know it's a essential precursor for up regulating the immune system, which is the number one system in your body. You need functioning as full capacity to fight cancer, and their studies go on and on and on about sound.

And in fact, what's really cool is qigong teaches you to use your own voice as sound healing. And they did this small study with the five organ sound system, sound healing from master in tongue.

And they saw and they did it with Parkinson's patients. And they actually saw the dopamine levels increase higher than the drugs were giving them. And so this wasn't a published peer reviewed study.

It was just something they did in a in a small setting where they were testing the dopamine while they were doing the sound healing. But that was a it's really promising because, yes, we need a lot more science today to to really explain everything that's going on.

But we're seeing more and more and more and more. And again, you know, if it's going to increase your dopamine, we know it's going to increase your immune system.

And your immune system is essential for everything. Right. So it should include sound healing, should also include visualization and it and and and meditation and subtle movement so that qigong system of healing is basically all five.

It's wisdom, it's sound healing, it's subtle movement, a subtle energy, it's movement and visualization and meditation. And that combination is what is showing these incredible healing results.

And, you know, I can just theorize why all the research I've looked at with cancer, specifically just one mechanism of action is really clear when you look at the autonomic nervous system.

Right. And you know all about this, hopefully your audience knows about this. If they don't do short, the shortest of

it is we have sympathetic and parasympathetic.

And the more often your sympathetic nervous system is kicked on to fight or flight, the fear mode from distress, from the trauma, from the challenges of life.

Then your immune systems downregulated and disease can thrive versus we kick up the parasympathetic meditation and visualization and sound healing. All the things that are in qigong and your immune system boom turns on, gets activated and goes to work, sending out all the different molecules that are needed to destroy inflammation, to fight against cancer, to repair tissue damage, to clean up oxidative oxidation in the body.

And so it's like, yeah, you can really I mean, you can just basically theorize what's going on. But the studies that I shared start to look at the deeper pathways and understanding of why it's actually happening.

Excuse me. And the coolest thing is that we can learn this and practice it in our day lives and it takes 20 minutes a day, you know, that's it. You can start with 20 minutes a day and you can learn these practices and start your day and you feel amazing.

You feel you have more energy, you feel you started your day with with good intention and visualization. The sounds really powerful. You can feel more invigorated.

Some people will start at five or 10 minutes a day and they love it. They go to 20 minutes a day, they love it more, they go 30 minutes a day. These people that I interviewed who literally reverse these diseases in a few months were going up to like 3 hours a day because they were just getting so much benefit of it.

They couldn't stop doing it. And so but I would recommend people start at 20 minutes a day and just start experiencing it for yourself. And and it's incredible what happens.

So, so you're meaning that people don't have to take their blood pressure medication, that they can get off their antidepressants, they can boost their immune system.

So they don't need to do a bunch of vaccines. You know, they can kind of boost it naturally. And then they're also preventing cancer at the same time.

Hey, I mean, if if that happens through a simple practice like qigong, I mean, what can I say? You know, I can't guarantee it's going to happen for anybody.

But, you know, we see it again and again. And it's not only thousands of years old and incredibly safe. There's no adverse effects from it that I've ever seen.

And if you can get some potential benefit from it, why wouldn't you do it? I guess that's the question, you. Know, and the medicine first do no harm. And I mean, I would say say this is the first do no harm.

And I would argue that some of the things in the medical field are doing harm, since it's a third leading cause of death. You don't have to argue that.

I think we all agree. So and the cool thing is that, yeah, this is something we're talking about since it's a cancer summit, we know that we this way we can then controlled you know because the mitochondria controls genetic expression in a lot of ways.

And by using this type of therapy we are then at we are adjusting the signaling from the mitochondria to your genetic to your genes, which means that you will be then expressing less of what's called oncogene, which means that this cell is going to stay vibrant and healthy.

And also, we know that cancer cells in themselves, you know, it is when the cell feels like it's not supported enough and it needs to it separates itself, you know, from the identity of the whole, you know, because it feels that it needs

to to function in a different way than the normal functions or reverts back to, you know, another way of gaining energy and surviving.

So by infusing energy, by supporting mitochondrial signaling, you know, there's no reason then for these cells to shift then into a cancer expression.

And in addition to that, we have the cancer cells and themselves, you know, we we we we're looking about cancer as say, you know, that we liken it to how, you know, fetuses develop.

You know, we have that kind of rapid growth, rapid differentiation or kind of rapid cellular production and then differentiation takes later. So we're looking at upon that and we are then wondering, well, what is the switch that she said switches that back to stop that process.

And so if we then can use these type of therapies to kind of shift that switch backwards, we can then shift a cell that expressing cancer behavior into a normal cellular behavior, which is really cool.

And obviously, if the cell is too damaged, you know, then triggering apoptosis.

Getting Started with Daily Practice

And and then we use the material from that to build healthy cells, you know, so that but it's just that is just what's so cool when you look at these type of therapies is that, you know, it has those potentials and it has it has helped so many people in the past.

Exactly. And so, you know, that there's a whole body of medicine now focused on energy medicine, primarily in the manufacture, in the research, development and manufacturing of energy healing devices.

We talked about PEMF, pulse electromagnetic frequency. You know, we don't have time to go into that in the science of that. But you know a lot about that.

You use different energetic healing devices. You know, we know light therapy, again, is energy. We know, you know, there's a lot of biomodulation, biophotomodulation, you know, light therapy, sound therapy, PEMF pulse, electromagnetic frequency therapy that are doing exactly what you just talked about, which is helping to activate that turning an unhealthy cell into a healthy cell or inducing apoptosis assists or helping to basically burst open the cell membrane so that the the nutrients can get in there and take care of the cell.

So we have devices that are being manufactured in a lot of science. It's supporting them not only for cancer, but for pain, for chronic inflammation, for neurodegenerative disease, for all kinds of things.

And you can use those devices. And I, you know, I use a PEMF therapy pad as well, and I recommend learning more about them and looking into them. But I really believe and what I think the science is starting to support is that we have those devices, we have everything those devices have built within us.

And where it comes from, I don't exactly know from our spirit, from God, from the universe, from the combination of our brain and our heart. But we know it's there that our ancient ancestors knew it was there.

Everybody who practices knows it's there. And the science is validating that it's there. It's up to each of us to turn it on and activate it. And the only way to do that is through practice.

And so, you know, I've put together, if people want to learn it and and try it for themselves, try these different qigong practices for themselves. I can share a free resource.

People can is a free trial people people can go and learn this from real masters who've been practicing, who've been learning these ancient practices, from the sound healing to the visualization to the meditation, to whole system.

And people can try it and experience it for themselves. What I hear, even from a ten minute practice, I see this every day, man. I feel lighter. I feel like I have more energy.

I feel like I have clarity of mind. I just feel better overall, you know? It's like I see it again and again and again and again and again. And I do too. That's why I practice every single morning, because I feel better when I do it.

And if so, if you if if what we do is improve quality of life where you feel better and you have more energy, well, guess what? We know that that has a downstream effect on all of our organs and all of our healing systems.

And so I do I just encourage people to to, you know, try it for themselves and and let us know what you think. And where did they go for that? Yeah. Thank you.

Healinglife.net healinglife.net. Okay. I mean that that's awesome. Yeah. Because it, I mean, it's not only how we our health but how we relate to others, you know, how we experience life.

And and also obviously if you're a business and business person and I executive, you know, how effective am I my brain health, you know, we by being in this state, we reduce inflammation and we know that things like Alzheimer dementia, you know, it is when the brain is, you know, continually inflamed.

And over a period of time, you have neuronal death. So by doing, you know, putting the body into this parasympathetic state, you're then not only increasing your your help, your lifespan, you're increasing your health span and your brain span at the same time.

So, so thank you so much, Nathan. This this is awesome. You always bring such, such cool stuff that is actionable and that that people can incorporate into their life to, to make huge improvement quickly, thank you so much.

Yeah, my pleasure. Thanks for having me. Thank.