Unlocking Holistic Cancer Healing: Can Integrative Strategies Transform Recovery? Transcript

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Introduction and Podcast Welcome

Really important to understand because every thought were generating waves. And if we're generating positive thoughts, those are positive waves. And that has an immediate healing on our body.

In other words, our body is so porous. Those waves readily penetrate their whole body. And then if you're having negative thoughts those are negative waves.

And that has an immediate detrimental effect. And if you have the TV news on in the background, you know that's a negative energy scenario coming in system.

So you want to guard against. Welcome to Doctor Talks the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hi, this is Doctor Monica Harrogate, from Truly Healthy MD. I truly healthy MD. We empower patients to become truly healthy by addressing the root causes of illness.

With cutting edge medical science and holistic healing. Welcome to our podcast. Today we have, Doctor Jim Roach as our guest. This is going to be such a great conversation.

Doctor Roach is known as America's healer. He is a leading expert in integrative holistic botanical spiritual medicine. His latest book is Brilliance The Pursuit of Hope, wisdom, and the divine.

A bestselling author, Jack Canfield, described Doctor Roach as one of the most encyclopedic minds I have ever met. So you can look more information up about his books, about his conferences, about his newsletter at w w w Doctor Roach Dot net, and also at WW, the Midwest center.com.

Thank you so much for being here on our podcast, Doctor Roach. I'm so honored. Well, thanks for the invitation. Excellent. So, like, we were, talking about right before we went on air.

We were talking about cancer. I had such a hard time choosing, the many, many topics that you're such, so knowledgeable about. It was so hard for me to choose which one.

But I do think that talking about cancer is something that's going to be super useful for me as a physician, as I grow in my integrative journey. And for our listeners, this is something that's really hard to get enough information on.

There's very few integrative physicians that actually practice this, so it's hard to know where to get your information. So I'm so happy that you've, come on this podcast to help us, talk about it.

So what would be the, you know, the initial things that you think patients need to know when we talk about these strategies in cancer? Well, number one is peacefulness.

So there is research, for example, with mice where they implanted breast tumors. And they stressed one group of the mice in the group that was stressed had a 30 fold increase in metastases when they gave the drug propranolol.

That's a beta blocker that blocks adrenaline. That prevented most of them metastases. So number one with my patients is peacefulness. I want them to be at peace 24 seven.

And well, how do you get into a peaceful state with that?

Peacefulness and Mind-Body Healing

Well, number one, I share that I've had 104 patients with spiritual near-death experiences, and they report the other realm that's more real in this realm.

They get mad about coming back. They're not afraid of death anymore, become very mission oriented and focused with that. Right. So I point out, the downside for you in this situation is ultimate bliss was my patients reporting.

Now your family wants to keep you around, but you're going to be fine, right? That's kind of the worst that's going to happen with you. I also use, supplements, to help with that.

Camomile tea is calming, relaxing, has anti-tumor qualities to it. Inositol, vitamin B8, in the form of an asterisk. So far, so Kearney's. That's a nice all.

Ip6 has a lower section entitled testosterone, which is helpful, but research suggests that it inhibits angiogenesis. It grows the blood vessels in tumors and also inhibits metastases.

So, those are, excellent ways to support peacefulness as well. Number two is actually circulation. So with the diagnosis of a tumor, you have a fourfold higher risk of heart attack and stroke.

And you have a tenfold higher risk of thrombosis or by this pulmonary embolism. So it doesn't do any good to be managing your tumor. And then you've you've had a heart attack or stroke.

That kind of. Absolutely. Yeah. That's and that's so important when we're, you know, holistic doctors a lot of times I feel like in conventional medicine we kind of get blinders on right?

We're like only looking at this one thing. We forget to address all the other things, and then people end up getting sick and dying from other things.

So always being so mindful of the other things that are our patients can get sick of. So this is so important. So the most important thing is peacefulness.

Research was done with mice where they implanted breast tumors. And they stressed one group of the mice in the group that was stressed had a 30 fold increase in metastases, spread of the cancer.

And when they gave the mice propranolol, a drug that blocks adrenaline that prevented most of the metastases. So in other words, the worst thing when you're diagnosed is to not be in a peaceful state.

We need you to be relaxed. Yeah, right. And that doesn't always happen when you first see the oncologist. Absolutely. Yeah. That's that's so important to know.

And I always love when we start with non non pill things right. I think as physicians we're so. A knee jerk reaction is to prescribe medication or or even supplements for everything.

But if we can start with those things that are don't involve taking a new pill that's that's so important, so important for people to, to have in mind.

So I've had, 104 patients who've had spiritual near-death experiences. They report the other realm is more real in this realm. They get mad about coming back.

They're not afraid of death anymore. Become very mission oriented and focused with that. And, so they're reporting that the other Realm is is ultimate bliss for the most part. Now, I've had two with negatives.

One was an alcoholic. He had a negative story. But I tell patients, that the downside of the situation is ultimate bliss for you, that my near-death patients report.

So, that's the worst that can happen. So I'm working for your family. They want to keep you around, but you're going to be fine regardless, right? And that helps keep them in a more, peaceful place.

So getting in a relaxed state involves, setting a lifestyle that involves getting adrenaline rush of adrenaline and healthy ways like physical activity.

I encourage my patients to walk an hour a day, for example, and a place where you can, get one sentence out but not two sentences out. There's the pace.

So it's not a walk. The dog pace, it's a little bit faster than that would be optimal associated with that. And then I think, prayer, meditation are very important.

You know, personally I meditate for 30 minutes every night before bed. And you a lot of individuals like you and I, you know, our brains are going in circles rapidly, and it's important to slow down that brain to get into a calm, peaceful place.

So meditation can be difficult at first because you're spending so much. But as you practice over time, it slows down. You grow parasympathetic fibers to keep you in a more relaxed situation.

And so that helps get you in a more relaxed state. You want to be in a positive energy environment. We are just energy. You know, quantum physics has taught us equals MC squared.

We go back and forth between matter and, and energy. Right. With this. And actually, even then, when we're in matter, imagine an atom being one inch in diameter and the diameter of the atom being one mile.

So even when we're in physical form, we're 99.99999999% hot air with that. And, it's hard to sexualize because we're just so used to like, it feels like we're we're dense matter, but we're not exactly.

And in fact, we may go 20, 20 times back and forth between energy and matter. Every nanosecond for a while. But we're so porous. That's extremely important to understand, because every thought we're generating waves, and if we're generating positive thoughts, those are positive waves.

And that has an immediate healing on our body. In other words, our body is so porous, those waves readily penetrate our body. And then if you're having negative thoughts, those are negative waves.

And that has an immediate detrimental effect. And if you have the TV news on in the background, you know, that's a negative energy scenario coming in system.

So you want to guard against negative energy in your environment and realize that your thoughts and not only impact you and those around you, but actually radiates out into the universe, affects the whole universe.

Every thought affects the whole universe, but it's my belief that if you can have positive thoughts 24 over seven, that you can probably heal any disorder just by that mechanism with that.

But of course, how do you obtain positive thoughts 24 over seven? Well, number one, set that intention before you get out of bed in the morning. Say your prayers that your intention of what it is that you want.

For example, if you have grandchildren, you might envision them, pray for them. Great being there when they graduate from college, right? You want to smell that? You want to taste that.

You want to elaborate on that image as much as you can. You know, lead athletes, if they want to win the race, they do what they visualize winning the race because they visualize it.

That in fact improves their odds of winning the race. Same principle here. You know, we're creating our reality. We're little surrounded by waves that don't particularly until we observe them.

And that's research from the double slit experiment that was ten, 60 years ago. So it's, you know, except of science at this point. Yeah. Yeah. That's that's, you know, scientific achievements from decades ago that we haven't fully embraced in our, you know, day to day thought about this right.

And so I also encourage patients to make an angry list of everyone they've been angry with their whole lives and love out to those people on a daily basis.

Forgive three people every day and maybe ask for forgiveness from some on a daily basis. Ten things You're Grateful for Every Morning ten different things you're grateful for every evening.

And if you have low self-esteem, write down ten things that you love about yourself every day because you were created perfect and you always will be perfect.

And one of the big lessons of life is that we are not our physical bodies, right? That we are our spiritual essence with that. And so things happen to our bodies during our life and ultimately the lesson is that does not matter.

In fact, everything, everything in life is a lesson. And the key thing is not to have to repeat the lesson to learn it the first time. Everything in life has a purpose.

And so as soon as we recognize that, and as soon as we can develop unconditional love, where we can love 24 seven and if we can be grateful 24 over seven and if we can be authentic, open up that throat chakra and speak our wisdom, because we've gained a lot of knowledge through this.

Like we're not supposed to keep that a secret. We're supposed to share that to make the world a better place. So those of course, what happens when you have a negative thought?

You have 17 seconds to cancel that before it snowballs into second and third negative thought. So you can say cancel, cancel and then move out of your head.

So your head, your brain's supposed to solve problems like changing a tire on a car, but it's not supposed to get tangled up in emotions. That's your heart's business, right?

So taking, you know, 2 or 3 kind of chest belly breaths, you can do this right now if you listen in, do this. And as you do that, move out of your head and into your heart space and your heart's about love and peace, and that allows those emotions to fade away as you move into your heart space with that.

So those are key strategies to benefit from, understanding the reality of, of the universe and the reality of the creator, and that we were created perfect and we've made no mistakes and we've missed no opportunities.

Everything is happening just the way it's supposed to happen. And so we don't get to that. Yeah, well, we don't get to die too soon. You know, my near-death patients, they get on the other side and, and dozens of them have said what they're told.

It's not your time. You have to go back down. We've had dozens of patients share that. And so there is a right time for death. We have expiration dates on our body.

And, to be honest, I've had two patients. One was a cancer patient, and she's still with us, who was told by God. She said, God said, you can check out now.

And she said, well, thank you for the opportunity of checking out, but I've got this grandson. I want to be sure I get raised in the right way. But suddenly she had two horrendous surgeries.

Her business collapsed, her husband went on dialysis, she went back in the hospital with sepsis, and then she understood that. Yes, there's a reason why she was given a chance to check out.

There's another patient that I had. He had a fever of 105 for weeks on I. V. antibiotics. Nothing was working. And then his fever went to 106. That was the day he was supposed to die.

Well, that he was told that later by four predeceased bodies who are supposed to grieve him. And what happened was nothing to do with him. But there was a nurse taking care of him.

Who? This is the first seriously ill patient she'd had. And she said, if he dies, I'm going to quit nursing. So he survived, not for himself, but. So she wouldn't quit nursing with it.

But since then, he's had severe autoimmune issues. And to be honest, he would have been a lot happier if he'd moved on on the day he was scheduled to die.

So we don't get to graduate early prematurely, right? We have to complete our spiritual mission here on earth before we can move on. That's and that's great to know.

That's very comforting to. Yeah. And so the second most important thing is circulation. And and by the way up strategies for peacefulness can include camomile tea.

And there is a supplement, a nice tall ip6 which is vitamin B eight that when you use three times a day bigger doses. And it works as well as SSRI antidepressants for anxious depression, for example.

That's great to know. Yeah. Number two circulation. With tumor diagnosis, you have a fourfold higher risk for heart attack and stroke and a ten fold higher risk for thrombosis by this pulmonary embolism.

Wow. That's a lot. No, it doesn't do any good to, be successful with your cancer and then to have you die with a heart attack or stroke. So it's key to investigate that right away.

I'd do comprehensive blood testing to assess that. I look at D-dimer levels. I'll look at fibrinogen levels. Those are clotting markers. And I compare that to C-reactive protein because inflammation causes markers to go up. Some.

And right away I get patients on, supports for circulation, fish oil support, circulation, for example. And really most botanicals I'll promote circulation like turmeric a sports that vitamin D reduces fibrinogen levels.

Circulation and Clot Risk in Cancer

And it's helpful. But systemic enzymes are the most important thing. And bromelain is the one we typically might use on an empty stomach. Now, if you're on a blood thinning medication, you may want to be cautious about using rolling on an empty stomach.

But it's, you know, derived from pineapple stem, probably benign. And so, I would start patients on maybe one, three times a day, empty stomach, if you take it with food.

Actually just events. You don't want that. You want it as a systemic enzyme. So first thing in the morning, last thing at night and typically mid-afternoon.

But monitoring D-dimer, fibrinogen tells you how aggressively you need to support circulation. And now hydration is

important, too, right? If you're not drinking enough water, your blood is thicker.

And if you happen to consume some extra amounts of salt, which during the holiday season, is more apt to happen, then you better drink extra water to kind of compensate that, to keep your blood from getting, inappropriately thick.

Associated with that. Yeah. Very important to have that balance. So those are the top two important things. And we certainly can get into many, more aspects of this.

You know, I put patients now nutrition number one. Right. Whole foods plant based or organic, diverse, local, fresh, as what you want to focus on. And again, plant based is best to go that route.

And if you consume animal products, you know wild salmon, sardines would be higher on the list. I'm okay with goat yogurt. It's a good source of protein and lysine.

Lysine protects against invasiveness of tumors. And so, you know, you can use some goat yogurt with a few blueberries. Would be good on the protein side of things with, meat, limit red meat too much.

So might be my recommendation and kind of minimize or avoid, poultry, chicken, a turkey, for example. You know, you may look at your eye color, right?

If your eyes are blue or very light colored, then that means you have northern European ancestors. And therefore you may want to, you know, you're more adapted to having animal products in your diet.

So those individuals may need more animal products. Whereas if you have ancestors from the equator, then you had access to fruits and vegetables. 24 seven and so vegetarian diet may be most appropriate for those individuals.

Yeah, absolutely. We need to eat for our, body type, I know some, doctors who treat cancer integrative will go as far as doing some genomics on their patients to to tell them how to eat best, because that's, that's important.

We we need to customize these things. There's no one diet fits all for everyone. We're all different in so many ways. Are genetics or microbiome. So having more information is usually helpful in those sort of situations.

Yeah. And you and I have to some extent at least, what I call the God gene. And that's the CMT vow 158 if you're familiar with that particular one, half of us and, America have the CMT one.

Mutation of that and maybe 10% have two mutations with the mutation. We don't metabolize, dopamine or epinephrine, epinephrine as readily. So whenever adrenaline kicks in, it kicks in harder, last longer than normal.

So we have a good on switch but not a good off switch. So I suspect you're like me. You like to stay busy. You're workaholic. Oh yeah. Absolutely. Definitely recognize perfectionists in terms of what you do.

You like to keep things kind of orderly. And then you the other characteristics of that is you are very you really care and you give a give and give don't always feel appreciated.

Can have an a resentment tied in with that. You're more of an empath. Get around negative energy. You don't do well. You might go into certain shops like, oh, I got it.

Need to get out because the negative energy you also intuitive. You read people's energy instantly and some individuals you can stand next to them and know far more about them than they would ever want you to know.

And that's a gift. Also, by the time you're an adolescent, you probably had a certainty of a higher power. In other words, it wasn't a faith in a higher power.

It's like you shook hands with the creator. You had a knowing in that. And that's a gift. The baggage is you've been in fight or flight most every day your whole life.

Your adrenaline's kicked in, most every day, your whole life. And so that has put you at higher risk for chronic fatigue, fibromyalgia issues, for example, and, and other issues.

The CMT is a detoxification pathway, so you don't get rid of toxins readily. And you don't get rid of estrogen metabolites. And because of that, you're more prone to having issues, which obviously includes, for you would be female issues like fiber, cystic breast, ovarian cysts, but also, premenstrual symptoms.

So those would be anxiety in the days leading up to menses. Women with this gene mutation have anxiety, panic, obsessiveness, phobias, sleep, sheer debility, carbohydrate cravings.

Finally breast walking distance, migratory periods, great big bloating, brain fog, aches and pains in joints and muscles. If you liked this discussion, please hit the subscribe button and consider leaving us a review.

It really helps people find us and we truly appreciate your support. Just a few things. Just a few things. Not a lot. And I think, I've heard that referred to as estrogen dominance and some more of the, you know, laypeople terminology, but it it's I think that is it's very important so many women live with these symptoms.

And there is a very, straightforward scientific explanation for that. For it is absolutely. And there are other pathways that, promote estrogen dominance.

One is the methylation pathway for folic acid to folate. And then B12 is part of that pathway that generates acid. And so both I each Sammy which can go to glue to file glue sound.

It's like Velcro Velcro attaching to heavy metals and chemicals and including aspirin metabolites. So if you have an AMS here I'm sorry MTA for gene mutation.

And that's going to inhibit your ability to detoxify toxins heavy metals and estrogen. So Sammy also there's a dose of a tiny also metabolite rises adrenaline.

So that goes back to the same T pathway. So if you don't generate enough Sammy because you have an empty each of our gene mutation, then you don't get relaxed because you're not able to metabolize adrenaline.

And that simple pathway. And there's a third pathway the CBS trans operation I apologize for the big words. This is the pathway from homocysteine down to glue to sound.

That's what I call the dream pathway. Vitamin B6 is the primary cofactor. And so I ask my patients at the first visit how many nights per week do you remember that you dream?

And, you know, sometimes they say, well, I don't dream at all or just 1 or 2 nights a week. That's a functional vitamin B6 deficiency. And that means that, key detox pathway is not working.

I mean, you're not getting rid of estrogen. That's a pathway, incidentally, that generates CoQ10 and taurine to important nutrients. And the cause of that can be due to CPS gene mutation, but more commonly, it is due to excess oxalates.

Oxalates are in spinach, Swiss chard. Think kidney stones. 80 to 90% of kidney stones are calcium oxalate stones. So for example, I have plantar fasciitis and arthritis.

Nutrition, Detox, and Estrogen Balance

My hands I left around for nine months until I figured out it was my spinach smoothie. I was eating every day, having an ounce of dark chocolate every afternoon, and I was eating two, maybe some days.

That was what was causing my arthritis and plantar fasciitis, because those are high oxalate foods, particularly the spinach. And so the oxalate crystals are like needles and they puncture the joints, they puncture the muscles and cause aches and pains.

So fibromyalgia patients and patients who have joint issues half the time I find that oxalates are a major factor associated with that. So oxalates are metabolized by that CB's transformation pathway homocysteine, glucose, our and roundup which anytime you eat to that's not organic just about your getting roundup from kills off select by cell I it also helps folic acid conversion method folate and it generates oxalate.

So you're more apt to get into oxalate problems in relation to cancer. For example on a breast biopsy they always see more oxalates when it's malignant on the biopsy than they do when it's benign.

Wow. That is so interesting. Yeah. Because I, you know, like you said, it causes problems. It's still made at so many different levels. It's the microbiome.

It's, our detoxing oxalates can affect so many different parts of our, health. Yeah. And so when you get a vitamin B6 deficiency, because that pathway, you're trying to burn through those oxalates, get them metabolized, and you burn out of vitamin B6, you run out and without vitamin B6, and you're familiar, I think, with integrative mental health issues and how important vitamin B6 is, and definitely that there are Tonin can go to what is it kind of an and equivalent acid if you don't have it.

Yeah. It's tryptophan right. That can go to yeah. Tryptophan black acid and countering instead of going downstream to five FTP into serotonin correct.

Yes. With that. So yeah FAP the active form vitamins B6 is key in that pathway. But B6 does something else. It converts glutamate into the calming, relaxing Gabba Gabba.

Yeah same with glutamate. Think MSG monosodium glutamate in Chinese foods, right? Oh yeah. It's an excited toxin. It can trigger seizures and can trigger society.

And a lot of us have Gad gene mutations that already impede that pass away from glutamate Gaba. But B6 is the main cofactor. So if you're not dreaming every night, you're not likely converting glutamate to gab and therefore or anxious.

So those are three different pathways where you have higher estrogen because you're not generating as much glute sound and you're overstimulated. One because you can't metabolize adrenaline, properly because it's empty, the second because you're not generating the same to metabolize adrenaline in the third, because you can't convert glutamate, Gaba, all three high estrogen overstimulation.

So when I, I have a new patient that comes in, if they're anxious, fidgety, nervous, dressed, perfectly voluminous notes, perfect handwriting. Yeah, I know just out of the gate that they're dominant.

And those are the three primary pathways that I think of, generating estrogen dominance within. Yeah, that's so interesting and such a such a common problem, too, that it's good to know from a biochemistry standpoint what's going on so we can best address those things from a root cause and not just, you know, the typical knee jerk, let's put you on some Zoloft or those things.

Right? Right. Absolutely. Yes. You do not want Zoloft and women over 50, SSRI is or associated with the 32% increased risk of death. 43% higher risk of stroke and 100% higher risk of hemorrhagic stroke.

The risk of bleeding doubles risk of fractures, quadruples aging, and your carotid arteries. And a report in the New York Times just a few months ago, reported a case where a woman with a single dose of an SSRI got a numbness of her clitoris for a lifetime.

Okay. 97% of individuals of on SSRI lives have sexual dysfunction, and they're addicting. Beyond that. So,

fortunately, there are a lot of natural waves like inositol.

Again, nostalgic 4000 every eight hours was found to be equivalent to the SSRI depressant. And it has a lot of positive benefits. Instead of that. It's not just that one benefit, but it has all these other things that it's also gonna help you with.

So definitely much. Yeah. We should be considering this before we just have that knee jerk reaction as physicians to put people on SSRI. Right. And and I've let me mention real quickly, I know I'm, kind of hogging the conversation. Oh, no, this is wonderful.

I, I, you know, I like stepping in to tell you a little bit of what's going on, but this is just an amazing conversation. This is this is really cool.

My receptionist, who had been hounding me for for months to put her on an SSRI, but because she was feeling a little bit down, I finally relented and and gave her, And so laughed.

And the next day she came and said, I could shoot you. I can't shoot me. I don't know. Yes. Don't care. One dose of Zoloft and she already, you know, could murder someone.

And, you know, the very first mass murders, they gained a lot less publicity. Louisville, Kentucky, near where I live. Prozac when it came out, there is a mass murder.

And, the question was raised, did Prozac, allow that mass murder to occur? And it was maybe should Prozac be taken off the market? And, of course, we know the story of that. It was not.

But how many mass murders have occurred since that time? And because of HIPAA regulations, you don't get to find out. But nearly all of those individuals are on, psychiatric medications, which does inhibit them, which keeps them from, refraining from shooting someone or shooting himself.

Wow. So, so sad. So scary. Yeah. And so to get on, with cancer, I do comprehensive testing. So along with blood count, cancer profile, and those, look at platelet counts on platelet counts and control.

I want a neutral love site ratio under control. And a chemistry profile. I want to be sure there's enough albumin. I target, like, 4.5. I want to be sure the liver enzymes. Okay.

And want to see what that blood sugar is. Tumors love sugar. We need to keep that in line I mentioned the D-dimer fibrinogen C-reactive protein important because that's a measure of inflammation.

We want to keep inflammation minimized. Two other tests that I would like to assess are copper and zinc. And why is that? Well, estrogen is a problem essentially with all tumors, whether you have an aspirin receptor positive tumor or not.

Because aspirin in excess promotes inflammation, autoimmune activity and, that promotes angiogenesis, growth of blood vessels and tumors associated with that.

So with my patients I want to control those hormone pathways. Testosterone is metabolized one of two ways either to estrogen or to dihydrotestosterone, which is 5 to 10 times stronger than testosterone associated with acne, rosacea associated with male pattern hair loss with hair growth.

So I went places, for example, and men prostate issues with that. And also people try to take saw palmetto to try to decrease that pathway. Is that correct?

That's correct. Absolutely. With that and then the other pathway, testosterone desiccant. And actually it's my belief that 80% of the population has too much estrogen. Why?

Because we processed foods number one because of things like BPA and plastic water bottle tobacco, like all those, you know, estrogen approaches, it goes outside our body.

Yeah. Know that we're not we can't measure most of those things. So who knows? I mean, we can get an estrogen test, but how about all these, you know, estrogen that we don't know?

We don't have the science to measure at this point. Yeah. So when you go to the grocery, you want to go on a full stomach and shop to prepare and avoid anything with ingredients, because any preservatives in there of those chemicals where they metabolized, usually by the liver.

And that's what also metabolizes estrogen. So in essence, all these preservatives, all these toxins, you know, every heavy metal, they're all estrogenic ZnO questions, as you pointed out.

So I think 80% of us, and also incidentally, in fat cells, we have our testosterone version. So for all these reasons, I think 80% of the population now has too much estrogen.

And because of that, that leads to excess sex hormone binding global, which binds up testosterone. So the amount of free testosterone bioavailable testosterone is deficient.

And most of us. And so with that we're more anxious. But hopefully we're more intuitive as well because associated with that, Harrison with increased intuition, it's about 10 to 1 females to males.

And claims of an intuition at least at least I would say I. I can't say that I can argue that point at all with that. So we want to block both aromatase pathway, which is testosterone version, and the five Alfred reductase pathway which is testosterone to dihydrotestosterone.

How do we block those downstream pathways. Number one vitamin D. Oh yeah that's true. Now when speaking to males it's sometimes hard to get them to comply.

So I always frame everything in terms of testosterone. Testosterone. We see vitamin D in males boost testosterone 20%. Great. So I tell my male patients whenever you want testosterone take your vitamin D whenever you prefer estrogen leave off your vitamin D on those days.

Right babe with fish oil days. You want to grow your testicles, take your fish for days. You want your testicles to shrink, skip your fish. When they hear that they're listening, make sure that you got to phrase it the right way for certain. Exactly.

For certain. Then the other ones that block both pathways turmeric blocks, both pathways. The orange spice and curry zinc blocks both pathways. And the opposite of zinc is copper.

And so copper, by suppressing zinc, increases aspirin and increases dihydrotestosterone, which promotes prostate cancer. Right. And so that's one key reason why those nutrients are so important.

Resveratrol, quercetin selenium, vitamin B2, green tea or others that block both of those pathways to boost your testosterone. What is testosterone? You know, again, most of us are low, so we need normal amounts.

Testosterone reduces our waist size and lowers blood sugar. It lowers cholesterol. It strengthens our immune system. But guess what it is anti autoimmune.

And a lot of doctors rheumatologists don't realize they think that anything that boosts immune systems boosting our immune activity. That's not true. Yeah.

Testosterone boosts the immune system but dampens our immune activity. Which is why vitamin D helps with every autoimmune condition I get. You see, testosterone, it's blocking estrogen.

Promote all autoimmune conditions. Not only lupus, but really everything. Allergies, irritable bowel syndrome. And so if I have someone who comes in with allergies, guess what else I know?

I know 25 more things about them because I know they're not detoxing estrogen. And that partly is due to probably the, god gene pathway where they can metabolize adrenaline.

So I can tell them, you know, you're anxious, panic, obsessive phobic, slept for, you know, days leading up to your period. Yeah. If five cystic breaths.

You're hypersensitive, by the way, these individuals are sensitive individuals. More sensitive to foods, more sensitive to chemicals like odor and perfume, more sensitive to light, to noise often, and to electromagnetic fields and to mold.

If you get a tick bite, more apt to have, severe reactions to life that's tied in with that Asian dominance that we were talking about, the highly sensitive individual.

But again, the gifts are you're intuitive and you have a knowing in a higher power. And that's a good, compromise for the most part. And so getting in a peaceful state is very difficult for those individuals.

But, it's especially important those are the ones that end up in my office because they're, again, they're burning the candle at both ends. Their immunity gets run down, their cortisol kicks in, and they have more.

All the autoimmune conditions. So they're the ones that come in with 25, 30 different complaints. And I point out with them, if you're paying attention, I said the week after your period, all of those are better.

The week before your period. All of those are worse. Okay. So you know that hormones are a major factor in promoting all of those symptoms. So their life is a roller coaster.

All right. And you know the time of the month, which is not a fun way to live. Right. So with cancer, all of that's important to. So, ideally, yeah, the initial time I will check in is sulfate blood level.

You might have heard of DHEA sulfate. The storage, but the best way to assess for excess session is estrogen sulfate. And then I compare it to estradiol level.

I want to keep that ratio 2 to 1 or less for the most part. I had a patient who came in to see me. So, Doctor Roach, how are you doing? I have severe psoriasis.

So I went to Cleveland Clinic. I saw doctor after doctor. Nobody can help me there. You know what is her hormone status, right? Does she had testosterone or she estrogen?

If she's there. Yeah, yeah. And so, I've checked I've checked Astron sulfate levels up to that point, the maximum, you know, on the lab core testing is supposed to be 390.

And I've had levels of a thousand some other patients. But when I checked her restaurant sulfate level, guess what? That was 5000, right? So guess what's driving her autoimmune issues?

It's that high, high estrogen that was driving that and of course tied in with it. Her testosterone, her free available test was, you know, in the basement.

So when I brought those hormones back in balance and then address nutrition, digestion, intestinal health, all of her psoriasis start melting away in her other, I mean, conditions.

So you don't always have to do a lot of testing. If you hear a real high pitched voice, you know, what the hormone says is right for your real base voice.

You know what the hormone says is as well. So that should be part of all of our examinations with patients is to pick up on those signals. Yeah. Yeah.

I've, I've had like some really good success stories in autoimmunity where, people do minimal testing and minimal interventions. I had this one patient, she had, rheumatoid arthritis had because she studied with me anymore.

Quantum Thought, Gratitude, and Spiritual Healing

And the only thing she did was take an over-the-counter supplement of DHEA and some over-the-counter stuff to, block her aromatase, which I think was zinc accursed and something like that.

And and she went back to rheumatologist rheumatologists, took her off her medications because she was so much better controlled. And so it's. Yeah. What you're saying as far as making sure those androgens and the estrogen is balanced out, is so crucial.

And even little interventions like that with things that are over-the-counter or natural things can help patients so much. Right. And so yeah, I use DHEA and zinc in that regard.

And now before you listeners try DHEA, remember it's a weak hormone. So you want to be up to date with your female exam in the last 12 months, before you make a hormone.

But if you're up to date then. Yeah. And I'm not your physician. But if it were my sister and it's not contraindicated, I would recommend, like five milligrams 2 or 3 times a day and then zinc, say 50 to 60mg with the largest meal, say supper so you don't get nausea from it.

And then you could go up, higher doses. Now, if you get too much DHEA. I've had patients that category that call my front office and curse them out. So that's too much DHEA.

When that happens, if you get acne, you're wrong here on the side. Yeah, I'm actually surprised at DHHS over the counter because it is it's it's it's an androgen and it can have side effects and some of them can be irreversible.

I've heard of women growing a beard that got the DHEA, the beard and go away. So I definitely would advise people just to go out and buy it because we're we're saying it's over the counter doesn't mean gone by it.

It means have that as a discussion with your physician. Is this something that I should be thinking about taking? And as physicians, we do have a way of measuring these things and knowing what your levels are.

So just because something's over the counter doesn't mean, you know, go out and buy it. But it's it's interesting, right, that we have we do have a lot of tools.

It doesn't not everything is a prescription. Right. You know, and, you know, with cancer there. So I get patients to peaceful stay to get my good nutrition lifestyle and get them spiritually grounded.

And part of that is, you know, quantum science has been around 120 years. Equals MC squared was, 1905, I believe, when Einstein said energy equals matter.

So it's been around for a long time. And the thing is that quantum physics only, works or can be explained is if you have the presence of a higher power associated with it.

Okay. And let me mention about the double slit experiment. I think that's a really key experiment to understand. So this was done 60 years ago, right?

So this isn't brand new. It it's not untested. It's known science. If you take a barrier, and put two vertical slits and have a photosensitive wall behind that, and you take a photon, a little particle of light, it will go through one of those two vertical slits and make a mark.

That's if someone's observing. If no one's observing, what happens, the whole wall lights up. Okay. Why is that? Because it's not a photon going through.

It's waves that are traveling through. Now, if you take a video recorder and videotape it, what happens? You see one mark, you take the battery out or the border, but maybe put a tiny battery to make a little red bleep to make it look like it's being recorded. What happens?

The whole wall lights up. In other words, those waves know when they are being observed. In other words, those waves have a consciousness and which is huge because if waves have a consciousness, then this chair I'm sitting in has consciousness.

This table does now hopefully not the level of your, your consciousness and my consciousness. Right. And not anywhere near the level of the consciousness of the creator.

Right. Which is much, much greater than that. But everything has a consciousness. Now, research with Masaru Emoto in Japan, a New York Times bestselling book.

Right. The two containers of water. He sent loving messages to one container, and he sent hateful messages to the other container. He then froze it, sliced it.

Look under the microscope where he sent loving messages. He saw beautiful crystals where he sent hateful messages, chaotic structure. He then just wrote on a piece of paper and taped it on one container.

Loving messages. He wrote hateful messages on another piece of paper tape that on that other container froze it, sliced it, looked on the make the identical findings.

In other words, water knows when it's being observed. So water has consciousness at two and we're 70% water. So again, every thought we have is impacting directly our health.

So if we can control our thoughts that is huge in terms of healing. And so learning unconditional love 24 over seven, learning gratitude 24 over seven.

And then learning to speak our voice. Our third chakra speaker. Wisdom, authenticity. Those are so critical for all of us. Yeah, absolutely. That's so, so powerful.

And, that way I can go on and on about cancer. Let me mention about miraculous healings, because I think, you know, if you have stage four cancer, what's the dosis in that situation?

Well, it turns out there are all kinds of strategies for healing stage for cancer. For example, I had, in my office, two, three months ago, a new patient who in 2017 had stage four cervical cancer.

And what she did was get on a juicing program, like the Gerson protocol for she juiced continuously for 90 days, and she did coffee enemas three times a day for 90 days.

At the end of 90 days, she was cured. She was well of that. I was at an event in Philadelphia and met a woman who Columbia University, postgraduate student.

And she had had, recall ovarian cancer, and she went on a raw food diet and maintained that, and she cured hers with the raw food dye. I had a speaker at my conference about 14, 15 years ago whose wife was sent home to die with stage four breast cancer.

She'd had surgery, chemotherapy, radiation. And what they did, she fasted for 11 days, then fasted for ten days. And for that whole period of time, for the 21 days, he read positive Energy literature tour while she was awake and why she's asleep at the end of 21 days she was well.

And you can go there and outside of, Columbus, Ohio, there's a spiritual physician healer, with from a Catholic background, and he's had a lot of success in healing.

His name is Isam Nema. I am in EMEA, and for decades he's been involved in spiritual healing. So I've even sent a patient up to him. I had a patient from new Jersey who came down, to see me with a, Her2 new breast cancer.

And so she ended up going and visiting with him and got some good responses with that, and then came back to see me two years later. I hadn't seen her two years stage for cancer.

I didn't know what I was going to walk into. When I walked in the room. She jumped out of the chair, came over and hugged me and said, hi doctor, okay.

Doing, And then I used an herbal chemotherapy, if you wish, herbal cytotoxic, formulations. In my more advanced patients like that. So I put her. Yeah.

So she felt great. She looked great. You couldn't tell she had cancer, but her numbers are still high, so I put her on my cytotoxic, herbal chemo, if you wish.

Artemus. Plus, it's called. And along with, many other things. One week on, one week off. And then, we did blood work about a month later, and all of the tumor markers came back down to normal.

So, you know, she'd been stage four for years and to these strategies is doing, very well. I had a prostate tumor patient in just Monday. He'd had a recurrence of prostate tumors after, treatment.

And, I put him on a full protocol we tried sending to Florida for crab therapy. That didn't work out. So he was on a good regimen, but it wasn't working.

I did one thing. I added melatonin 60mg four times a day. Oh, that's a high dose. Wow. High dose. You would think he'd be sleepy all the time, right? But the reality is, if you.

As long as there's light, you don't get sleepy with melatonin. That's true. Yeah. That stopped his PSA from rising. And guess what. It's been two years and it's been a year since I checked his PSA.

And it dropped from 2.1 to 2.0 over the last year. And all his other markers are better too. So just, you know, melatonin and that stage, for scenario, brought him under control.

So there are a lot of different strategies to manage that. You know, the key thing is, I think convincing the creator that there's a reason you need to hang out here on Earth, you know, you've got this, you know, spiritual mission you need to fulfill that.

You can help create heaven on earth. And so as long as you have a purpose, that's fine. And that purpose doesn't have to be a grand purpose. It can be as little as saying a kind word to everyone you meet, or smiling at everyone you meet.

Just doing that. And then some people are just so, you know, like yourself isn't you're in this category to some extent. You know, you kind of glow with spiritual energy and you know, it.

Just your presence blesses people because of that spiritual entity. Yeah. Yeah. You're a spiritual person, you know that? I don't have to, explain that to, And you're blessed by that.

You're cursed with that fight or flight. But but just your presence is healing to individuals. And so there's so many out there that are in that category that just their presence blesses others and that.

So I think there's room to negotiate with God. You can say, well, I'm glad I get to graduate. I appreciate that, but I've got this work to do to create heaven on earth.

So let's talk about this. And I think, you know, you can negotiate in that way, set that intention. What is it that you want to accomplish that's going to make the world better?

And let that be known every morning before you go to bed, every night after you go to bed, let that be known and your thoughts create that reality with them.

Wow. That that's that's amazing. That's beautiful. I think those are just great. Things for, our listeners to, to understand, sometimes we feel like healing has to come through a certain intervention, a certain prescription.

But now there's so much of the healing that can come from our thoughts and, the little things that we do. So that's that's really, really amazing. This is such a great conversation.

I could talk to you about this all day, but we are going to have to finish this at some at this at some point. So to try to start wrapping things up, I want to thank you for being here.

This is amazing. But before I let you go, I want you to tell me and our listeners all this was amazing. I'm going to go back and look at my notes and look stuff up for days after this.

Advanced Cancer Cases and Closing Remarks

But if you have three, just three things that. What were the three main takeaways be from our conversation today about cancer and holistic healing of cancer?

Number one, peacefulness. You know, there's nothing to fear. Nothing to fear. You know, the the downside is ultimate bliss for infinity. All right. Our souls survive forever.

So there's no reason to be fearful about anything if if we get to graduate early. There are guardian angels that are looking after our children and others they're taking care of, and they're supposed to learn less and try.

This is not supposed to be easy street. You know, children of rich kids, they have everything but. Right. They're bored to death and they get out in the car sometimes.

Yeah. So we're supposed to have these lessons, and my patients with cancer, for example, and stage for a breast cancer patient, came to see me in 2017.

She ended up with 12 chemotherapies. She finally transitioned in January. And she said this isn't the path I would have chosen, but I would not have changed a thing.

It's been so valuable. I've learned so much from this, so, you know, with this diagnosis, it's it's an opportunity to learn, to gain more wisdom, to grow your soul.

So it's not a mistake. It's not that you're unlucky. It's your opportunity to grow, in this process. So number one, we need no reason to fear being a peaceful state, right?

Playing, helps with that physical, activity. Lifestyle number two. Circulation. You don't want to have a heart attack or stroke. So, you know, hydration, fish oil.

And then, in certain scenarios, in most scenarios, you want to consider systemic enzymes under the care of a practitioner. Yes. And probably the third thing would be more lifestyle.

You know, being in a positive energy environment, doing what it is that you love to do, getting that our physical activity and every day, you know, getting to bed on time, getting a full night's sleep with that, being around people that are nurturing and cultivating, and eating, you know, organic, whole food, plant based, fresh, local, diverse, diet.

So those would be my three points. Excellent, I love that. I think that's, great. Knowledge for our listeners to, take

into account. And, like I said, I'm going to listen to all of this again and take more notes.

And, I think all our listeners will have to listen to it several times to get the full benefit of all this amazing knowledge that you're bringing to us.

And that's just one of the few things, I mean, sorry, one of the many things that you are super knowledgeable about. So I am really I'm going to have you on again in the future.

I hope that's okay because this has been an awesome conversation. Thank you so much for being here. And I talk about my books just briefly. I've had, yes, tell you how the first one was God's House calls, which has over 200 stories of my patients who spiritual near-death experiences and transform to spiritual events.

It was number one, Amazon and four categories when it came out. My second book, Vital Strategies in Cancer. So if you want to get a fuller understanding of cancer, that when I, brought that out about, six years ago, was probably the top integrative cancer book in the country.

It was endorsed by Mark Hyman, who may be the doctor top doctor in the country, is New York Times bestselling author for many times over. My third book, Brilliant Pursuit of Hope, wisdom and Divine.

So the Optimal mood, Optimal Mind, Optimal Connection with the Divinity. And most recently, I wrote her a chapter in a book called Awakening Stories, edited by Allison Brown, on how I came to the point of understanding, you know, the creator and the universe, and understanding that, you know, we have nothing to worry about.

So those are all good publications. My website, you know, Doctor Roach, dot net Dr. Roe dot net. And that talks about a conference that I have every year.

And also you can sign up for my monthly newsletter. I strongly recommend that you do that where I, share the latest research and that great strategies, but also share a spiritual story and spiritual insights with that.

That's also at the Midway center.com is my, office website. So, feel free to connect in and, there's a lot of good reading to consider. Wonderful. And so your books are on your, we can get those through your website.

Through your doctor. Well, yeah, they're, they're available through Amazon. But if you'd like me to, sign a copy for you, you can, contact the office.

And I will ship you a signed copy. That's amazing. Well, I will definitely be doing that. I hope that a lot of our listeners do that also. Thank you so much for being here. Well, thanks for the invitation.

I really appreciate it. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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