

HOW TO PROTECT YOUR PETS FROM CANCER

by Nathan Crane with Dr. Trina Hazzah,
Dr. Gary Richter, and Dr. Marlene Siegel



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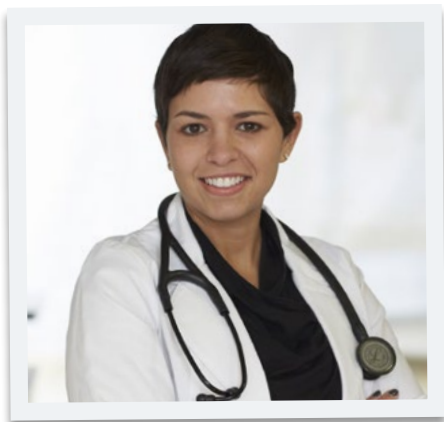
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Cannabis, Cancer, and Pets: An Unconventional Approach for Healing

Nathan Crane Interviewing
Dr. Trina Hazzah, DMV

Nathan Crane

Hey, it's Nathan Crane, Director of the Health and Healing Club and host of the Conquering Cancer Summit. And today I am honored and excited to welcome you to a very special interview. Trina Hazzah earned her doctorate of veterinary medicine in 2006. She completed her small animal internship at Red Bank Veterinary Hospital in New Jersey and a three-year residency in medical oncology at the Veterinary Oncology and Hematology Center in Connecticut. She's also completed the requirements to be a certified veterinary Chinese herbalist, which I think is pretty awesome, a great skillset to have in your tool bag, if you will. And Dr. Hazzah developed an interest in cannabis medicine during her quest for finding effective integrative approaches for veterinary cancer patients.

She's given numerous lectures to veterinarians, educating them on the topic of cannabis medicine for animals. Dr. Hazzah is a co-founder and the president of the Veterinary Cannabis Society, and a member of the Society of Cannabis Clinicians, the Canadian Association of Veterinary Cannabinoid Medicine, the Veterinary Cancer Society, the American College of Veterinary Internal Medicine, the American Holistic Veterinary Medical Association, and the California Veterinary Medical Association. So, you can trust what she tells us today. Her website is drtrinahazzah.com. Dr. Hazzah, thank you so much for joining us.

Dr. Trina Hazzah

Thank you for having me. It's really my pleasure.

Nathan Crane

Yeah, so what was it, if you could share with us a little bit your backstory, what was it that kind of prompted you to transition from being what we might call a conventional veterinarian to an integrative vet?

Dr. Trina Hazzah

That's a great question. I think that during my residency while I was training, I always started looking into other modalities. I would ask my mentor, "Well, how about hyperbaric oxygen for our radiation patients that aren't having appropriate healing?" Or, "How about this mushroom supplement to use

along with chemo?” And he would say, “Look, you’re focusing on medical oncology. This is what your residency is. Focus on this and then you can look into it down the road.”

And so I appreciated that because I got to learn all the details of cancer biology and all the things I needed to become a board certified oncologist. But I always kind of had that push behind me to do more. And I felt that the conventional oncology wasn’t enough.

So I moved from Connecticut to Los Angeles, California. Thank goodness for that, not just for the weather, but also because the clientele here were also very much interested in having some other additional alternative type approaches or integrative approaches. And so that was really kind of my jam, right? I really was interested in it. And so were the clients. And that really pushed me to say, after probably practicing for I would say four or five years of mostly conventional and drizzling a little of the, some of the integrative approaches, it wasn’t enough.

I felt like, God, was there more I could do? Could I prolong resistant mechanisms, meaning could I keep cancer patients on chemo longer and making it work longer? Could I reduce some of those morbidities that they were getting or side effects they were getting with chemo and radiation and some of these other traditional modalities, by incorporating some other type of therapies like cannabis and Chinese herbal medicine and Western herbs and medicinal mushrooms and other modalities?

And so the answer was, well I first needed to get educated. I’m a big nerd where I felt like I had to learn everything about every subject before I really started practicing it, right? So after finishing the residency and medical oncology after a few years, I was like, “Hmm, I think I should learn everything I can about Chinese herbal medicine before I start implementing it.”

So I went to the Chi Institute and got certified in Chinese herbal medicine, and literally just started using it in all my cases, the folks that were interested in implementing it. And I saw such tremendous differences in quality of life and in some cases quantity as well. And so much more.

Nathan Crane

Well Trina, if I can share a little bit about some of those case studies that really stand out to you.

Dr. Trina Hazzah

I can tell you you always remember the first, right? You always remember the first. So this was a case that it was a dog, a Shetland sheepdog that had transitional cell carcinoma of the bladder.

So that’s the most common bladder cancer that dogs get. And this dog was really starting to have side effects of the chemo. And one of the side effects this poor pet was having, secondary to the progression of its cancer as well as one of the therapeutics, a nonsteroidal, it started to develop some kidney disease, and it stopped eating. She wouldn’t eat. She wouldn’t wanna do... She really wasn’t even walking over to her food anymore. The owner was really struggling to get any food into this poor dog.

Dr. Trina Hazzah

And so she called me and said, “Listen, I think it’s time.” And I said, “Would you let me at least just try... We’ve tried all of the traditional anti-nauseas and appetite stimulants and nothing was working. So will you just come back and let me try one of the Chinese herbs? I learned all about this, I really wanna see. I’m hopeful this will work.”

And so I said, “Give me three days. If after three days of trying this herb there’s no improvement, then I of course support your decision.” So she brought her in and I did an evaluation. And based off of my Chinese herbal exam I confirmed that she had what they call a yin deficiency. And so I was able to supplement her yin with this particular Chinese herb that would help support her kidneys. And I also put her on something to help with what they call a spleen qi deficiency. What was actually playing a role in preventing her from eating.

So I said, “Just try these two herbs, let’s just see.” Two and a half days. I mean, we were almost at that third day. Two and a half days later I get a phone call that says, “You’re not gonna believe this Dr. Hazzah, she’s eating. She’s eating, she’s going for walks again.” And I had stopped everything else. It was just those two herbs. And she was happy, she was playing. I mean, it was just like this transformation from a dog that she thought she was gonna have to put down, to a dog that was again eating and playing and just enjoying life again. And I kind of, and I almost didn’t believe it. I said, “So wait, there’s really something to this.” And, God, she must’ve gone on for about three months until it was her time.

And three months to someone that just adores and loves their pets like a family member is so much time, especially when it was quality time. And I’ve had many more of those cases for the additional five, six years of my practicing Chinese herbs, along with conventional therapy. And it just feels so good inside that I wasn’t in a place to say, “You know what, I have nothing else to offer.” I had something else to offer. I continue to have something to offer. And that just felt really good to all of us that were around watching that case. And the many other cases that occurred.

Nathan Crane

Yeah, I can appreciate the level of gratitude and grace that I’m sure you experienced with that case and many others, especially now knowing that you have some natural therapeutics that you can implement when maybe all else has failed or is not working, right? And you know that you’re not only potentially prolonging life and quality of life, but also reducing the pain and suffering, because these often have little or no side effects whatsoever and can increase quality of life and decrease pain and suffering, right? So, I mean, I know the power of the Chinese herbs for humans, but it’s always interesting to hear someone like yourself speak about it for our pets as well.

Dr. Trina Hazzah

Yeah, yeah, same with cats, right? Like cats they can be so picky. When there’s such a deficiency and you give them the right herbs they actually almost want it. They come for it. Once they start feeling more balanced, you realize we all know inside of our bodies when we feel balanced, right? We know it, animals know it. And it’s interesting to watch how their behavior changes when they start to feel more balanced.

Nathan Crane

Is there some herbs in general, that for general health and longevity you have found to be effective for dogs and for cats? Is it same herbs or different herbs? Are there are a couple you can share with us?

Dr. Trina Hazzah

Yeah, so I'm a big, big believer in trying to support a pet's immune system, without a doubt. And there's a combination of Western herbs and Chinese herbs. One of the ones I use because I was trained at the Chi Institute is what they call Wei Qi Booster. And why I love that one is so many, I would say almost all of my cancer patients, are deficient in qi. And that could very well be one of the reasons behind the formation of cancer, is that their immune system just isn't at high alert anymore, right? And so mutations occur and the immune system can't catch them before it turns into cancer. And so a lot of times these patients are older, they're more fatigued, they don't have the energy. And the flow of energy is also stagnant. So there's kind of a two-prong approach that I use a lot with my cancer patients.

One is supporting the immune system heavily with Chinese herbs, Western herbs, medicinal mushrooms. And one of the herbs is Wei Qi Booster to support the immune system and support qi, 'cause again, they're oftentimes deficient in qi. And then the second is really to try to open up flow and break down stagnation stasis. Because that also is potentially kind of the background behind why cancer can form into this, what we say starts off as phlegm and turns into stagnation stasis. And so finding a way to open up blood and qi and allowing that to flow significantly better is a big part. And then I think some of the art of it too is figuring out what transporters used to use, right? Depending on where the cancer is located perhaps we can push some of those anti-cancer herbs toward a certain area in the body and really opening up channels there.

Incorporating acupuncture is huge in this as well. And in improving quality and quantity I think as well. Quality for sure. We have pets that just get so sick from chemo, and herbs and cannabis, it doesn't work enough and sometimes incorporating acupuncture can make all the difference. So it's really a combination of a variety of different modalities, I think, that support the pet just like you would for a person.

Nathan Crane

Yeah, do you have some, I mean, it's fascinating to think about giving our pets the same kinds of herbs. These are the same kinds of herbs that we would take as humans, right?

Dr. Trina Hazzah

Absolutely. Yeah, yeah. We oftentimes, I order from Evergreen, right? Just the same herbs that you probably use and I've used before. We just dose them differently. You don't give six capsules.

Maybe they just get three for a big dog twice a day or four, it depends on the size. So it's certainly... I think the biggest challenge in pets is how do you get the herbs into them, right? So with us, we just say like, "Okay, it's gonna taste like crap but I'm gonna take it." And you feel the difference, right? I mean, we've all, I've certainly been on tons. And Gary [Dr. Gary Richter] and I have this conversation on a regular basis over how many supplements we're both taking. And so we are true believers in it and we practice what we preach.

Dr. Trina Hazzah

But it's easier to convince ourselves it's the right thing and we just do it, make it with something tasty and we move on. For a dog and even more so for a cat, how do you do it? And I think it's the art of how do you trick your animal when sometimes they are that smarter than we are sometimes, right? And so how do you, and getting it in really tasty, tasty food and tuna fish and baby food and peanut butter. And the joke at the hospital, at my department is you always know which patients are Dr. Hazzah's patients because they're almost all a little bit overweight. And that's because the ones that are on tons of Chinese herbs and supplements are getting them with peanut butter balls and cookies and this and that. So they're all just gaining more. It's really not the worst thing, they're cancer patients. And so, right, you'd rather them be a little overweight than underweight.

Nathan Crane

Absolutely. So do you have any case studies that you can share, even any anecdotal studies where you've worked with a dog or a cat and they had some form of cancer and through an integrative approach you were actually able to completely stop the proliferation or the growth of that cancer or reverse it completely?

Dr. Trina Hazzah

Yeah, yeah, no, I absolutely do. Let me see which one. God, right, there's so many, let's see. I'm trying to think of one that I oftentimes... Well, can I give you two, 'cause I can't... There's two good ones that I...

Nathan Crane

Yeah, absolutely.

Dr. Trina Hazzah

So one of them was a Jack Russell terrier that came to me with three different types of cancer. An oral tumor, back of its jaw. It's called squamous cell carcinoma. A bladder tumor called transitional cell carcinoma, that we already just talked about. And then an indolent or less aggressive lymphoma, so blood cancer, right, lymph node cancer. And so the owner came to me and said, "Look, we wanna do what we can, but he's an older guy. We don't wanna go crazy."

"What if we just did some surgery to remove this tumor in the mouth and remove the bladder tumor and then we can start on what they call a targeted therapy." Something that targets the mutations that are telling the cancer to grow up, in the growth factors. So we said, let's do that and let's add in... Let's start with that and see how it goes. So we did that and about six months later the tumor came back in the mouth with a vengeance and as well in the bladder a little bit but the mouth was horrific, where the dog could not even see. The tumor crawled all the way up its mandible toward the back of its eye. And he was unable to see from that one eye and he could hardly open and close his mouth. So they came to me and said, "Look, things are worse. I think we don't wanna do radiation. We don't wanna do chemo still. We just wanna focus on quality. Is there anything you can offer?"

And I said, "Why don't we try cannabis?" There's some published information on carcinomas responding to cannabinoid therapy. Here is a ratio I would consider based off of the research. And I do not think

he's gonna get sick if we started at appropriate dosing and we use a formulation that's safe without contamination, and pesticides and things like that." So we moved forward with cannabis and the owners wanted to continue with the targeted therapy. They said, "Let's just do both." So we can combine both and within probably...

Nathan Crane

Sorry, before you share that, which I really wanna hear. What was the targeted therapy you were doing at the time?

Dr. Trina Hazzah

It's called Palladia. Toceranib is the generic name and Palladia is the trade name. It's the only FDA approved targeted therapy for pets. And it's been out for, I would say, 15 years or so at this point.

Nathan Crane

Palladia, so is it a chemical compound, is it a drug, is it a nutritional therapeutic?

Dr. Trina Hazzah

It's a drug, it's a pharmaceutical. It's a pharmaceutical.

Nathan Crane

So you were doing that after the surgery and nothing else, no herbs, anything else?

Dr. Trina Hazzah

Nothing else.

Nathan Crane

And then it came back with a vengeance, the tumor came back. So now you're still doing that drug but now you're doing cannabis?

Dr. Trina Hazzah

Yep. And I think they wanted a hold on herbs or something like that initially, and said, "Let's just do one thing." I think that the dog maybe was picky or whatever it was. There's always a reason behind why someone chooses what they choose. So we started the cannabis at that ratio. It was a one-to-one ratio of THC to CBD, and a very small dose. This is the most interesting part of the whole thing for me as a scientist. It was one milligram of THC and one milligram of CBD. That's it.

Nathan Crane

Per day?

Dr. Trina Hazzah

Twice a day.

Nathan Crane

Twice a day.

Dr. Trina Hazzah

Twice a day, but that was the dose, right?

Nathan Crane

One milligram, yeah.

Dr. Trina Hazzah

That's it.

Nathan Crane

That's a tiny amount.

Dr. Trina Hazzah

That's it, tiny amount. But within about a month the tumor was significantly smaller.

Nathan Crane

Whoa!

Dr. Trina Hazzah

Right, and they didn't start anything else. Finally, I said, "you've got to come in and have me look." They came in. I could barely find the tumor in the dog's mouth. The only thing I did was that one milligram of each compound and onto the Palladia. So then I looked back as a scientist. I think God, there's gotta be synergy. So then, of course, I went down this path of synergy and went crazy for every single tumor, combining all these.

And honestly I didn't see it work as well for any other tumor. And I couldn't even replicate it for the same tumor in a cat. It was just this particular tumor, this particular tumor genetics that seemed to work so well with this combination therapy. I mean it responded beautifully. So then to hear— this is the crazy part of it. So then probably the dog was on it for several months and the owner forgot to reorder. Two weeks pass, the tumor comes back. I doubled the dose; I couldn't stop it. And he got some radiation to keep him comfortable and then he passed away.

Nathan Crane

Wow, what a story.

Dr. Trina Hazzah

Right, so interesting. What a story, yeah, and quality. I mean, you should see the pictures. One picture of him barely able to open his eye and his mouth to the next picture, the owner was sending me these pictures. He's at the beach with a ball in his mouth. Both eyes look totally normal. He's running up and

down the beach. I mean, that's why we do what we do in veterinary medicine. To see that like that happy, happy. And his name was Hammer, and we'd always have a hammer...

Nathan Crane

Nice.

Dr. Trina Hazzah

And so he was a special guy. So that was one case. The other case is a dog that's still doing very well, knock on wood. He came to me with metastatic salivary gland carcinoma. Meaning that he had a tumor in the back of his throat, a salivary gland that was affected by a carcinoma, an adenocarcinoma. And it actually spread to a local lymph node. And possibly there was a nodule in the lung. And he was, had blood coming from his nose. I mean, he was a really sick, sick guy. And the internal medicine doctor sent me the case and said, "Listen, I'm not sure how much time he has, "but can you help him?" So I said, "Yeah, I mean, I'm here to offer all the options. Let's see what we can find that works. And most important is let's get him comfortable."

So this is a case where I implemented Palladia again, right? That was a great one for certain carcinomas. These are owners that weren't wanting to do high doses of chemotherapy. And to be honest with you, I don't believe that chemotherapy would have worked any better. I'm gonna say that again. I do not believe chemotherapy would have worked any better in many of these cases. So I never look back and think I should have done anything differently. 'Cause I've done the chemo for so many years before and didn't see the results I was seeing with this.

Nathan Crane

Right.

Dr. Trina Hazzah

And the benefit is they got to take this pill, this targeted therapy at home with a peanut butter treat. They're not coming in and getting a catheter placed. So quality of life was already better with the way we were implementing that therapy. We started about three or four different Chinese herbs, medicinal mushrooms. We added in curcumin to help with inflammation. And then of course we added in cannabis. I say, of course, because that's certainly a very big area of interest for me. And so we added in cannabis. Again, I was hoping for this synergistic approach with all of these molecules. Perhaps additive with some and other synergistic.

And so within about a month or so the bleeding from the nose stopped completely. The owner said, "My God, he's not sneezing anymore. He's starting to breathe even better." The lymph node in the neck started to go down. And we're now, my God, we have to be close to three years out. And I saw him about a month or so ago and he looked wonderful. His lymph node was totally normal. He does not have any, there's no lung tumors at all in his chest. There's no obvious recurrence of his disease.

Currently he's on a very low dose of Palladia. We had tapered down, we didn't taper off of it. We tapered down on the minimal amount of Palladia, and he's on all the Chinese herbs and on cannabis at fairly high

levels of THC. He's actually on a THC-dominant product where he's on more THC than CBD, which you rarely hear out there. But there is something in that combination that has kept him going and feeling so good for as long as he has.

Nathan Crane

Well, and three years, it sounds like, I mean it could be a lot in a human's life depending on where they're at in their life, but does it sound like a lot? In a dog's life that's a lot of years, right? That's depending on the age, I don't know what another 10, 12, 15 years maybe added to the life, yeah.

Dr. Trina Hazzah

Yeah, exactly.

Nathan Crane

Yeah, that's amazing. Yeah, so how important, so talking about cannabis, how important is that one-to-one ratio in terms of a therapeutic dose of cannabis THC and CBD blend versus just CBD or just THC?

Dr. Trina Hazzah

Great question. I think it has to do with the type of cancer and if you—I'm hesitant because I truly believe that once we understand the genetics of the cancer and the ability for it to express certain receptors, cannabinoid receptors and orphan receptors and secondary receptors that cannabis, the compounds within the cannabis plant work on, you'd have a very good idea of if this tumor is gonna respond to THC or is it gonna respond to CBD. The generic, oh, it's a one-to-one, which is by the way where we were years, just a few years ago. Where cancer should be on a one-to-one. I don't necessarily agree with that. Look at the second case I told you, is on a 30:1 THC to CBD, and I wouldn't ever reverse it for that dog, 'cause he's still here with a metastatic tumor.

The first case was a one-to-one and that was the magical combination for that one. There are other dogs that are on a CBD dominant product, 20:1, 12:1, whatever it may be and still doing excellent, responding well, and it's the CBD molecule probably doing more of the heavy lifting. And there's so many other compounds. I mean, CBG is a really important compound because that one is kind of the new fad for so many reasons. But from a cancer standpoint, I think CBG is gonna do a lot of the heavy lifting for us. A CBG-CBD blend with a little THC might be magical specifically for certain tumors that have what they call a TRPM8 overexpression, because it's a pretty strong or potent antagonist, the TRPM8. TRPM8 is overexpressed in prostate, is one of the big ones, breast cancers, other carcinomas as well. But prostate's a really big one.

So if I were to put together formulations for certain tumors, I would go off of what we know as their typical kind of receptor expression. But I think it's gonna be based on so much more than that. That specific tumor on that specific person. Not all tumors, not all carcinomas, not all prostate carcinomas in dogs or people are gonna express the exact same levels of receptors. Or maybe inherently in that person, their endocannabinoid system is grossly different.

Dr. Trina Hazzah

Yours, Nathan, is gonna be different than my system. And that might mean I might need a lot more THC than yours 'cause you have a lot of endocannabinoids floating around. And that's the same thing for our patients. I think, with multiple comorbidities, these dogs that have lots of issues, you may need to really work a little harder to really balance their system than a dog that may not have other issues. So it's not gonna be as easy as use this compound for this or this ratio for that. But I think as more research goes on we're gonna get a better handle on that. I really do.

Nathan Crane

Is the research showing for animals, cats and dogs specifically, that it's completely safe, CBD and THC combined at pretty much any of the levels that you spoke about already?

Dr. Trina Hazzah

There are very few studies on high amounts of THC, right? There's only one study out of Canada that showed that dogs actually, they tolerated the high amounts of CBD way better than the high amounts of THC. I mean, that's pretty well known, right? I mean, it would be any human being that would also be in that situation. The other kind of issue with that study. And I think a lot of times you have to really look into the study design itself, is the way the study did it is they would give a dose and they wait three days later and then give a higher dose and then give three days later. And so you're not building up true tolerance.

Where in a dog, right, or when I'm treating a patient, they're very gradually going up and we titrate the dose. So for instance, this last dog that I mentioned that's on very high amounts of THC, that dog is probably close to 40 milligrams of THC twice a day, which is significant. If you or I took that we would be sleeping, and this dog is running around like a puppy because it's taken a year and a half, two years to really get up to that dose, and it's been a gradual increase. So I think, in my experience, THC is extremely well tolerated when dosed appropriately and titrated appropriately. It's not perfect for every single pet. Some pets can't go over a certain amount regardless of titration.

They have a little bit of urinary incontinence or whatever it may be. So you just listen to their bodies, just like we would listen to our own bodies and adjust the dose accordingly. Others need a lot more to balance their system. So based off of the animal research, I would say we have a lot of information out there showing that CBD is super safe. It has been shown to be safe at extremely high doses.

THC back in the eighties was published at 3000 milligrams per kilogram, and there was no lethal dose even at that dose. So I believe, yes, it's safe, but for morbidity's sake we don't want our pet staring off at walls for hours and not wanting to go for walks and sleeping. We wanna make sure that they're happy.

I'm not worried about a pet passing away. If they are significantly overdosed on THC they have the potential to aspirate and get pneumonia 'cause they can't swallow properly. And in cases like that, if your pet is ever in that situation, by mistake, you gave too much, you gave a human product that was way too concentrated. Bring your dog in or your cat into a veterinary hospital and have them evaluated and kept overnight and supported appropriately.

Dr. Trina Hazzah

But most of the cases of THC overdose, most of them resolve within, sometimes 12 hours, sometimes a day and a half or so. My own cat ended up getting too much and he just stared off for a little bit, for six hours, and by the seventh hour he was up and walking and totally fine. So it was just supporting them through it I think is important and realizing they just need a little bit of support and care, but many of them don't need to be rushed to the hospital, only in very severe cases.

Nathan Crane

Yeah, yeah. It reminds me, I cycle on and off CBD and it's really high CBD and very, very low to almost no THC and mostly for anti-inflammatory and sleep and things like that. And in my own self, when I cycle on it I might take it for a month, a couple months at a time. And my tolerance is,

I mean, when I haven't taken it, for when I take a few weeks off and then I take a dose of it, I mean, I notice it right away. Like I'm just out cold for like eight hours straight. I'll notice it significantly for next few weeks as I'm cycling on it, but then the tolerance starts to build. And then, so after a couple months I'll cycle off it for a couple of weeks at a time. And as your body obviously adapts to the dosage, you're gonna respond differently. Right, so...

Dr. Trina Hazzah

Absolutely.

Nathan Crane

And all the research I've seen as well, at least for humans, I mean, you can take massive amounts of CBD and THC without any major complications. Of course you don't wanna overdo it, overdose it. There's no point in that, you're not gonna get any real benefit from that. But in terms of diet and nutritional supplementation, Chinese herbs and cannabis, CBD, THC, how important is it that pet owners not only supplement with what you're talking about, but also really take a look at the diet and what are some of the foundational principles of the diets for dogs and cats that you teach, that you work with?

Dr. Trina Hazzah

You definitely hit it on the head. I always say, like you spent all this time and money and sacrifice. You're doing all these amazing herbs and supplements but then you're feeding McDonald's. Like a McDonald here and there isn't gonna kill ya. But the daily Beneful and all of that stuff. I hope Beneful's not listening, but I just, I worry very much about that.

The carcinogens in those dry foods over time what they do to the body. And you're working so hard to create this antioxidant effect and then you're putting in procarcinogens. And so I very, very much worry about it. So for a lot of my patients, I guess I would say it depends on what they're coming to me for. So there are some patients that I'll see that are really toward the end, and they're looking for more palliative care, right? And meaning they were looking for more comfort care. And this is a patient that really isn't eating well already. And we're looking to reduce inflammation, keep them comfortable until the end.

Dr. Trina Hazzah

And we may only have weeks, months left. In those cases, I have them eat whatever they'll eat. It doesn't matter to me. I say, if your cat will eat Fancy Feast but that will help you get the herbs and things in, let's do it. If your pet will only eat hot dogs then that's what we're gonna do for now. Just try to get organic, no-nitrate hot dogs. But sometimes it is what it is. And they'll just—getting food into them because it's more important they're eating.

For the cases that are coming to me for what they call more definitive intent. And I use that term meaning there's a chance that we can get years out, right? We're gonna get very many months or years out. We're looking for more of a longevity, then absolutely the conversation of food comes up. And usually it comes up first, before I even sometimes implement any of these other modalities. We talk about how do we get your dog or cat off of the food that they're currently on, get them on a higher quality food that doesn't have a bunch of filler, the first ingredient isn't corn, or rice.

We're looking for a whole food diet, something that is—oftentimes in my cases if they're on chemo or some sort of therapy that's suppressing the immune system I don't necessarily want them on a raw food, just for the sake of their immune system is already suppressed. So we'll oftentimes use gently cooked foods or foods that have been cooked in a human grade kitchen that they can pick up or make themselves a homemade diet.

And we actually choose the protein based off of their element, their Chinese herbal element. So if you have, in a lot of the cases I see they run very, very hot too. They oftentimes will have that yin deficiency. And so putting them on chicken is the worst thing, 'cause chicken is actually really heat producing. And so when we start to switch over the food to things like turkey or a white fish, that's a lot more cooling for their system, owners will say, "God, I noticed they're not panting as much. They seem to be more comfortable. They're not just always laid across a freezing cold marble floor. They're now comfy on their beds."

And we've taken a lot of those white enriched kind of grains out that produce heat, like white rice or potatoes and things like that. And put in things like quinoa or sweet potatoes and other things that really support the immune system, but also support the patient's heat and cold status as well.

And then of course we talk about vegetables, and which vegetables, what would be the best things, like cruciferous vegetables, ones that are full of flavonoids and have really profound anti-inflammatory, antioxidant properties. And we go through fish oils, omega-3s, and how important that is and how it can help the cannabinoids actually work even better and help with inflammation. So we really go through this full, I would say, I don't know, a percentage, maybe 20%, 25% of my consult sometimes it's on food. Yeah.

Nathan Crane

Yeah, it's that important, right? I mean, that's why we call these other things supplements, 'cause they should be supplementing our core diet, both in humans and in our pets, 'cause that's where we're getting the majority of our nutrition, or lack of nutrition is from the food, right? So as we kind of wrap up here, I have a kind of interesting question I wanna ask you. In all of your time training and learning and re-

searching specifically around cannabis, what is maybe one of the most shocking things you've learned about cannabis for our pets that you didn't originally know? What was something that just kind of like blew your mind that maybe all of our pet owners should know about cannabis?

Dr. Trina Hazzah

I think, honestly, I think the biggest thing that I would tell pet owners is that THC isn't scary. I mean that is the biggest thing that I find that I'm educating on a regular basis. Pet owners and veterinarians, I'm talking about. A lot of times I'll speak with pet owners that will say, "I only want the good one." And I say, "Which one's the good one?" "I think it's the CBD." And I'll say, "Actually, they could all be really good but it's just how you give it."

And so I think the biggest thing I would say from an education standpoint is THC is not bad. If anything, for our cancer patients, THC over CBD can increase appetite, can reduce pain to a level that CBD can't even touch. It doesn't mean that I think they should all be on THC. Absolutely not. I think CBD has a very, very, very big home in pet care. Tremendous. I think a little bit of THC for certain cases and a lot more in other cases could make such a big difference.

When you use a product that's a CBD-only product, what we call an isolate, you might only get to here. When you add in just a little bit of THC you get to here, and it doesn't necessarily cause toxicity, when again dosed appropriately. There are very few cases that I'd ever say be careful when using THC. The number one case I would say to be worried is a dog or a cat with severe, severe heart disease.

Those are the ones I would just be careful because THC has the potential to at reasonable doses to cause an increased heart rate and may even cause an arrhythmia, so we want to just be careful. But the ones that have mild heart disease, I'm not worried about at all. We've used them for hundreds of cases and have, knock on wood, have all done fine. And the research certainly hasn't supported it causing any issues thus far.

Nathan Crane

What are those dose ranges?

Dr. Trina Hazzah

So generally when you got, it's a tough question 'cause it depends on the age of the pet, right? Everything is it's not cookie cutter. I base everything off of the age of the pet, the weight of the pet, and the owner's goals. And that's how I determine my dose. And so what I would probably say is for any pet parent out there that's interested in implementing cannabis, I would go to our website. We have a non-profit, it's the first veterinary cannabis nonprofit ever in the US. It's called Veterinary Cannabis Society. Vcs.pet is the website. It's the first nonprofit. It's a 501(c)(3) organization focused on really raising the awareness of cannabis for medicine. And our mission for VCS is to create lasting solutions. That it really ensure the safe use of cannabis in pets. And we do that through education, through advocacy, and promoting product standards.

The hope is you don't just buy something that's not been regulated appropriately. We would love to

be that hub, that site where people can come for non-judgmental, open-minded, and really expertise, really expert information from the top cannabis experts in the country, both veterinary and human, where you can get education and learn a little bit more about advocacy efforts. So we can really keep our pets and patients safe.

Nathan Crane

Beautiful, yeah. I just pulled it up on my screen over here. Veterinariancannabissociety.org, or the short URL, you said vsc.pet, right?

Dr. Trina Hazzah

Vcs.pet, yep.

Nathan Crane

Vsc.pet not .com, .pet, I love it. That's nice. It looks like you're doing amazing work there. So thank you for that. And yeah, thank you so much for your time and for the great work you do. This has been super helpful for me as a pet owner and to think about the health and longevity of my own dogs and our cat. And I think people tuning in got some great feedback from this and hopefully some insights and some tools that you can take to help your loved ones and your family, your pets, to live longer and healthier.

So Dr. Hazzah, thank you so much for your time, for all the work you do and for sharing all this with us, really appreciate it.

Dr. Trina Hazzah

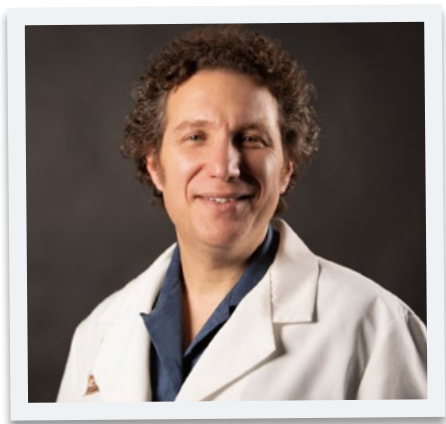
Thanks for having me on. I really enjoyed it.

Nathan Crane

And I wanna thank everyone for tuning in to the Conquering Cancer Summit. Please share this with friends and family. Together we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you, and I wish you ultimate health and happiness. Be well.

Dr. Trina Hazzah, DVM, DACVIM (Oncology), CVCH

Dr. Trina Hazzah attended Tuskegee University School of Veterinary Medicine where she earned her Doctor of Veterinary Medicine in 2006. She completed her small animal internship at Red Bank Veterinary Hospital in New Jersey and a 3-year residency in medical oncology at the Veterinary Oncology and Hematology Center, in Connecticut. She has also completed the requirements to be a Certified Veterinary Chinese Herbalist from the Chi Institute of Traditional Chinese Veterinary Medicine. Dr. Hazzah developed an interest in cannabis medicine during her quest for finding effective integrative approaches for veterinary cancer patients. She is the president and co-founder of the Veterinary Cannabis Society. Her website is drtrinahazzah.com.



Treating & Preventing Pet Cancer

Nathan Crane Interviewing
Dr. Gary Richter, DVM

Nathan Crane

Hey, it's Nathan Crane, director of the Health and Healing Club, and host of the Conquering Cancer Summit. And today, I am honored and excited to welcome you to a very special interview.

Dr. Gary Richter has been practicing veterinary medicine in the San Francisco Bay Area since 1998. In addition to conventional veterinary medical training, Dr. Richter's certified in veterinary acupuncture as well as veterinary chiropractic. As owner and medical director of Holistic Veterinary Care in Oakland, California, Dr. Richter understands the benefits of both conventional and holistic treatment methods for the preventative and therapeutic care of pets.

Dr. Richter focuses on the integration of holistic and general practice veterinary medicine, regenerative medicine, as well as educating professionals and pet owners on the benefits of integrative care. Dr. Richter's website is holisticvetcare.com. Dr. Gary Richter, thank you so much for joining us.

Dr. Gary Richter

Thank you, I'm thrilled to be here.

Nathan Crane

Yeah, honored to be having this conversation with you. I think it's more important now than ever that we continue to learn what we can do for our pets, for the animals that we love that are part of our family. I've been really dedicated to helping people, millions of people around the world for the last eight years, nine years, specifically with cancer. And even, I'm guilty in my own case of not really knowing enough about taking care of my pets. And so I've been learning a lot through this event, and getting to connect with and learn from world-leading experts. Holistic integrative veterinarians like yourself, and I'm really excited to, not only learn more for myself and my family, but to be able to share this information with everybody tuning in, to take care of our pets, because I think one, there's not... this information is not prevalent enough out there, I guess in the mainstream, right? And number two, this information can be lifesaving.

Dr. Gary Richter

Hmm.

Nathan Crane

So, I'd love for you to start a little bit... Give us a little bit of foundational on your background, a little bit of foundational information on... What was it that kinda made you wanna focus on holistic and integrative veterinary medicine rather than stay focused on just conventional medicine?

Dr. Gary Richter

That's a great question, and the answer basically lies in... When I was a veterinary student, I had had a little bit of exposure to alternative medicine. Nothing really major, certainly nothing that was officially taught in veterinary school, but enough for me to see it and understand that maybe there was something there. And really I was in veterinary practice for probably about three or four years, and I had been working emergency in general practice and done a number of things over the course of that four years. And one of the things I think maybe a lot of non-medically trained people may not think about from the standpoint of how medicine is practiced is a lot of medicine is practiced as an algorithm. So in other words, if this happens then you do this.

Nathan Crane

Did you say as an algorithm, it cut out there?

Dr. Gary Richter

Oh yeah, as an algorithm.

Nathan Crane

Gotcha, just very kind of linear scientific like left brain...

Dr. Gary Richter

Yeah, it's very much a sort of an "if /then" statement. So, if this happens then you run this test, and based on those results then you do this, and then you do this, and you work your way down the treatment algorithm. So, the issue comes up is what happens when you run out of room and you're at the end of the algorithm and your patient's not better? And that was kind of what I found myself truly bumping up against with my patients.

As I was running out of things to do, and me sitting down with pet owners and telling them "There's nothing else that we can do, take them home and call us when it's time." I hated that, having that conversation. I still hate having that conversation. And that really led me to start to think back to some of those experiences I had had years before. And it started me down the road to really explore avenues of treatment that were outside of the lane of what I was taught in veterinary school. And because of that, I ended up getting trained in acupuncture, and in chiropractic, and learned a lot about herbal therapy, and really started to integrate all of that stuff too into my practice.

And what I found was, is that when I was using both Western medicine and alternative therapies, I was getting much better results than I ever did with just medicine alone. And that really just sort of set me down the path of having kind of this personal mission, of always looking for what else is out there to help my patients.

And, you know, I mean the criteria for me is it has to be scientifically valid and it has to be reasonably safe. And if I can meet those two criteria, then it's absolutely something that I will look at for my patients. So over the years, we've kind of expanded our current regimen, from what we already talked about to hyperbaric oxygen, ozone therapy, PEMF electromagnetic field therapy.

Dr. Gary Richter

We do a lot of work with cannabis, which has an enormous place in the cancer conversation. So it's just kind of an ongoing and ever expanding circle of things that we can do to help our patients. You know what I mean, at the end of the day, the art in medicine is always gonna be figuring out which one of those many things, or which ones of those many things, are best for any given individual.

Nathan Crane

Yeah, I love that you just said "the art of medicine" because there is both the science and the art, just like everything in life, right?

I mean, there's the science but the science always has holes. It has a lack of information, missing information, not enough information. There's bias in science. So it's like we need the science for the foundation to kind of support our decision-making. But at the end of the day, there's an art form, right? There's intuition, there's reasoning. There's, "Look, if this isn't working even though the science says it should, don't keep doing what's not working," right? And that's part of the art form is figuring out what actually can help...

Dr. Gary Richter

Yes.

Nathan Crane

So you said you started seeing better results as you were implementing more kinds of holistic and alternatives, and complementary medicines into your practice. What are maybe some interesting case studies you can share with us over the years that you saw incredible results with integrative medicine?

Dr. Gary Richter

Yeah, I mean, that's a great question. I mean, the thing I often tell people when I talk about sort of the benefits of holistic and alternative medicine is, Western medicine is really, really good at treating acute disease. You break your arm, you get an infection, you get hit by a bus, whatever it may be. Western medicine is really great at that kind of stuff.

Where Western medicine has problems, is it has problems with long-term chronic care. It's not very good at long-term pain control, or dealing with ongoing chronic gastrointestinal issues, or inflammatory problems. Because, usually with those kinds of conditions, there isn't a target. Western medicine is like a sharpshooter, it needs a target. It's real good at hitting the target, but it has to have a target.

If the diagnosis is vague, chronic, Western medicine has a real hard time. And interestingly, that is exactly where natural medicine shines, is with long-term chronic care and kind of non-specific things.

And the reason why that is, is because a lot of natural medicine while it certainly does have... it does often have pharmaceutical properties to it. The other thing that it does though is it supports [a] patient's body as a whole. So in other words, we're making the patient healthier in the more global sense. And a lot of times what happens is, is when you make them healthier, they will start to fix their own problems.

So we don't necessarily have to always have the answer to any given problem. If we can make the body healthy enough, the body will fix it itself. That's the great thing about a biological system, is a biological system always wants to be healthy. And if you give it half a chance, and you give it a little nudge in the

right direction, a lot of times it will do that. So this is a very long-winded way to get to the answer of your question, which is the kind of things that we often see the most dramatic results with are long-term chronic issues.

So patients with arthritis, or chronic joint pain, chronic back pain. Long-standing gastrointestinal problems like bowel disease, these sorts of things. Seizure disorders can be very responsive to natural medicine. And for the topic of cancer. Cancer is a disease that clearly Western medicine in many cases cannot completely cure. And I'm not necessarily making the claim that alternative medicine can either, but again, come back to anything that we can do to make the patient's body healthier as a whole is going to allow their immune system to manage their cancer better.

So what we wind up seeing is, we wind up seeing patients that not only live longer than they would have with Western medicine alone, but we see them living better than they would have with Western medicine alone. And certainly in veterinary medicine, quality of life is the whole thing.

Nobody wants their pet to live in pain and misery, so we have to preserve quality of life, otherwise we don't really have anything. And that's really where holistic and natural and integrative medicine can come in handy. Because not only is it really good at supporting their body and treating things that are wrong with them, but in many cases, in particularly in the sense of cancer care, it can also help mitigate some of the negative effects of the Western therapy. The radiation, the chemotherapy side effects, all that kind of stuff can often be mitigated and made much more pleasant by the addition of alternative care.

Nathan Crane

Yeah, I think that's where the natural therapies, holistic therapies really can shine, right? Is where you're really addressing the terrain of the body, you're addressing the entire body. And oftentimes you're addressing the entire being. Not just the body, but also the mind, the conditions of the environment, so that there's greater happiness and more peace and contentment, certainly more joy, which we know contributes to healing, both in people and in animals, right?

Dr. Gary Richter

Yeah.

Nathan Crane

So, I think that's where holistic medicine can certainly really shine. And then as you said, conventional medicine has a lot of great tools to 1) diagnose, which is fantastic for diagnosing. But then 2) going in, and maybe, with some very fine, very focused approaches, right? But sometimes it's so damaging at the same time, like chemotherapy/radiation, that if you're not taking care of the immune system, the lymphatic system, all the other parts. I mean, I'm talking about humans, but I'm guessing it applies too. It's all the same, yeah. Yeah, I'm guessing it's all the same, right?

Dr. Gary Richter

It is.

Nathan Crane

If you're not taking care of all the other parts, then the chances of not only longevity of life, but quality of life decrease exponentially.

Dr. Gary Richter

Absolutely, that is very true.

Nathan Crane

Do you have a case study you can share with us, whether a dog or a cat? Let's start maybe with a dog that came to you that had cancer. Some form of cancer and through an integrative approach you were able to help that animal go into remission?

Dr. Gary Richter

Well, I mean, so yes, although "remission" is sometimes a tricky thing depending on the particular type of cancer. But I mean, one case that immediately comes to mind is a dog that came into my office a number of years ago, was a Bouvier, which is a kind of a large shaggy dog. And this dog was kind of an older dog. I think he was nine or 10 at the time. And he was diagnosed with a soft tissue sarcoma on his lower right leg, on his hock, which is effectively the ankle in a person. And they had taken the dog to their regular veterinarian who had done a very good job in biopsying it and diagnosing it.

And based on where this mass was, it wasn't something that was going to be really surg-removable, because it was right on top of the joint. So the veterinarian's recommendation, and I don't fault them for this because from a Western perspective this is the appropriate recommendation. Their recommendation was amputation. And needless to say, the owner wasn't thrilled with that plan. And she came to me about it, and I had a look at it and what we wound up doing was, we put the dog on a pretty broad spectrum of herbal medication.

So, anti-inflammatory and anti-cancer herbs, immune-supportive herbs. We had gone medical cannabis. I changed the dog's diet to a much less inflammatory type diet. A lot of dogs, and this is perhaps a whole another conversation, but there's a real issue with commercial dog food. It is incredibly pro-inflammatory. It's a disaster. But again, that's a conversation for another day.

But nonetheless, so from the time this dog initially presented to the time that he ultimately passed away, was over four years. And to be clear, the dog didn't die from the cancer. So we didn't make that tumor go away, but it never really got any bigger, and it never really did anything.

And it never bothered the dog. So, he didn't mind that it was there. So, I mean, I think that's a real good example of a dog that a) would have lost his leg, and b) if that had happened, that absolutely would have shortened the dog's life. Because a dog of that size moving on three legs will work for a while. But at some point, orthopedically speaking, they're going to fall apart, because it's just too hard for them to do it. So, for both of those reasons, I mean, I think we bought this dog an enormous amount of quality and quantity of life and I mean the owner clearly couldn't have been happier with it.

Nathan Crane

Yeah, that's wonderful to hear. And in dog years, that would have been what? More than 20 years at his age, maybe?

Dr. Gary Richter

There you go, yeah, right. I mean, it's a long time. It's a really long time.

Nathan Crane

That's a long time for a dog, yeah.

Dr. Gary Richter

Yeah.

Nathan Crane

Well, and I love that you brought up, I mean it's the same thing that we find in working with people with cancer, is that you may have a tumor and the first thought is, "I need to get this out of me as quickly as possible." But often, especially when you talk to some of the best integrative medical doctors on the planet, they say, "Look, that's not necessarily... that should not necessarily be your first concern." It's not, the tumor can actually be saving your life, or prolonging your life, right? I mean, that's one of the purposes of the tumor. The body is actually protecting you, by producing tumor—

Dr. Gary Richter

Yeah.

Nathan Crane

Encapsulating all of these cancer cells, helping preventing it from spreading and so forth. And most cancers actually do not have symptoms at all, right?

And so you can go in and start destroying it, and messing with it, and then spread it, and then cause a whole host of other issues. Like you said, it wasn't bothering the dog, cosmetically in humans sometimes we say, "Yeah, I don't want that tumor there." Cosmetically, I don't want it there, but often, if it doesn't grow any further, it's not spreading, and it's causing you any physical, actual problems, there is no reason in some cases to go in like you said and amputate the leg or try to get rid of the tumor. Because you can actually improve quality of life by not doing things sometimes then trying to rush and do something.

So, the story you just shared is very similar again, to what a lot of people deal with in decisions that we have to make and say, "Look, if it's not only about longevity of life, but quality of life." I think those—the quality always has to come first.

Dr. Gary Richter

Sure. And you know two of the greatest things about being in veterinary medicine, and treating animals in general, is number one, animals have no sense of the aesthetic. So the fact that there was a tumor on this dog's leg, it wasn't weighing heavily upon the dog. He wasn't worried about what he looked like, or what everybody else was going to say, or anything to that effect.

And the second thing, which is clearly the greatest lesson that we can all learn from animals is, they're very, very good at living in the moment. Animals don't... they do not formulate the thought process that goes, "Why me? How could this have happened to me?" They get up in the morning and they take stock of what they have to work with. And they go about their day.

And that is, it's such a beautiful thing and such a lesson that we can all learn from them. And particularly when there's something seriously wrong. I often have to remind people is that what your dog or your cat, they don't know that they have cancer, they don't know that they have kidney disease. And, as such, they're just gonna live their life as long as we can keep them feeling good.

And it's really important for people to remember that because animals sort of cue off their owner. If the

owner is sitting there staring at the dog saying, "Oh my God, Oh my God, Oh my God, Oh my God." Then the dog's going to get stressed out, although they don't really know why. So, again, we all just sort of need in those instances, just learn how to live in the moment and enjoy what we have when we have it.

Nathan Crane

Yeah, such a beautiful lesson. So in terms of for dogs and cats specifically let's say...

Dr. Gary Richter

Yeah.

Nathan Crane

What have you found to really be the leading causes of cancer? And we don't have to get into all of them, but where are some of the leading causes that we as pet owners, "pet parents" as we say, need to know about and really avoid contributing more of those causes to our pets?

Dr. Gary Richter

Sure, I mean... and truthfully, this sort of question is no different than if you asked this question to a physician. But ultimately, I mean, like many complex diseases it's gonna be a multi-factorial thing that's gonna revolve around genetics, and exposure to environmental toxins, and nutrition. I mean, those are pretty much the three things, one way or the other, that are gonna either help you not get cancer or cause you to get cancer.

Obviously, there's nothing we can do on the genetic sense, at least not yet, until they kind of support out the whole gene therapy thing. Genetics are what they are from that standpoint. However, there are things that we can do. I mean, environmental toxin-wise, that's kind of middle of the road as far as what you can do. We all to a certain extent kind of live in a toxic soup and we just have to live with that.

You're walking down the street, you're breathing in car exhaust. It is what it is. There's not much you can do about it, but, I mean, for example, if somebody is a smoker, that absolutely presents a danger to the pet. If we have somebody works in a place where there's fumes or they work in maybe like an auto shop, or maybe there's toxic stuff on the ground and whatnot, shop dog. I mean, those dogs are getting exposed to things and remember, dogs or cats, they'll walk over stuff. They'll walk through things that are potentially problematic, then later in the day as part of their natural grooming they're gonna lick their feet. So they're ingesting that stuff, whatever it may be.

Same thing with like cleaning products. If you're using like bleach and ammonia and all kind of chemical cleaning products, your dog or your cat's getting exposed to that kind of stuff. 'Cause again, they're laying on the floor, or they're grooming themselves after they've been laying on the floor. So, some environmental things you can control for and some you can't. And I think you don't wanna tear your hair out over the thing, but, I mean, I think you do the best that you can to keep both yourself and your pets living as reasonably clean as you can.

The single biggest thing that you have 100% control over is what they eat. And it is very, very well known that certain foods, certain chemical compounds found in foods, certain ingredients are going to be more pro-inflammatory, and certain compounds are gonna be anti-inflammatory. And one of the things that we know, and you are very well aware about cancer, is ultimately cancer is about inflammation.

Dr. Gary Richter

I mean, most cancers have a component of inflammation to them and it could be argued that new or most cancers originate from chronic inflammation. I don't think that that's a particularly revolutionary statement to make, but it is something that people need to think about.

And so the thing about food, the way I kind of describe feeding pets or people bad food, it's kind of like people who smoke cigarettes. Intuitively speaking, they know that over the long-term smoking cigarettes is probably going to kill them. But that doesn't actually stop them from smoking that cigarette right now. And to kind of translate that to food. We all know that the more fresh whole food we eat, the better off we are. But it doesn't necessarily stop us from eating that crappy fast food meal right now. Because people aren't very good at sort of thinking in the long-term in that way.

But here's the thing about pets, is commercially prepared pet food like kibble and canned food, is basically like feeding a person highly processed food every day, twice a day for their entire life. I don't think you have to have a PhD in nutrition to know that that's probably a bad idea, for somebody to be eating fast food twice a day forever.

We all know that to be true. We just think about pet food in that way, because the pet food companies are very good at packaging things and advertising things in such a way that they make you think that it's incredibly healthy, but it's not. The research is very clear that dry food and canned food contains chemical compounds that are known to cause inflammation and cancer, that these foods don't have all of the micronutrients in them that they did before they went through that processing.

And also when we look at dry foods, dry foods contain enormous amounts of carbohydrates, often 60, or even up to 70% carbohydrates. Carbohydrates in excess are pro-inflammatory. All of this stuff ultimately gets you further down the road to a cancer diagnosis. So, like I say, I mean, it's not necessarily the conversation everybody wants to have, or they want to reach for, but in the grand scheme of like, "How do I prevent my pet from getting cancer?" It's the one thing that you have complete control over.

Nathan Crane

It's huge. And the fact that you just made that correlation between, just our regular dry pet food, cats and dogs, right? The kibble or whatever it is, even the so-called healthy kind. It's like feeding them fast food twice a day. Anybody who's ever seen... What was that documentary years ago? The guy who ate McDonald's every day?

Dr. Gary Richter

"Fast Food Nation" I think. Was it "Fast Food Nation"?

Nathan Crane

"Fast Food Nation," or something. Yeah, basically it just was McDonald's everyday...

Dr. Gary Richter

I think it was also "Super Size Me."

Nathan Crane

"Super Size Me," yeah, that was the one. I remember watching that like a good, I don't know, 12, 15 years ago maybe.

Dr. Gary Richter

That goes back a bit, yeah.

Nathan Crane

And just watching somebody eating fast food every day within 30 days, they're like almost dead.

You can just imagine why dogs and cats... I mean, the cancer rates are astronomical. The autoimmune disease rates are astronomical. The liver disease rates are astronomical. I mean, all these diseases that really—same with humans, dogs and cats should almost never have if they were eating, a normal, healthy diet, right, for the most part.

Dr. Gary Richter

No, that's very true. And I mean, what you just brought up reminded me of one other thing that probably I should bring up in the hope of, if we had to categorize it somewhere, we'll categorize it as an environmental toxin, but dogs and cats are chronically overmedicated.

Nathan Crane

Hmm.

Dr. Gary Richter

They're overvaccinated and they're overmedicated. I mean, a lot of pets are getting vaccinated every year, for their entire life, oftentimes for diseases that they will never come in contact with. We all know that vaccines are not completely benign substances. They cause inflammation by design, that's how they work. And to be clear, I am very pro-vaccine. I'm pro appropriate vaccination. I'm just anti over-vaccination. So, I mean I'm not telling people not to vaccinate their pets, that would be terrible advice.

So, I mean, from a vaccination standpoint, you want to vaccinate your pets for the diseases that they might get exposed to that could be harmful or lethal, but once they're properly vaccinated, you just wanna take a real good, hard look at what do they need to be vaccinated for in the future now?

I mean vaccines, we all know that vaccines are not completely benign substances. Vaccines by design cause inflammation, it's how they work. So, whether it's vaccines or it's like pet heartworm preventative and flea and tick medication every month entire life now, admittedly, depending on where you live, something like heartworm medication may be necessary.

But for example, here where I live in the San Francisco Bay Area, it's not always necessary, and it's not required to these pets. So it just depends... again, medicine needs to be individualized, and that depends on your pet. And that depends on where you live, and what they're gonna get exposed to, and all that sort of stuff. There is no such thing as like cookie cutter medicine. And one of the things that makes me a little crazy are like these vaccine clinics that pop up, basically the way these places are making their money is they're giving vaccines.

So, it will come as no surprise to anybody that they're gonna recommend vaccinating. And it's just, in so many cases it's not necessary. And you wind up seeing—there is an incidence of vaccine-associated tumors in cats, autoimmune disease has been linked somewhat to vaccination. So again, just in the sense of trying to limit exposure to things that you have control over. And certainly food and medicine are things you really have control over.

Nathan Crane

So in speaking in terms of food, what does a good diet look like for a dog and for a cat?

Dr. Gary Richter

So, in its most basic sense, everybody whether it's us, or a dog, or a cat, or whomever, all of our bodies are designed to optimally thrive on a nutrient profile that our species evolved eating. So, in terms of nutrients that's ideal for us as a human is clearly not going to be the same for a dog or for a cat. And a dog and a cat's nutrient profiles are very different.

Cats are very much obligate carnivores. They're gonna survive largely on protein and fat, whereas a dog... And I just wanna make the distinction, that evolutionarily speaking, a dog is not a wolf. And they do not have the same nutritional requirements. Dogs have a much broader ability to utilize carbohydrates in their diet than say a wolf would. That doesn't necessarily mean they should be eating kibble that has 70% carbohydrates, but can they have a little carbs in their diet and be okay? Yeah, absolutely they can. But at the end of the day, when we're looking at an evolutionarily appropriate diet, the one thing that you can always say is fresh whole food diets are what it needs to be. Nobody evolved eating food out of a bag or a can.

We all evolved to eat fresh foods. So that means, whether it's fresh meat, fresh vegetables, fresh whole grains, whatever it may be. And it's just a question of creating that in a nutrient profile that's ideal for that species, as well as that individual animal.

So you can go out and buy commercially made fresh whole food diets for pets, be they frozen cooked food, frozen raw food, freeze-dried, raw food. All of those are great. There's a lot of really great companies these days that produce that kind of food. And also, if people are so inclined to do so, you absolutely can make food at home for your pet as well. That way you have complete control as far as what goes in it.

The only caveat as far as making food at home is that you have to work off of a properly balanced recipe. You can't just throw a bunch of meat and vegetables in a bowl and call it good. It's just a recipe for a nutrient deficiency. But if you're working off of a recipe, it's a great way to feed your dog or your cat an optimal diet. And again, when all is said and done, good nutrition is absolutely the single best piece of preventative medicine that exists.

Nathan Crane

And dogs in general, I mean, they're also carnivore, right? I mean, generally speaking. And so they really need a higher protein, higher fat diet. And ideally from what I understand is from raw meat as well, is that true?

Dr. Gary Richter

Well, one can make the argument whether or not dogs are truly carnivores, or they're a very much carnivorous-leaning omnivore. That's one of those discussions that veterinarians get into over drinks. But that notwithstanding, they do definitely like their animal protein, for sure. It does not by definition have to be raw. I'm a big fan of raw feeding, I think raw food is great. There are dogs that do better on lightly cooked food versus raw food. And I mean, it's fine. Again, it's very individualized. But dogs can do okay and do very well on foods that are almost completely meat-based, versus foods that are mostly meat, maybe, and this is just ballpark, maybe like two thirds meat, like one third like vegetables and whole grains.

Dr. Gary Richter

They can do well either way. Remember, dogs evolved alongside humans. So, I mean that's how wolves became dogs is over a period of about 30,000 years living with people, they evolved into dogs. And one of the things that was as they evolved, learning to eat the things that the people around them were eating, and thus throwing to them. So that led them to become more adapted to eat non-meat type things, you know? So, dogs have a bit more variability in what could be an optimal diet than say a cat. One could argue that cats, even today cats aren't actually domesticated, but I think often enough they just tolerate us.

Nathan Crane

I can definitely agree with that, right? They're very free souls.

Dr. Gary Richter

Yeah. You know what I mean?

Nathan Crane

They're like, "Nope, you're my..." We're their pets and some... some...

Dr. Gary Richter

It's true. And you know what? If Armageddon it happened every person on the planet disappeared, most cats would be fine.

Nathan Crane

Cats would be totally fine.

Dr. Gary Richter

Most cats will be fine. I frequently remind my dogs that they would last about seven seconds in the wild. They are incapable of anything.

Nathan Crane

I think my dogs would do okay because I've never stopped them from their nature of hunting. And so, when we go out running in the mountains they often catch something, they'll catch a rabbit and they'll eat the whole rabbit, or they'll catch... They don't catch birds, but they try to catch birds. They realize they can't catch birds, but rabbits, mice, things like that, dead stuff that they find that's been rotting for two, three, four weeks.

And a lot of people stop their animals. I never stopped them because I knew that was their nature. I don't know if they'd survive, but one thing that comes to mind is if you don't stop their nature, you can see what their natural food source is. They're not out there eating plants wildly. Maybe they might sit at some point, right? But they're looking for dead carcasses. They're looking for animals they can hunt and kill and eat all of the animal. I mean, they eat everything, right?

Dr. Gary Richter

They do.

Nathan Crane

My dogs catch a rabbit they eat everything. The fur, the stomach, and they love it. So I'm like, "Okay, this must be good for them."

Dr. Gary Richter

They do, and I mean, I think... and this is a good topic for this conversation that another thing that we know that has enormous control over our health and our inflammation levels is our gut health, is our microbiome. And I mean, when dogs like your dogs are out there eating all kinds of gross stuff off the forest floor and all that kind of stuff, they're feeding their biome.

Nathan Crane

Yeah.

Dr. Gary Richter

Is what they're doing. And normally, we're gonna put their sterilized food in a bowl, and it may very well be that that's not the greatest in the world from the standpoint of their immune support. We know full well that small stressors on the body actually make us stronger.

So when they eat stuff that causes some issues in their system, oftentimes the immune system comes out stronger on the other side. I mean, it's kind of like us exercising. Every time you exercise you're actually damaging your muscles.

Nathan Crane

Yup.

Dr. Gary Richter

But in the long-term, it makes you stronger. So that kind of hormetic stress is really, really good for them and for us.

Nathan Crane

Yeah.

Dr. Gary Richter

Not that you should necessarily be eating dead rabbits off the forest floor. Don't do that on my account.

Nathan Crane

Our bodies are totally different than a dog's body.

Dr. Gary Richter

It's true.

Nathan Crane

Our intestines, our saliva, our bacteria, our enzymes, everything is different, right?

Dr. Gary Richter

It's true.

Nathan Crane

So, you can't really say we should be eating exactly what dogs are eating, anyway.

Dr. Gary Richter

No, I mean, your average dog on the street would probably eat things that would put me in the hospital.

Nathan Crane

Right, exactly. So, moving on a little bit in terms of obviously diet is huge. Cleaning up the toxins around the home, toxins... I mean, you brought a good point, our pets are closer to the ground than we are. So, if you have carpets that are releasing toxic VOCs, right? They're breathing that in.

Dr. Gary Richter

Yeah.

Nathan Crane

If you're spraying floors with chemicals, they're instantly breathing it in on their paws. They're even licking it into their bodies. Clothing with all these perfumes and things that... their blankets, all kinds of things. So getting all the toxins, this is true for ourselves, it's not only good for us but good for our pets. Getting all the toxins, cleaning up the food, much more fresh food, higher protein, more raw if possible, right? But in addition to that, what are some of the more kind of interesting, you mentioned cannabis a little bit, interesting and effective integrative treatments that you've seen great success with when working with animals?

Dr. Gary Richter

That's a great question. And there's a lot of stuff out there. And I often tell people, it's not all that uncommon that somebody comes into my office because their pet has cancer, and they have already sat down and Googled something like "natural therapies for cancer." And you get like 200 million things that come up. And you know what I mean, the reality is is even if you could strip away all of this sort of just internet garbage and those 200 million results, you would still come up with a very, very long list of natural compounds that have proven anti-cancer properties with them.

And the reality is that you can't give all of them. You can't even in many cases give most of them. And I mean, the thing is, is like, if you or I as a person, if you made the decision, "I'm gonna take 40 supplements a day." You can do that.

That is, generally speaking, a non-starter with a dog or a cat. So we really have to figure out strategies to find ways that we can get the most compounds, and the most effective compounds, into these animals. So, oftentimes the place that I will start is I will start with a really robust well-constructed combination supplement.

And the reason why I do that is because if we can give them a really good combination supplement that has say like 30 or 40 different ingredients in it, then what's happening is, all of a sudden you really can give those 30 or 40 supplements in a day. But as a practical matter, you're only giving one.

So for example, one of the supplements that I use a lot, I'll just list some of the particular ingredients because I think they're great anti-cancer immune-supportive ingredients. [4Life] Transfer factor. There is a very long list of medicinal mushrooms. We could talk for days about the anti-cancer and immune-supportive benefits of mushrooms. In fact, I have an entire hour-long lecture that I give to veterinarians about anti-cancer effects of mushrooms. And there's some really interesting studies out there. One of them even veterinary specific, to show significant anti-cancer effects of mushrooms.

So [4Life] Transfer Factor mushrooms. Anti-inflammatory herbs like Boswellia, curcumin, antioxidants like superoxide dismutase, immune modulators like IP-6. These kinds of compounds, high doses of omega fatty acids, fish oil, anti-inflammatory and anti-cancer.

Dr. Gary Richter

Chinese herbal therapy has some very, very interesting and attractive anti-cancer properties. Although which specific herbal combination is right is very specific to the individual patient. So that would require somebody who has some knowledge of Chinese medicine and Chinese medical diagnosis.

And then, kind of getting back to the cannabis conversation, there's a lot, a lot of evidence out there to show anti-cancer benefits of cannabis. And when I say cannabis, I'm talking about both CBD and THC, and various other cannabinoids. And that is absolutely something that can be used in veterinary patients as well.

So to be clear, and I think there's a lot of misunderstanding and misconceptions as it pertains to THC and animals. So animals absolutely are susceptible to the psychoactive effects of THC. And in fact, for reasons we don't have to get into, dogs are actually more susceptible than any other animal. They just have more receptors in their brain. That said, just like in a person, you absolutely can give THC to a dog or a cat and have them not have psychoactive effects. It's purely just a function of dose.

If the average adult human ate five milligrams of THC, they would feel nothing. So the same thing is possible with animals as they just need to be dosed appropriately. And even though, say for example, that dose of THC is not having a psychoactive effect, by no means does that suggest that it's not having any effect. It's just not having a toxic effect.

So, I often talk to people about putting pets that have cancer on broad spectrum cannabis products that have both THC and CBD and other cannabinoids and other terpenes in it. Those products just have to be dosed very, very carefully, and I would caution anybody not to do this kind of thing without some sort of veterinary guidance.

You absolutely can put your dog or your cat on a CBD product, like a hemp-based CBD product. Those are incredibly safe, by all means, as long as you're getting a good-quality product use it, but the second you cross that line into things that have THC in them, that's when you need a little medical guidance to make sure that you don't get into trouble.

Nathan Crane

So, in terms of your favorite combination supplement, obviously, I don't want people to misunderstand this, even a supplement that's got 40 really good ingredients in it. It's not a cure-all, right? It's not, "Okay, take this supplement and then don't worry about anything else." You still need to do everything else as well, right. I mean the animals...

Dr. Gary Richter

Absolutely, yeah.

Nathan Crane

They need exercise, they need love, they need clean environment, they need good food. The supplement is that's what's meant, to "supplement." Right, it's...

Dr. Gary Richter

That's exactly right. And again, just to stress, this is not a conversation about "do this instead of Western medicine."

Nathan Crane

Yeah.

Dr. Gary Richter

I mean, if it's possible to remove a tumor surgically, then that's probably a good thing to do in most cases; get it out of there. If your pet has a condition that chemotherapy or radiation would carry with it a good prognosis, that is absolutely something that you need to consider doing.

I have found over years that the pets that do the best are the ones that are getting both Western and alternative medicine. That's not to say that I don't sometimes treat pets where people say, "I don't want any of that. I just want to go the natural route." And we can certainly do that.

But again, if you're looking for sort of the longest runway, if you will, then you take advantage of all of the benefits that both Western and alternative medicine have to offer, and kind of put them all together.

Nathan Crane

Beautiful, and so the supplement you're talking about, is this something that people can just buy? What's it called? Where can they get it?

Dr. Gary Richter

Well, there's a couple of them that I would look at. There's one supplement that I make, it's called Nutra Thrive™ and they can get that at ultimatepetnutrition.com. There's a dog and a cat one. And there is also a product out there, and I don't have the website right in front of me, but they are called Veterinary Immune Tabs. It's made by a company...

Nathan Crane

Veterinary Immune Tabs, is that what you said?

Dr. Gary Richter

Tabs. And the company that makes them is called Ramaekers Pet Nutrition. They do have a website, although I don't have it right in front of me, but I'm sure you can find it and post it. [Raemakersnutrition.com] That is also a very, very good combination supplement for pets with cancer, immune disease, that sort of thing. So, those are the kinds of things that I frequently look to, as what I would describe as like a foundational supplement and then build from there. Whether it's fish oil, Chinese herbs, cannabis, Western herbs, whatever it may be.

You start with that one base thing. And usually what I do, especially if we're going to talk about cats. It's always questionable how much you're gonna be able to get in it. I'll start with the one base supplement and once we get that sorted out, and they're taking that, then I'll add in one more thing, and add in one more thing, and add in one more thing. Just one thing at a time.

If I send somebody home and say, "Give these five supplements," more often than not I'm gonna get a call that the dog or the cat won't eat them. So, it's always a question of very, very slow and gradual introductions of these sorts of things to pets because, clearly they don't intuitively know that it's good for them. I mean, when I take my supplements I know that they're good for me, and I choke those pills down even though I don't really want to. But you can't get your dog to do that. So we have to find a way to make it so they're willing to participate.

Nathan Crane

Yeah, that's a good point. And there's lots of ways to do that, right? When I use a hydrated, green food mix, berries and fruits and greens and stuff, it's dehydrated. So, I do that with some raw meat, and then I'll put their powder supplements in it and mix it all together. They don't even know the supplements are there, right?

Dr. Gary Richter

Sure.

Nathan Crane

All they taste is the meat and the...

Dr. Gary Richter

Right.

Nathan Crane

'Cause it's water and it's mixed together. It's almost like a soup, right?

Dr. Gary Richter

Right, right, right.

Nathan Crane

Do you have any other tips for cats or dogs and helping them get their supplements down?

Dr. Gary Richter

Yeah, you know what I mean, cats are invariably going to be trickier than dogs...

Nathan Crane

Yeah.

Dr. Gary Richter

But I mean, I think... well, when it comes to dogs, I mean, sometimes you can bamboozle a dog, they're just easier. So, if there's something they really like you can mix it in, you can mix it in with that. If it happens to be like a pill, or something, I often find that a little wad of cream cheese works really well. Works better than peanut butter because peanut butter tends to stick, while cream cheese just kind of slides down. So that can be beneficial. I saw a video the other day of a veterinarian using raspberries, you know how raspberries are hollow, he was putting pills in raspberries and feeding them to the dog.

Nathan Crane

There you go.

Dr. Gary Richter

Which I thought was a great idea.

Nathan Crane

Right.

Dr. Gary Richter

If your dog happens to like raspberries, I thought that was super clever. Now when it comes to cats,

it's clearly a much trickier thing. And I think the trick with cats is anything that you're gonna introduce you have to do really, really gradually. So for example, if you're gonna put like a powdered supplement in their food, start by adding just the tiniest little pinch and mixing it in. And then each day add a tiny little bit more, because the thing about cats is, cats are like OCD people. They don't like anything to change.

Everything has to be the same all the time, otherwise things are bad. So, if you do it super gradually, it's less of a shock and less upsetting to them. And the reality is, and this is especially true when it comes to supplements. Not always true with pharmaceuticals. But with supplements like for example, with that cat, if you can work that cat up to say like half the dose of supplement, and any more than that they're like, "No, thanks, I'm not gonna eat." And you know what? Feed them half the dose, it's still gonna be beneficial.

Like I said, that doesn't always work with pharmaceutical. Sometimes you have to give the whole dose, but with supplements, you can get away with less than the "full dose" and still get benefit out of it.

Nathan Crane

Yeah, that's good point. Speaking of cats don't like things to change, this morning it was... Usually I wake up at like 6:30 in the morning, just automatic go use the restroom, whatever, and go back to sleep until about 7:00. It's just a habit, right?

Dr. Gary Richter

And that's your thing.

Nathan Crane

And usually my cat's, she's ready to go outside by then. So she's meowing and we let her outside in the morning. Usually I do, or my wife does if she gets up. And this morning, I remember looking out, and just seeing the cat sitting there right at the stairs, just the shadow staring at me. Her name is Chloe. She's just sitting there staring at me like, "Okay, I'm ready, to let me outside." And I wasn't ready to get up yet, I went back to sleep, and it just reminded me of what you said. She's so used to, like, "This is what we do..." Yeah. "I'm ready, don't change it on me." And then she was...

Dr. Gary Richter

And they're just gonna sit there and stare daggers at you until you do it.

Nathan Crane

Their daggers and meow daggers. I mean, she's got a pretty intimidating meow when she wants to, so anyway.

Dr. Gary Richter

Yeah.

Nathan Crane

Yeah, well, thank you. I mean, I appreciate your time, all your good wisdom tips, information.

Obviously we could have many, many conversations. There's a lot more that we could cover. I know you've got a lot of great resources on your website. Can people consult with you one-on-one as well? Do you do Zoom or Skype or anything like that? Or they need to come into your clinic if they can?

Dr. Gary Richter

Yeah, unfortunately the way the veterinary medicine laws are written, I can't really give medical advice for a patient that I haven't physically examined.

Nathan Crane

Hmm.

Dr. Gary Richter

So generally, and we do need to see them at least once, after which at least for a year I can do like telemedicine-related stuff.

Nathan Crane

Cool. So, yeah, holisticvetcare.com, also ultimatepetnutrition.com.

Again, Gary, thank you so much for your time and sharing all this great information and resources, I really appreciate it.

Dr. Gary Richter

You're very welcome, it's been my pleasure.

Nathan Crane

And I want to thank everyone for tuning into the Conquering Cancer Summit. Please share this with friends and family. Together, we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you and I wish you ultimate health and happiness. Be well.

Dr. Gary Richter, MS, DVM, CVC, CVA

Dr. Gary Richter is a graduate of the University of Florida with a B.S. in animal science, an M.S. in veterinary medical science, and a doctorate of veterinary medicine with honors. From 2002 to 2021, he was the owner and medical director of Montclair Veterinary Hospital in Oakland, California. He launched Holistic Veterinary Care in 2009, also in Oakland, California. Dr. Richter is certified in veterinary acupuncture as well as veterinary chiropractic and uses these therapies along with his veterinary medical education to achieve better outcomes for his patients. His website is holisticvetcare.com.



How to Help Our Furry Friends Heal from Cancer and Autoimmune Disease and Live Years Longer (Post -Covid)

Nathan Crane Interviewing
Dr. Marlene Siegel, DVM

Nathan Crane

Hey, it's Nathan Crane, Director of the Health and Healing Club and host of the Conquering Cancer Summit. And today I am honored and excited to welcome you to a very special interview. Dr. Marlene Siegel is an international speaker and an innovator in Integrative Veterinary Medicine. Her practice, Pasco Veterinary Medical Center, offers the widest array of alternative therapies and detoxification services in the country.

She developed her own raw pet food company and supplements, which is evoloveraw.com. She's passionate about education, has online programs for pet parents and veterinarians to teach integrative vet medicine, and [is] launching S'PAWS family wellness in 2021: detox centers for pets and their parents. You can learn more about all the great work that she does and connect to all her different resources at drmarlenesiegel.com.

Dr. Siegel, thank you so much for joining us.

Dr. Marlene Siegel

Well, it's my honor. And on behalf of our fur family we are excited to share all this information.

Nathan Crane

Yeah, I'm excited too because I've been so entrenched in research and experimentation in my own life and the natural and integrative health field for over 15 years now. And along the way, I've only researched briefly about our dogs and cats; about our pets, about animals. I mean, I've done a little bit here and there but not the thousands of hours that I've put into for humans for myself and for helping others. And so I'm excited to learn from you today.

I know you've helped so many people and so many animals over the years, I think, well I'm not only excited for myself but for everybody tuning in here. I think there's a lot we're gonna learn here. But you started as a traditional that you were telling me and then you transitioned to more of an integrative approach, integrated veterinarian. Why that change? Why did you transition? What happened there?

Dr. Marlene Siegel

Well, I'd been practicing for almost 20 years when my horse, one of my show horses, and my youngest daughter were involved in an accident, and the horse literally saved my daughter's life. So, when I went to get help for my daughter's horse. I did small animal practice, so cats and dogs and I used equine vets to work on our horses. And they came back to me and they said, "Dr. Siegel we're really sorry but we don't know exactly what's wrong with her but we can tell you she's not safe to ride, she'll never be a show horse again, and here are your two options. You can put her down or you can put her out to pasture."

And it was those words, that nothing else could be done except my choices of putting her in a pasture or putting her down, was absolutely unacceptable. And in that moment, something awoken in me, and it said, "I'm gonna go find an answer." And I didn't blame them for not knowing, I just knew I had to find other answers. And as I went out on that journey on my quest everything that I learned to help the horse, I ended up applying in my small animal practice to where I am today. And Lily is still alive and well in my backyard.

Nathan Crane

And so that led you, that opened this whole door of, okay there's other solutions available that what, you didn't learn in veterinarian school?

Dr. Marlene Siegel

None of this was taught in veterinary school. In fact, as I was a pioneer in this industry looking for other solutions for her, I had to go into the human world and look at what was being done on that cutting edge of the integrative world on the human side. And I took everything that I learned, and I applied it to her and to my practice. But I vowed that the one thing I would never say to a client ever, is "there is nothing more than I can do for you." Because there's always something that we can do. Even if it's enhancing quality of life for a short period of time; that's huge.

So I delete that from my vocabulary, and I always offer people other solutions. It's not always that we're gonna make them live forever, none of us are gonna live forever. We all have an exit strategy on this planet. But the time that we're here, we should have the highest quality of life possible. So that's my quest to help educate people that there are other options out there. There are other things that we need to do, and most of it comes back to lifestyle. It's epigenetics, it's what we're doing that is creating the problems of today, both in ourselves, in our animals, and in the planet.

Nathan Crane

Yeah absolutely, but it's often hard to think about our animals as ourselves, right? Because they can communicate with us, but they don't speak to us in the same language. And so they may be suffering, they may have digestive issues, they may have pain, they may have, but you go and see them and they're gonna greet you with love and joy and happiness.

They don't come up complaining, "Oh, my stomach hurts, or my knees hurt" or things like that. So, it's

a little bit harder when you're just feeding them regular food, and you're just, you think they're fine and yet they're suffering. So, how have you come to terms with that? How do you help pet owners come to terms with that?

Dr. Marlene Siegel

Well, over my 40 years almost in practice now, and we've seen a big shift in the relationship between pets and their parents. We used to be, we had a dog. Then we had a family member, and now we're seeing soul pets. These animals are extremely important to people's lives. It's different than we've ever seen before, and I think these animals are carrying a spiritual quality that is coming to us at a time when we so much need guidance.

And it's really important to understand the message that they're bringing to us. I do believe that they are our spirit guides, and when we pay attention to what they're showing us, what they're bringing us information to the point, there is no accident that they have a particular challenge in their lives and they're in somebody's life with that challenge.

So, if you have a pet right now that has a challenge, just know that there's a connection between that pet, that challenge, and the time in your life that you're experiencing that. And it's how you deal with it that is going to give you the highest and best outcome for everybody.

Nathan Crane

So, I want to get into that a little bit more, maybe a little bit later in this interview. But I wanted for you to share, obviously with 40 years of experience you have a lot of experience. What are really the top three diseases that dogs are facing today? And what are the top three diseases that cats are facing today? And are they the same, or are they different?

Dr. Marlene Siegel

Very similar; cancer number one. One out of 1.65 dogs right now will have cancer or do have cancer. For cats, it's one out of three. So, equating that to the human side, in men it's said that it's one out of two, so we have a higher rate of cancer in dogs than we do even in humans. In fact, they have the highest rate of cancer of any species on the planet.

Cats are one out of three which is equivalent to what they say females have, so it's a very high rate. Then, when we add autoimmune disease which is number two, and autoimmune disease covers a lot of things. So it's thyroid disease, which is very, very common in cats especially, but also in dogs. And then we add arthritis or any kind of osteoarthritic problem. And we're talking almost 100% of the animals that we see fall in those categories.

Then you add obesity, you add dementia, you add skin allergies, literally it's 100% of the population and it's not age dependent anymore. It used to be that we thought about cancer when the animals were in their older lifespan, and now we're seeing cancers in animals under the age of two. Yeah, it's astronomical.

Nathan Crane

That's crazy.

Dr. Marlene Siegel

And I've been seeing that rise in almost 10 years. What's worse, is the life expectancy of our animals has gone down by over seven years. So, if you have a large breed dog, like a golden retriever or a Labrador, the chances are that that dog is going to live seven years shorter than they would have lived 20 years ago.

Nathan Crane

So, what would you say from your experience is the number one cause of this increase in chronic diseases, in both dogs and cats?

Dr. Marlene Siegel

Unequivocally it's toxins. But where are the toxins coming from? Well, they're coming from number one is food. And we're feeding processed foods that are loaded with chemicals and preservatives and genetically modified ingredients. If you have a can or a bag at home, and you were to look at your label, there is a high probability that you're gonna have corn or soy in that processed food. And those are the highest genetically modified foods in our world right now, and that's going straight into your pets and it's creating inflammation. Did you want to comment?

Nathan Crane

So yeah, yeah keep going I mean, it's...

Dr. Marlene Siegel

So processed food...

Nathan Crane

It makes sense.

Dr. Marlene Siegel

The quality of the food that you're feeding, and the fact that it's not a species appropriate diet. So, the way I like to couch that is to say a species appropriate diet is the diet that that individual would have eaten if they were in the wild and man did not intervene.

So we know that dogs are carnivores and by definition a carnivore kills another animal and eats it. Doesn't sound real pretty, but that's how nature works. And when they did that kill they would have eaten through the abdominal cavity, they would have chewed the intestines while they were pulling them out of the body 'cause they were in search of organ meat. So organ meat is a very big part of a good raw diet.

And when they chewed through the intestines, they would of course rupture the intestines and then

they would get that beautiful fermented effluent that would be in their mouth and that's how they inoculated their microbiome. So they were taking this beautiful variation of microbiome from the intestinal tract already fermented "done for you" system, and that's how they inoculated themselves. And of course, every time they ate a meal they would reinoculate themselves.

And each animal was different, probably grazed on different things, and so they had a nice variety of nutrients that were coming in. And then they found the organ meat, and of course they ate cartilage and bone, and meat and fat. And so they had this beautiful variety. Even as they ate through the skin of the animal, they got some of the fiber as they were eating through the fur. So that was a natural balanced diet for them.

Cats are obligate carnivores, so for you cat owners this is extremely important, because they have no dietary requirement for carbohydrates. Dogs had been more acclimated to man. They've been domesticated longer, so they're used to eating more of man's scraps, and so they had a little bit higher carbohydrate content. But it certainly wasn't meant to be what we're feeding today in the standard processed food diet which shockingly is 40 to 60% sugar in a can and a bag. And they don't put that on the bag, you have to calculate it. So if you were to take 100% of what was in that bag and you subtract out the meat, and you subtract out the water, and you subtract 7% to 8% for ash, you will be left with your carbohydrates. And they don't put that on the can or the bag because they don't want you to know that you're feeding mostly sugar.

And these are to obligate carnivores or carnivores and their normal dietary species appropriate amount of carbohydrate on a daily basis would be less than 1%. So go 1% versus 40 to 60%, obviously there's going to be some kind of a fallback from that, and the consequence is chronic inflammation. So imagine that every bite of every meal that that cat or dog is eating, it is setting off this inflammatory bomb that the body has to deal with.

It's causing leaky gut, which when the gut is more permeable then more toxins can come through, 'cause the gateway is opened, and those toxins have to travel to Mr. Liver. Mr. Liver is the organ that is in charge of the inflammation, monitoring toxins. So when Mr. Liver suddenly sees all those toxins it goes, "Oh my gosh, we have to dispense the inflammatory army to take care of the invader." So out goes all of these moderators to inflammation and then you don't see it all the time 'cause the body has this amazing innate intelligence, so it's gonna take care of the problem, and when the invader is gone the army is gonna go back into the barracks and take a nap.

But, when this is happening day after day after day, meal after meal, then at some point the body just can't recover, the army becomes so fatigued 'cause they're out there shooting up the enemy all the time, and then they start seeing enemies on the thyroid gland and on other organs, and that's how we start seeing their autoimmune diseases. But it's from the chronicity, it's every day having to deal with a toxin that's coming into the body. And at some point the body just goes, "Oh my gosh I just can't keep up anymore."

Nathan Crane

Well, it's the same thing with humans and dealing with cancer. There are these underlying, deeper underlying causes that are continuously creating chronic inflammation in the body. Toxic exposure is one of them, stress, is another one, heavy metals, parasitic infections, the toxins from the food, water, the air. So I mean, these correlations are already scientifically documented in humans. We know this very clearly that carcinogens and carcinogens are just about every, from carpets, to paint, to the food most people put in their bodies have carcinogens in a known or probable or considered carcinogens in them that we're just putting in every single day.

But you're saying this is also happening to our cats and dogs. And just to clarify, I want to unpack one little piece there to clarify about carnivore versus obligate carnivore. Cause I had heard that dogs were more like an omnivore. You're saying they're carnivores. So, can you clarify what are the biggest differences and nuances we need to know as pet owners between a true omnivore, a carnivore that is a dog, or an obligate carnivore, which you're saying is a cat?

Dr. Marlene Siegel

So a carnivore gets their—it's a difference in the of course the protein source and their food. But it's also in how they get their nutrients. So a carnivore can only get vitamin D, as an example, from their food source. So if a carnivore is outside all day long, they're not synthesizing vitamin D like you and I can because we're omnivores, which means we can get our vitamin D from either our food or we can get it from the sun. We can convert that.

An herbivore can only get vitamin D from the sun. So your herbivores are the grass eaters, that's what our carnivores are gonna be eating. So if you have a herbivore that has been on a feed lot, has not been grazing out in the sun like a natural environment, and they're not grass fed, grass finished, then that animal is likely to not have very much vitamin D.

So when your carnivore or obligate carnivore is eating that meat that came from those animals then they're going to be vitamin D deficient, and that's what we're seeing. It's a huge issue. Vitamin D is very important for people; it's the same in animals. It's what's responsible for your innate immune system. It has so many different effects on over 600 metabolic pathways.

So just being vitamin D deficient is a problem. Well, let me go through my six steps, because I think this is gonna make more sense for people. So step number one is we remove toxins. Food of course we just covered very well. We need to eat a species appropriate diet that's organic grass fed, grass finished.

Water is the second big source of toxins, and so many people are feeding their animals tap water, or they use the water that's filtered from the refrigerator, which is only filtering chlorine and iron, it's not filtering the heavy metals and the toxins. We just finished a huge heavy metal study with Quicksilver Scientific and what we have found in almost across the board cats and dogs, they have a minimum of five heavy metals, if not all eight that we tested for.

Dr. Marlene Siegel

Arsenic, strontium, mercury, lead. I mean, it's off the charts, so we need to be really paying attention to these sources. The third area to remove toxicity is the environment. Air quality, which you just mentioned, so think about the fact that if you have mold in your house, and you get to go outside and breathe fresh air, but your pet is inside 24/7, especially our cats. So the air quality is extremely important, the things that contact their skin. We know that the skin is the largest organ of absorption and excretion. So we wanna make sure that whatever that they're touching is also gonna be an organic product.

So if you're not paying attention to what you're washing your clothes in, well yeah your pets may not be wearing clothes but they're laying on your bed, they're rubbing up next to you, they're laying on your lap. Hopefully you have clothes on, so all of that is going to be going into your pet as well. So all those xenoestrogens that are endocrine disruptors, all a big issue for our pets and probably more so for them, because based on the square foot of their body they're absorbing more toxins than we are. And they're lower to the ground, so whatever you're cleaning your floors with, they're inhaling it, they're laying on it, they're absorbing that through their skin 24/7. So no wonder the toxic levels are so huge.

Electromagnetic pollution, another huge area. You leave your house, your wifi is still on. Guess who's still in the house dealing with all that wifi? And our kitties, they love to lay on our computers, right? Biggest area of wifi production. So I'd recommend people hardwire, and try to reduce... test your house. We're not gonna get into that, it's a rabbit hole, but you wanna learn how much EMF toxicity you have and try to mitigate it not just for yourself but for your pets.

And then the last area that we talk about for pollution, I call it the "ants" in our brain, are the automatic negative thoughts. So if we have a lot of negative thoughts, a lot of stress, a lot of anxiety, we're producing these neurochemicals that are giving off signals. And it's our pets that entrain to those energies. So we are literally putting them in that same high stress, high sympathetic tone that we are feeling. The biggest problem that occurs because of that is healing only occurs when we are in a parasympathetic state, which is the opposite of the sympathetic.

Think of them on a teeter-totter, here we go. So you have sympathetic and parasympathetic, and when you are highly sympathetic your parasympathetic is turned off and the ability to heal is gone. So we have to learn how to shift into that more parasympathetic state. If you think about the average SAD day in America we have... well, this was pre-COVID, but I'm sure it's even worse now because some of the things changed.

But in the pre-COVID time we had to wake up by alarm clock. So we had to run out of the house, and it was grab the kids and make sure they had their meals and their homework and was rush them off to school, then rush to work. And then it was not having something healthy for breakfast, and then it was your crappy lunch that you had to eat, what you would call the SAD lunch, the standard American diet, because there's hardly any restaurants that offer organic food and something healthy.

Dr. Marlene Siegel

And then it was pick the kids up from school and do all their extracurricular activity. Of course, you didn't pack anything for them to eat, so now they're eating junk food as well, and then you get home at the end of the day. Nobody wants to cook anything, you're tired, you go out to eat the SAD dinner again, and then it's get the homework done and get to bed which is usually later than what we should so we're sleep deprived, and that was a typical day.

But now in COVID, they're actually higher stresses because you're not getting to go out in some states. We're in Florida, we're free, yay, but there's a lot of states that don't get that benefit. And so they're wearing masks, they're becoming fearful, they're listening to the news, they have all this high anxiety. They're not able to go do their typical activities, whether it was their social things, their fun things. Going even to church, people can't do that normally anymore. And so that adds this whole new level of stress, and then financial issues, and who is the one that actually comes over and tries to help you through that? Unconditionally our pets, right?

They're the ones that come over and they put their head on your lap or they sit next to you and they wanna be petted and unconsciously as you're petting that animal, you start to feel better. So the worst day gets better as that animal comes over and gives you unconditional love.

So it's not that we're intentionally harming them by giving them our stress. I think that's part of what they showed up for, was to not only help to take some of that heaviness away from us and lighten us up, but also to teach us so many things, like unconditional love, about being in the present moment, about giving, about loving. There's just so many wonderful things, and for a lot of the animals that are showing up with some of their challenges, those are always, I find relatable back to their pet parent in some way, shape, or form.

Nathan Crane

That's interesting to think about, right? I mean, I've always noticed this just kind of subtle correlation between a pet and the pet owner. Like whether they look similar in certain ways, right?

There's similar looks or the energy's so similar or the you know, you see these huge contrasts. Like I've seen big, bulky, strong men with little tiny chihuahuas, and then you get to meet them, and this person you think is this big, scary macho man is like this totally opposite and more like his chihuahua. And it's so interesting, you see those correlations when you pay attention.

Dr. Marlene Siegel

Yeah.

Nathan Crane

But whatever challenges that the animals going through you're saying, oftentimes there's a correlation with the owner as well?

Dr. Marlene Siegel

Yeah, not just physically but also spiritually as well. So the second area that we help people to master is making sure that they have all the essential nutrients that they need in the body to do its job. So I mentioned vitamin D as an example, because so many of the animals that we test for vitamin D deficient and 99% of traditional veterinarians don't test for vitamin D. We test vitamin D, magnesium, and B12.

We look for inflammatory markers, we look for cancer markers because we wanna know, is there something under the hood? Because they aren't able to tell us in our verbal way. And they mask their symptoms, especially cats, they mask symptoms a long time before they start to exhibit it, 'cause that's the nature of who they are. So we have to be a little more proactive to be looking for those deficiencies and those excesses like heavy metals to make sure that we are not dealing with that. And it's really frightening.

When I did that study I knew there was gonna be a problem, I just had no idea how bad it was. And we have animals that are off the chart for mercury. Well, we know how bad mercury is for us, so you can imagine the debilitating fallout that these animals are experiencing just because we didn't know to detox them.

So a lot of the failures that I see in the Western allopathic traditional world is because these things have not been addressed, they haven't stopped doing the toxin. So what was Einstein's famous quote? "Insanity is doing the same thing over and over and expecting a different result." If we wanna stop the pollution to the body and we wanna allow the body to heal, we have to stop doing the things that are causing the problem.

Then we have to make sure all the essential nutrients are on board so that they have the ability to run their metabolic pathways. We don't think about the body has all these cogs and wheels and chemical reactions, but that's in essence what it is. So try to run your car without gasoline in it, or try putting water or salt in your gas tank. You know, of course it's not gonna work, but we do that to our bodies. Our bodies and our pets' bodies are these resilient machines that are trying to survive, they're trying to hang on long enough so that the good times come back. We were designed to do that.

But when it never changes at some point you can't keep going. So number one was stop the pollution. Number two was make sure all the essentials are on board. And number three is heal the gut. You have to heal the leaky gut, you have to get the right microbiome to come back into the body. Otherwise the body can't do its job. And the number four is detoxification. We have six organs of elimination for us and our pets. So we have the kidney, the colon, the lungs, the liver, the skin, and the lymphatics. And I know even in the human world the lymphatic system is so under-utilized, and yet between the lymphatics and the liver I think those are the two most important organs of elimination. We need to do a lot to help support them because our bodies just weren't designed to endure the level of toxicity that we're enduring today, we have a lot more work.

And then number five is making sure that the mitochondria, those are the powerhouses that run our

body, they make the energy, that they're able to do their job, that they have all the things that they need to do their job. That they have all the things that they need to do to make more of them so we can make more energy. And then last but not least we work on those trapped emotions, which are the spiritual and emotional attachments to the disease that we're seeing.

Nathan Crane

It's so fascinating to hear this because I have a nine module masterclass I'm teaching on cancer coming up here in July, and across the nine modules, I literally teach every single one of these things for humans.

The slightest difference is the diet, everything else is exactly the same, right? And so I wanna, I'd love for you to focus on that for a moment is one, let's start with dogs and then cats. So for dogs, what is your take on the kind of dried bagged food, the normal kind of kibble type of thing, but an organic brand or a brand that is free from grains and supposed to be a healthy brand, what is your take on that? And then also, what is the ideal diet for a dog to help prevent/reverse these chronic diseases?

Dr. Marlene Siegel

Important conversation. So number one, any canned or kibble diet is going to be high in sugar. So remember "organic" simply means that there is a reduced number of toxins in there, but it doesn't mean it's healthier. I remember when my kids were little when we were going organic, they always found the junk food aisle in Whole Foods. "But mom, this potato chip is organic."

Nathan Crane

Right, right.

Dr. Marlene Siegel

They didn't realize that even potato chips back in the day before we had GMOs were still junk food. So it's still junk food, it's just now it's organic junk food. But we wanna get away from the sugar, that's number one. Number two, we wanna get away from the toxins that are in the food, the preservatives and the things that are just very non-supportive of the body's immune system.

But you mentioned grain-free diets. So a lot of people got on that whole grain-free bandwagon, thinking that was going to be the right choice to make. Well grain-free is not sugar-free, that's number one. And we're seeing a huge uprising in the amount of animals having cardiac diseases, cardiomyopathy in particular, because there's something happening in these grain-free diets that in dogs is blocking their ability to make taurine.

So dogs normally have the ability to make taurine as a product in their metabolism. But for some reason when they're eating these grain-free diets they're getting cardiomyopathy; they're becoming taurine deficient. And we don't have an answer yet as to why exactly that's happening. I think it has something to do with the glyphosate interfering with the shikimate pathway which is the pathway in the environment that allows the microbes to be able to make those aromatic amines, those articular sulfur-based amino acids that we need in order to be able to process other things.

Dr. Marlene Siegel

So when you think of a protein, this is for your audience, a protein is made up of individual amino acids. It's sort of like a pearl necklace; all the little pearls are the individual amino acids that when put together in the right sequence make the different proteins. So you as a human have a certain sequence of amino acids that make up your muscles, and then there's a different sequence that makes a dog a dog, and a cat a cat, and the sheep a sheep.

And so it's how they're put together, but when we have an interference in that sequencing or there's errors in the protein folding, then we're going to get a misreading and we're gonna have problems. And so I think that part of what we're seeing has to do with a level of toxicity, the inability of these organisms to make the amino acids that we need in order to process, or something's happening in the dog.

Cats we have always known are obligate in the need for taurine 'cause they can't process it themselves. So that's why they're an obligate carnivore. You asked me what was the difference is because they have to have meat in order to achieve the taurine and probably many other nutrients that we're not even talking about in their diet.

Nathan Crane

So one of the things that I've learned about in just the last couple of years about the dry food for dogs, is that it's typically cooked in these massive pressure cooker vats at 400 plus degrees. For four or five, six minutes at a time, destroying all the enzymes and basically turning what used to be a form of living food into a completely dead food. Is that true?

Dr. Marlene Siegel

It's absolutely true, so it's enzymatically dead is the way I describe that. So we have, in our saliva we have amylase, and amylase is the enzyme that helps to digest our carbohydrates. Dogs and cats don't have amylase in their saliva because they were never designed to eat carbohydrates. Now we have a backup organ as our dogs and cats do, which is our pancreas. So when they were designed to eat a raw diet, raw meat means that the enzymes are still living.

Enzymes are just proteins, and they're still living in that food when you're eating food uncooked. So for a lot of people, hopefully they're eating salads and they're eating some vegetables that aren't cooked. So we're getting some enzymes in our diet. But if we have a dog or cat and they're eating nothing but processed foods, they have no enzymes coming into their body to aid in their digestion. So the only thing that they're using to digest is their pancreas.

Well, it's a finite amount of enzyme that is housed in there, so imagine every bite of every meal it's just taking that enzyme down more and more and more out of the pancreas to the point where it can't keep up. Then you add all the sugar that's happening in their diet. And Mr. Pancreas is in charge of releasing insulin which is your sugar modulator. And it knows that the body's not supposed to have high sugar content, so you get this big sugar spike when you're eating this processed kibble diet, or your animal is.

Nathan Crane

Not because of added sugar, but because the carbohydrates in the diet.

Dr. Marlene Siegel

Which is simply the carbohydrates, which is, it turns out to be 40% to 60% sugar once you metabolize it. So now you get this insulin release and it's trying to regulate the blood sugar, and if that was a one-time event, not a big deal. But it's every bite at every meal.

Not a surprise that at some point early in life we're seeing these animals become insulin resistant and that's why they start to become obese, because they can't deal with that sugar anymore. So it starts going into your fat cells, right, now that's how you're storing all that extra sugar is in their fat cells.

The other problem with the kibble diets is that they're dehydrated, and if you think about a natural species appropriate diet, your cat goes out and kills a rabbit or a mouse, and that animal is made up of 70% water, just like we are. So 70% of the water intake that they were designed to get came from their diet. Cats came originally from the desert; they're from Egypt. So, they were designed to be able to thrive on a low water intake because in the desert you can't find a lot of water out there, and when you do it needs to be running water, so instinctually they know as a cat that running water is gonna be safe water. Stagnant water is gonna be full of all kinds of nasty things and it can kill you. So for many cat owners, they've always wondered "Why does my cat come running over when I turn the faucet on?" or "Why did they like it when they take their foot and they start swishing in the water?" They're looking to see if the water is moving, it's an instinct.

So having towers for cats is always a good thing by the way, that's a nice little tip there. So we wanna feed them on the water side, we want the water to be structured, highly filtered. In my world I like it to have some hydrogen in it, but at least highly filtered and structured is incredibly important. And that is not what we see coming out of our tap. That's dead water.

Nathan Crane

So are you saying the water piece is huge? I'm glad you brought that up... yeah my cat. Every cat we've ever had loves coming to the sink and playing with the water and just observing it. And so you just clarified something there that I think everyone tuning in who's ever had a cat is like, there's an aha there.

Dr. Marlene Siegel

And the number one cause of death in cats is kidney disease. If you think about the job of the kidney it's filtering all the toxins as they go through the body. Well, if I had a cup of water in this hand and had a swimming pool on the other side, and I had the same amount of toxin in both, which one is going to be more harmful to you if you drink it? The cup of water where the toxin is more concentrated or the pool where it's a lot more diluted?

Now you take these poor little cats and they're already dehydrated by nature. And then you make

them more dehydrated 'cause you take 70% of their water source away. They don't have the instinctual drive to drink more water, they haven't evolved yet there. And so now you get this dehydrated animal eating toxins and that toxin becomes even more damaging to their kidneys and that is the number one reason why we see kidney failure in our cats.

Nathan Crane

Wow, so are you saying that dogs and cats, actually their design, I would say they're intentional design, their conscious design of their bodies, actually does not need, or should not have carbohydrates ever? Like they don't need fruit and vegetables at all?

Dr. Marlene Siegel

Well, technically they would have eaten those in the intestinal tract already fermented for them of the animal that they were eating, 'cause they would've gotten some of that in their mouth.

Nathan Crane

Sure.

Dr. Marlene Siegel

So there is a small amount that they would eat in the way of carbohydrates, but they were already fermented and broken down for them. That's the key difference is that when you and I are eating carbohydrates, we're supposed to chew 60 times to pancake batter, making sure we're mixing it with our saliva, so the amylase is predigesting that and breaking it down, and then we swallow it.

Cats and dogs don't chew their food, they tear and gulp. It really annoys a lot of pet parents because they buy all this expensive food and they go, "But they didn't even taste it." And it's because they're not supposed to. If you think about it logically, you're a carnivore, you're out in the big wild outside, or you're in the Serengeti plain whatever, and you have to chase your food down. It's not just gonna come to you in a bowl.

So you've now made a big commotion as you've chased that food down. You've caught it, you've struggled with it, you've killed it, what are you going to attract around you really rapidly? Other carnivores, 'cause they heard something's going on, there may be a free meal out there. And so they come looking. Well, you have a very limited time to tear, gulp, and swallow and get out of there, 'cause you can't just drag your whole carcass with you usually.

So they tear, gulp, and swallow and then they go off to their den or their hiding place and that's where they do their digestion. So it makes sense why they don't have, because in nature they would have been somebody else's meal, or they would have lost their meal to other predators.

So as we think about how does nature solve problems? The more we can go back to mimicking that. Granted they're not hunting out in the Serengeti plain because they're in our households, but principles like making sure they're eating a species-appropriate diet or getting into a raw diet.

Dr. Marlene Siegel

But a raw diet is not taking a piece of chicken from Publix or Kroger's and throwing it on the ground. That's got a lot of pathogens in it and it's not balanced. They need the right proportion of organ meat, bones, fat, and then meat, their skeletal meat. And that proportion is important. The other thing that I think is very important since we can't judge the quality of foods that are... even if it's grass fed, we don't know the quality of the grasses that are out there. Are they getting their micronutrients, are they getting the macronutrients? We don't know because there's so much variation.

So I think in today's day and age it's extremely important to make sure that the supplements we're using are making sure that the essential nutrients are in the diet. Whether we have to provide them as a supplement, that's fine. But an essential nutrient is defined as the nutrient that the body cannot manufacture in sufficient quantities on its own.

Nathan Crane

You know, I wanna get into that a little bit deeper but I wanna just share my own personal experience with my dogs, for example. I've never taught them or stopped them from embarking upon their own instinct to hunt animals. I posted something on my social media a few years ago and somebody had seen it and then commented and was very upset that I was training my dogs how to hunt. It was illegal to kill rabbits and things like that. And it was just silly because they didn't understand what was really going on.

When we go out running in the mountains or hiking, my dogs are naturally, I've never trained them to do this, this is their instinct, they're on hunt patrol. That's like their purpose when we're out in the mountains and I've seen it early on, so I never stopped it.

And sometimes they'll catch a rabbit, and when they catch a rabbit they'll kill it, and they'll eat every part of it just like you said; they love it. They'll eat the bone, they eat the fur, they eat the intestines. It's disgusting to me, but they love it. It's their instinct, that's what they want, they know that's what they need.

I mean, they'll eat the brain, the carcass, all of it, every piece of that animal they'll eat every part of it. And that's their total instinct, I've known that. So, I feed them raw meat, I feed them bone, but I still to make up more of their diet, I've given them dry food and dehydrated food that's got like berries and enzymes and probiotics and fruits and vegetables and things like that in it. But I want them to be the healthiest possible and live as long as possible.

So as a pet owner, what are those proportions I need to know. What do I really need to be feeding them for ultimate health? How much meat, bone, organ, fat, versus how much supplement and do they need any of these dehydrated or fresh fruits and vegetables since they're not getting it from the fermented stomachs that they tear into?

Dr. Marlene Siegel

Those are great questions, and what we do for pet owners, we have a food calculator. Of course, we have our own raw food company. So people can go onto the website and just educate yourself, that's really step number one is just become educated.

Nathan Crane

Is that the evolove raw, evoloveraw.com, is that the website?

Dr. Marlene Siegel

Yeah, so it's actually love spelled backwards and forwards.

Nathan Crane

Oh, there you go.

Dr. Marlene Siegel

The first evo L is the love backwards, and then it's love forwards. There's a lot of sacred geometry that came into that. So the proportions are variable for the individuals and their needs, if we have a cancer patient or an animal dealing with a chronic degenerative disease, we want them to be more ketogenic. So we're gonna have a higher fat content, so we make sure they're burning fat as their fuel source and not sugar.

And then we have a lower fat and a higher protein diet for those animals that are thriving and healthy and don't have any challenges. What's really important is to understand where your pet is in their life and in their health issues or challenges, and then be able to work with a practitioner to find what is the best in the way of the macronutrients. This is what I call the essence of my diet is the macronutrients, the meat, fat, bone and organ meat. And then the supplementation is your essential vitamins, minerals, and fatty acids. And we can go down a whole rabbit hole on fatty acids, and you and I didn't talk about this, so I'm hoping I don't step on toes but let's open the conversation of the right fatty acids.

And I work with a company that deals with what are called parent essential fatty acids. And those are the two fatty acids, the omega-3 and omega-6 that actually make up the cell membrane, they're very specific. And our bodies have these enzymes that are, they're designed to be able to take those two omega fatty acids, the omega-3, omega-6, parent essential fat, and metabolize them into the derivatives like the DHA and GLA and all those other derivatives as you need them.

What happens when you're taking fish oil supplements number one, most of them are rancid. Number two, they're high in mercury 'cause they're coming from a fish base, and we're seeing that in our animals with high mercury, and you can't even argue that. And then number three is you're giving derivatives. You're not giving the parent essentials which come from plant-based products. So the fatty acids that we send home with our pet owners are those parent essential fatty acids.

Cats are lacking a specific enzyme that breaks that first step down into GLA, so we added GLA into

our fatty acid supplement. So we make sure that we don't have to worry about whether or not they have enough enzyme to break that down, we just provide that, so there's no fatty acid deficiency. But they're able to break down the rest as their body needs it, which is all about balance. And that's, I think the whole conversation here is we can live in this world, if we learn how to balance what we're doing. We just can't be all swayed to one side or the other. Same as medicine, right? There's the allopathic world, and then there's the holistic world, and they're both awesome. We need to figure out how to do that integrated center where they take the best from both sides.

So don't throw out one side or the other and think that neither one has value 'cause you have to pick one or the other camp. You don't, you blend them together and that's why I think in my practice we are so successful. We see cancer cases, my cat's about to come into the picture.

Nathan Crane

Perfect, we can't be talking about our furry friends...

Dr. Marlene Siegel

This is Echo.

Nathan Crane

Without an actual one, joining us.

Dr. Marlene Siegel

I don't know if you can appreciate this, but he is 19 years young. And he has no muscle wasting, he does have arthritis in his spine, because he's only been a raw eater for the last say 15 years. But yeah, he's just a 19-year-old thriving cat that still has tremendous vibrance. Let me put him down here a little bit so you can see him.

Nathan Crane

So for your cat are you doing, is it basically just the raw meat and organ and bone and things like that with the supplements, is that pretty much all you give your own pets?

Dr. Marlene Siegel

Yeah, and then he gets his fatty acids. So, when you think about eating fruits and vegetables what is it in the fruit and vegetable that you're getting? It's not the berry, it's the phytonutrients in the berry. So our supplements have those phytonutrients in them that are ground down and powdered, so that they're getting that variety. We're coming out with some new supplement lines that are very targeted. Another rabbit hole we can talk about on another maybe another episode would be talking about things like salvestrols. These are natural chemicals that are produced by fruits at the time that they're ripening.

So when they're ripening on the vine these product lines called salvestrols are ripening in that fruit, and their job is to keep predators from eating them. But they provide chemicals for us and for our

animals that are anti-cancer. So they actually help turn on anti-cancer pathways, which, by the way, how amazing that is that we have these pathways that are already in our body, and when they see an abnormal cell, these foods that we're supposed to be eating in our natural diet, turn these pathways on, so we never see the abnormal cell because it has that program cell death, that apoptosis, that tells it, "Hey, you don't belong here you need to go ahead and die off."

So our bodies have the natural intelligence. The only reason it's not working is because we have too much toxins, we have a deficiency of the essential nutrients that tell our body how to run those metabolic pathways. And so we're kind of like these lone warriors out there and we've lost the communication system.

Our microbiome isn't able to talk to the mitochondria anymore, because those pathways have been cut off. So we have, what I do is I create the programs for the pet parents so that they understand all of these different mechanisms in depth and they're empowered to be able to make better choices. So if it came down to one crux it would be knowledge. Pet parents do what they're doing because they want to do the best for their pets.

There is no pet parent out there that I've ever met that says, "Oh, I'm so excited to feed my dog kibble today and have it die sooner." We don't do that. And veterinarians don't wish ill on their patients either. But if they don't have a broad enough toolkit because they haven't had that outside education, then they don't know what to do, and they're left with that, "I'm sorry, there's nothing more I can offer you for your animal that keeps having chronic relapses."

But I love those cases, because I know I can fix them in a matter of a few weeks if the owner is willing to change the lifestyle. That's the key. You can't keep doing the same thing and expecting a different result.

Nathan Crane

So if somebody wants to work with you, actually, how do they connect with you?

Dr. Marlene Siegel

They could either go to our hospital site or the Dr. Marlene website and they can contact us. I do online consultation, I do online webinars. My pet program is the absolute best start. It's very inexpensive. It's a three hour, very intensive program that covers everything that you and I talked about and about another two hours more so it's very, very heavy. And then after they watch that program, I consult with them on actually implementing the program. So the two major things that we do wrong, I'm sorry, the two major things we do wrong. Number one, we don't know what to do. And number two, we don't know how to implement it. So, I have fixed both of those.

Nathan Crane

I love it, so where can people get that program?

Dr. Marlene Siegel

They have to call my office at pascovet.com. And the phone number is 813-973-2929. And I also have a program for veterinarians and it teaches veterinarians how to integrate alternative medicine into their practices. Also extremely robust.

Nathan Crane

Fantastic, so pascovet.com. You can connect with Dr. Siegel and her team there. Also evoloveraw.com. There's links to the food, the supplements, the amino acids. I've been looking through some of that stuff myself to get for our pets. And drmarlenesiegel.com, you can connect with her there as well and reach out to her.

So, I just wanna say thank you so much for helping clarify some of these confusing things that we often run into. And I know you've had tremendous success helping all kinds of pets to bounce back from these chronic health conditions. And I just wanna thank you for your time and the great work you do, and for being here and sharing all this great wisdom with us. So thank you so much.

Dr. Marlene Siegel

Well, thank you for including our fur babies into your conversation, 'cause I think it's gonna touch a lot more people. So thank you so much.

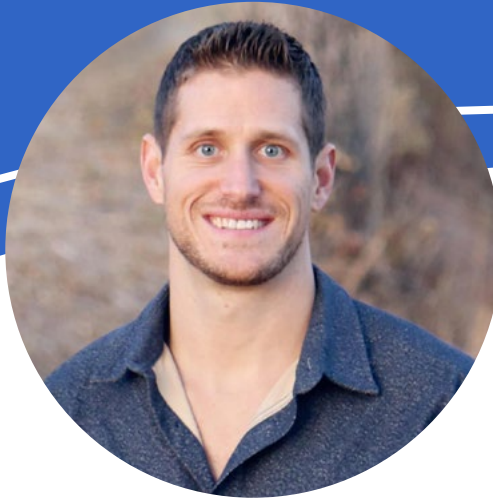
Nathan Crane

And I wanna thank everyone for tuning into the Conquering Cancer Summit. Please share this with friends and family. Together we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you, and I wish you ultimate health and happiness. Be well.

Dr. Marlene Siegel, DVM, CNHP

Dr. Marlene Siegel is best known for integrating holistic treatment options with traditional veterinary medicine. Since 1987, she has relentlessly pursued the cause of disease in animals and formulated treatment regimens that literally save lives. Dr. Siegel is committed to creating healthy lifestyles for animals and the people that love them. Dr. Siegel gained national recognition after being featured on the Truth About Cancer Project in 2019, and in the same year, launched EvoLove Raw - her proprietary raw pet food for dogs and cats. Dr. Siegel continues to treat pets at her practice in Lutz, Florida and is also a frequent speaker and lecturer across the country. Her website is drmarlenesiegel.com.

Nathan Crane



Nathan Crane is a natural health researcher and holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 bestselling and 20x award-winning documentary filmmaker.

Nathan is the Director of the Health and Healing Club, President of the Holistic Leadership Council, Producer of the Conquering Cancer Summit, Host of the Conquering Cancer Documentary Series, and Director and Producer of the award-winning documentary film, *Cancer; The Integrative Perspective*.

Nathan discovered powerful holistic solutions to overcome years of trauma, homelessness, depression, and suicide attempts to find a life of meaning, purpose, health, and fulfillment.

He has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field as a researcher and advocate, Nathan has reached millions of people around the world with his inspiring messages of hope and healing.

His website is NathanCrane.com