Introduction to integrative veterinary medicine

cats were 0.5% of cats that presented to a veterinarian had cancer, and it was usually squamous cell carcinoma or mammary carcinooma. Well, now it's all breeds, all ages, even under the age of two, there's no exclusion to the number of cases that we're seeing.

It's rising and rising. So I like to use the analogy of a toolkit. If you are going to be doing a surgery, then you have to have the right instruments in that surgery pack to accomplish that.

We are now faced with diseases that we have never been faced. at this level before. So what we were taught in medical school, how to name it, blame it and then come up with a pharmaceutical or radiology or surgery or chemo or whatever, that's not working anymore at all.

We cannot meet the needs of today with the toolkit of yesterday. Welcome to the Beljansky Cancer Talk Show where integrative science and holistic healing come together.

I am Sylvie Belzhanski and in each episode we explore nutrition, lifestyle, mental health and research-backed approaches to support the whole person through cancer and chronic diseases.

Hello, and welcome to the Belgiansky Cancer Talk Show. And today we are going to have a different discussion because we're not going speak about humans.

We are to speak to about pets. In order to do that, I'm joined by Dr. Marlene Siegel. Dr Marlene Siegle has been in private practice for over 40 years, with the last 25 years being a pioneer in the field of integrative medicine.

She is a respected author, international lecturer, researcher for integrative veterinary technologies, and a clinical practitioner. She has special expertise in ozone therapy, photodynamic therapy and detoxification.

Her venetary hospital has the widest array of alternative therapies in the world. Dr. Siegel's focus on bioregulatory medicine, identifying the root cause of disease and establishing safe and effective solutions.

She has developed her own whole food and essential supplements company and is preparing to launch Espos Family Wellness Centers, which are detox centers for pets and their human parents.

Did I pronounce that properly? You did. Spas, family wellness. It's like this paw, but with a paw. How cute. So even though we are going to speak about pets, I mean, you are not going escape my traditional first question, which is, how did you get to become a holistic vet?

What happened? I imagine you were loving animals already as a little girl, You know, I think I incarnated well, incarnate into be a vet. So the becoming an integrated veterinarian occurred about 15 years into my practice career.

when my youngest daughter and our show horse were in a riding accident and the horse saved my daughter's life.

How Dr. Siegel became a holistic vet

So the horses reared in the air and no one had taught my daughters, who was 10, that if your horse rears in air, you just jump as far as you can to one side or the other, but you move away so the horsepower doesn't fall over and land on you.

And no one told her to do that. So she was literally hanging from the reins, trying not to fall off. And so she, was the

fulcrum pulling the horse over backwards.

This horse had the presence to feel where my daughter was slipping to. My daughter, who was flipping to the horses left and the, horse squatted on her left hind leg while she's rearing in the air, while, she is being pulled over, backwards and you could see her kind of push as hard as she could on her left hind leg pushing herself to the right and they went over and you know they were both on the ground and I was already jumping over the railing running to my daughter.

As I was on my way there, the horse got up, caught her breath and she gave a good shake, but my daughter was still on the ground, not moving. So when I got there I called her name and honestly, Sylvie, I didn't know if she was going to be alive or not.

And she opened her eyes and the only thing she really hurt was her pride, thank God. But back home, we had several more incidences where something was happening to the worse.

and I had equine veterinarians come out and look at her and they said, Dr. Siegel, we don't know exactly what is wrong with Lily, but we will tell you that she is not safe to ride.

She'll never be shown again. You can put her out to a pasture or you can her down. And it was those words that there's nothing more that can be done that triggered something inside of me, almost like it, it the spark that I needed to go on my, I'm getting chills as I am saying it right now.

So, so that set me on a journey because I was going to find a solution. I, was, going, to fix that horse and nothing was gonna stop me. so it started me that quest of looking at what were my choices and there was nothing in the veterinary world.

We're talking a long time ago, integrative or I think it was called functional medicine on the human side was just becoming a thing. And so I'm consuming every webinar, every lecture.

I don't even know how it came up on my radar, but I am consuming all of this information and then I would call the person who was giving the lecture And I would ask more details about how they used it on people, because I wanted to use it animals.

And every one of them had the same answer. Oh, I don't know how to treat an animal. I have to say, "I'm not asking you to tree the animal." I'm asking to teach me what you do on Beeple, and I will extrapolate it, on the animals, And then I continue to do that.

Even today, i'm always acquiring new ideas and technologies. and i think the part that i really want to bring forth, now that I gave you my story, is that the world I started practicing medicine in is not the word that we're in right now.

We're not seeing the same diseases, we are not saying the rate of diseases. The highest level of degenerative diseases cancer, arthritis, autoimmune diseases that have ever seen in our industry.

With cancer rates in dogs being 1 out of 1.65, and cats one out of three. And that's probably under reported on the cat division because now when an animal comes into my office and they're not feeling right, I rule out cancer as my first rule-out, even under the age of two years of age.

because we're seeing cancers that used to be. In fact, I looked up a statistic that I gave recently. And in the 1980s, less than 1% of dogs that went to the veterinarian were going for, because they had a diagnosis of cancer and they were all over 10 years of age.

cats were 0.5% of cats that presented to a veterinarian had cancer. And it was usually suemisal carcinoma or mammary carcinooma. Well, now it's all breeds, all ages, even under the age of two.

There's no exclusion to the number of cases that we're seeing. It's rising and rising. So, you know, I like to use the analogy of a toolkit. If you are going to be doing a surgery, then you have to have the right instruments in that surgery pack to able to accomplish that.

And we are now faced with diseases that we have never been faced at this level before. So what we were taught in medical school, how to name it, blame it and then come up with a pharmaceutical or radiology or surgery or chemo or whatever, that's not working anymore at all.

We cannot meet the needs of today with the toolkit of yesterday. So it's really important that pet owners start to recognize this. It's not your veterinarian's fault.

They're not bad people. standard allopathic or western medicine, they don't know that there's other things out there. And until we can get the message out through your programs, your summits, you're podcast, live events, that's where we start to educate people so that they realize that, there are other thing that we could do.

It's not known by everybody and it's now widely available because It takes a small portion of the population to, I don't like to use the term wake up, but to take the lead and start creating different outcomes.

And we have to do that, Sylvie. We cannot continue with what we're doing because we are going to fail miserably. Yeah. And when we speak of humans now and new things that we see in humans, we start speaking also of turbo cancer.

For humans we are mostly speaking of very fast, very aggressive cancers that mostly appear after COVID vaccinations that was not well received. Pets were not vaccinated for COVID.

So what do you refer to when you speak of turbo cancer in pets and where is it coming from? I love the question because I'm going to be speaking about this at your conference.

And I went on AI and I put in, what is turbo-cancer? Oh, my goodness, it came back and said, there is no such thing. It is a conspiracy theorist associated of the COVID vaccine.

And there is no such thing recognized by real doctors.

Rising cancer rates and the limits of old tools

Oh my gosh. It's like, who programmed this thing, right? So then that's when I went back into the archives and I found the statistics in the 1980s. Then I looked at all of my cases starting around 2015 is when we started to see an increase in the number of cancer cases that we saw.

So I take from 2015 through present. And you can see that in beginning, yes, we've started seeing more cancers, but these animals either were easy to cure or they were living with their diseases another two or three years, which was already putting them at an older lifespan where something we're going to kill them anyway, right?

Because we are not talking about all of us living forever. This is not the conversation. We're all leaving this planet. Whether you're a plant or you are a person or an animal, we all are leaving at some point.

The question is, have we lived our life expectancy out with health and vibrance and really done it well? And that answer is no for most people. So as I went back and I started looking at the progression, it becomes very clear that not only are we seeing changes in the aggressiveness of the cancers, but we're also seeing that these cancers are mutating around the therapies that we are doing.

So if your toolkit is pretty limited and you only have a few things to treat cancer, that cancer is going to mutate around whatever you're doing very rapidly.

And we actually do gene mutations. We test for that when we test our tumors. So we know what their mutations

are. I'll show you a case where the tumor actually was gone.

But the owner, for reasons we can't talk about, wasn't able to continue the therapies. And so the tumor, four months later, grew back. It grew with a vengeance.

So we rebiopsied it and it was a different mutation. Clearly, we know now. that these are not passive experiences. These are organisms that are smart, they're trying to survive.

And really what's happening is the terrain in which they are trying survive in is not hospitable. Think about a planet that the environment is so bad that almost nothing could survive, or a garden.

You want to grow a garden and the soil is awful. And the only thing that grows are weeds. Well, the weeds are not the enemy. The weeds, are just telling you that your environment, your soil, is so bad that you can't grow things that need a richer soil.

So once those weeds establish a foothold, and over time they die and more weeds and they died and then more weeds. Over time, they're building up the biomass in the oil.

They're actually making soil with the recycling of their own mass. then eventually you're going to get better soil and you'll be able to grow other things.

In your view, what is the most different between the terrain of the pets of today and those of a few generations ago? Super easy. Everybody is going now be a doctor.

Deficiency of essential nutrients because we've been doing very non-sustainable farming practices and we know our food is nutrient depleted, period. And these aren't nutrients that are just mice to have.

These are the nutrients, the cofactors that actually run our metabolic pathways. So they're very important to having place. Though we're nutrient deficient, and I test for these Sylvie, I can see these animals are ridiculously low on their nutrient profiles.

And then the other side of that is toxicity. And just since World War II, we have over 100,000 toxins that have been developed. These are synthetic ones that had been develop and dumped on our food, on water supply, in our animals and on us.

And now it's raining down. We got glyphosate that's in all rainwater now. So this egregious level of toxicity that overwhelms our organs of elimination, so we can't keep up with it, combined with the deficiencies leads to mitochondrial dysfunction.

And the mitochondria are the little powerhouses that not only make energy that run our body, if you don't have energy, you're not going to be here, but they also are communication network with a microbiome.

So they're communicating with all the other organisms in and on us and telling the body what to do. What gene do we want to express based on the information that they are getting?

And they get that information from the neurotransmitters that we create based how we perceive our experience. So if you are a person that is always fearful or angry, the glasses half empty, You're triggered by everything.

You, you're just always creating these low frequency emotions, anger, frustration, bitterness, blame, shame, la la, when you are constantly creating those feelings, your creating neurotransmitters from those emotions that are then going to your microbiome and the mitochondria communicating danger, danger.

This is not a safe planet. And then you start a cascade of bad things happen. When you see the world as a safe environment, that it's blissful, it supporting you, everything is happening for your highest and best good, which I do believe it is, then you produce a whole different set of neurotransmitters that communicate an entirely different

language.

When you are facing cancer, the choices can feel overwhelming, conflicting advices, endless options, and very little clarity. At Maison Belchanski, everything begins with science.

For decades, molecular biologist Dr. Mirko Belzhansky studied how specific plant extracts interact with cancer cells, work that continues today through independent research and real-world use.

Maison Beljanski offers carefully formulated supplements inspired by that research, along with targeted support for immune health, cellular resilience, digestion, detoxification and overall wellness.

You will also find educational books, organic teas, personalized health coaching and wellness programs designed to support the whole person, not just the diagnosis.

This is not about quick fixes. It's about informed choices, thoughtful formulations and supporting the body alongside conventional care. Explore the products, the research and the resources at maisonbelchanski.com because when science leads, wellness follows.

and your body responds to that. Why this is important to the pet is because the pat entrains to frequencies that we're giving off.

What turbo cancer means in pets

So we are their pack leader and if we signaling them based on our emotions and our behavior that there is danger right around the corner. There's a saber-tooth tiger, there's something that's gonna hunt you down, shoot you with an arrow, whatever.

So they're on high alert. They're in high sympathetic tone because they are going, my leader of the pack says there's danger somewhere so I'm going to be on a high-alert.

And we think that they were sleeping because the are laying there, but inside they produce lots of cortisol and the minute a noise happens they jump up and they right away.

So, they definitely are in training to us and I think sometimes they do it on purpose. Who? Raise your hand out there in cyber world. You have a pet, a cat or a dog.

And when you're really upset and who comes over to you and jumps on your lap or puts their head under your hand and you start to pet them and start feel better.

So they not only are sinking with us, but they're also saying, here, my big shoulder, take some of that heavy load off of you, and I'm going to help you feel you better, because this is a very dense third dimension.

We need the plants and we need animals to make it a lighter experience so we can function. So that was a lot of woo-woo out there. But it's important to understand because we are affecting our animals.

When we keep them in high sympathetic tone, they can't heal. They can only heal when they go into a parasympathetic state. That's your autonomic nervous system.

And what a cool design that we have this beautiful internal system that don't necessarily regulate. but it can either turn on really fast, high sympathetic tone, so you could run and fight if there's danger.

And when the danger is gone, it has the rest, repair, regenerate, and detoxify side so that you can fix if you happen to survive whatever the dangerous was.

It's a beautiful model. We just don't leave the high-sympathetic side because we stay in the sad day. the standard

American day, which is lack of sleep and a lot of EMF exposure and going with the kids or the bosses or clients and the traffic and government and coronavirus and all this stuff that's dumb-burning us, right?

So people start to let us out. But when you think of pets, I mean, you can imagine their lives and their psiquism They don't worry about the government, they don' worry so much about their future beyond the next meal.

They have feelings of shame and things like that. It's much simpler. So you imagine also much less negativity also. I understand that they can capture the negativity from this.

Yes. but it's still kind of indirect thing and yet you are telling us that there is more and more cancer, more turbo cancer. So it looks like it is an increasing negative environment even though I believe humans have always had problems and fear and complicated feelings and feelings of shame.

We tend to forget it, but we are blessed with the time we live, actually. Yes. My grandma, I mean in France, went through two world wars. She lost her brother at Verdun in 1917, and then she lost their son in 1945 in Paris.

So, I mean, those were real drama compared to what we tend to live, and there were little feelings of shame and complicated things, it is small. And yet, there is more cancer today than there was at the time.

Yes, because we're also adding in not just the emotional component, but the deficiencies and the toxicities leading to mitochondrial dysfunction. So that is the perfect storm.

It's not one thing that we can point at. it's the combination of all of them creating what I call the Perfect Storm. And now you set the body up where it doesn't have the resilience, it does have to ability to repair and then you're going to start seeing the malformations.

You're gonna start to see the genetic weaknesses and then you see them mutations and it's at an accelerated rate because we've never had this kind of accelerated toxin level.

Look at just the EMF that we're exposed to. Our ancestors didn't have Wi-Fi. They didn' have cell phones. We not only have it, we have G moving into the next category pretty soon and it's everywhere.

Like you cannot turn it off. So it is important that in the process of how do we try to become more resilient is we have to mitigate all these things.

We mitigate the deficiencies by taking the right supplements. So we test, we don't guess, and we find out what we're deficient in and make sure we take those.

we look at the toxic levels. Now I test for mycotoxins, microplastics, I tests for heavy metals, glyphosate, i do bioenergetics scanning. I'm sure I do more, but that's a lot.

And as we're looking at all of these toxins, then we are able to go in and be very targeted, not only to be able treat it, we can retest and make sure that our treatments are being effective.

and then we start seeing the outcomes, the animals that are getting better. So even though we are seeing turbo cancers, we're still able to treat them.

It's harder, very much harder than it used to be. There were certain cancers that I would just go, oh wow, that's easy peasy, easy medication, it's gonna be done.

But now I can't say that anymore. Now we have to go into some really heavy duty technologies and advanced medicines. The feed for animals, a lot is being said about feed, how awful it is, and at the same time you see those ads where it's clearly all about the food to make the the animal look better, which is expressed for animals, it's forgotten for humans that it is also the importance of the food.

quality of the food, all those manufacturers of pet food now are kind of putting ads everywhere saying we have the best food.

Terrain, toxins, and emotional stress

This is not processed as this is going to be healthy for your pet. What do you have to say about those foods that are now aggressively marketed to So we have been sold on fast, cheap, and convenient for a lot of years, Sylvie.

And we've been brainwashed into thinking that we can live a life with fast cheap and convenience and it's going to be okay. That you can take a can of food and that it can last for 25 years.

No, no, this is not good. Number two is belief systems because we develop our belief system when we have a thought that we marry to an emotion and we do that based on what we've learned from others.

So when were little we watch our parents and how they act around stress and money and food and family situations and then we go to school and see how our teachers teach us.

And then we go to medical school and we are taught by an industry who has been taken over by a petroleum-based model. You know, it's the Rockefellers and the Carnegie's who took over the medical system and removed so much of the non-traditional or the holistic or integrative or Eastern medicine, whatever you want to call it, and they made it go away.

So now we have generations that never knew what that was, yet it is coming back. And we're going, wow, acupuncture is such a cool thing. Well, It's only been around for 2000 years.

When we go back to talking about food, our being brainwashed into believing, having belief systems about what is actually healthy to eat. Now is a time where we as humans have to bring back critical thinking skills and I look at nature.

So if I want to know what is truly sustainable model, I'm going to find a model in nature and that's how nature did it for us to be sustainable. If we watch National Geographic or back in the day, Wild Kingdom, when I was growing up.

And we look back at these documentaries, they follow carnivores and how carnivers live in the wild. A carnivo is a meat eater. They kill something and they eat it in this state that they killed it.

In a hunt at dawn, They hunt it dusk. Sometimes they don't have a successful hunt. So they're going to have little 24 hour faster. That's how they were designed to eat.

We designed the pet food industry from the waste products of human processing. So let that sink in for a minute. We didn't bring out pet food to make it healthy.

We were taking the waste product from all the processing of human food, which is bad in and of itself, and then all that waste products, we're not going to just throw it away, We're going turn that into pet foods.

And the pet-food industry got really caught back in the early Cats were starting to become domesticated. And so people were buying cat food and keeping cats indoors.

They were no longer hunting rabbits and squirrels and little lice. All of a sudden, we were seeing an epidemic amount of cardiomyopathy. It's a heart disease that occurs in cats.

because they don't have tori. So cats are obligate eaters of torid, which comes from muscle, actual meat muscle. It's an amino acid, but there was no meat in the cat food.

They were becoming torian deficient and getting cardiomyopathy. We're talking epidemic level. So the veterinary

industry goes, the pet food industry, goes what's happening here?

And they came back with the answer, cats have a higher requirement for taurine. And so we're going to add more tauring into the food. Oh, let's call BS on that.

There was no tauren in the diet because there was But they didn't say it that way. Yeah. Right. So people just now believe that, oh, taurine is the magic amino acid that you have to have, and you'd have it as a supplement.

But if you ate your species-appropriate diet, you wouldn't have that. And then dogs, dogs produce taurine naturally, cats don't. But all of a sudden we started seeing tauring deficiencies in dogs and a rise in cardiomyopathy.

So something happened and no one's ever really come out with the answer. Why all the sudden are these dogs not able to make taureen? It's in their biological pathway to do so.

So something was missing and then we're having a problem. Now, to answer your question, we've just covered why there's so many belief systems, because there is going to be a bunch of listeners out there that are going go, but I went to my vet and I told them I want to feed a raw diet.

And they went, bad, and they're going die, it's horrible for you. It is all a misbelief because they really don't know what they are talking about. Because they were trained in a model that said that's bad.

You have to eat food out of a bag or can. and it has to be highly processed, and they have to have a bunch of sugar in it. So all processed dog and cat food is 40 to 60% carbohydrate, i.e.

40-60% sugar. a carnivore, dogs are scavenger carnivaurs. They were not designed to eat a lot of vegetables. they did pick after man's waste products, because they started living at the end of our encampments, but they're not really, they are Scavengers carnivers.

There gonna eat meat when it's available and they gonna scavenge your what they can when its not. But cats are obligate carnivores and they have not changed.

Biologically speaking, they've not evolved from that. So when we're feeding these cats this high carbohydrate diet, we are killing them, literally killing that because that's not how they were biologically designed to function.

Now you wouldn't take a car that's supposed to run on regular gas and put diesel in it. You wouldn' take. A car. That was supposed. To run. On premium and.

Put air or sand in there. Like we get it, that' not what the car was designed to use. And yet we don't use our critical thinking skills and go, how are these animals eating in the wild before we intervene?

And maybe we need to try to find a way to get back to that because we're making them so sick. because they're not eating their biological diet and that's where it starts.

And then you add in the toxicities and all the tap water with all of the chemicals and fluoride and heavy metals and mycotoxins and microplastics and you just add all that in and it's a perfect storm for disaster.

When cancer enters your life, the questions don't stop at treatment. You start asking, why? What else? And what more can I do to support my body? At the Beljansky Foundation, we believe cancer care deserves deeper answers.

Why pet food matters

Answers rooted in science, not in shortcuts. For decades, groundbreaking molecular research by Dr. Mirko Belzhansky explored how specific natural compounds selectively target cancer cells while spearing healthy ones.

That work continues today through independent research, education, and global collaboration. At belgianski.org,

you will find evidence-based resources, expert-led conferences, books, and conversations that explore integrative approaches to cancer and chronic disease alongside conventional care.

Whether you are a patient, a caregiver, or practitioner, this is the place to learn, to question, Visit belgianski.org to explore the research, attend upcoming events, and connect with the Belgiansky community.

Because informed choices begin with credible science. And when a pet is adopted in a better home where a family doesn't… suddenly there is a much less bad feeling surrounding him and he's given the proper food.

Do you see some natural remission possibly happening when the body is not properly supported? So as soon as we change these animals, onto a species-appropriate diet, which in my opinion is a raw diet not loaded with a bunch of vegetables.

I actually have my own raw food company. When I started, there were only two other companies that were really in the market. They were not grass-fed, grass finished, and they were using synthetic vitamins in their processing.

My patients couldn't afford that. This is back in 2015. And I knew my patients couldn't afford any more toxin exposure. They had to have healthy food.

And, I went to these companies and I asked if they would produce one skew, one line that was actually healthy. So I said, well, darn it, then I'm going to go make my own.

And I couldn't believe I had said that, but then, I thought, okay, i'm gonna do it. The right people came in and the right opportunities. So what I did, this is interesting, Sylvia, you asked me the question about food, is I, in studying the process, realized that we have macronutrients.

and we have micronutrients. Your macronutreants are the meat, fat, bone, and organ meat. So when an animal hunted another animal, they were eating the macro nutrients, which if that animal was out in the wild eating a healthy diet of their own, there would be a lot of micron nutrients available when you ate that animals.

But because we know that they're not being grown in good and bad, we have to supplement those micronutrients. So I separated the macronutrians from the micron nutrients because the packaging laws in the U. S.

say if you're going to sell a food as complete and balanced, you have add in these micronutsrient, which to be stable have be synthetic or they turn rancid.

So now that that was going to work for me, so I thought, okay, how do we beat the system? We don't call it complete balanced. So I sell the macronutrients, the meat, fat, bone, and organ meat balanced the way it's supposed to be.

All grass-fed, all grass finished. Separate from the micros, vitamins, minerals, fatty acids, amino acids that are essential for the body. These are the ones you have to eat the essential nutrients.

And then I can dose based on body weight, based, on metabolic need. And I know that the freshness of my product is going to be there. What is the name of your brand?

Evo love, it's love backwards and forwards. So it E-B-O-L- O-V-E. Any way you look at it, is love. How is it accessible? We sell online. We have a manufacturer who ships.

Now our food can either be raw, which will be frozen. It's shipped frozen and then it comes to you at your door and you defrost it as you need it and then feed it.

And you handle it just like any other raw meat, you wash your hands, and you have good hygiene. You don't sit on the counter for five hours, right? You have a good quality.

But our food is coming out of a USDA-inspected facility. They test for salmonella, listeria and E. coli. So this meat is cleaner than the meat that we eat, so not all raw food And it's not about going to your local grocery store and buying a piece of chicken and throwing it down on the ground.

It's about that because that chicken very likely does have either E. coli or salmonella because it hasn't been handled appropriately. they're expecting you to cook it.

So it's a whole different process. And when we start with a species appropriate diet with the right essential nutrients, we heal the leaky gut. We help these animals be able to detoxify all these toxins from their six organs of elimination, kidney, colon, lungs, liver, skin, lymphatic and fascia.

And then we support the mitochondria with the appropriate things that help the Mitochondria to work better. And we clear trapped emotions. That's a, that's the formula for health.

and I have that actually in a free ebook. If anybody wants to go, Oh, you said that too fast. Well, holistic healing vet.com it's free download and it applies to your pets.

It applies yourself. You have to come to the conference, the Belgiansky conference because she did not pay me to do this because we have. Not just get information, but we to form community.

And I'm realizing that getting information is one thing. But having a support team around you, a community that understands, we believe in the same things.

We can help each other. I'm getting chills, I've covered in chills. Because that right there is the message we all need to hear. Cause we can't do this alone.

There's strength in numbers. And the more of us that come together and we use our buying power, our voice, We use dollars to vote for the things that we want.

we're going to make the changes that this world needs. And we better get on it, because we have about 70 years left on this planet before we kill off everything.

Absolutely, and I really believe that this sense of community is most important and most importantly also to make us feel good. Yeah. Absolutely. And I see so many people that are lonely and they're lost and confused and don't know where to turn and their family is not supporting them, their work family isn't supporting, they don t know were to go.

This is where you go to Sylvie's community, to my community to other communities that are coming together so that we can actually make a difference. There's tremendous strength and power in our numbers.

other. It's like, I think the coolest thing after COVID was the ability to actually find our community, right? Because there were those who were in one camp and they were very polarized in their camp, and then there's the other camp.

And it was so easy to be able to see those that think like we do. And I'm not saying that the others are wrong. I not say I am right. When we all go up into the big auditorium in non-physical form, we're probably all going to have a big laugh and go, what kind of story did you have?

But my story is working for me on this planet in the dimension that I've been in. It's working me. So I want to do as much good in as I can in the time that I'm here.

Raw feeding, detox, and species-appropriate nutrition

That's a nice, yes, nice program. Speaking of program, what mistakes do owners commonly make after the diagnosis of the… Wow, no one's ever asked me that question before.

So what mistake do they make once their animal is diagnosed with a bad disease, like a cancer diagnosis? Well, I think the number one is fear, getting stuck in fear.

That's the first problem. And then not knowing where to turn and being buffaloed or coerced into doing things because of fear. This happens in the human side as well.

If we can take a step back, take deep breath, it's not gonna happen in next five minutes, not going to happen the next week or even the month likely. So we take the deep breathe and then start to become educated.

because I think that's the second biggest mistake is that they're making decisions without informed consent. They don't have enough information to actually understand what happened, why did it happen, and what can I do differently?

And I just gave a very simple model, deficiency of essential nutrients and excessive amount of toxicity and mitochondrial dysfunction. So the number one place I would start once I got educated would be, what tests do I need to run so that I know what those deficiencies and toxicities are?

What diet do I need to go back to so it's species appropriate? What kind of water do i feed? what kind Of cleaning supplies should I be using?what should be touching my skin?

How can I mitigate the electromagnetic pollution that's in my home and in My environment? And then how do we clean up my negative thinking? We all have stinkin' thinkin'.

It's not that we don't have it, it's what are you going to do with it? Are you gonna use it to help yourself to understand what it is that you're trying to clear?

Because it just a computer program coming up, right? It'd be like your GPS every time you missed your turn said, make a U-turn, Make a u- turn. It just trying communicate to you.

So when we have these patterns of negative thinking, we need to recognize that it's a pattern. We've done it over and over again. And we're doing it because our subconscious mind is trying to tell us, hey, this is what you need clean up.

You need clear it, you to transmute it. It need come up with a new thought pattern and you're not getting it so let me show it to you again, oh you missed the turn again let show to again so this where we start.

So you start with the diagnosis of a pet and then you are treating the owner, the human, for his feelings and his behavior. Well, yes, because it's a human that has to make the changes in behavior, so we do have to communicate with owner.

But isn't it interesting, Sylvie, that people will do things for their pets before they will it for themselves. In doing it, I'm getting chills again, in doing for the pet, They're actually making improvements for their health, their family's health for, for neighbors and all the people that are watching them.

And they're improving mother earth too, because now they are doing less toxic things to mother Earth. So your original question was, what do they do wrong?

They operate out of fear. and they don't have education. Those are your first two steps. Because once you can take a deep breath, and once can operate with a clearer mind and you let your intuition come in, we all have that intuition that would drive us in the right direction if we listened.

But when we're stuck with all this negative chatter and all these negative thinking, the stinking thinking then you clearly can't get the message. Your GPS is being blocked.

There's too much data going on. So we need to clear it out and then sit, ask the answers, let the answer show up.

Let the solutions come to you, but then take good positive action by educating yourself and finding out what should my pet be eating and why.

And I have an online course for people. So where do people can go to get this proper education? Everything that I have in all the solutions is drmarleensiegel.com.

Super easy. So it's dr then my name. Just have to spell it right. And so when we become empowered and we take control of our thoughts and our actions then no matter what you're facing it becomes easier to maneuver and then you find other people who are like-minded and they support you in that community we were just talking about and really life becomes so delicious and so fun and So rewarding Because what do we hear so much from a lot of people who get cancer diagnosis is that cancer was the best thing that ever happened to me.

It brought me back into my body, it brought back me into now, which the animals would do if we would allow them to because they live in the moment. We have to pay attention and go, how can I live in the moment?

Right? I am sitting here having this conversation with my dear, dear friend, Sylvie, that I love so much and I can't wait to see you in Mexico in a couple of weeks.

And it's that love and joy and gratitude. I'm really present here with you and people can feel that. We all have that opportunity to figure out how do I do that?

How do I make that happen in my life? And it may not be the immediate family. Maybe they don't get it. You're not going to change anybody. you change yourself.

Your change your perspective and how you choose to think and behave and to act. I love that. It starts with a pet and then it good. So much bigger therapy for the entire family Let's not forget Mother Earth and all of this, right?

Because when we stop doing all the toxic, we stopped buying the Toxic products, We stopped spraying the toxic things in the yard.

Community, mindset, and closing thoughts

We start letting Mother earth live. Now I live in a food forest, as you know. And I'm a bee mom with little honeybees. And so I am super conscious of my environment.

I talk to my plants. I give them thanks when I harvest. We have this symbiotic relationship that I give to them and then they give back to me and we nurture each other.

It is the most amazing experience. If you guys out there are not growing anything, you need to grow something. You need a love on a plant or a tree. And then when you go, I think it's interesting because almost all religions have some kind of a ceremony when eat where you give gratitude.

In Judaism, you give gratitude before and after. So I don't know about a lot of other religions, but it's all about gratitude. And when you go into that state of gratitude, it changes your entire chemistry.

In fact, gratitude is the highest frequency of any of our emotions. It's not love, its gratitude And the lowest is shame, just so we can see the polar opposite there.

And so as we become more conscientious and we've become grateful, this is a little exercise I do every day, is I just look around and I say, what am I grateful for?

So right now I'm looking at my beautiful friend and saying, I am so grateful that I met Sylvie and that am a part of her organization, am part her tribe.

Wow, like I just really feel that love and gratitude for that. And we all need to find, I don't care what it is, you could

be grateful for hearing the birds and the sunshine or the rain or.

The fact that you woke up in this world, right? That's a blessing. Even if you didn't feel good, it's still a bless. Because look at the alternatives, Right?

So. Feed a species-appropriate diet, quit being sucked in by all the marketing, and let's go back to using our brain. Let's get back thinking and looking at nature and going, wow, I'm not going to ask AI.

I want to go look in nature for the answer. And then you follow that model because that's sustainable. Beautiful. So much more than whatever we could expect from a vet.

This is a life lesson. Thank you so much Dr. Segal. You're welcome. We'll see everybody in San Diego this year, 2026. Either be there live and let's get a hug or at least go online and participate.

Thank You. Bye, everybody. Thank you for listening to the Belgianski Cancer Talk Show. If this conversation supported or inspired you, please follow the podcast, share it with someone who may benefit and leave a review to help us discover these integrative perspectives.

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