



Conquering Cancer Digest

BY NATHAN CRANE



Should You Exercise During Cancer Treatment?

It's widely accepted within the medical field that exercise reduces the risk of ever getting cancer or heart disease. But once a person is diagnosed with cancer, many doctors have typically advised their cancer patients to take it easy while being treated for cancer.

New research, however, is challenging that advice.

Multiple studies have found that exercise – even during treatments – can have long-term benefits, especially for reducing heart-related complications down the road. Lee Jones, PhD, is an exercise scientist and Director of the Exercise-Oncology Research Program at Memorial Sloan Kettering Cancer Research Center. Dr. Jones has been advocating exercise for cancer patients for over a decade. He frequently presents his findings at medical conferences to alert doctors to the benefits of physical activity for cancer patient who are actively going through treatment.

Heart disease is the leading killer of women with early-stage breast cancer, especially for those who are five years beyond their initial diagnosis.

You may be surprised to learn that heart disease is the biggest risk for women with early-stage breast cancer, not cancer. That's because the cancer treatments themselves (e.g., cancer drugs, chemotherapy, targeted therapies) can cause cardiovascular issues both during treatment and down the road.

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Jones has led a number of clinical trials on the benefits of physical activity along. One study followed 3,000 women with early-stage breast cancer. The researchers assessed exercise levels in the women and then followed them for approximately 9 years, looking at the incidence of cardiovascular disease.

The good news is that Jones' team found that women who exercised regularly had a much lower risk of heart failure and heart disease and the more they exercised the better they fared. The even better news is that simple walking was effective.

“The level we found to be protective wasn’t boot camp, wasn’t women running marathons, and wasn’t as high as some people might think,” said Dr. Jones.

“I think people equate walking with low levels of physical activity, but that’s not right. The main message here is that more and more data are showing the increasing importance of exercise after a breast cancer diagnosis – a treatment that not only might help patients better tolerate their cancer treatments but also may reduce the long-term consequences of that treatment.”

Women who exercised 30 minutes a day, five days a week (the national recommendation for all Americans, with or without cancer) saw a 21% decrease in cardiovascular disease risk. Women who worked out for an hour a day, five days a week saw a 35% reduction. Women who were active 30 minutes a day, three days a week, had a 10% reduction compared with women who weren’t active at all.



Bonus Download

[Click here](#) to download my recommended “Medicinal Movement” workout schedule. If you haven’t been exercising regularly, please follow the usual advice to check with your doctor first and start slow if you’re a beginner.



Exercise Proven to Reduce the Risk of 6 Types of Cancer

According to 2021 research published in the journal *Molecular Oncology*, “strong and consistent evidence” demonstrates that higher levels of physical activity reduces the risk of 6 different cancer sites:

- Bladder
- Breast
- Colon
- Endometrial
- Esophageal adenocarcinoma
- Gastric cardia

In addition to these 6 cancers, there’s “moderate evidence” that physical activity helps ward off lung, ovarian, pancreatic, and renal cancer, and “limited evidence” for prostate cancer.

Your takeaway? Exercise is one of your best tools to prevent cancer!

Source: <https://pubmed.ncbi.nlm.nih.gov/32741068/>



How to Use Self-Hypnosis Alongside Your Cancer Treatment

BY MARISA PEER

Getting a cancer diagnosis is a scary and deeply destabilizing experience. There can be a mix of intense emotions – from fear, anxiety, and helplessness, to grief, worry, and even shame that getting cancer is somehow your fault.

that this is not an either/or scenario. There is loads of research that suggests the thoughts we repeatedly think affects our external realities and outcomes, including our physical health.

I know this firsthand because I've experienced receiving a cancer diagnosis twice. Initially, I went through the stages of shock and disbelief, of worrying why this had happened to me, of wondering what I'd done wrong.

But then I remembered: I've spent 30+ years in my career as a hypnotherapist studying the rules of the mind. I had all the tools and training to figure out how to get to the other side of this cancer battle and take control of my life by harnessing the power of my mind alongside my medical treatment.

Perhaps for some people, hearing that you can use hypnotherapy to help treat cancer sounds silly. Chemotherapy and radiation treats cancer, they might say, not thinking happy thoughts. But I urge you to consider

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If you're unfamiliar or wary of the concept of self-hypnosis, think of it as similar to going into a meditative state.

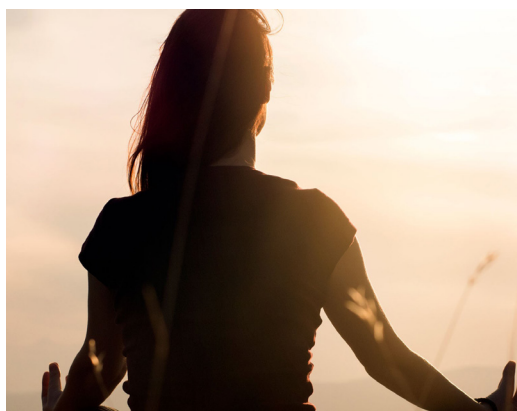
Harnessing the power of the mind in your fight against cancer is not about forgoing medical treatment. It's about setting yourself up for the best possible chances of success by coupling your medical treatment with powerful self-belief gained through practices like self-hypnosis.

If you're unfamiliar or wary of the concept of self-hypnosis, think of it as similar to going into a meditative state. Your mind becomes clear and open, ready to take on suggestions and let in positive beliefs that will permeate throughout your life.

Here are three ways you can use self-hypnosis and meditation if you're dealing with a cancer diagnosis. You can couple these principles with the free guided self-hypnosis for cancer audio that is attached to this newsletter.

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Use Self Hypnosis to Stay Motivated



You can use self-hypnosis to encode these lifestyle changes and new habits into your daily life, and make them feel effortless and productive, rather than tiring and draining.



In addition to getting the best medical treatment for your situation, there are many lifestyle changes you can undertake when you gain a cancer diagnosis that can help in your journey. These might include:

- changing your diet to eliminate sugar and glucose
- researching which supplements may be helpful for your condition
- eliminating chronic stressors from your life if you can
- removing any potential carcinogens or hormone disruptors from your daily life, such as personal products that contain parabens

However, some of these things take effort to stick to – especially when you’re exhausted from dealing with cancer and treatment. Hypnosis and meditation can help you stay motivated to stick to these lifestyle changes. It can make you feel empowered to make rational and informed decisions and to advocate for yourself – rather than to merely accept the diagnosis or prognosis you’ve been given.



Use the Power of Visualization to Enhance Your Treatment

A lot of people are understandably terrified of going through chemotherapy, radiation therapy, or a surgery. Whatever therapy route you choose to take, you can listen to hypnotherapy audio to help instill the belief that your body will sail through this treatment, will stay strong, and will kill off the cancer cells while inviting your own healthy cells to bounce back.

The belief that you will get through an illness has a huge effect on your body's willingness to fight it. Just look at the placebo effect – our body has amazing healing powers when it believes it will get better.

So harnessing the power of your mind through hypnosis to strengthen your belief in your medical treatment can really help boost its efficacy.

When I got cancer I went from being fearful to being immensely grateful that I had cancer of the womb. After all, I'd already had a child, and I didn't need that part of me anymore. So I let it go – I didn't fight it.

Before I had my womb removed, I knew there was a risk that during surgery some of the cancer cells would remain and continue growing post-surgery. So through the power of visualization I imagined my womb like a fortress. I imagined it wrapped in clingfilm so as it came out no cancer cells could remain.

It's important to keep these visualizations as specific, evocative, and detailed as possible. That is where hypnosis' real power comes from. It comes from giving your mind detailed instructions that your body then follows through on. Imagine yourself healed and healthy – what would that look like?



03

Use it to Shape Your Language

I understand that the language we use around cancer can be a touchy topic. Some people really don't like framing it as a "fight" or a "battle" whereas other people find that framing helpful.

Of course, it's everyone's prerogative to decide how they want to talk about their cancer diagnosis and treatment, and so everyone should choose what's right for them. However, **I urge you not to waste the power of the language you choose.** As mentioned above, hypnosis teaches us that our mind responds to specific instructions. If we merely say "I'm doing my best to get through this" that may not be the strongest set of instructions for your mind and body to enact.

Keep your language consistent, affirmative, and in the present tense.

If "waging a battle" against cancer doesn't feel right to you, then maybe you can talk about yourself running a marathon to return to optimal health. You are training for the marathon with the top experts and you have the best gear. You're cheering yourself on and you're digging deep to find strength within.

The more you can tie your language to powerful imagery, the more your mind will follow that suggestion. I told myself over and over again that my body was a wellness-making machine – that it did wellness and only wellness all the time. It worked very well for me and I would love you to use that same metaphor on yourself.

Remember: Your mind influences your body and you have vast abilities to influence your mind all the time. Don't limit yourself!

About Marisa Peer

An internationally award-winning, qualified hypnotherapist with advanced certificates in hypnotherapy from the Hypnotism Training Institute of Los Angeles, Marisa Peer has completed additional studies in hypno-healing, advanced hypnotherapy, medical hypnotherapy, and Gestalt Analysis.

Having undertaken further studies at the Proudfoot School of Hypnotherapy and Psychotherapy and the Atkinson Ball College of Hypnotherapy, Marisa has dedicated the last three decades to researching, testing, and applying the most beneficial principles of Hypnotherapy, Psychotherapy, NLP, CBT, and Neuroscience.



Bonus Download

Marisa Peer's "Dealing With Cancer" self-hypnosis audio has been specifically recorded to help your mind and body manage the anxiety and pain associated with cancer. It also helps to promote healing, positivity, and reduce anxiety during your cancer treatment.

This 30-minute self-hypnosis session will guide your mind and body into a state of healing. Marisa's words will take you deep into hypnosis and begin to create powerful new pathways in your mind to help you fight cancer.

Use the coupon code to download the audio for free directly from Marisa's website (\$49 value):
<https://shop.marisapeer.com/products/dealing-with-cancer>

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Picking the Best Green Tea for Cancer Prevention

BY NATHAN CRANE

People have been brewing green tea for over 5,000 years. In early times, green tea was only available to the very wealthy. Today, it's a popular beverage for people from all walks of life. In fact, tea is the second most consumed beverage in the world after water!

How Is EGCG Beneficial for Cancer?

Green tea contains EGCG which is well-recognized for its many health benefits, including for cardiovascular health, weight loss, diabetes, and cancer. Other benefits include reduced dental plaque and stimulating the growth of beneficial gut bacteria.

Based on the results from multiple studies, the National Cancer Institute lists drinking tea as a way to prevent cancer. Their website states that EGCG and tea demonstrates "substantial free radical scavenging activity and may protect cells from DNA damage caused by reactive oxygen species. Tea polyphenols have also been shown to inhibit tumor cell proliferation and induce apoptosis in laboratory and animal studies."

In other laboratory and animal studies, tea catechins have been shown to inhibit angiogenesis and tumor cell invasiveness. In addition, tea polyphenols may protect

against damage caused by ultraviolet (UV) B radiation, and they may modulate immune system function.

Furthermore, green teas have been shown to activate detoxification enzymes, such as glutathione S-transferase and quinone reductase, that may help protect against tumor development."

As the Institute's reference to tumor-size reduction, angiogenesis (cutting off of tumor blood supply), and apoptosis (programmed cell death) indicates, **EGCG isn't just to prevent cancer... but can also be considered a cancer killer.**

Black, White, Green...What's the Difference?

Green, black, and white tea all come from the same plant – *Camellia sinensis*. The difference comes from when the leaves are picked and how they're processed. (Green tea leaves are lightly steamed after picking.)

Of all the tea types, green tea is the best source of EGCG which stands for Epigallocatechin-3-gallate. This is a type of catechin (one of several bioactive compounds found in plants, known as polyphenols).



Is Decaffeinated Green Tea Just as Good for You?

A cup of regular green tea contains around half to a third of the caffeine as a cup of coffee. Decaffeinated green tea has received mixed results in studies in terms of conferring health benefits.

However, it appears that *how* the tea is decaffeinated plays a big role in whether or not the beneficial antioxidants are lost or retained. Chemical processes can strip antioxidants from the tea leaves, while a natural water process retains more of the nutrients.

Tips for Choosing the Best Green Tea Products

There are many products available commercially that claim to contain green tea or green tea extracts. Generally speaking, the highest concentration of polyphenols (thus EGCG) is in hot brewed tea although some EGCG supplements also contain significant amounts.

As with everything, quality is a factor in efficacy. Neither the FDA nor any federal agency tests green tea or supplements, so it pays to do your own research and stick to certified organic products from companies you trust.

ConsumerLabs.com has conducted a number of tests on green tea products and rates them based on the cost per 50 mg of EGCG. In their latest review, they tested 16 brands and gave the highest marks to:

- Jade Leaf Organic Japanese Matcha
- Trader Joe's Organic Green Tea
- SuperFoods Matcha Green Tea Powder
- Pique Tea Crystals Jasmine

For green tea (EGCG) supplements, they tested six brands with these two supplements faring far better than the others in terms of potency:

- Vitacost Green Tea Extract (1 capsule)
- NOW ECGc (1 capsule)



The 4 Best Types of Green Leaves for Fighting Cancer?

Just as there are different varieties of grapes, apples, and other fruits, there are also different varieties of green tea. The Beljanski Foundation is a non-profit organization that supports research into non-toxic cancer therapies. According to the work of Dr. Mirko Beljanski, the four most effective types of green tea against cancer cell lines are:

- Gunpowder
- Dragonwell
- Green Ceylon
- Bi Lou Chun



Nathan Recommends

Maison Beljanski sells three different flavors of OnkoTea® blends which each use these four most beneficial types of green teas.

And best of all they taste great too!



Concerns & Considerations

When Drinking Green Tea

Most of the benefits from green tea consumption tend to come when people are drinking 3-5 cups per day. As mentioned above, green tea does contain caffeine which can be a problem for some people, especially if taking medications that are MAO inhibitors.

Green tea can also have an effect on certain medications when consumed in substantial quantities. Check with your doctor or pharmacist about any contraindications.

Poor quality teas grown in industrial areas may contain heavy metals such as lead. Look for organic products from reliable sources such as Maison Beljanski.

There is a slight risk of liver injury if taking excessive amounts of green tea (this is more likely to occur with supplements). The risk is lowered by taking with food versus on an empty stomach.

Green tea can also impact iron absorption, so it may be best to avoid drinking green tea for at least one hour after an iron-rich meal.

Last but not least, avoid teabags made from plastic material which can release microplastics into your tea. Buy loose tea that you can steep yourself (avoiding plastic steeping tools) or look for tea sold in unbleached paper teabags.



What Is Matcha?

Matcha is a type of green tea that is made exclusively in Japan using techniques that are over 800 years old.

The tea plants are grown in the shade, hand-picked to remove the stems, lightly steamed, and then placed in cold storage to dry and mature. Once dry, the leaves are ground into a fine powder.

You may see “green tea powders” exported from Korea and China, but they’re not “true” matcha unless they’re made in Japan following the traditional manner.

According to a 2003 study, matcha green tea powder can contain anywhere from 3 to 137 times the EGCG of regular green tea.

Brewing the perfect cup of green tea

Use around 1 teaspoon (2 grams) of loose tea for every 6 ounces of water.

Be sure to use filtered water and heat the water to 160°-180°F (71°-82°C) which is just short of boiling.

Pour the water over the leaves and allow to steep for 3-5 minutes.

IMPORTANT: Drinking very hot tea (or other beverages) is associated with an increased risk of esophageal cancer and should be avoided.



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Dr. Fuhrman's Anti-Cancer Soup

In this classic Dr. Fuhrman soup, the onions, leeks, and kale are blended prior to cooking to break down the plant cell walls, releasing enzymes that activate potent anti-cancer compounds.

Directions

Place the soaked, drained adzuki beans in a large soup pot and add 4 cups of water along with the carrot and celery juices. Bring to a boil, then reduce heat to a simmer. Add whole zucchini to the pot.

In a small, separate pot, bring the split peas and 1 cup of water to a boil. Reduce heat and cook for 30 minutes or until tender.

While the beans are cooking, place the quartered onions and a small amount of the soup liquid in a high-powered blender and blend to a puree. Add onion puree to soup pot.

Cut the leek in half lengthwise and separate the layers. Rinse well to remove dirt. Place in the blender along with a small amount of the soup liquid and blend to a puree. Add leek puree to soup pot.

Ingredients

- 1/2 cup dry adzuki beans, soaked overnight in water and then drained
- 4-6 medium zucchini
- 1/2 cup dry split peas
- 5 cups water, divided
- 4-6 cups carrot juice, freshly juiced or purchased
- 2 cups celery juice, freshly juiced or purchased
- 4 medium onions, outer paper layer removed and quartered
- 3 leeks, root and 1-2 inches of green top removed
- 1 bunch turnip greens or other cruciferous greens, trimmed and coarsely chopped
- 1 bunch bok choy or other cruciferous greens, trimmed and coarsely chopped
- 1/4 cup raw cashews
- 1/4 cup hemp seeds
- 5 ounces fresh shiitake mushrooms, chopped
- 5 ounces other mushrooms such as cremini, white, oyster or lions mane, chopped
- 1-2 tablespoons nutritional yeast
- 1-2 tablespoons Dr. Fuhrman's VegiZest Salt-Free Seasoning (or other no-salt seasoning blend, adjusted to taste)
- 1 teaspoon Mrs. Dash Salt-Free Seasoning or 1/4 teaspoon black pepper

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Dr. Fuhrman's Anti-Cancer Soup

Directions (cont)

Place the turnip greens and bok choy in the blender with a small amount of cooking liquid and blend to a puree. Add to the soup pot.

Remove zucchini with tongs and place in the blender along with a small amount of the soup liquid, cashews and hemp seeds and blend to a puree. Add back to soup pot.

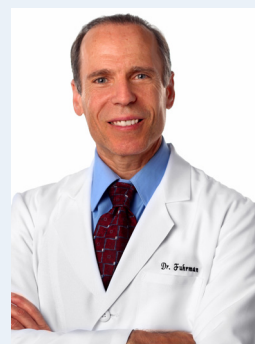
Add chopped mushrooms to the soup pot.

When split peas are cooked, add them along with their cooking liquid to the blender. Puree and add to soup pot.

Stir in the nutritional yeast, VegiZest and Mrs. Dash and cook until adzuki beans are tender (about 2 hours total bean cooking time).

Joel Fuhrman, M.D.

is a board-certified family physician, nutritional researcher and six-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* and *Quick and Easy Cookbook* and *Fast Food Genocide*.

Nutrition Info

Calories per serving 266, Protein 14 g, Carbohydrates 46 g, Sugars 15 g, Total Fat 5.1 g, Saturated Fat 0.7 g, Cholesterol 0 mg, Sodium 199 mg, Fiber 11 g, Beta-Carotene 17298 ug, Vitamin C 100 mg, Calcium 266 mg, Iron 4.8 mg, Folate 295 ug, Magnesium 157 mg, Potassium 1573 mg, Zinc 2.9 mg, Selenium 6.1 ug



Medicinal Mushrooms: Cancer Destroyers You Can (and Should!) Consume Daily

BY NATHAN CRANE

Mushrooms contain a truly astonishing array of some of the most powerful medicinal compounds found in nature. These compounds were designed to help mushrooms defend themselves against their enemies¹ and **can help your body ward off some of today's most serious diseases.**

Many of these compounds have been found to have powerful antioxidant and anti-inflammatory properties. Promisingly, they appear to minimize our risk for:

- cataracts
- age-related macular degeneration
- cardiovascular diseases
- diabetes
- Alzheimer's disease
- Parkinson's disease
- cancer

What's more, these bioactive compounds typically cause us humans very little harm – even at high doses.

Medicinal mushrooms contain hundreds, if not thousands, of complex carbohydrate compounds known as polysaccharides.¹ Beta glucans, which are made up of long chains of D-glucose, are a typical example.

Along with lowering diabetes and cardiovascular disease risk, beta glucans also significantly enhance our immune system's ability to fight cancer. Triterpenoids, another class of bioactive compounds found in medicinal mushrooms, directly attack and kill cancer cells, along with strengthening immunity.

What is Inflammation?

Inflammation consists of a series of processes carried out by our immune system to protect us from the consequences of injuries or infections. Inflammation is meant to be a controlled, limited, and short-term or “acute” response.² The goal of inflammation is to bring white blood cells and various immune-related proteins to the site of injury or infection. This triggers a series of events that work to rapidly remove the original cause of the problem, so that healing and repair can begin.²



Many health experts agree that chronic inflammation is the “X” factor underlying a wide range of disease conditions, including many types of cancer.⁴

Unfortunately, when inflammation keeps going and turns into long term or “chronic” inflammation, it damages our health. In chronic inflammation, the same processes happen as in acute inflammation, except now they persist when they are no longer needed. For instance, white blood cells arrive and flood the problem area as before. But now they overstay their welcome and end up out of control, attacking nearby healthy tissues and organs.³

In other words, our body’s inflammatory processes, when uncontrolled, activated improperly, or left unresolved for a long time, **act like a slow-burning fire that damages our health.**²

Highly unstable, reactive chemicals known as free radicals can also trigger inflammation.^{5,6} Free radicals are made in our cells every day. Fortunately, we have innate antioxidant enzymes in our body, which neutralize free radicals before they can do any harm. **As long as free radical production is kept under control, we remain healthy.**

Unfortunately, free radical production ramps up significantly when we're exposed to automobile and industrial exhaust, cigarette smoke, and other forms of pollution. When our innate antioxidant enzymes are no longer able to cope with the amounts of free radicals being made, our cells experience an unhealthy condition known as oxidative stress.

Oxidative stress damages the outer protective membranes of our cells as well as the proteins, fats, and DNA inside them, along with triggering inflammation.⁵⁻⁸

Some medicinal mushrooms trigger pro-inflammatory, anticancer properties in immune cells, while others directly attack and kill cancer cells.



The Best “Medicinal” Mushrooms to Fight Cancer

All edible mushrooms – even the common button mushroom found in every grocery store – has benefits for cancer prevention. So-called “medicinal” mushrooms are types of mushrooms that have been used therapeutically in folk medicine and traditional medical systems. Some are also popular culinary mushrooms, while others are taken only as supplements.

Mushrooms can potentially benefit our health in multiple ways. Many of them contain an astonishing variety of antioxidant compounds. Some also enhance the activities of our innate antioxidant enzymes, including superoxide dismutase (SOD), catalase, glutathione-S-transferase, and glutathione peroxidase.

Here Are 7 of the Most Studied Medicinal Mushrooms:



#1. Chaga (*Inonotus obliquus*)

Chaga has been used for centuries as a traditional folk therapy in Russia and other Baltic countries.⁹⁻¹¹ Some of Chaga's bioactive compounds have antioxidant properties,¹¹ while others have been shown to restore levels of innate antioxidant enzymes.¹² Chaga also has powerful anti-inflammatory properties.^{11, 13, 14}

Multiple studies confirm Chaga's effectiveness when tested on human cancer cells^{18, 19} and animal models of cancer.²⁰ For instance, Chaga prevented proliferation of human liver cancer cells, without affecting non-cancerous cells.

Approved as an anticancer drug in Russia back in 1955, Chaga has reportedly been successful in treating breast, stomach, cervical, and lung cancers.¹⁵

Similarly, Chaga has been shown to prevent the growth of skin, lung, breast, colon, and cervical cancer cells in laboratory experiments.^{15, 21-25} Betulinic acid, derived from betulin, a bioactive compound found in Chaga, has been shown to kill skin cancer cells, again without harming normal cells.^{26, 27}



#2. Cordyceps (Cordyceps sinensis)

This bizarre and extremely rare combination of a mummified caterpillar and a fungus has long been a part of traditional Chinese and Tibetan medicine.²⁸⁻³⁰ Found at very high altitudes in the Himalayas, on the Tibetan plateau, and other high-altitude locations around the world, Cordyceps and its mummified host are known to contain over 200 bioactive compounds, including cordycepin.³¹

Polysaccharides in Cordyceps have been shown to raise the levels of innate antioxidant enzymes, along with increasing total antioxidant capacity.³² A review of nearly 800 studies shows that cordycepin is a potent suppressor of cellular inflammation.³³ Cordyceps also enhances overall immune system activity.³²

Best of all, Cordyceps was shown to be selectively toxic for cancer cells, without affecting normal cells. Bioactive components in Cordyceps, including cordycepin, have shown potent antitumor activity in oral, prostate, breast, liver, and colorectal cancers, as well as lymphomas, melanomas, and neuroblastomas.³⁴⁻³⁸





#3. Lion's Mane (*Hericium erinaceus*)

Lion's Mane is a delicious edible mushroom with a long history of use in traditional Chinese medicine for stomach ailments, including gut cancer.^{39, 40} It contains a wide range of potent bioactive compounds and has been shown to neutralize free radicals, thereby preventing oxidative stress.^{39, 41, 42}

Lion's Mane was seen to enhance various aspects of the immune system^{43, 44} and reduce, or prevent, the rapid growth of many types of cancer cells.⁴⁵⁻⁴⁸

Lion's Mane also blocks cancer cell migration from their site of origin to other areas of the body, a deadly and often fatal process known as metastasis.⁴⁹





#4. Reishi (*Ganoderma lucidum* / lingzhi)

Used for over 2,000 years by sages and shamans, Reishi has a reputation for relaxing and fortifying both mind and body. This mushroom holds an important position in the traditional medicinal systems of China, Japan, and Korea.⁵⁰⁻⁵²

Reishi is known to contain more than 100 distinct polysaccharides, including beta glucans. It also contains over 100 triterpenoid compounds with antioxidant and anti-inflammatory properties. Reishi's well-known anti-aging properties are likely related to its ability to inhibit free radical formation and activity, thereby reducing or preventing oxidative stress.^{53, 54}

Reishi also lowers inflammation.⁵⁵⁻⁵⁷ In fact, Reishi compares very favorably to synthetic corticosteroid drugs that are used to treat inflammatory diseases, autoimmune diseases, and some types of cancer. However, **unlike synthetic corticosteroid drugs, Reishi has no significant adverse effects.**

Reishi stimulates the production of immune cells, as well as immune-signaling compounds.⁵⁸ In a laboratory study, Reishi polysaccharides were seen to suppress the rapid growth of leukemia cells by enhancing immune system activity.⁵⁹ Even better, treatment with **Reishi polysaccharides enhanced immune function in advanced stage cancer patients.**⁶⁰

Reishi's triterpene compounds have also been shown to be directly toxic to cervical, breast, and lung cancer cells.⁶¹⁻⁶³ And in patients with colorectal cancers known as adenomas, daily consumption of a water-soluble Reishi extract for 12 months significantly lowered overall adenoma size.⁶³

Consumption of a powder made from Reishi spores was seen to have beneficial effects on cancer-related fatigue and quality of life in breast cancer patients, without any significant adverse effects.⁶⁴

#5. Shiitake (*Lentinula edodes*)

Shiitake is native to Japan, Korea, and China, and is one of the best-studied medicinal mushrooms around.^{65, 66} Both fresh and dried forms of Shiitake are common ingredients in East Asian cooking and can be found in many grocery stores in North America. Shiitake is enriched in many bioactive compounds, including the polysaccharide beta-1,3 glucan known as Lentinan, which has potent antioxidant and anti-inflammatory properties.^{67, 68} Other bioactive compounds have been shown to enhance the activity of innate antioxidant enzymes, while also lowering levels of many naturally occurring pro-inflammatory compounds.⁶⁹

In a laboratory study, **Shiitake was seen to enhance immunity and kill breast cancer cells, without affecting healthy cells.**⁷⁰ Shiitake strengthens many aspects of the immune system.^{66, 71, 72} For instance, in a small clinical study,⁵² healthy young participants were given 5-10 grams (g) of whole, dried Shiitake mushrooms daily for 4 weeks. This diet boosted both the numbers and activity of their immune cells, improved gut immunity, and reduced overall levels of inflammation.⁷³

Lentinan has been shown to improve the quality of life and extend survival in patients with esophageal, stomach, prostate, colorectal, pancreatic, and liver cancers, when used in combination with standard anticancer therapies.^{71, 73}

Supplementing standard anticancer therapies with Lentinan prolongs survival in patients with advanced gastric cancer, when compared to chemotherapy alone – which is why **Lentinan has been approved as a complementary therapy for the treatment of gastric cancer in Japan.**⁷⁴ Similarly, in a small trial of 36 patients with liver cancer, the consumption of food containing lentinan (beta-1,3 glucan) dramatically increased their survival times. The longer they consumed lentinan-containing food, the longer they survived.⁷⁵

Every strand of DNA in our body's cells is equipped with built-in protective caps known as telomeres, which prevents DNA strands from unraveling. As we grow older, our telomeres gradually shorten because the enzyme responsible for maintaining telomere integrity – known as telomerase – gets less active with age. This is a major factor contributing to aging.

Telomerase activity in cancer cells is much higher than in normal cells, which is one of the reasons why cancer cells spread and metastasize so rapidly. **Lentinan has been shown to block telomerase expression, slowing down the rapid growth of cancer cells.**⁷⁶ Lentinan also helps to heal DNA damage caused by toxic anticancer therapies.





#6. Turkey Tail (Trametes / Coriolus versicolor)

Brewed for thousands of years as a medicinal tea in China, the Turkey Tail mushroom has been shown to contain beta glucans, a protein-bound polysaccharide known as polysaccharide K (PSK, brand name Krestin), another protein-bound polysaccharide known as polysaccharopeptide (PSP), and many other biologically active ingredients.⁷⁷

Promisingly, this multi-colored fungus has been shown to prevent cancer formation and growth, along with strengthening the immune systems of cancer patients that have been weakened as a result of toxic anticancer therapy.^{77, 78} For instance, Turkey Tail boosted immune cell activity in women with breast cancer after they underwent radiation therapy.⁷⁹

PSK, or Krestin, is widely used in Japan as a complementary immunotherapy for many cancers, including lung cancer. PSK has been shown to reduce cancer recurrence in patients with stomach and colorectal cancer after chemotherapy and increase their chances of disease-free survival.⁷⁷ In a systematic review, **15 out of 17 studies showed that PSK directly prevents tumor growth and cancer cell metastasis to other areas of the body, along with enhancing immunity.**⁸⁰ This review also showed that survival in lung cancer patients was noticeably better after PSK treatment. And that's not all – immunity, blood functions, body weight, and tumor-related symptoms such as fatigue and anorexia were all seen to improve in lung cancer patients treated with PSK.⁸⁰

PSP appears to fight cancer by enhancing our body's own use of immune cells that attack cancer cells. PSP reduces treatment-related adverse side effects in cancer patients, such as fatigue, loss of appetite, nausea, vomiting, and pain, while also healing their weakened immune systems.⁸¹ PSP was seen to target cancer stem cells and prevent tumor formation in a mouse model of prostate cancer.⁸² And while other compounds were at most 70 percent effective, PSP prevented prostate tumors from developing 100 percent of the time, without any apparent side effects.



#7. Maitake (*Grifola frondosa*)

Maitake has long been used in Japan and China both as a traditional food and as medicine. Maitake polysaccharides enhance innate antioxidant capacity and boost immunity,⁸³ along with preventing tumor growth.⁸⁴ Similarly, Maitake extracts protect against inflammation,⁸⁵ inhibit cancer cell growth,⁸⁶ and prevent migration of colon cancer cells to the lungs.⁸⁷

In a small study, a combination of a Maitake fraction containing beta-1,6 glucan and powder of whole Maitake was given to stage II-IV cancer patients⁸⁸. Cancer reduction or significant improvement in symptoms was observed in:

- 58.3% of liver cancer patients
- 68.8% of breast cancer patients
- 62.5% of lung cancer patients

Furthermore, when Maitake was consumed along with chemotherapy, **overall immune cell activity was seen to be greater relative to chemotherapy alone**. Rapidly dividing bone marrow cells are very vulnerable to anti-cancer chemotherapy, which typically leads to bone marrow toxicity. Promisingly, a beta-glucan containing extract of Maitake was seen to greatly benefit bone marrow recovery after chemotherapy.⁸⁹



Concerns & Considerations When Consuming Medicinal Mushrooms

First of all, it's not a good idea to harvest mushrooms yourself, as many of them are very poisonous. There are so many varieties, species, and sub-species that resemble each other that a simple mistake could potentially result in severe consequences or even death for you and your loved ones.

You should also consult with a qualified healthcare practitioner before taking mushroom supplements if you are currently on any medications — especially blood thinning and blood sugar lowering medications.

Cordyceps preparations or supplements are not recommended if you have been diagnosed with acute myeloid leukemia (AML) or chronic myeloid leukemia (CML).

Consult your physician before taking supplements containing Reishi if you have been prescribed immunosuppressants. Some side effects have been reported with Shiitake consumption, including inflammation of the skin, increased skin sensitivity to sunlight, abnormally high levels of certain white blood cells, upset stomach, and pneumonia caused by hypersensitivity to spores.

Passage of dark colored stools, darkening of fingernails, and low-grade blood and gut toxicities were reported when Turkey Tail was used in combination with chemotherapy drugs, although such side effects are believed to be relatively rare.

Nathan Recommends

If eating mushrooms daily is a challenge for you, there are many mushroom supplements available.

One of my favorites is 7M+ from Organixx. It's a blend of all 7 of the mushrooms mentioned in this article. Best of all, the mushrooms are USDA certified organic and the supplement is 3rd-party tested for pesticides, glyphosate, and heavy metals – all critical to avoid when healing from or preventing cancer.

The mushrooms are also fermented to make the nutrients more bioavailable (more easily absorbed by your body) and it comes with a 1 year money-back satisfaction guarantee.

[LEARN MORE ABOUT 7M+ HERE](#)





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Greens, Beans and Mushroom Stew

BY DR. JOEL FURHMAN

Substantial and delicious, this plant-based stew is packed with all the right stuff. Fennel seeds and a hint of cumin and cayenne contribute to its exceptional flavor.

Directions

Heat 1/8 cup water and water saute onions, garlic, carrots and celery until starting to soften. Add mushrooms and continue cooking until liquid is evaporated.

Add lentils, vegetable broth, chopped tomatoes, tomato paste, paprika, cumin, fennel seed, black pepper, and cayenne pepper. Simmer covered until lentils are tender and most of the liquid is absorbed, about 25 to 30 minutes, adding green pepper during the last 10 minutes of cooking. Add greens and vinegar and cook until greens are wilted.

If stew appears too dry, add additional water or vegetable broth.

PER SERVING:

Calories 320, Protein 21 g, Carbohydrates 58 g, Sugars 9 g, Total Fat 1.5 g, Saturated Fat 0.2 g, Cholesterol 0 mg, Sodium 173 mg, Fiber 25.2 g, Beta-Carotene 5517 ug, Vitamin C 74 mg, Calcium 167 mg, Iron 7.4 mg, Folate 444 ug, Magnesium 127 mg, Potassium 1548 mg, Zinc 4.3 mg, Selenium 21.9 ug

Ingredients

- 1 1/2 cups chopped onions
- 3 cloves garlic, chopped
- 1 cup chopped carrots
- 1 cup chopped celery
- 5 cups assorted mushrooms (button, portobello and/or shiitake), chopped
- 2 cups brown lentils
- 5 cups low-sodium or no-salt-added vegetable broth
- 3 cups chopped tomatoes
- 1/4 cup tomato paste
- 2 teaspoons paprika
- 1 1/2 teaspoons cumin
- 2 teaspoons fennel seed
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 cup chopped green bell pepper
- 10 ounces Swiss chard, collards or mustard greens, tough stems removed and then chopped
- 1 tablespoon cider vinegar

Why Keeping Your Vitamin D Levels High Can Help Protect Against Both Cancer & COVID

BY NATHAN CRANE



You may have heard about the benefit of keeping your vitamin D levels high for helping to minimize the negative effects of COVID. But even before the pandemic, multiple studies had already demonstrated the importance of vitamin D for protection against respiratory tract infections and better cancer outcomes.

A meta-analysis published in the *British Medical Journal* (BMJ) in 2017 examined data from over 11,000 participants from 25 randomized, double-blind, placebo-controlled trials. This review concluded that **vitamin D2 or D3 supplementation protected against acute respiratory tract infections**. The researchers noted that patients with very low vitamin D levels (i.e., less than 10 ng/mL or 25 nmol/L) gained the most benefit from supplementation.

Another meta-analysis published the same year in the *British Journal of Cancer* analyzed the data from over 44,000 cancer patients in 64 studies. The researchers concluded that **"higher 25OHD (25-Hydroxyvitamin D) concentration is associated with better cancer outcome."**



Do You Know Your Vitamin D Level?



If you aren't having your vitamin D levels checked on a regular basis, speak to your healthcare provider about getting this simple blood test known as 25-hydroxy-vitamin D (25[OH]D).

Just be aware that as with many health markers, what level of vitamin D you should be aiming for varies widely depending on who you ask.

In 2011, the Endocrine Society announced that "Based on all the evidence, at a minimum, we recommend vitamin D levels of 30 ng/mL, and because of the vagaries of some of the assays, to guarantee sufficiency, we recommend between 40 and 60 ng/mL for both children and adults."

Many allopathic (conventional) MDs will still consider 40-60 ng/mL (100-150 nmol/L) unnecessarily high. Most functional medical doctors and alternative medicine practitioners, however, will find that level too low, and recommend patients aim for a higher vitamin D range such as 60-80 ng/mL.

How to Increase Your Vitamin D Levels

Foods Sources of Vitamin D

While you can get vitamin D from certain kinds of fish, fish is also filled with mercury, and should be avoided to help reduce cancer risk.

That leaves us the plant kingdom when it comes to food sources of vitamin D.

While most plants don't contain Vitamin D since the body is designed to produce Vitamin D from sun exposure as its main source, there are a few well-known food sources of Vitamin D.

The 3 highest vitamin D-containing foods include:

- Mushrooms
- Fortified plant-based milks such as almond, coconut, and soy
- Tofu

3 key ways to increase your vitamin D levels:

1. Eat more foods containing vitamin D
2. Sunlight exposure
3. Supplementation



Sunlight Exposure

Most doctors and natural healthcare providers will recommend getting your vitamin D direct from nature's source – by exposing your bare skin to ultraviolet B (UVB) rays to the sun.

How much sun exposure is needed depends on many factors including how much skin is exposed, the color of your skin, and the strength of the UV rays. UV strength will be impacted by the time of day, the season, your latitude and altitude, weather conditions, and air pollution.

There are smart phone apps that can help you determine optimal sun exposure for making vitamin D. A rough guideline for late spring, summer, and early fall is to expose about 60% of your skin to the sun for:

- 15-20 minutes – light skin
- 25-30 minutes – medium skin
- 40-45 minutes – dark skin

Since this needs to be done a minimum of 3 days per week, adequate sunbathing can prove to be difficult for many people with a lack of time and a suitable space where they can expose enough skin.

Winter poses even more challenges with getting adequate sun exposure.

If you live above the 37th parallel (37 degrees latitude), then you really can't make much vitamin D from November to March when the sun is low in the sky.

A handy tool to help you visually determine the best time to get sun exposure no matter where you live in the world is to Google "the Sunshine Calendar".

Vitamin D Supplementation

Because vitamin D can be tricky to obtain through diet and sun exposure alone, many people turn to the third option – supplementation. When it comes to fighting COVID, vitamin D supplementation is a smart move.

In December 2020, over 100 (now 200+) physicians, researchers, and other experts signed an open statement recommending that ALL adults take vitamin D to combat COVID-19.

They recommend taking:

- 10,000 IU of vitamin D3 every day for 2 to 3 weeks (or reaching at least 30 ng/mL if testing)
- And then taking 4,000 IU of vitamin D3 every day continuously (or until the pandemic is over)
- A reminder here again that boosting your levels of vitamin D also aids with cancer prevention. So it's both a short-term and long-term health strategy for combatting COVID and cancer.



Did You Know?

The 37th parallel is the borderline between Utah & Arizona, Colorado & New Mexico, and Kansas & Oklahoma. If you live anywhere that's roughly north of Los Angeles, St. Louis, or Washington, D.C., then you're above the 37th parallel and need to take extra steps to get enough vitamin D.

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How to Gently Detox Every Day

BY NATHAN CRANE

Ongoing detoxification is vital for helping to reduce the toxic burden our bodies are forced to bear.

But if you've never detoxed or are currently under the weather, this is not the time to jump into a hardcore detoxification regimen. Your body needs to be stable enough to withstand the extra burden of detoxing.



Consuming organic fruits, vegetables, herbs, spices, and other "superfoods" regularly provides a gentle detox by supporting the organs of elimination. These foods also enhance immune system function and help prevent the growth of cancer cells. A win-win-win all around!

Start with adding additional herbs & spices to your meals. (Tip: organic and non-irradiated is best).

Consume more cruciferous vegetables, onions, garlic, ginger, turmeric, mushrooms, lemons, and dark colored berries (e.g., blueberries, bilberries, blackberries, and black raspberries).

Replace sugary and caffeinated beverages with organic green or matcha tea.

Anytime you can swap out processed foods in your diet for real whole foods, you strengthen your immune system which decreases your risk of getting sick.

And remember to move your body daily to activate lymphatic fluid flow so your lymphatic system can remove the toxins that are being excreted from your tissues. This is very important!

Walking, jogging, swimming, yoga, playing tennis, Qigong, rebounding, cycling, deep breathing, and lifting weights are all great examples of ways to move the body daily to stimulate lymphatic function and remove the toxins and abnormal cells from your body.

DIY Detox Bath with Essential Oils

Another gentle way to detoxify is by taking a detox bath. The following recipe is courtesy of Dr. Eric Zielinski.

Many other essential oils are also wonderful for detoxification purposes. So don't worry if you don't have lemon & lavender. Other good oils for detoxifying include ginger, peppermint, rosemary, and oregano.

The most important consideration is using pure (and ideally organic) essential oils that don't contain any toxic ingredients. Read the back label – it should only list the name of the plant(s) the oil is made from with no additional ingredients.

Inexpensive oils from the grocery store, dollar store, or drug store are usually “fragrance oils” and are not the pure plant oils that you want to use when you're trying to detoxify – especially if you're healing from cancer.

IMPORTANT: Don't soak in chlorinated water for a detox bath or you'll end up taking in as many toxins as you release! Use spring or filtered water for the optimal detoxifying experience.

Ingredients

- 1 cup Epsom Salts or bath crystals
- 1/4 cup organic Apple Cider Vinegar (ACV)
- 1 tablespoon of carrier oil (e.g., almond oil)
- 2 drops of lemon essential oil
- 5 drops of lavender essential oil

Directions

Mix the essential oils and carrier oils in a large glass or bowl.

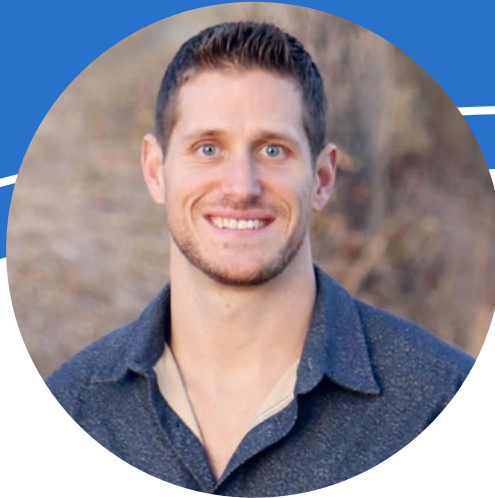
Mix in the ACV and Epsom salts.

While filling your tub with warm water, slowly pour in the mixture while the water is running.

Take time to relax and enjoy the benefits, allowing your body to soak for around 20-30 minutes.

TIP: To maximize your detoxification efforts, soak for no more than 20 minutes to prevent any toxins from being reabsorbed by the skin.

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