



# Conquering Cancer<sup>TM</sup> Digest

BY NATHAN CRANE

## Key Supplements for Treating Every Type of Cancer

BY NATHAN CRANE WITH DR. DANA FLAVIN

In a recent session of my Conquering Cancer Coaching program, Dr. Dana Flavin revealed some of the top supplements that she recommends for cancer patients. The following are key takeaways from that coaching session.

Dr. Dana Flavin is a medical doctor, a naturopathic doctor, and a published scientist with more than 40 years' experience in medicine and cancer research. She holds an honorary professor title from The Leicester School of Pharmacy at De Montfort University in the UK where she teaches the pharmacology of anti-cancer nutrients and off-label drugs.

Her cancer therapy has reversed stage 4 cancers that were abandoned by oncologists as therapied out, including: breast cancer, melanoma, lung cancer, colon cancer, prostate cancer, ovarian cancer and many more.

Dr. Flavin emphasizes that there are different supplements needed for different types of cancer. There are also certain core supplements which she recommends for all types of cancer, based on her many years of research and hands-on clinical experience. As a reminder, this is not medical advice, and you must work with your trusted healthcare practitioner to determine if any of these supplements are appropriate for your unique health situation.

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## Detox First, Then Start Adding Nutrients

In Issue 6 of the Conquering Cancer Digest, I shared Dr. Flavin's protocol for detoxing the body from heavy metals. Even while you're actively detoxing, you can start adding in nutrients. This is helpful because the nutrients help to bolster the immune system and downregulate certain receptors on tumor cells. These nutrients also help to downregulate certain pathways inside of tumor cells.

Vitamin A for example, will block the rate-limiting step for DNA synthesis while vitamin D stabilizes the membrane. Dr. Flavin gives zinc to everybody because it helps raise the immune system.

The 2 Most Important  
Supplements Dr. Flavin  
Recommends for All  
Cancer Patients



1. *Boswellia serrata* (a type of frankincense)
2. Curcumin (a key compound found in turmeric)

Both *Boswellia serrata* and curcumin are anti-inflammatory. Since inflammation is one of the factors that drives tumors growth, when we downregulate the inflammation, we decrease the stimulus for cancer cells to replicate.

Dr. Flavin points out that the *Boswellia* also has anti-parasitic properties which provides even more "bang for the buck."



# More Is Not Better, But You Need Enough to Do the Job

Dr. Flavin focuses with her patients on getting the greatest amount of anti-cancer activity possible using the least amount of supplementation necessary. “We still can’t get away with one or two supplements. It has to be more, and I’ve found that not that more is better, but the right ones, the specific nutrients, are the ones that we need to shoot for,” she says.

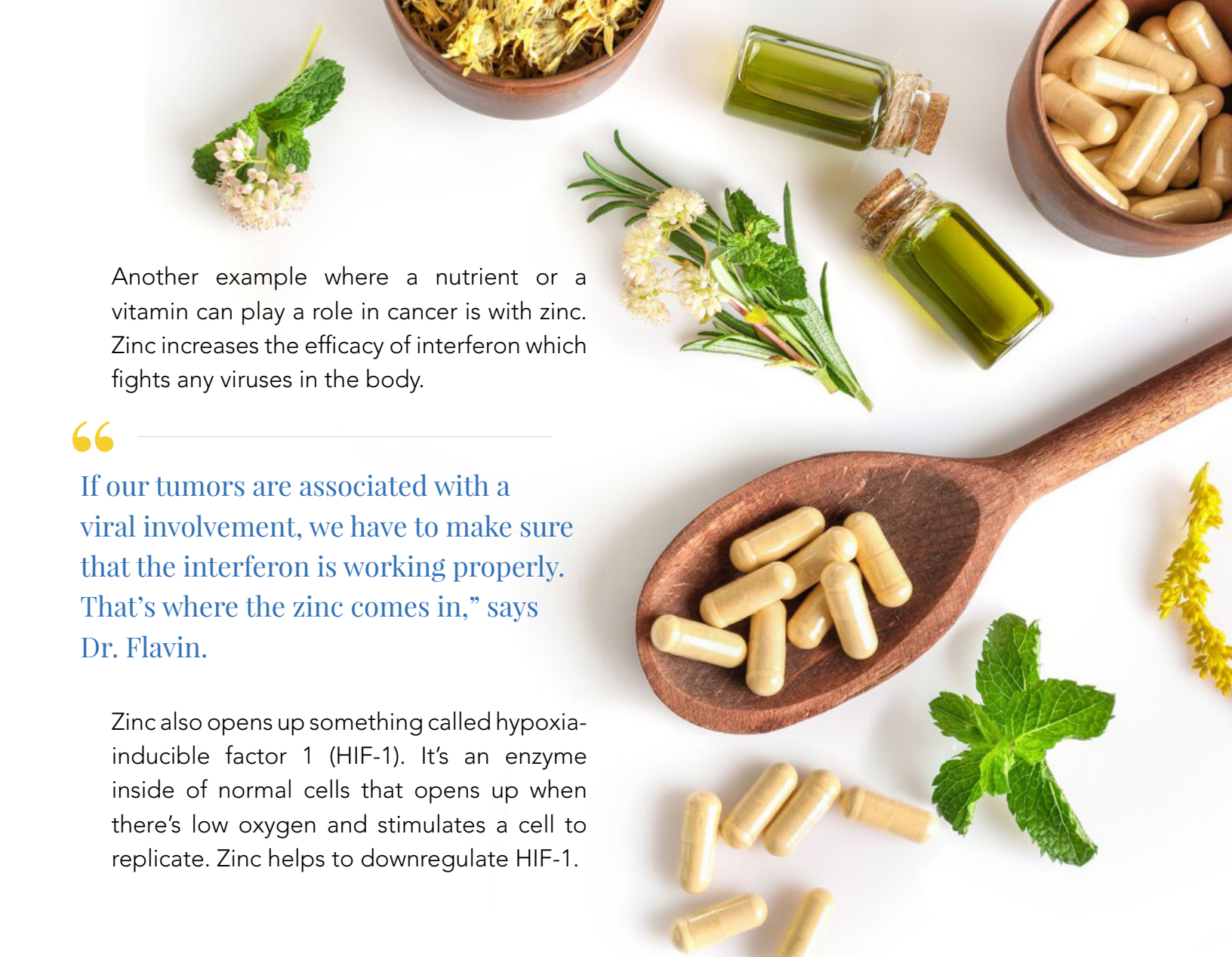
Another goal is using safe supplements in place of potentially harmful drugs. For example, quercetin is a flavonoid in apples what will block a receptor on the surface of tumor cells called epidermal growth factor. According to Dr. Flavin there are a lot of new drugs out that will block this receptor, but they’re so toxic that a lot of patients can’t take them for a long period of time.

“

I don’t use these drugs. I prefer to go as natural as possible for the basic support for the patients and it helps tremendously because what we see is a turnaround rather quickly from the inflammatory parameters.







Another example where a nutrient or a vitamin can play a role in cancer is with zinc. Zinc increases the efficacy of interferon which fights any viruses in the body.

“

If our tumors are associated with a viral involvement, we have to make sure that the interferon is working properly. That's where the zinc comes in,” says Dr. Flavin.

Zinc also opens up something called hypoxia-inducible factor 1 (HIF-1). It's an enzyme inside of normal cells that opens up when there's low oxygen and stimulates a cell to replicate. Zinc helps to downregulate HIF-1.

## What Supplement Formats Does Dr. Flavin Prefer?

The format of supplement she recommends depends on the supplement and Dr. Flavin uses a combination of formats. She is a big fan of using essential oils topically on all her patients, including frankincense oil. For oral use (swallowing by mouth) she favors *Boswellia serrata* in capsule form.

As discussed in the Turmeric article in Issue 4, curcumin has poor bioavailability. One available format is cyclodextrin bound onto

curcumin to enhance the absorption of curcumin. As a side benefit, cyclodextrin alone has efficacy in breast cancer against cholesterol.

Choosing good supplements is challenging because while there are many excellent products on the market, there are many more that are full of fillers and downright harmful ingredients that you don't want in your body.



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## Taking Supplements When You're Feeling Nauseous

Dr. Flavin recognizes that taking a lot of supplements, multiple times a day, can cause some cancer patients to feel nauseated. What she tells her patients is, "Look, if you can't take it three times a day, don't panic yourself. The only two that I recommend three times a day are curcumin and Boswellia. Those are imperative. The other ones can be taken once a day if you have to."

She recommends taking the supplements with food to help with nausea, and above all, not to worry and stress yourself out if you physically can't take the supplements as often as you're supposed to. Another important point is if you've been on a supplement for weeks or months, it's good to take one day off every once in a while, to give your body a little break.

Stomach acid can be a big issue for many cancer patients. To combat acidity coming from tumor cells, Dr. Flavin recommends dichloroacetate (DCA), which has been used since 1988 for children with elevated lactic acid. "We use that in a lot of our patients as long as there's not a tumor in the brain."

*H. pylori* is a common bacteria found in the stomach that causes stomach ulcers. Dr. Flavin tests her patients to see if they've had *H. pylori*. If they have, she recommends *Nigella sativa* (black seed oil), which contains the anti-cancer compound thymoquinone. In addition to killing off the *H. pylori* bacteria, the black seed oil also kills different parasites.



## How Do You Know How Much to Take?

The dosage recommendations on most supplement bottles are for maintenance and general health support but won't be sufficient for cancer patients who require a "therapeutic dosage" which is generally much higher.

The following chart contains Dr. Flavin's recommendations for her patients. Again, please consult with your physician for guidance.

Supplement*	How Much	How often
<i>Boswellia serrata</i>	500 mg	3x/day
Curcumin**	500 mg	3x/day
Berberine	500 mg	3x/day with food
Vitamin D3 + Vitamin K2	5,000 mg of D with 200 mcg of K2	Daily
Zinc	50 mg	Daily
Omega-3 oil	1 gram	Daily
Sodium selenite	300 mcg	Daily
Essential oils for everything		

\* These are the basic supplements; the rest depend on the type of cancer being addressed

\*\* Can be cyclodextrin curcumin for better absorption

## Other Supplements Dr. Flavin Favors

Beta-glucans in shiitake and maitake mushrooms to downregulate myeloid-derived suppressor cells that are suppressing the immune system.

Honokiol (Magnolia extract) to block STAT3 pathway instead of using a statin.

Pawpaw for ovarian cancer. "Pawpaw will actually downregulate ATP in tumor cells."

Dichloroacetate for getting oxygen back into tumor cells.

“Very often my patients see results in anywhere from eight to 12 weeks, and it's usually an average of 12 weeks that we see quite a significant change. If they're also doing the diet and the exercise and all the rest with it, meditation and so on, it's quite remarkable.

- DR. DANA FLAVIN

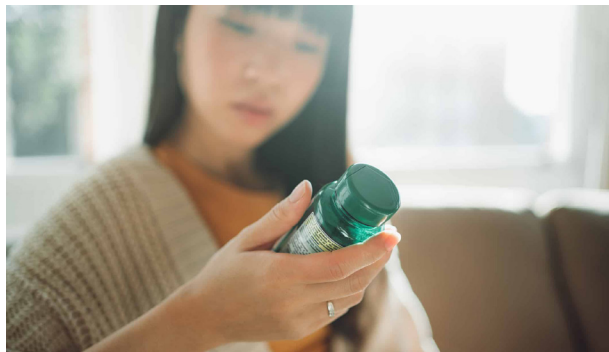




# Supplements Are to Supplement Nutrition and Other Lifestyle Changes

While you're healing from cancer, and even after you're given the all-clear, you can't just rely on supplements to do the work while you carry on with a cancer-promoting lifestyle. You must follow the other tenants of good health if you want to stay cancer-free.

"I find that people that only rely on supplements have to rely on supplements their whole life," notes Dr. Flavin. "This is something where they kind of are a crutch, but they're not healing you. They're keeping you in a limbo state. So you're hooked on them. You have to take them, otherwise your tumor will grow."



## Key Takeaway:

Supplements play an important role in healing from cancer, but they're not a stand-alone solution. They must be combined with all the other healing components that we cover each month in the Conquering Cancer Digest.

“

I just want to save lives, but I want to do it that's not too expensive. That's not going to compromise anything else in their lives and not going to make them completely dependent on nutrients and supplements the rest of their lives. They'll have to take certain ones maybe for years, but diet, nutrition, exercise and so on is probably the most important anti-cancer activity that you can possibly do.” - DR. DANA FLAVIN





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# Understanding the Most Common Types of Cancer

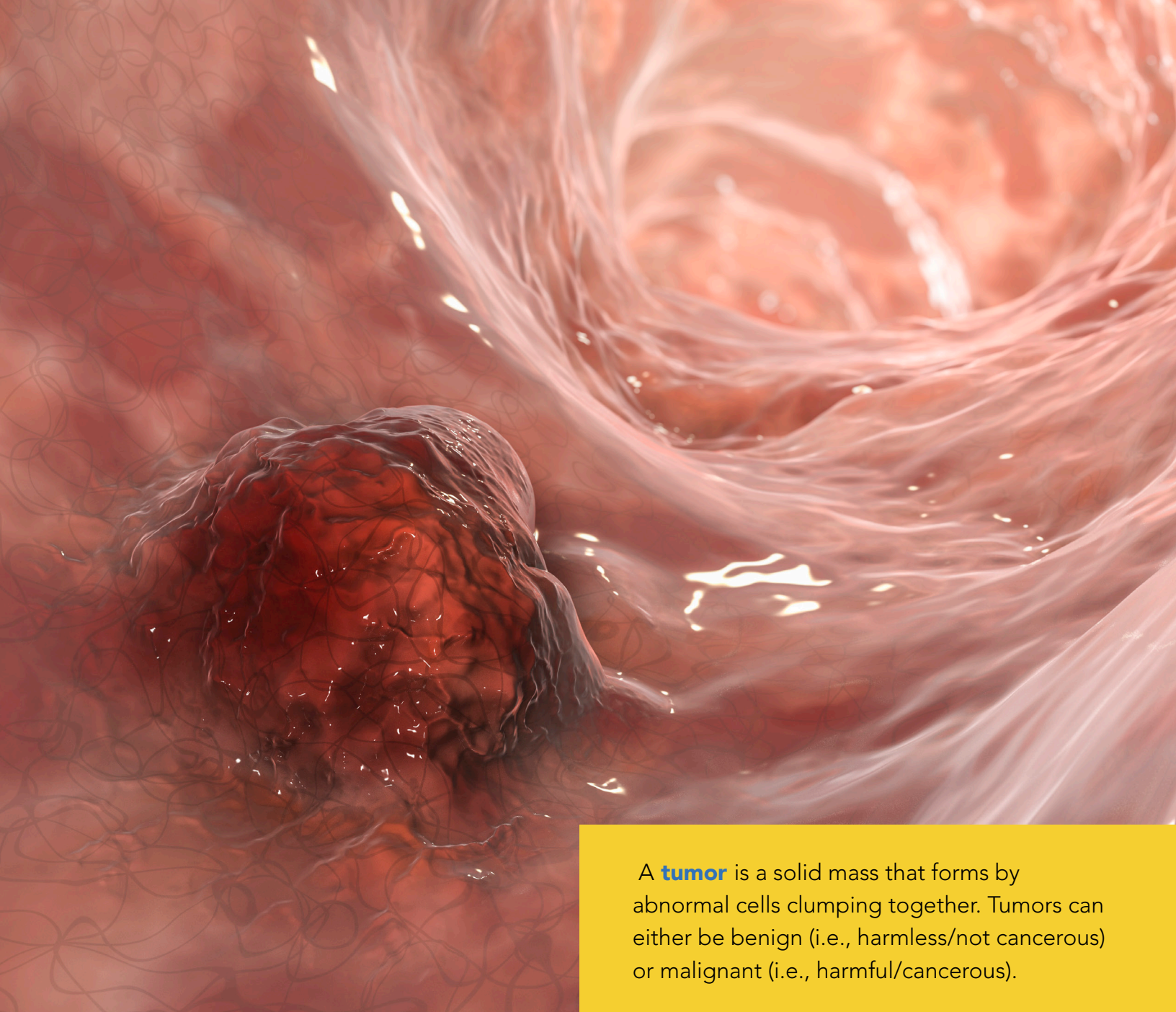
BY NATHAN CRANE

Over the past six issues of the Conquering Cancer Digest, we've been discussing ways to prevent getting cancer, helping the body heal from cancer, and stopping cancer from returning if you've happily been declared "cancer free."

But what exactly is cancer?

In its most basic sense, **cancer is uncontrolled cell growth.**



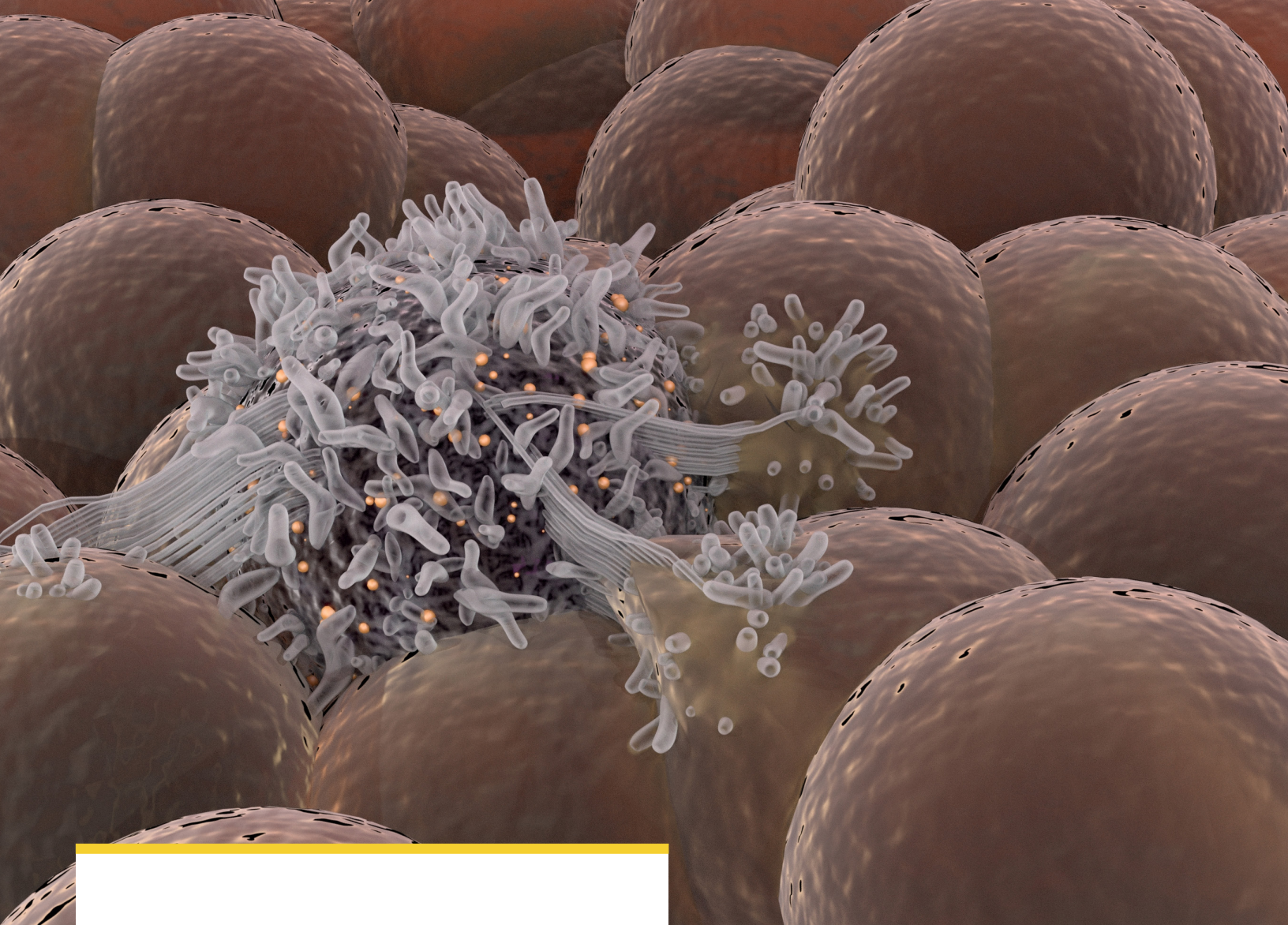


A **tumor** is a solid mass that forms by abnormal cells clumping together. Tumors can either be benign (i.e., harmless/not cancerous) or malignant (i.e., harmful/cancerous).

A **benign tumor** is usually self-contained and lacks the ability to grow and invade other parts of the body. **Malignant tumors**, on the other hand, can spread cancer cells to other areas of the body through the lymphatic system and/or blood vessels. This process of spreading to other body parts is known as **metastasis**.

Cancer is generally named depending on the area of the body where a tumor first shows up (e.g., prostate cancer, breast cancer, lung cancer).





## Healthy Cells vs Cancer Cells

Normal, healthy cells have a predetermined lifespan and only reproduce to replace a dead or damaged cell. They have a regulated blood supply and work in concert with the immune system.

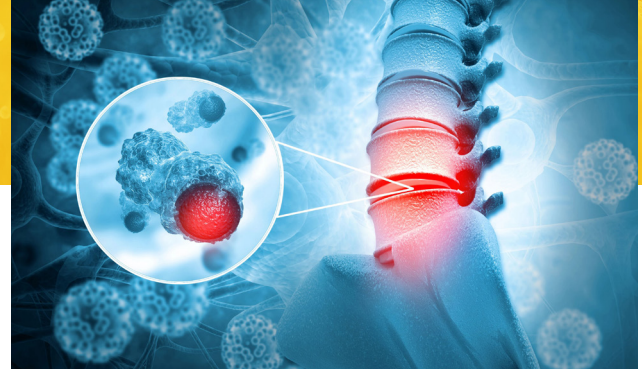
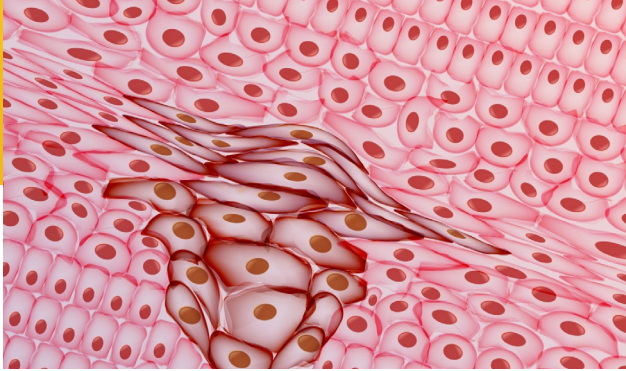
Cancer cells are rogue cells that have lost all their regulatory controls. They grow faster than healthy cells and don't die off when they're supposed to. They form new blood vessels to fuel themselves that disrupt normal tissues (a process called angiogenesis) and evade detection by the immune system.

Healthy Cell	Cancer Cell
Predetermined life span	Unlimited life span
Reproduces to replace dead or damaged cells	Uncontrolled growth with damaged DNA
Stays in its proper site	Can move around and invade other tissues
Has a regulated blood supply	Can grow new blood vessels to feed itself
Works in harmony with the immune system	Evades detection by the immune system



# The 5 Main Types of Cancer

While there are over 100 different diseases that fall under the umbrella of “cancer” they mostly fall into five key types.



## Carcinoma<sup>1,2,3</sup>

This is the most common type of cancer and occurs in epithelial tissue.

Epithelial tissue is one of the 4 types of tissue in the body (the other three are connective, muscular, and nervous tissue). It covers all the internal and external surfaces of the body, including body cavities and the surface of organs and glands.

Carcinomas are further divided into two major subtypes:

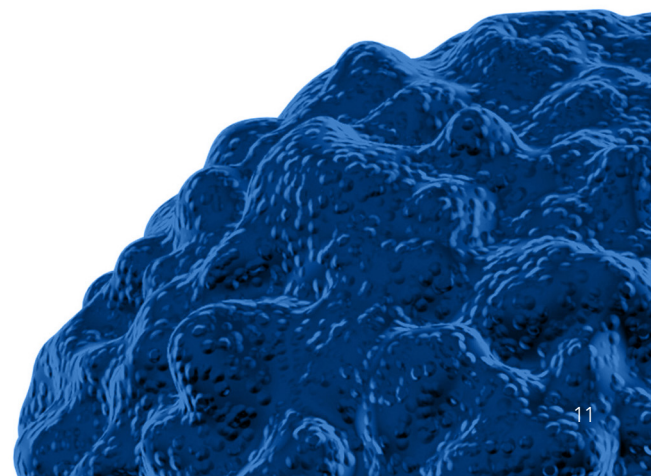
- **Adenocarcinoma** which develops in a gland or organ (e.g., thyroid cancer or lung cancer)
- **Squamous cell carcinoma** which develops in the flat cells known as squamous cells (e.g., anus, cervix, head & neck cancers)

## Sarcoma<sup>4,5,6</sup>

A sarcoma is a type of cancer that starts in the bones or soft tissues/connective tissues. This includes cartilage, tendons, smooth muscle, skeletal muscle, fat, blood vessels, nerves, fibrous tissue, and the tissue around bones and joints.

There are many different types of sarcomas depending on where the tumor forms. Just a few examples include:

- **Abernathy's sarcoma**
- **Ewing's sarcoma**
- **Kaposi sarcoma**



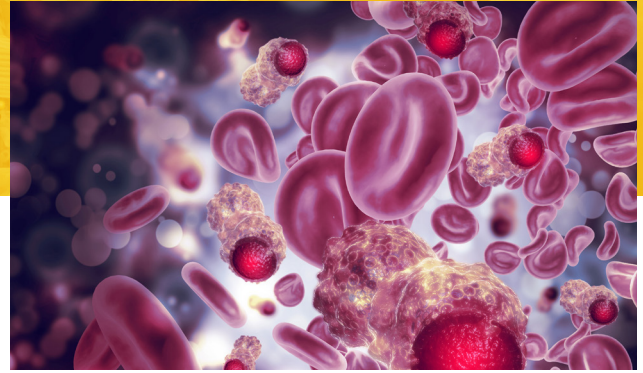


## Lymphoma<sup>7,8</sup>

Lymphoma is a general term for cancer that starts in the lymph system, which is part of the immune system that produces, stores, and carries white blood cells that fight infections. It is the most common type of blood cancer and can be classified as either Hodgkin's lymphoma or non-Hodgkin's lymphoma.

Hodgkin's lymphoma and non-Hodgkin's lymphoma both start in lymphocytes (a type of white blood cell). When diagnosing, doctors look for the presence of a specific type of abnormal cell called a Reed-Sternberg cell.

If it's there, it's Hodgkin's lymphoma. If it's not present, then it's identified as non-Hodgkin lymphoma.



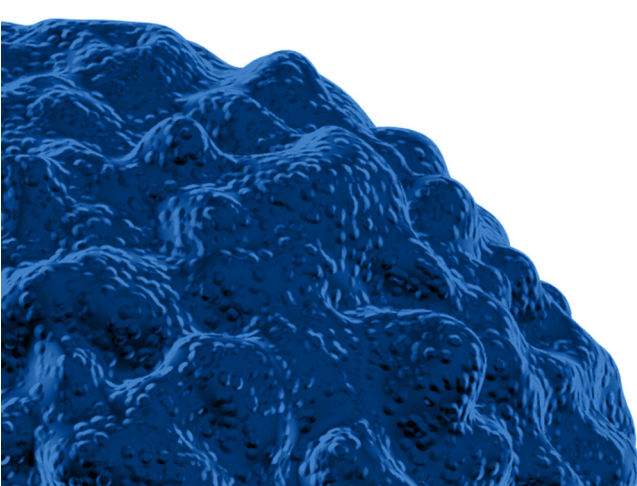
## Leukemia<sup>9,10,11</sup>

Leukemia is a cancer of the blood that usually starts in the bone marrow. There is no tumor formation with leukemia. Instead, the abnormal white blood cells eventually crowd out healthy blood cells. When this happens, organs and tissues don't get the oxygen they need to work properly, and the body can't fight infections or form blood clots as needed.

There are several types of leukemia, categorized by whether the leukemia is fast growing (acute) or slow growing (chronic) and whether it starts in myeloid cells or lymphoid cells.

- Acute Lymphocytic Leukemia (ALL)
- Acute Myeloid Leukemia (AML)
- Chronic Lymphocytic Leukemia (CLL)
- Chronic Myeloid Leukemia (CML)
- Chronic Myelomonocytic (CMML)

Leukemia is the most common type of cancer to affect children and teens, with close to one in three cases of childhood cancer being leukemia. Most leukemia in children is either AML or ALL.







## Myeloma<sup>12,13,14</sup>

Myeloma is a cancer of plasma cells, which are also made in bone marrow. Under normal conditions, plasma cells produce different types of antibodies which are an important part of the immune system.

When plasma cells become malignant, they stop making the different types of protein they're supposed to and only make one abnormal protein. This protein accumulates in the bone marrow and creates a kind of tumor known as a plasmacytoma.

A *solitary plasmacytoma* is when there's just one plasmacytoma, usually in a bone.

*Multiple myeloma* is when there are multiple areas affected. When a plasmacytoma starts in other tissues or organs, it is called a *solitary extramedullary* or *extraosseous plasmacytoma*.

In the next issue we'll look at some key tests for early diagnosis.

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# Island Black Bean Dip

BY JOEL FUHRMAN, M.D.

SERVES: 5

## Directions

Remove 1/4 cup of the black beans and set aside.

Place remaining beans in a blender or food processor. Add salsa, scallions, vinegar, and seasoning blend. Puree until relatively smooth. Transfer to a bowl and add the reserved black beans, red onion, mango, and red bell pepper. Mix well and chill for 1 hour. Garnish with cilantro.

Serve with raw vegetables.

Makes 2 1/2 cups.

**PER SERVING:** Calories 123, Protein 7 g, Carbohydrates 23 g, Sugars 4 g, Total Fat 0.7 g, Saturated Fat 0.1 g, Cholesterol 0 mg, Sodium 55 mg, Fiber 7.1 g, Beta-Carotene 340 ug, Vitamin C 25 mg, Calcium 43 mg, Iron 2.1 mg, Folate 130 ug, Magnesium 60 mg, Potassium 333 mg, Zinc 0.9 mg, Selenium 1.3 ug

## Ingredients

- 1 1/2 cups cooked black beans or 1 (15 ounce) can no-salt-added or low-sodium black beans, drained
- 2 tablespoons no-salt-added salsa
- 1/4 cup scallions, minced
- 1 1/2 tablespoons Dr. Fuhrman's Blood Orange Vinegar or other fruity flavored vinegar
- 2 tablespoons Dr. Fuhrman's MatoZest or other no-salt seasoning blend, adjusted to taste
- 2 tablespoons minced red onion
- 1/2 cup finely diced mango
- 1/4 cup diced red pepper
- 1 tablespoon fresh, minced cilantro, for garnish







## 3 Powerful Ayurvedic Spices for Cancer

BY NATHAN CRANE

In Issue 6 of the Conquering Cancer Digest, we looked at Traditional Chinese Medicine and three of the most favored herbs for fighting cancer in that system. Let's take a look now at another ancient healing tradition and how it addresses disease.

Ayurveda – which translates as the science or knowledge of life (“Ayur” = life, “veda” = science / knowledge) – is a traditional medical science that is believed to have been prevalent in India for several thousand years.<sup>1</sup>

It is an intricately conceived system of conscious living that involves positive health and a natural lifestyle. **Ayurveda's stated goal is to enable us to live in harmony with the Universe that exists within us and around us.**

Ayurveda states that every one of us is capable of healing ourselves. Therefore, its primary concern is not with treating disease,

but with enhancing our inborn immunity. By doing so, we create optimal wellbeing for our body, mind, and consciousness.

According to this ancient system, a healthy mind leads to a healthy body. What we think affects how we physically feel. Similarly, what we eat and drink cannot fail to have a profound effect on our mind.

**Ayurvedic literature advises us to maintain our health and wellbeing through the judicious use of a wide range of therapies including herbal medicines, massages, diet management, and exercise.<sup>1</sup>**

There are three spices commonly used in Ayurveda that have demonstrated benefits for preventing and healing cancer.



# Turmeric

## THE BITTER HEALER

According to Ayurvedic principles, foods with Tikta rasa (bitter taste) are said to be dry, cooling, and light.<sup>1</sup> They cleanse the body and fight infections, which is why they are digestive tonics when taken in moderation. They also soothe itching and burning sensations, reduce water retention, detoxify blood, and support liver health.

The golden yellow root spice turmeric (known scientifically as *Curcuma longa*) is considered to be both bitter and astringent and is an important component of many Ayurvedic formulations.

Indeed, laboratory studies show that curcumin, the orange-yellow pigment in turmeric and its main bioactive ingredient, has antioxidant,<sup>2</sup> anti-inflammatory,<sup>3,4</sup> immune-modulating,<sup>5</sup> as well as cancer preventive properties.<sup>6,7,8</sup>

Curcumin was seen to prevent the growth of as well as trigger a process known as programmed cell death (apoptosis) in multiple types of cancer cells via various mechanisms.<sup>2</sup> Turmeric has also been shown to sensitize cancer cells to chemo- and radiotherapy.

Promisingly, consumption of turmeric (4 grams for 30 days) was seen to reduce the numbers of aberrant crypt foci in 41 smokers.<sup>9</sup> Aberrant crypt foci (ACF), are clusters of abnormal glands in the lining of the colon and rectum. They represent one of the earliest visible changes that are indicative of colorectal cancer.

Further, **turmeric supplementation for 21 days was seen to significantly improve quality of life, relieve symptoms, and improve blood parameters in breast cancer patients being treated with chemotherapy.**<sup>10</sup> Turmeric has also been shown to reduce some of the side effects seen with radiotherapy.<sup>2</sup>

*[See page 28 in Issue 4 for tips on making turmeric more absorbable by the body for maximum anti-cancer benefit.]*







# Ginger

(ZINGIBER OFFICINALE): CANCER FIGHTER

Ginger is a flowering plant that comes from the same family (Zingiberaceae) as turmeric, cardamom, and galangal. Its underground stem or rhizome has been used for centuries as a food spice, as well as an alternative therapy.

Scientific research shows that ginger has potent antioxidant and anti-inflammatory properties. Excitingly, **both ginger and its bioactive compounds appear to be effective against multiple types of cancers.** For instance, [6]-gingerol and 6-shogaol, two of the main bioactive ingredients in ginger, have been shown to have anti-cancer actions via multiple mechanisms.<sup>11, 12, 13</sup>

In one study, a ginger extract potently suppressed growth of breast cancer cells by increasing expression of so-called “apoptotic cell death” genes and turning off other genes that would normally help these cancer cells thrive.<sup>14</sup> Importantly, the extract did not affect the growth of normal breast cells.

Another study examined the effects of gingerol on the ability of multiple breast cancer cell lines to migrate to other areas, known as metastasis. Treatment with

increasing doses of gingerol was seen to slow breast cancer cell metastasis.<sup>15</sup>

Similarly, treatment of ovarian cancer cells with ginger “induced profound growth inhibition”. Another bioactive component in ginger, known as 6-shogaol, was seen to be responsible for this effect.<sup>16</sup>

In another study, researchers gave half a milligram of gingerol or control to mice without a functioning immune system three times a week before and after introducing human colon cancer cells.<sup>17</sup> After 15 days, 13 tumors had appeared in the control group, but only four had formed in the group given gingerol. By day 28, all control group mice had formed measurable tumors, but it took 10 more days for this to happen in the gingerol group. In other words, **gingerol treatment significantly slowed down the formation of tumors in this laboratory model of colon cancer.**<sup>17</sup>

Some early studies have suggested that ginger supplementation may prevent chemotherapy-induced nausea and vomiting, along with improving quality of life in cancer patients.<sup>11</sup>



# Black Cumin

(NIGELLA SATIVA)

Also known as black seed, black caraway, and Kalonji, black cumin (*Nigella sativa*) is a flowering plant found throughout India, southwestern Asia, parts of the Mediterranean, and Africa.<sup>18</sup> **Black cumin seeds have long been used in cooking, as well as in traditional medicinal systems to lower inflammation and to treat infections and cancer.**

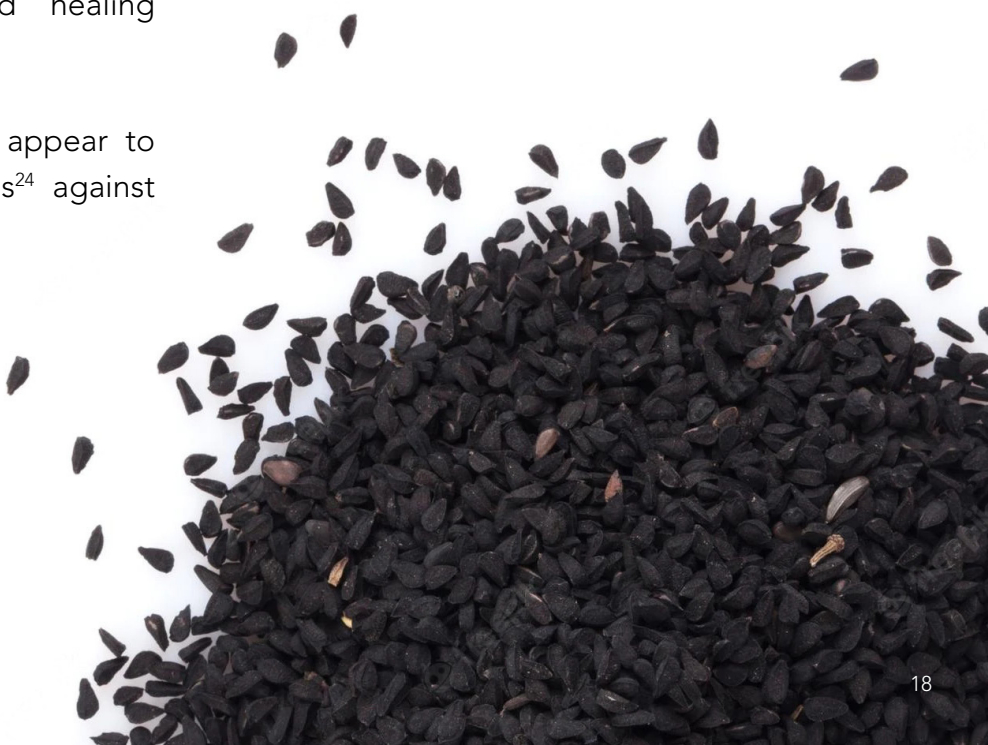
Bioactive components found in black cumin have been shown to possess immunomodulatory<sup>19, 20, 21</sup> and antioxidant<sup>22</sup> as well as fat-lowering, antimicrobial, anti-cancer, blood sugar balancing, blood pressure lowering, and wound healing properties.<sup>23</sup>

Black cumin and its ingredients appear to be effective in laboratory studies<sup>24</sup> against cancers of the:

- blood
- kidneys
- lungs
- prostate
- liver
- breast

For instance, thymoquinone, one of the main bioactive compounds in black cumin reduces both growth and size of tumors in animal models of cancer.<sup>25</sup> Specifically, thymoquinone prevents the growth and metastasis of breast cancer cells.<sup>26, 27</sup> Thymoquinone has also been shown to induce programmed cell suicide or apoptosis in colon cancer cells in culture.<sup>28</sup>

In laboratory experiments, thymoquinone enhanced the anti-cancer actions of chemotherapy drugs in cancer cell lines.<sup>29</sup> In a small clinical study, consumption of black cumin seeds was seen to lower the duration of hospital stay in children with brain tumors.<sup>30</sup>





### Key Takeaway:

Turmeric, ginger, and black cumin are three spices that are all readily available in food and supplement form. They can (and should) be easily added to recipes and/or your daily anti-cancer supplement regimen. Here's one easy recipe that uses both turmeric and ginger.

# Turmeric and Ginger Tea

BY JOEL FUHRMAN, M.D.

### Directions

Blend water and date in a high powered blender. Place in a small saucepan and bring to a boil. Add turmeric and ginger, reduce heat and simmer for 10-15 minutes. Strain the tea. Serve with lemon if desired.

**NOTE:** If using ground turmeric and ginger, simmer for 7 minutes and do not strain.

### Ingredients

- 2 cups water
- 1 Medjool or 2 regular dates, pitted
- 1 teaspoon grated turmeric root (or 1/3 teaspoon ground turmeric)
- 1 teaspoon grated ginger root (or 1/3 teaspoon ground ginger)







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# Shredded Brussels Sprouts

BY JOEL FUHRMAN, M.D.

SERVES: 4

## Directions

Heat 2 tablespoons water in a large skillet and saute garlic for 1 minute, add shredded Brussels sprouts and cook for 2-3 minutes, until warm and slightly wilted. Add a small amount of additional water if needed to prevent from sticking.

Remove from heat and toss with chopped toasted walnuts, raisins, and nutritional yeast. Season with black pepper.

**NOTE:** Toast walnuts in a small skillet over medium heat for 2 - 3 minutes until lightly toasted.

**PER SERVING:** Calories 100, Protein 5 g, Carbohydrates 13 g, Sugars 5 g, Total Fat 4.4 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Sodium 23 mg, Fiber 4.4 g, Beta-Carotene 386 ug, Vitamin C 73 mg, Calcium 50 mg, Iron 1.6 mg, Folate 59 ug, Magnesium 34 mg, Potassium 406 mg, Zinc 1 mg, Selenium 1.9 ug

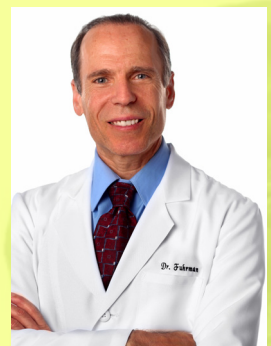
## Ingredients

- 2 cloves garlic, chopped
- 3/4 pound Brussels sprouts, cut into 1/8 inch ribbons
- 1/4 cup toasted walnuts, chopped (see note)
- 2 tablespoons raisins or currants
- 1 tablespoon nutritional yeast
- Freshly ground black pepper

## Joel Fuhrman, MD

is a board-certified family physician, nutritional researcher and seven-time *New York Times* best-selling author. He serves as the President of the Nutritional

Research Foundation. Dr. Fuhrman has authored numerous research articles published in medical journals and is on the faculty of Northern Arizona University, Health Science Division. His two most recent books are *Eat to Live Quick and Easy Cookbook* and *Fast Food Genocide*.



# Q&A



## Awakening Your Innate Healing Capacity

BY NATHAN CRANE WITH DR. SUE MORTER

The following is a condensed version of my interview with Dr. Sue Morter for the Conquering Cancer Summit. Dr. Morter is the founder of the Morter Institute for Bio-Energetics, an organization committed to teaching individual self-healing techniques, with an inner wisdom based approach to life based on quantum science and higher consciousness. She's also the author of the best-selling book *The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life*.





**Nathan: I love how you bridge science, spirituality, energy medicine, and healing, and bring it all into a very practical understanding that we can implement to help us heal, to grow, to awaken. From the viewpoint of energy medicine, what is cancer?**

**Dr. Sue:** My father was a pioneer in energy medicine, so I've been raised with energy medicine concepts my whole life. I've never gone to the doctor and taken an antibiotic in order to heal. So I completely know that the body has the capacity to heal.



I've been a doctor working with energy medicine only since 1987. Something that my father used to say was that "there is no cure for cancer because cancer is the cure." What that means is that cancer is a by-product of energy responding in a way that we are allowing it to respond in our own system. If we can change how the energy is running through our system, then cancer is no longer the by-product of that.

When my father used to say that statement it was like, "Oh my God, what do you mean?" First of all, we don't want to hear there's no cure for cancer, but then the follow up is, "Oh, actually cancer is just a by-product of the body

trying to survive certain circumstances." And if we keep delivering those circumstances, the body will continue to operate in a way that's out of balance and disharmonious and not being able to move into a filtering, and cleansing, and healing, and detoxifying phase for itself. Instead, it has to stay in fight or flight, fight for your life, push and do everything that it takes to stay alive.

If we start to unpack that a little bit with an understanding about how the energy system works, and how it has an influence on the nervous system, and how that ultimately determines whether we're in a healing mode, then we can start to masterfully navigate these waters differently and

resolve the issues that are allowing for cancer to exist in the body.

So, in short, my answer would be that there is a vibrational frequency within which cancer can survive and an energetic vibrational frequency within which cancer does not exist. We need to become interested in how do we create the vibrational frequency where healthy cells are replacing damaged ones and where health and wholeness and healing can prevail?



**Nathan: What causes our energy to be out of harmony? What causes our energetic blueprint, our energetic frequency to allow cancer to show up in the first place?**

**Dr. Sue:** I've been working with cancer patients for 40 years and watching my father work with cancer patients for probably 20 years prior to that. Dealing with hundreds of thousands of people over those years, I've found the number one reason for altering our vibrational frequency is suppressed emotion.

That when we are unable to metabolize life, when we are unable to be open and working with, and accepting, and embracing, and speaking into our truth and actioning in our authenticity, when we suppress that in any way, what begins to happen is we suppress the vibrational frequency instantly.

We then ultimately create chemical environments as a by-product of that suppression that do not allow for normal cellular rejuvenation and replenishment. We create an acidic environment chemically in the body as well as a by-product of that which ultimately causes cellular breakdown.

Every cell in our body is designed to be floating in an alkaline environment, with the exception of the stomach lining. When we are suppressing our emotion, we are ultimately generating an acidic condition that is far greater than any acidic condition that can be balanced by eating alkalizing foods.

More primary to our acidic condition above and beyond the foods that we eat is the thoughts that we think consciously and

subconsciously. If I could answer it in a sentence, I would say our "come from", which isn't a very sophisticated medical terminology.

"Oh, do I have a come from? Where's my come from?" Do I automatically assume that I'm unworthy, that I'm not enough, that there's something I should be doing that's better than the me that's here presenting in the world? Is there some other way I should be in the world other than the way that I am?

It's the number one thing that when I have boiled down to the bottom line, underneath all things causal, it comes down to the basic primary energy frequency. Because everything in the universe is energy. And that energy is either vibrating at a frequency that is serving us, or it is not. When we feel something, but we don't know how to articulate it, or we don't know how to bring it out, we then suppress it.

If that is suppressed, the research has been showing for decades now that we can't handle that and we're not built to handle that, and so the body responds in a way that is out-picturing that for us and showing us that we have to have an evaluation.

I can't tell you how many patients would come to me after receiving a diagnosis of some cancerous condition, being told that they had months or less to live, and on their way home from the hospital, or from their doctor's office, feeling this is not for me. This is not my story. It's not my time. "No, that is not what's going down here."

They then would reach out to alternative methods, and we would go straight into



this piece of the conversation immediately because of what I had been observing over time. And 15 years later they're standing up at my events and giving their testimonial about how they had to have a change in the relationship between their heart and their mind and allow their internal truth to be more valuable to them and to allow themselves to walk out into that in a different way.

**Nathan: From an energetic perspective, how do you help people through energy medicine to resolve stressful patterns, fearful thoughts, and emotional traumas?**

**Dr. Sue:** The one thing that I go straight into is creating a different orientation for an individual, because what I'm really interested in is allowing an individual to awaken to themselves in a way that they can be in the same sets of circumstances and not perceive them as stressful anymore. Because we can't change the world. We can't change what bombards us. If our disposition internally isn't awakening, isn't maturing on a deeply spiritual level, on an evolutionary perspective, then we are externalizing our power and we are constantly at the effect of our environment.

Epigenetics is telling us that our cells respond to our environment, but it doesn't mean that we have to control our environment out there because we can't. Things are going to happen that upset us. What I do is I work with people to teach them that they have externalized their power and they need to claim it back. They need to just call it back home to themselves.

We do little simple exercises right off the bat that allow the mind to recognize, "Oh my

gosh I was doing it again. And I did it again, and again, and again." We do it all day long and we don't even know that we're doing it, because we've grown up doing that and we live this way.

One of the things that I've been sharing with people is teaching them how to breathe in their body because the breath pulls us back onto the self and allows us to start to build a stronger constitution of a sense of self. A sense of self in its strength causes us to be able to be in certain situations and not really mind that people are wacky, or that they're blaming other people, or that they're projecting their issues onto us, or all of the things that happen in the course of life. We can see it happening once we change our own driver's seat.

If we sit back in the seat that we're supposed to be in, we can observe that other people are doing these things and that life is happening, but we start to approach it with this trusted relationship. We know that whatever's happening is happening for my good and that I'm completely equipped to manage it, and in fact not survive it, but actually by design is trying to show me the bigness of my being.

It's not trying to take me out of the game. It's trying to show me my greatness if I'll just let it. That requires a shift in perspective that allows us to start to see this from an entirely different vantage point that allows us to take on the invitation to our magnificence. When that happens, we stop getting so enmeshed in life and we start recognizing that this is happening out here.

"I'm actually the solution. I'm not looking for the solution. I'm bringing the solution into my life experience and into the experiences of others." So it's tough to drop that into a five minute conversation, but it's a simple thing that I'd like to just share with everyone. Do we have a moment for just a little experiential thing?

**Nathan: Yeah, I'd love to please.**

**Dr. Sue:** I want everyone to imagine that someone who pushes your buttons just walks in the door. We're sitting here, we're having this lovely conversation. Just imagine that the door opens and somebody who pushes your buttons walks in the door. And I guarantee some kind of physiological response just happens in your body. I also know that some of your energy gets thrown over there on to them. Now it's invisible energy and we haven't been trained as a culture to work with energy in this way, but we have to start.

We have to start to recognize that we are quantum field individuals and that we are walking around learning how to manage the quantum field in a way that serves us instead of in a way that is making us sick. So as our energy gets thrown over there just because of our story, just because of the power that we've given to this individual, our energy leaves our

individual system and jumps over there onto theirs. Notice how you feel in your body when this person walks in the door. Now I'm just going to invite you to claim your energy back; just pull it back onto your system and breath in your belly.

Now I'm going to teach you how to breathe in a way that locks it in there so that it doesn't escape so easily. But for now, just pull it back

onto you and notice that it literally can be felt when you claim it back onto yourself. You're stealthfully and visibly just calling it back. You don't have to grab a hold of it and pull it back onto you in a dramatic sort of way. It can just happen with your intention. You can practice this over the dinner

table, even though you care deeply about the person hopefully that you're having dinner with.

You can practice disempowering, empowering, putting your energy onto the object, or staying on the self on subject. So I call that exercise in my book "The Energy Codes". Inside of the book there's an exercise called subject/object/subject where we go into that in greater detail. But I just want you to know that a simple exercise of throwing your energy over there, claiming your energy back onto the self, throwing it over there, claiming it back onto here.





You can feel the difference. And you can check into that a thousand times a day. What will happen is you will start to build a more robust energy flow in your own system which will allow this environment to become more alkaline automatically, simply because you're coming home to yourself in ways that are too numerable to mention in this moment.

As a foundational practice that I have done with patients and clients for years now that have taught me that that alone started to change their awareness and their orientation of who they are in this world. To start owning it, claiming it physically, working with the energy in its raw form.

We will find that when we call that energy back onto the self, there is less of a knee jerk reaction, and that we recognize everything in its right time more easily. We breathe more calmly and we stay breathing in our bellies which draws the breath down to the lower lobes of the lungs which are highly vascularized. So we get more oxygen into the bloodstream when we stay in this deep belly breathing state.

We also activate more of the parasympathetic nerve endings because the lower lobes of the lungs are enervated with more parasympathetic fibers. When we claim back our energy and pull it back onto the self, all of that kicks in automatically. So we don't have to try to heal. We stay in the healing mode that our body is designed to be in.

The next thing I'd love to share with everyone is really why we're triggered in the first place. That's really a more important question. Not

why do you keep doing that to trigger me, but really what is it that's going on in here that's causing me to be triggered?

That I'm allowing myself to be triggered. Why am I weakened in that area? Why does this person get to me? What is it that's going on in here that causes me to be vulnerable to this type of attitude or disposition that people might present within?

So energy is supposed to run through our bodies in this fashion. The energy drops down through the body, hits the earth, rises back up through the body, comes out the top of the head, cycles the outside of the body. This is measurable bioenergetics. This is how the energy works in a toric field flow in the physical body. And it recycles, and recycles, and recycles. It's constantly being replenished.

So we're constantly flushing, and rejuvenating, and replenishing if we let it. And if we don't, something else happens. The energy drops in, hits the earth, and as it starts to rise it hits these areas where our neuro circuitry, our electromagnetic circuitry is not aligned so the pathway for the energy is compromised. Now the energy is taking the path of least resistance. When it takes that path of least resistance it picks up a wobble. When it picks up a wobble, it creates a distortion in the energy field. This is the distorted environment that the little antennas on the cells of your body are picking up on a distorted energy frequency now, and they start responding in accordance with that distortion.

They start producing chemicals of emergency distortion. We don't know what's going on,

something's not right here. The cells start producing chemicals, adrenaline and cortisol, and the next thing you know cells are burning out left and right, because they're fighting some bear that they can't even find. They certainly can't find a way to get away from the bear all because of this. Now, interestingly enough, when that person walks in the door that triggers you, you get triggered because of these gaps in the energy flow.

What I'm teaching people with "The Energy Codes" is how to close the gap. How to build a conscious stream right through the body, instead of going in alternate pathways that we learned to do if we had an overbearing parent, or we had an absent parent, or a coach that was a little too rough on us, or a teacher who made an offhanded comment that stuck with us. That starts to build this self-image that starts to generate these short circuitings, if you will, that ultimately lands us in the perfect environment for cancer or any other chronic disease condition to be generated.

The by-product of that is we end up with a diagnosis 20, 30 years later that is mysterious. It's like, "Well, where did that come from? Is it the food I'm eating? Is it that I'm not getting enough exercise? Or how did I not take care of myself?" And I promise it is insidious. Invisible behind the scenes, but not unattainable, not unmanageable, not unable to be mastered. It can be mastered. We simply have to learn how to work with the energy itself. So inside the coursework it takes a little longer than we have to teach here, but I teach people how to close that gap.

But in general, I can tell you there are some

ways that we can breathe right here in this channel to allow for cellular harmonics to happen, for coherence to occur in the vibratory field. We can generate a flowing state here overall that is supportive to this environment that we're speaking about, that epigenetics is telling us is absolutely necessary if we're ever going to overcome the idea that cancer runs in my family.



It's highly likely that one of the first questions doctors ask us is this: "Is there a history of cancer in your family?" We're infused in this belief system that just because my parents had it means I'm probably going to get that. Up-to-date real science today is telling us that is absolutely not true. It's an illusion that we were trained up in and we're all carrying it around, and we have to break it up. We have to dissolve that story.

So learning to breathe up and down through the central channel will enhance your sense of self that will keep you alkalizing your system above and beyond the foods that you eat and the thoughts that you think. Underneath all of that is an energy flow. If that energy doesn't get to flow the way it's built to flow, you will be attracted to self-sabotaging thoughts.



The energy generates an attraction to certain ways of thinking. The energy generates an attraction to cellular breakdown. It's all about the energy. That's what science is showing us. So we have to learn how to master this energy.

Working with this flow through the body, we can breathe from above the head, breathe as if there's an opening in the top of your head, breathe right down through the center of the brain, through the center of the throat into the chest, all the way into the belly. A big inhale all the way down into the belly. And then when we exhale, shooting that down into the earth and letting ourselves feel grounded and anchored to the earth. It literally soothes and integrates our energy.

Then lastly, you would take a breath up from the earth, right up through the tip of the spine into the belly, and then exhaling up through the belly through the heart, through the throat, through the center of the brain and out the top of the head. Thereby accentuating this central channel of flow. We move the energy with our breath and our consciousness. When we learn to do that, just over, and over, and over, breathing up and down this central channel in this way, always inhaling to the core and exhaling beyond the body, inhaling from beneath the body, up to the core, and exhaling out above the body.

Inhaling from above the body into the core and repeating this. It begins to carve a pathway. Now, there are some specific ways that we can learn to do this, which I enjoy teaching people and watching them thrive in their lives. But in the meantime, you can certainly use this central channel breathing to begin to

carve this pathway for a greater sense of self, which allows us to stay individuated, instead of enmeshing into our environment, and over-giving and over-trying, and dispersing our energies in such a subtle and yet serious manner. We can stop them.

**Nathan: I'd love to invite you if you wouldn't mind here in a moment, maybe guide us through a few minutes of that breathing if that's possible. Before we get into the breathing exercise, we know that a plant-based, whole foods, diverse, nutritionally dense diet will help your body to heal itself. From an energetic viewpoint, would you say that happens because those foods have that living energy that is designed to help the body heal versus eating dead processed foods that have lots of toxins in them?**

**Dr. Sue:** Definitely. If you want to have more vital force in your body you have to eat foods that have more vitality than your body does right now, if you want to up-level it. The vibrational frequency of raw fruits and vegetables is fantastic. If you were too sick in some ways to eat lots of raw, then you cook them, but you eat them cooked until you can start to eat them raw.

What we want to realize is that foods play a huge role. The only thing that is more valuable than that is the quality of the thoughts that you think which is determined by the quality of the energy that's running through your body. How is the energy running through my body? If it's running in a distorted fashion, I am attracted to distorted thinking. Thinking of angst, and anger, and frustration, and feeling victimized.

Like I don't have the power to speak into these situations that I want to. It's an illusion, but it might as well be true if we believe it to be true. And then we suppress that energy, and then we are off to the races, headed down a path that's not going to end up pretty at some point. But we can turn it around.

We just have to learn how to work with all of the things together at the same time, with the foods that we eat, the thoughts that we think, and the energy and how it's running through the body. If we can work on addressing all three of those at the same time, we are golden, we will have an impact on our come from. And it is our come from that will ultimately determine it.

In fact, I say, you're better off to eat the chocolate cake and love it than to eat the vegetables and hate them. That's how powerful your thoughts are. But I really rather you just love yourself enough to eat the foods that are going to help you flourish into a healing environment.

**Nathan: Could you guide us through that breathing technique you were just talking about? It sounds incredible.**



► [Click here to follow along with Dr. Sue's breathing exercise](#)

**Dr. Sue:** So we're teaching people how to navigate from life, from deep inside this core space. There's so many ways that we can do that and I've checked them, a whole book full of them, case studies and things that I've done that have helped people heal from cancer and all kinds of other disease conditions. I was never treating the cancer. I was treating the whole person, because it is the whole person that cancer was generated on the inside of. I'm more interested in the person than I am in the cancer. The cancer would heal as a by-product of the wholeness revealing inside the system.

Again, we are capable of healing no matter what our diagnosis is and no matter how frightening it is, or how afraid we were the moment that we heard the diagnosis which just caked another layer on top of the fear that was already there. The fear came from not having a strong enough sense of self. And you my friends can cultivate that, one breath at a time.

Time's going to pass. It might as well be in your favor. Let's build some circuits and get this happening in the way that we were supposed to. We are destined for greatness. And I have seen far too many times to question it that the diagnosis of cancer actually cultivated someone's awakening into their greatness and their ability to heal themselves, and so much more so.



Nathan: I know you have a lot of great tools for people in your book, on your website, in your courses, so I want to share your website with people: [drsueemorter.com](https://drsueemorter.com).

I want to say, Dr. Sue, thank you so much for the great work you do and bringing in the science, bringing the practicality, bringing in your many years of experience and helping to make it so hands-on, and experiential for people. I just want to honor you and thank you so much for sharing your time with all of our audience.



# 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](https://NathanCrane.com)