



Conquering Cancer™ Digest

BY NATHAN CRANE

3 Things Your Dentist Doesn't Know (or Isn't Telling You) About Dental Toxins & Cancer

BY NATHAN CRANE

When you think about what all the various causes of cancer, your teeth likely aren't what first comes to mind. But you may be surprised to learn that gum disease, fillings, and root canals are all directly linked to an increased risk of cancer.

And while your dentist and dental hygienist are most likely encouraging you to brush and floss daily (which you definitely need to do)... they likely aren't telling you or are even aware themselves of the unintended havoc that certain types of fillings and root canals can cause.

Read on for some important facts you need to know before your next visit to the dentist.



WHAT'S INSIDE

Dental Toxins & Cancer	1	Turmeric: Ancient Spice, Modern Cancer Fighter	15
DIY Non-Toxic Toothpaste & Mouth Wash	10	Creamy Cruciferous Curry Recipe	34
Apple Bok Choy Salad Recipe	14	Q&A: Energy Healing 101	35

Gum Disease Increases Your Risk of Lung & Colon Cancer

Periodontitis is the term for advanced gum disease. It's caused by bacterial infection that damages the soft tissue and bone that support the teeth. While gum disease can be painful and cause tooth loss, even more serious is that **moderate to advanced periodontitis increases your risk of certain types of cancer.**

Researchers have known for some time of the relationship between gum disease and cancer, but a recent long-term collaborative health study by university researchers from Johns Hopkins and Tufts provides additional evidence.¹

The researchers used the dental data from 7,466 participants and followed their health from the late 1990s until 2012. They found a **24% increase in the relative risk of developing cancer among participants with severe periodontitis**, compared to those with mild to no periodontitis.

The highest risk was observed in cases of lung cancer, followed by colorectal cancer, but also included other types of cancer, including pancreatic cancer. Among patients who had no teeth at all (indicative of past periodontal issues), there was a **28% increase in cancer risk.**

The research team was able to account for the impact of smoking on the results. People who smoke are more likely to get periodontal disease, and smoking raises the risk of both lung and colon cancers. They found that **people with periodontal disease who had never smoked were still at an increased risk for both lung and colorectal cancer.**

Proper oral hygiene (brushing, flossing, mouthwash, Waterpik®, etc.) is key to preventing periodontal disease which increases your risk of certain types of cancer. Unfortunately, many commercially available brands of toothpaste and mouthwash contain toxic ingredients. Check out the recipes for a safe and effective DIY toothpaste and mouthwash on page 11.

8 Warning Signs of Periodontal Disease

There are two distinct stages to periodontal disease: **gingivitis** and **periodontitis**.

Gingivitis is your early warning state and involves swelling and reddening of the gum tissue. If not addressed by proper brushing and flossing, gingivitis often progresses to periodontitis which can result in gums pulling away from teeth, bones deteriorating, teeth loosening and potentially falling out. It also makes you more prone to a number of diseases – including cancer.

Here are 8 of the most common and obvious signs² of periodontal disease:

- Red/swollen gums
- Tender/bleeding gums
- Persistent bad breath or bad taste in the mouth
- Sensitive teeth
- Pain when chewing
- Changes to your bite
- Pulling away of gum tissue from teeth
- Loose teeth



Mercury in Dental Fillings Is Hazardous to Your Health

If you're like many people, you have one or more fillings in your teeth. If you do, there's a good chance that these fillings are silver in color and (unbeknownst to you) contain mercury that is continually leaching into your system every single day.

There are 5 main types of fillings used in current dental practices: ^{3,4}

Gold fillings are strong, non-corrosive and can last up to 15 years. However, they are much more expensive than silver amalgam fillings and can take more than one dental visit to be fitted.

Silver amalgam fillings are also strong and durable. They are more likely to expand and contract and to cause a tooth crack (leading to the recommendation for a root canal), and they contain mercury – a known neurotoxin.

Composite fillings are made of glass or quartz in resin and more closely match the color of your teeth. However, composite fillings are more expensive than silver fillings and are not as durable.

Ceramic fillings are made of porcelain and durable. However, ceramic fillings cost more than silver and can wear the opposing teeth if the porcelain becomes rough.

Glass ionomers (acrylic fillings) often last for less than five years. They are frequently used for children if their teeth are changing. They can be designed to release fluoride, which is also a known neurotoxin.

In the U.S., around 40% of fillings still being done today are silver amalgam fillings which are made of approximately 50% liquid mercury mixed with a powdered alloy of copper, tin, and silver.⁵

The use of mercury in tooth fillings represents around 10% of the total global mercury consumption in the U.S. alone with up to 32 tons used each year!

The greatest concern for mercury toxicity is its gaseous state. It readily vaporizes at room temperature and its vapor is odorless and invisible. The constant release of mercury vapor from amalgams is absorbed in the blood through pulmonary airways and can pass easily through the blood-brain barrier into the neurons and mitochondria, thereby potentially causing neurological impairment. **Its bioaccumulation in the brain may be a cause for various neurological diseases such as Parkinson's, Alzheimer's disease, and sclerosis.**



Even though dental mercury amalgams have been used for more than 150 years, their safety and risks have never undergone the regulatory proof-of-safety testing that is required for other medical implants under U.S. law.

Mercury has been identified as one of the most toxic non-radioactive materials known to human beings. In vitro experiments have demonstrated that elemental mercury is ten times more toxic than lead on neurons.




A Root Canal Leaves You With a Dead Tooth That's a Breeding Ground for Inflammation

A root canal is a dental procedure performed on the inside of teeth that have become cracked, chipped, decayed, or damaged by repeated dental procedures. It is an exceedingly common procedure with more than 15 million root canals performed each year in the United States alone.⁶ But just because something is common doesn't mean it's safe over the long-term for your health.

During a root canal an opening is made in the tooth to access the pulp chamber. The pulp (collection of nerves & blood vessels) is removed, and the pulp chamber and root canals are cleaned with tiny tools that reach down into the roots of the tooth. The tooth is then filled with a rubber-like product called gutta-percha. After that the tooth is filled and frequently a crown is placed on top to protect the tooth.

In essence, what is left behind after a root canal procedure is a "dead" tooth. During the sealing up process the tooth can get filled with bacteria, fungi, and other organisms in the mouth that become trapped and create infection and inflammation.

Infections of the root canal space can be extremely painful and potentially dangerous. However, **many times there is no pain and chronic infections can go unnoticed, contributing to a chronic inflammatory response inside the body for years.**⁷ This is a serious problem as inflammation is one of the primary contributors to the development of cancer.



Crowns are often porcelain with a nickel undercoat, which is another carcinogenic compound. To make matters even worse, a crown over a mercury filling will cause leaching into the surrounding tissue at a much higher rate. If you have a crown, it may very likely be hiding a problematic silver amalgam.



The Findings of Drs. Price and Nunnally

Many of Dr. Weston A. Price's findings are key tenets of holistic dentistry,⁸ although they have been virtually ignored by mainstream dental practice. They are:

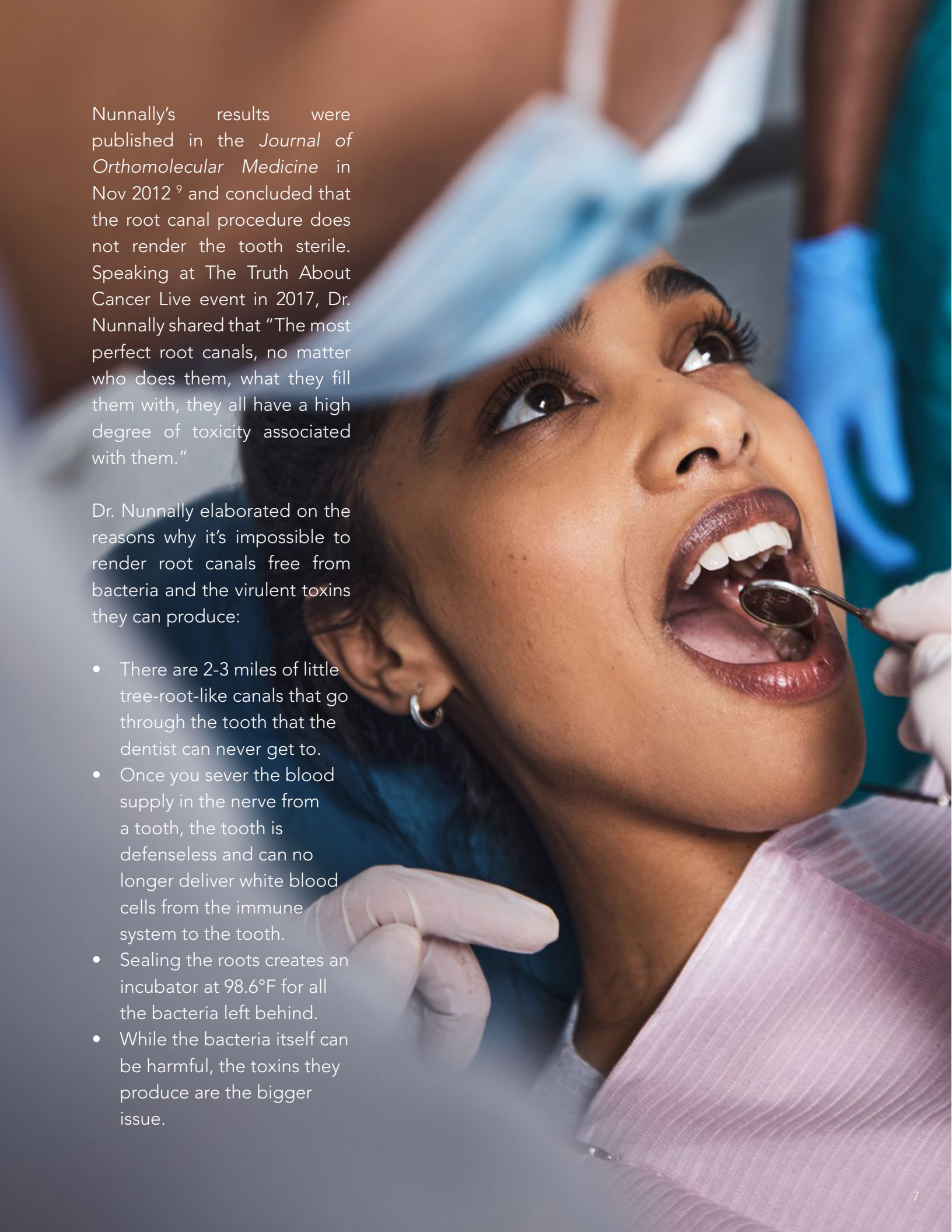
- Eat nutrient-dense whole foods, properly grown and prepared.
- Avoid root canals. If you have root canals that you suspect are causing disease, have them removed by a knowledgeable dentist.
- Avoid mercury (amalgam) fillings. If you have amalgam fillings, have them removed by a holistic dentist who specializes in mercury filling replacement.
- Orthodontics should include measures to widen the palate.
- Extract teeth only when necessary, and then in such a way as to avoid leaving the jawbone with cavitations, which can be focal points of infection.

Dr. Weston A. Price (1870-1948) was a dentist and Director of the Research Institute of the National Dental Association who conducted extensive research into diseased teeth and the destructive effects of root canals. In 1923 he published an exhaustive two-volume treatise of his findings: *Dental Infections, Oral & Systemic and Dental Infections & the Degenerative Diseases*.

In the late 2000s, integrative biological dentist Dr. Stuart Nunnally set out to explore one of the claims made by Dr. Weston A. Price several decades prior and determine **do teeth that have undergone root canal therapy continue to harbor bacteria, viruses, and fungi?**

Nunnally examined root canal teeth that had been voluntarily removed after the patients noted an overall decline in their health following the procedure – despite the teeth themselves appearing to be in perfect condition.

While he received 87 teeth in total from colleagues, Nunnally's study only included the 25 samples that met the most stringent study criteria. This included being root canal teeth that appeared to a qualified dentist to be in perfect condition in the mouth and were indistinguishable in the mouth from natural teeth (no issues or symptoms such as pressure pain or sensitivity to temperature).



Nunnally's results were published in the *Journal of Orthomolecular Medicine* in Nov 2012 ⁹ and concluded that the root canal procedure does not render the tooth sterile. Speaking at The Truth About Cancer Live event in 2017, Dr. Nunnally shared that "The most perfect root canals, no matter who does them, what they fill them with, they all have a high degree of toxicity associated with them."

Dr. Nunnally elaborated on the reasons why it's impossible to render root canals free from bacteria and the virulent toxins they can produce:

- There are 2-3 miles of little tree-root-like canals that go through the tooth that the dentist can never get to.
- Once you sever the blood supply in the nerve from a tooth, the tooth is defenseless and can no longer deliver white blood cells from the immune system to the tooth.
- Sealing the roots creates an incubator at 98.6°F for all the bacteria left behind.
- While the bacteria itself can be harmful, the toxins they produce are the bigger issue.

What to Do If You Already Have Fillings and/or Root Canals?

If you currently have fillings and/or root canals, the worst thing you can do is rush out and have everything removed all at once by your family dentist.

You need to work with a qualified holistic or biological dentist who can help you assess your situation and come up with a plan of action that doesn't expose your body to a big dose of mercury and other toxins all at once. You'll want to review alternatives to root canals such as having the tooth pulled and replaced by a Maryland dental bridge or flipper.

The International Academy of Biological Dentistry and Medicine (IABDM) is a network of dentists, physicians, and allied health professionals committed to integrating body,

mind, spirit, and mouth in caring for the whole person.¹⁰

You can look for a certified IABDM.org biological dentist near you at:

<https://iabdm.org/location>

Another good option is the International Academy of Oral Medicine & Toxicology (IAOMT) which maintains a database of dentists on their website who are certified in Safe Mercury Amalgam Removal Techniques (SMART).

Find out more on their website at:

<https://www.iaomt.org>





Takeaway Message

Maintaining good oral health is vital for so much more than merely having whiter teeth and fresher breath. Without good oral care, gingivitis can progress to gum disease that causes inflammation and increases your risk of cancer.

If you must get a filling, look at options other than the common silver amalgam filling which releases mercury throughout its lifetime.

There is no such thing as a totally safe root canal which leaves you with a dead tooth that can be a breeding ground for virulent toxins.

If you have cancer, it is usually advisable to remove existing fillings and root canals to reduce the toxic load on the body. However, this must be done by a qualified dentist to avoid putting more stress on the immune system. Consult with a qualified holistic or biologic dentist from the [IABDM](http://iabdm.org) or [IAOMT](http://iaomt.org).

SOURCES:

1. <https://www.hopkinsmedicine.org/news/newsroom/news-releases/more-evidence-of-link-between-severe-gum-disease-and-cancer-risk>
2. <https://www.missionimplantcenter.com/how-to-prevent-periodontal-disease-brushing-and-flossing/>
3. <https://www.webmd.com/oral-health/features/white-fillings-composite>
4. <https://greendentalalexandria.com/choosing-the-right-type-of-dental-filling/>
5. <https://www.fda.gov/medical-devices/dental-devices/dental-amalgam-fillings>
6. <https://www.aae.org/patients/root-canal-treatment/what-is-a-root-canal/root-canal-explained/>
7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4601489/>
8. <https://www.westonaprice.org/health-topics/nutrition-greats/weston-a-price-dds/>
9. <https://isom.ca/wp-content/uploads/2012/12/In-Vitro-Enzymatic-Inhibition-Associated-with-Asymptomatic-Root-Canal-Teeth-Results-for-a-Sample-of-25-Extracted-Root-Fragments-27.3.pdf>
10. <https://iabdm.org/about-iabdm/>

DIY Non-Toxic ToothPaste & Mouthwash That Fight Gum Disease

Did you know that there are specific bacteria that are responsible for periodontitis (aka gum disease)?^{1,2} If you're infected, the inflammation gradually destroys the gums and bones that support your teeth.

According to Dr. Stuart Nunnally, integrative biologic dentist and naturopath, **30% of children and 90% of adults are already infected**. To make matters worse, periodontal infection is contagious, meaning that if one family member has it, it's likely the others will too.

The easiest solution is early prevention by properly caring for your teeth and gums. How frequently and effectively you brush and floss your teeth is something that's entirely within your control.

Unfortunately, the most popular brands of toothpaste lining grocery store and drugstore shelves aren't the best choice when it comes to avoiding health-harming toxins. They contain chemicals and antibacterial agents that disrupt the helpful bacteria in your mouth.



Not only does periodontitis increase your risk of cancer, it also increases your risk of heart disease,³ stroke,⁴ diabetes,⁵ and pre-term birth for pregnant women.⁶

Dr. Nunnally recommends two different simple options for cleaning and disinfecting your teeth and gums every day.⁷

Baking Soda & Peroxide

What You Need:

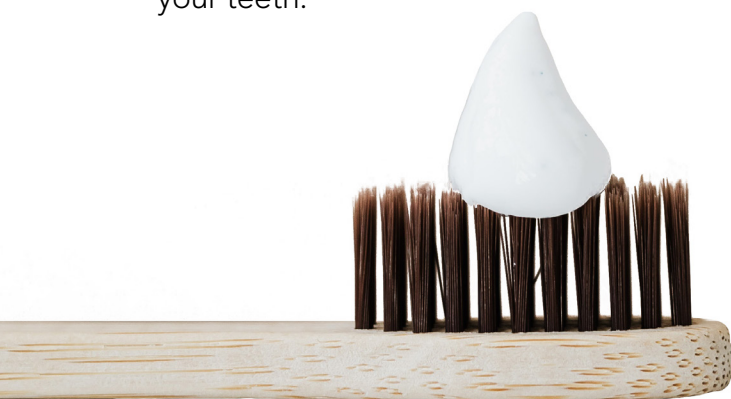
- Filtered water
- 3% hydrogen peroxide
- Baking soda
- Toothbrush

Directions:

Combine a capful of 3% hydrogen peroxide and 1 capful water. Dip your toothbrush in this water/peroxide combination to wet it.

Sprinkle your brush with baking soda and disinfect every surface of every tooth once every 24 hours.

Other times of the day you can use the Simple Homemade Toothpaste to clean and polish your teeth.



Simple Homemade Toothpaste

What You Need:

- 2 Tablespoons coconut oil
- 2 Tablespoons baking soda
- 10 drops essential oil (optional)

Directions:

Mix baking soda and coconut oil together in a small container until it forms a paste-like consistency.

If desired, add several drops of essential oil and mix again.

Tip:

You can easily increase the size of the batch if you want it to last longer or multiple people are using it.

To use:

Dip out a small amount with a clean spoon or popsicle stick and apply to your toothbrush bristles. Because coconut oil can harden and clog your sink drain, it's better to spit into a tissue or directly into the garbage can instead of into the sink.

Good Essential Oils for Oral Care:

- | | | |
|-------------|------------|--------------|
| • Cinnamon | • Lavender | • Peppermint |
| • Chamomile | • Lemon | • Rosemary |
| • Clove | • Neem | • Thyme |

Dr. Jimenez's Non-Toxic Mouthwash Recipe

When I interviewed Dr. Antonio (Tony) Jimenez, MD, ND, from Hope4Cancer in Mexico for my Conquering Cancer Summit, he spoke about the importance of supporting the microbiome in your mouth when healing from cancer. To promote good oral health, he shared a recipe for a simple, non-toxic mouthwash that he likes to make.

One of the four ingredients is xylitol, which is proven to prevent dental caries (cavities).⁸ Because much of the xylitol on the market is made from genetically modified corn, look for a brand made from birch trees.



Play around with different kinds of essential oils that you enjoy for flavor (see the list on page 11 for good options). As always, be sure to use only pure essential oils that are meant to be used on the body – not fragrance oils.

This mouthwash makes a great mouth rinse after meals that will help protect your teeth between brushings. If weight loss is one of your goals, using an essential oil with an intense flavor such as clove or cinnamon can help diminish your desire to snack between meals.

Directions:

Add all ingredients to a small jar and shake well to fully combine ingredients.

Use as you would mouthwash, shaking jar each time before using.

Store in the refrigerator to preserve longer.

What You Need

- ½ cup xylitol powder
- 2 teaspoons baking powder
- 1 cup distilled or filtered water
- 2-3 drops of pure essential oil
(use more for a more intense flavor)



Sources

1. <https://www.sciencedaily.com/releases/2013/06/130611154417.htm>
2. <https://www.healthysmilesforlife.com/treatment-information/description-of-the-enem/>
3. <https://pubmed.ncbi.nlm.nih.gov/32011025/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6847992/>
5. <https://pubmed.ncbi.nlm.nih.gov/29280174/>
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5303728/>
7. <https://www.healthysmilesforlife.com/treatment-information/brushing-protocol/>
8. <https://pubmed.ncbi.nlm.nih.gov/28250669/>



Apple Bok Choy Salad

BY JOEL FUHRMAN, M.D.

SERVES: 3

Directions

Combine bok choy, apple, carrot, and chopped onion in a large bowl. Blend non-dairy milk, cashews, vinegar, raisins, mustard, and caraway seeds in a food processor or high-powered blender. Add desired amount to chopped vegetables.

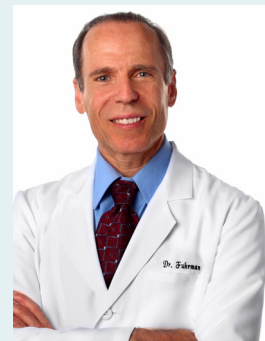
PER SERVING: Calories 330, Protein 11 g, Carbohydrates 52 g, Sugars 32 g, Total Fat 11.7 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 246 mg, Fiber 7.9 g, Beta-Carotene 9517 ug, Vitamin C 134 mg, Calcium 396 mg, Iron 4.9 mg, Folate 204 ug, Magnesium 149 mg, Potassium 1317 mg, Zinc 2.3 mg, Selenium 6.9 ug

Ingredients

- 6 cups finely chopped bok choy
- 1 large apple, shredded
- 1 large carrot, shredded
- 1/2 cup chopped red onion
- 1/2 cup unsweetened soy, hemp, or almond milk
- 1/2 cup raw cashews or 1/4 cup raw cashew butter
- 1/4 cup balsamic vinegar
- 1/2 cup raisins
- 1 teaspoon Dijon mustard
- 1 teaspoon caraway seeds

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 Quick and Easy Cookbook* and *Fast Food Genocide*.



TURMERIC

Ancient Spice, Modern Cancer Fighter

Growing up in Montana in the 80s and 90s, I'm sure I never heard anyone ever mention the spice called "turmeric" (although it's likely my mom had a bottle of curry powder on her spice rack). How times have changed! These days it seems like we're seeing and hearing about turmeric everywhere, and even mainstream establishments and food manufacturers are starting to add it to a range of foods and beverages. But is turmeric just the latest health fad ingredient adopted by the West, or is it truly something you should be including in your cancer-fighting toolbox?

What Is Turmeric?

Turmeric is an ancient plant that is still widely used in India, China, and Southeast Asia as an aromatic spice, food preservative, and coloring material. Prepared from the underground stem of the *Curcuma longa* plant, turmeric belongs to the same family as ginger, cardamom, and galangal (a member of the ginger family). It has also long been a vital ingredient of the traditional systems of medicine in these parts of the world, where it is used to treat a number of inflammatory disease conditions. These range from skin and stomach ailments to arthritis and even cancer!

Over the past few decades, **more than 300 naturally occurring compounds in turmeric have been gradually identified**, many with biological activity. These include the three so-called curcuminoids:

- Curcumin
- Dimethoxycurcumin
- Bisdemethoxycurcumin

It also provides the volatile oils natlantone, tumerone, and zingiberone; as well as various proteins, sugars, and resins. Of these compounds, curcumin is responsible for

turmeric's color as well as most of its well-known biological potency. It is also the most widely studied, with over 18,000 articles published so far.



The evidence is clear, at least in laboratory experiments – **curcumin possesses powerful antioxidant, anti-inflammatory, antiseptic, and anticancer properties**, along with many other promising health benefits.¹ Clinical trials have shown curcumin to be completely safe, even when consumed at a daily dose of 12 grams (120mg) for 3 months, without any reported adverse effects. No wonder nearly 300 human clinical trials have been carried out or are currently in progress, assessing the safety and efficacy of turmeric and curcumin as therapies for various disease conditions.²



The Link Between Inflammation and Cancer

The German scientist and physician Rudolf Virchow was the first to observe that cancers often form at sites of chronic inflammation.^{3,4} As we have discussed in previous articles in the *Conquering Cancer Guide*, **inflammation consists of a series of processes carried out by our immune system to protect us from the consequences of injuries or infections.**

If we suffer a wound or injury, inflammation immediately kicks in. Once the original problem has been dealt with, new cells may be made as part of the healing and repair process. Normally, both inflammation and new cell production shut down as soon as healing and repair is completed.

However, if the original cause of the inflammation persists, or the mechanisms in charge of shutting down pro-inflammatory process fail, **inflammation can become chronic, creating a toxic environment in which cancer cells can be formed.**⁵ Indeed, chronic inflammation is now known to be a major risk factor for the development and progression of cancer.⁶

A typical example is colorectal cancer, known to be more likely to occur in individuals with chronic inflammatory bowel diseases, such as chronic ulcerative colitis and Crohn's disease.³ Similarly, a chronic hepatitis C infection increases risk for liver cancer.

Many types of cancers are also known to arise from infections and ensuing inflammation.^{3,5} In fact, **chronic inflammation generated by persistent infections is believed to be responsible for 15-20 percent of all cancers worldwide**⁷ and has been linked to every step of cancer formation and progression.⁸

Infection with a bacterium known as *Helicobacter pylori* is the leading cause of stomach cancer. *H. pylori* live in our gut and can cause ulcers in the lining of our stomach or upper part of our small intestine. *H. pylori* infections have been linked to cancers of the stomach, esophagus, colon, rectum, and around the eye. These cancers are believed to be triggered by DNA damage occurring as a result of chronic inflammation.⁹

Curcumin Has Powerful Antioxidant & Anti-Inflammatory Properties

Production of free radicals – for example, reactive oxygen species (ROS) – can lead to oxidative stress, damaging our body's cells as well as the proteins, fats, and DNA inside them.¹⁰⁻¹³ Promisingly, curcumin neutralizes many types of ROS by enhancing the activities of our innate antioxidant enzymes, including superoxide dismutase (SOD), catalase, glutathione-S-transferase, and glutathione peroxidase.^{14, 15}

In fact, **curcumin is estimated to be ten times as effective as vitamin E, the common dietary antioxidant.**¹⁴



Along with causing structural damage, ROS also activates pro-inflammatory pathways triggered by a signaling molecule known as tumor necrosis factor alpha (TNF-alpha). Activation of TNF-alpha is known to play a key role in the formation of many chronic diseases, including cancer.¹⁵ Promisingly, curcumin has been shown to prevent TNF-alpha production and suppress TNF-alpha-mediated inflammation.¹⁶

However, central to curcumin's anti-inflammatory properties is its ability to suppress the activation of NF kappa B, a cellular protein that controls the expression of many pro-inflammatory genes and proteins.¹⁷⁻¹⁹ NF kappa B is known to be "switched on" in many cancers, which has been linked to multiple stages of cancer development. Last but not least, curcumin directly prevents the activity of many enzymes that are known to initiate pro-inflammatory processes.²⁰





Curcumin: *Powerful Anti-Cancer Agent*

Curcumin directly attacks and kills cancer cells in many ways:

- by inducing a process of so-called programmed cellular suicide (known as apoptosis);
- by preventing their proliferation, or rapid cell division;
- by interfering with their ability to migrate to other areas of the body (metastasis); and finally,
- by sensitizing cancer cells to standard anticancer therapies, such as radiation and chemotherapy.²¹

In laboratory experiments, curcumin has been shown to act against many types of cancer, including: ^{15, 22-24}

- | | | | |
|--------------|------------|---|------------------------|
| • Colorectal | • Uterine | • Brain cancer | • Sarcoma |
| • Liver | • Ovarian | • Head and neck squamous cell carcinoma | • Non-Hodgkin lymphoma |
| • Pancreatic | • Prostate | • Melanoma | • Leukemia |
| • Lung | • Bladder | | |
| • Breast | • Kidney | | |



Prostate Cancer

Prostate cancer is the second most diagnosed cancer and the fifth leading cause of death in men worldwide.²⁸ Curcumin and its synthetic derivative dimethylcurcumin have been shown to prevent proliferation (rapid cell division) and induce apoptosis (programmed cell suicide) in prostate cancer cells in laboratory experiments.^{29, 30}

Curcumin was also seen to interfere with the ability of prostate cancer cells to migrate, or metastasize, to the bone.

The androgen receptor is activated by the binding of the male hormone testosterone (known scientifically as an androgen) and is known to play a critical role in the development of prostate cancer.

Along with being effective against androgen-responsive prostate cancer, dimethylcurcumin has shown tremendous potential as a therapy for other androgen receptor-associated diseases, including benign prostatic hypertrophy, bladder cancer, ovarian cancer, melanoma, as well as kidney, liver, and cardiovascular diseases.³¹



Colorectal Cancer

Globally, colorectal cancer is the third most commonly occurring cancer in men and the second in women.³² Multiple studies show that curcumin prevents proliferation and induces apoptosis in colon cancer cells, along with blocking their ability to metastasize to other areas of the body.^{33, 34}

Turmeric prepared from *Curcuma longa* contains significant amounts of ascorbic acid (vitamin C) along with curcumin. This combination of curcumin and ascorbic acid was seen to have greater cytotoxicity (cell toxicity) towards colon cancer cell lines in culture than turmeric alone.³⁵

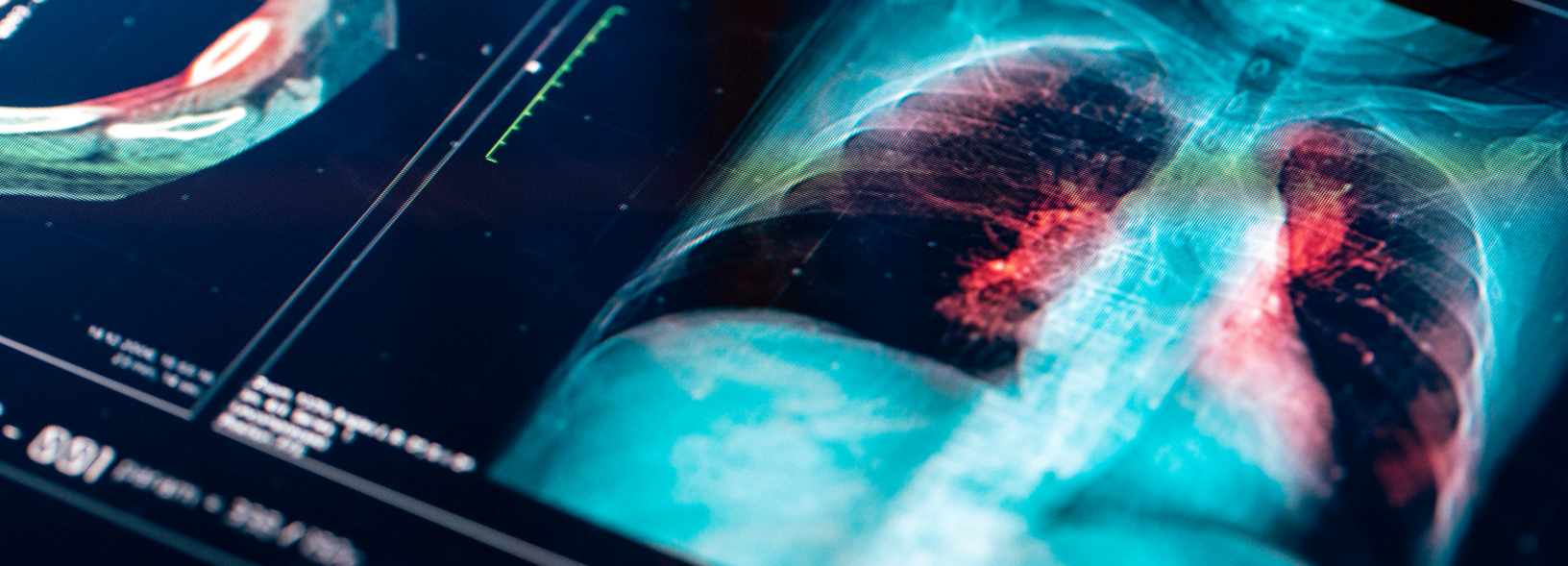
In a clinical trial, 2g or 4g of curcumin was given to 44 smokers daily for 30 days. Each of the smokers had 8 or more so-called “aberrant cryptic foci” in the lining of their colon and rectum on screening colonoscopy. Aberrant crypt foci form before polyps and are one of the earliest changes seen in the colon that may lead to cancer.

Curcumin has also been proven to prevent colon cancer from developing at all.

In the 41 subjects that completed the full 30-day study, 4g of curcumin when

consumed daily was well tolerated and reduced the numbers of aberrant cryptic foci by 40 percent.³⁶

Best of all, curcumin can be used in combination with toxic chemotherapy drugs with additive effects, but seemingly no additional toxicity. Many new synthetic curcumin derivatives with higher bioavailability are currently being assessed both pre-clinically and clinically for the treatment of colorectal cancer.³⁷



Lung Cancer

Lung cancer (both small cell and non-small cell) is the second most common cancer in men and women in the U.S., not counting skin cancer.³⁸ Each year, more Americans die of lung cancer than of colon, breast, and prostate cancers combined.

Small cell lung cancer is especially aggressive, with early and widespread metastasis to other parts of the body and a very poor clinical prognosis.

Promisingly, curcumin was seen to induce apoptosis in small cell lung cancer cells in culture.³⁹ In another laboratory experiment, two of curcumin's synthetic derivatives were seen to be toxic to non-small cell lung cancer cells that had developed resistance to standard anticancer therapies.⁴⁰ Even better, curcumin prevented metastasis of non-small cell lung cancer cells.⁴¹

Cancer stem cells are known to be responsible for tumor recurrence as well as drug resistance.

Curcumin was shown to be toxic to lung cancer stem cells in a laboratory study, suggesting that it might be effective in overcoming both tumor recurrence and drug resistance in lung cancer, as well as in other cancers.⁴²

Similarly, curcumin was seen to induce DNA damage in lung cancer cells in culture, while also inhibiting proliferation and inducing apoptosis.⁴³

Another laboratory study examined the effects of curcumin on DNA damage, as well as on the expression of multiple proteins that normally repair DNA in human lung cells. Not only did curcumin damage lung cancer DNA; it also prevented the lung cancer cells from making the proteins whose job it was to repair the DNA damage in the cancer cells.⁴⁴



Breast Cancer

Breast cancer is the most common cancer in American women, except for skin cancers, and is the second leading cause of cancer death. The most common type of breast cancer is known as ductal carcinoma, which begins in the ducts that carry the milk to the nipple, although cancers can also form elsewhere in the breast.

The progression of breast cancer from being hormone-dependent to hormone-independent is a serious problem because then the disease becomes much more aggressive.

Promisingly, curcumin has been shown to interfere with the proliferation, angiogenesis, and metastasis of hormone-independent breast cancer cells. ⁴⁵

(In simple terms, it stops the cancer cells from multiplying, growing blood vessels to feed themselves, and moving to other sites in the body.)

So-called “triple-negative” breast cancer lacks the expression of three proteins that are normally seen in breast cells – the estrogen receptor, progesterone receptor, and epidermal growth factor receptor 2 proteins. This form of cancer is aggressive and has a very poor prognosis from conventional treatment. Curcumin was seen to both prevent proliferation and induce apoptosis (programmed cell death) in triple-negative breast cancer cells in culture.⁴⁶

Curcumin has also been shown to prevent the expression of pro-inflammatory immune signaling molecules known as cytokines, thereby leading to reductions in breast and prostate cancer metastases.¹⁰



Stomach / Gastric Cancer

Stomach cancer typically starts in the cells forming the stomach lining. As discussed above, infection with a bacteria known as *H. pylori* – which causes stomach and intestinal ulcers – is considered one of the main causes of stomach cancer.⁴⁷ Unfortunately, it is often only diagnosed at an advanced stage because there are usually no early signs.

Curcumin has been shown to induce apoptosis in stomach cancer cells in culture – the higher the dose, the greater the effect.⁴⁸

Similarly, curcumin reduced tumor volumes, induced apoptosis, and blocked metastasis of stomach cancer cells to the lymph nodes in laboratory animal experiments.⁴⁹

In fact, curcumin has been shown to prevent proliferation and induce apoptosis in cancer cells originating throughout the entire gastrointestinal tract, including the mouth, esophagus, stomach, biliary system (gall bladder, bile ducts, and associated structures), pancreas, small intestine, large intestine, rectum, and anus.⁵⁰

A systematic review shows that co-administration of curcumin and/or curcuminoids with chemotherapy has additive effects in stomach cancer, relative to chemotherapy on its own. Curcumin was also seen to lower the resistance of stomach cancer cells to chemotherapy drugs.⁵¹

Can You Get Enough Curcumin From Diet Alone?

There are 5 primary ways you can incorporate turmeric / curcumin into your daily meals or supplementation regimen:



Fresh turmeric root



Turmeric dried root powder (ground turmeric / turmeric powder)



Turmeric essential oil



Tincture

The first two methods – adding fresh turmeric root and/or the powdered spice to your meals on a regular basis – are excellent as an antioxidant and preventative health measure. However, you should be aware that **curcumin only makes up 2 to 8 percent of most turmeric preparations.**

This means that only a small percentage of the turmeric spice or root you're eating is the highly beneficial curcumin compound we just discussed.



Curcumin / Turmeric supplements (% of curcumin will vary by formula)

To make matters worse,

curcumin is not easily absorbed into our body from food and is also quickly eliminated from the body. This means that just adding a little sprinkle of turmeric spice here and there is not going to provide the therapeutic benefits noted in the studies. For that, you'll need to supplement under the guidance of a qualified healthcare practitioner.

However, please don't let this stop you from eating turmeric as it contains far more beneficial compounds beyond just curcumin. Curcumin is just the one that's most studied, and modern science likely still has much to learn about the power of the turmeric root!



People in Asian countries are reported to consume in the range of 200-1000mg/day (2-10g) of turmeric with no reported side effects or safety issues.⁵⁷ One teaspoon of turmeric powder is around 200mg and ½ inch of raw turmeric root is roughly equal to a teaspoon of dried.



4 Ways to Increase Curcumin's Bioavailability

The good news is that there are ways to make the curcumin in turmeric more readily absorbed by the body. The first well-known way is to **pair it with black pepper**, which contains a compound known as piperine that has been shown to boost curcumin's absorption by up to 2,000 percent. This is why many commercially available turmeric and curcumin supplements contain either black pepper or piperine.

Unfortunately, consuming too much black pepper can damage the gut lining, and may be especially problematic for people with pre-existing gut issues. It's worth noting that the amount of black pepper needed to cause harm (1.5g daily) is far greater than what most people are likely to consume on a daily basis.⁵² Nonetheless, many people are sensitive to black pepper and are best to avoid it. In that case, what can you do?



Fermentation Enhances Absorption

Promisingly, **fermentation of turmeric has been shown to significantly enhance both curcumin content and solubility, thereby making it more available for absorption.**⁵³ Fermentation also enhances turmeric's antioxidant and anti-inflammatory properties, along with boosting other health benefits.⁵³⁻⁵⁵ Finally, fermented turmeric was also found to protect the liver from damage in laboratory animal experiments.⁵⁶



Turmeric Is Fat Soluble

Turmeric is fat soluble, not water soluble, so another way to increase the bioavailability of the culinary turmeric you're consuming is to **combine it with healthy fats or lecithin**. Lecithin is a type of fatty substance that occurs naturally in certain plants and animal foods. Some of the best plant-based sources of lecithin includes beans (especially soybeans) and sunflower seeds.



Heat Your Turmeric

The final simple way to improve absorption is to heat the turmeric... in other words, by cooking with it. Even though we generally want to consume as many raw/uncooked plant foods as possible (see *Issue 3's article about Enzymes*), the cancer-fighting effects of turmeric don't appear to be harmed by heat. In fact, they are even improved!

Various researchers have examined the potency of turmeric extracts after subjecting them to high heat such as roasting and boiling. While the curcumin itself shows degradation by exposure to the heat, new compounds in the turmeric are released that have even more antioxidant activity and cancer-fighting potential!^{58, 59}



Your Takeaway

As an anti-cancer preventative measure, use turmeric liberally in your recipes as both raw and heated turmeric have cancer-fighting benefits. Having healthy fats (nuts, seeds, foods with lecithin such as beans/sunflower seeds) as part of the meal will help with absorption. If black pepper doesn't bother your gut, you could also include some black pepper along with the turmeric in your cooking.

If you find it difficult to consume enough turmeric on a daily basis, supplementation with a turmeric or curcumin supplement is an option. Fermented turmeric is a good alternative to supplements that include black pepper or piperine.

For therapeutic use of curcumin (if you already have a cancer diagnosis), you will need to look to supplementation under the guidance of a qualified healthcare practitioner to achieve the recommended doses of curcumin.

Nathan Recommends

With its unique fermenting processes, Turmeric 3D™ from Organixx is one of the most advanced, bioavailable, and beneficial turmeric supplements available anywhere.

Fermentation is the key to “unlocking” the incredible healing potential of turmeric, while avoiding the potential side effects of combining turmeric and black pepper. Studies show that fermentation makes the active components in turmeric bioavailable (meaning the gastrointestinal system can absorb and use them) without the need for black pepper.

Fermented turmeric also contains more antioxidant, antimicrobial, and anti-inflammatory power than unfermented turmeric.

In addition to turmeric, Turmeric 3D contains vitamin D3 and ginger, both potent anti-inflammatories, along with KSM-66 Ashwagandha® to help the body recover from stress.

**LEARN MORE ABOUT
TURMERIC 3D HERE**



Sources

1. <https://pubmed.ncbi.nlm.nih.gov/34143894/>
2. <https://clinicaltrials.gov/ct2/results?cond=&term=curcumin&cntry=&state=&city=&dist=>
3. <https://pubmed.ncbi.nlm.nih.gov/12490959/>
4. <https://www.cancercenter.com/community/blog/2018/08/inflammation-linked-to-cancer-but-lifestyle-changes-may-help>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6704802/>
6. <https://pubmed.ncbi.nlm.nih.gov/24484937/>
7. <https://pubmed.ncbi.nlm.nih.gov/10971784/>
8. <https://pubmed.ncbi.nlm.nih.gov/15944689/>
9. <https://pubmed.ncbi.nlm.nih.gov/11018139/>
10. <https://pubmed.ncbi.nlm.nih.gov/15230345/>
11. <https://www.sciencedirect.com/science/article/pii/S0899900796000008>
12. <https://www.aimspress.com/article/doi/10.3934/biophy.2017.4.596>
13. <https://www.omicsonline.org/open-access/inflammation-free-radical-damage-oxidative-stress-and-cancer-ijm.1000109.php?aid=32604>
14. <https://pubmed.ncbi.nlm.nih.gov/34143894/>
15. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6272784/>
16. <https://pubmed.ncbi.nlm.nih.gov/24946050/>
17. <https://www.sciencedirect.com/science/article/pii/S0006497119874256>
18. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6429287/>
19. <https://pubmed.ncbi.nlm.nih.gov/21299897/>
20. <http://www.ncbi.nlm.nih.gov/pubmed/17569207>
21. <https://www.ncbi.nlm.nih.gov/pubmed/27529277>
22. <https://pubmed.ncbi.nlm.nih.gov/23303705/>
23. <http://www.ncbi.nlm.nih.gov/pubmed/18462866>
24. <https://www.ncbi.nlm.nih.gov/pubmed/26024538>
25. <http://www.ncbi.nlm.nih.gov/pubmed/12680238>
26. <https://www.ncbi.nlm.nih.gov/pubmed/25665066>
27. <https://www.ncbi.nlm.nih.gov/pubmed/27468716>
28. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7696488/>
29. <https://pubmed.ncbi.nlm.nih.gov/12497104/>
30. <https://pubmed.ncbi.nlm.nih.gov/11398177/>
31. <https://pubmed.ncbi.nlm.nih.gov/33277796/>
32. <https://cancerstatisticscenter.cancer.org/?&ga=2.262317068.1849236842.1638443618-441971602.1638443618#!/cancer-site/Colorectum>
33. <https://pubmed.ncbi.nlm.nih.gov/31820492/>
34. <https://pubmed.ncbi.nlm.nih.gov/34456716/>
35. <https://pubmed.ncbi.nlm.nih.gov/28210221/>
36. <https://cancerpreventionresearch.aacrjournals.org/content/4/3/354.long>
37. <https://pubmed.ncbi.nlm.nih.gov/32942023/>
38. <https://www.cancer.org/cancer/lung-cancer/about/key-statistics.html>
39. <https://pubmed.ncbi.nlm.nih.gov/21711158/>
40. <https://pubmed.ncbi.nlm.nih.gov/31654622/>
41. <https://pubmed.ncbi.nlm.nih.gov/32074070/>
42. <https://pubmed.ncbi.nlm.nih.gov/26397387/>
43. <https://pubmed.ncbi.nlm.nih.gov/20686221/>
44. <https://pubmed.ncbi.nlm.nih.gov/26124332/>
45. <https://pubmed.ncbi.nlm.nih.gov/34298639/>
46. <https://pubmed.ncbi.nlm.nih.gov/23023821/>
47. <https://www.cancer.org/cancer/stomach-cancer/about/key-statistics.html>
48. <https://pubmed.ncbi.nlm.nih.gov/25523120/>
49. <https://pubmed.ncbi.nlm.nih.gov/25874494/>
50. <https://pubmed.ncbi.nlm.nih.gov/33861437/>
51. <https://pubmed.ncbi.nlm.nih.gov/32634426/>
52. <https://pubmed.ncbi.nlm.nih.gov/3103424/>
53. <https://pubmed.ncbi.nlm.nih.gov/31434176/>
54. <https://pubmed.ncbi.nlm.nih.gov/27023794/>
55. <https://pubmed.ncbi.nlm.nih.gov/28716085/>
56. <https://pubmed.ncbi.nlm.nih.gov/24423514/>
57. <https://www.ncbi.nlm.nih.gov/books/NBK92752/>
58. <http://interscience.org.uk/v1-i2/3%20ijahm.pdf>
59. <https://pubmed.ncbi.nlm.nih.gov/25619943/>



Creamy Cruciferous Curry

BY JOEL FUHRMAN, M.D.

This flavorful, Indian-inspired curry contains both cauliflower and kale for a double dose of cruciferous goodness, as well as turmeric powder and curry powder, which contains turmeric. Pair it with a simple salad of mixed greens.

SERVES: 6

Directions

In a large stock pot over medium heat, water saute onions, garlic, carrots, and parsnips until onions are translucent (about 5 minutes). Stir in non-dairy milk, cauliflower, mushrooms, curry powder, turmeric, and cumin and cook for 10 minutes, covered, over medium-low heat.

Stir in kale, green peas, and chickpeas and continue to cook, covered, for another 15 minutes or until vegetables are tender. Top each serving with chopped cashews.

PER SERVING: Calories 320, Protein 16 g, Carbohydrates 49 g, Total Fat 9.1 g, Saturated Fat 1.4 g, Cholesterol 0 mg, Sodium 144 mg, Fiber 11.6 g, Beta-Carotene 9795 ug, Vitamin C 126 mg, Calcium 208 mg, Iron 5.8 mg, Folate 204 ug, Magnesium 139 mg, Zinc 2.7 mg, Selenium 12.8 ug

Ingredients

- 2 onions, finely diced
- 4 cloves garlic, minced
- 3 carrots, diced
- 3 parsnips, diced
- 2 cups unsweetened soy, hemp, or almond milk
- 1 head cauliflower, cut into small florets
- 2 cups sliced mushrooms
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 pound kale, tough stems removed, leaves chopped
- 1 cup frozen green peas, thawed
- 2 cups cooked chickpeas or canned, no-salt-added or low-sodium, drained
- 1/2 cup raw cashews, chopped

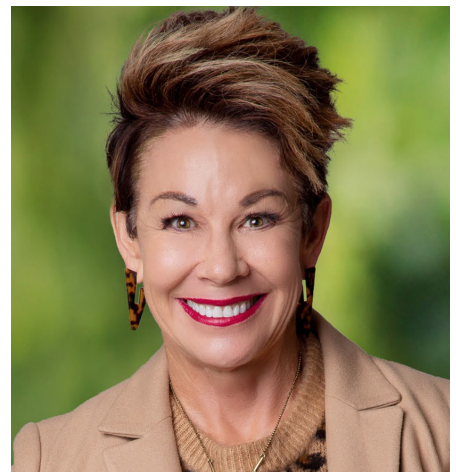
ASQ

Energy Healing 101:

How to Harness and Transform the Energy of Cancer For Self-Healing

BY NATHAN CRANE WITH CAROL TUTTLE

The following is a condensed version of my interview with master energy healer Carol Tuttle from my Global Cancer Symposium 2.0.



Carol is a teacher, speaker, gifted healer, bestselling author, and personal development pioneer. She has supported millions with her books and online courses over the past 30 years. You can learn more about the Carol Tuttle Healing Center she mentions [here](#).

Nathan: For people who don't know, and to lay a little bit of framework for everybody, what is energy healing, and can it actually help people heal from chronic diseases like cancer?

Carol: Yes, it can. In fact, if you don't incorporate what really the basis of it is, it puts you at a disadvantage in a lot of ways. Energy healing, in the most basic way to speak to it, is your energy of thought. You have thought that is energetic, you have emotion that is energy, and then you hold different vibrational patterns, both in the body and in the energy space that we contain ourselves in.

You can actually say that cancer is energy. It is an energy imprint in the physical system that's in conflict with your health and wellness. But that energy can be morphed. It can be transmuted. So what we're doing in the [Carol Tuttle Healing Center](#) is I'm taking you through different protocols. Mostly, we're using a body of work that's most popularly referred to as tapping or emotional freedom techniques, and we're clearing out fear, we're clearing out negative beliefs.

Cancer is an experience that really brings up a lot of issues. It's charged. It's a very charged word in and of itself. When you're diagnosed and told you have cancer, it's almost like a death sentence the way the energy of this has been dealt with. That we battle cancer, we fight cancer, cancer's the enemy.

There is plenty of research out there that says that anger and fear and what we call

low-vibration states of energy weaken the body. Make us more vulnerable to disease, illness, and pain. So, as we shift our energy to a higher vibration and are able to maintain that, cancer responds differently to us. I've seen many members heal their cancer, even in less than a year, that doctors have been dumbfounded as to, where'd it go?

In my book called *Mastering Affluence*, I speak about disease, illness, and pain, and how, in our medical culture, we have created it to be the bad guy. But anything we put into opposition with us, we're actually feeding it by being in an opposing position, because we're now in conflict with it.

You've got to make it your friend, your ally. Work with it. It gives you more power to completely change your language around it and to embrace it. It's your experience. Embrace it as experience rather than something that's taking you out. You're having an experience, and it's called cancer.

Nathan: So how do you, through your work, help people? You said emotional freedom technique, tapping. But how does something like that correlate to energy healing? And how is all of this relative to somebody who wants to go deeper into energy healing and removing these emotions from their lives and activating their healing response more often?



Carol: What I do is teach self-applied techniques that will actually morph the energy so it's cleaning up. So in the healing plan for disease, illness, and pain, which is a four-week experience, you'll actually journal with your cancer. You'll have conversations with it, you'll learn from it, you'll connect with it, that it's there for a reason, as a teacher, in many cases, not just as a death wish that's trying to take you out. The people that come through experiences like this successfully are changed and they're grateful, in most cases. They're very grateful for the life lessons that they drew from it.

When we're doing tapping, we're actually focusing on the discomfort that we're feeling. I take people through sequences of focusing on speaking all the fear-based beliefs and all the anger and the emotions. As you're tapping on acupressure points, there's face and torso points, while you're speaking directly to what's up, what's triggering you, what is causing the discomfort while you're talking, it's moving it, it's shifting it, it's actually changing your neural pathways. And you learn to forgive the cancer. You learn to say, "You're a neutral presence in my life. You'll be whatever I create you to be. You don't have an agenda."

Maybe you had a very authoritarian, dogmatic parent that was abusive to you, and now it feels like the cancer has become that parent and it's taking you out. So it's going to bring up some deeper issues from your life that you're going to go, "Well, this is good. Now, I have tools to clean that up, so I don't carry all this baggage around."

So you're able to use it as a vehicle to even clean up old, old imprints of and repressed emotion that you've lived with that's weakened you. And you come out on the other side of it just healthier, more vital, and more awake, and go, "Wow, that really served me to have this experience. I turned it into a blessing."

If you're going through chemo and whatever medical treatments, those aren't easy. Your body needs a friend and you need to be your body's friend. Because it's going through a lot for you and it wants to get well. I believe, in every fiber of my being, that the body's own programming is wellness and vitality. It wants that, along with you. So what you're doing with these techniques is really allowing that to become alive in you.

Tapping on points, your energy runs on meridians and these are key acupressure points that will activate more energy flow to both cleanse, detox, and shift the energy. Because we always end each session with focusing on the positives.

What do I want to create?

What do I want to think?

What do I want to feel?

We put it into very clear declarations that that is your experience. You're basically training your mind to approach the whole thing differently.

There's four energetic planes that we're dealing with on a constant basis: the spiritual, the mental, the emotional, and the physical.

The physical's the most dense energy we exist in. It creates form and it's tangible. Your emotional energy actually will take out the mental, it's so potent. But the mental energy is a higher vibration you can change. And your spiritual is very key to all of this, no matter your background.

A lot of people have to deal with anger at God when they're dealing with something of this chronic nature. It's like you feel victimized.

Why me? And what's the point of all this? You're going to go through those cycles. You're not trying to dismiss them or avoid them. You're giving yourself the support you need as you move through the cycles that this brings up to really get the benefit of healing on a spiritual level. Healing the mental body, healing the emotional body, and



then the physical body is just more powerful. Because it is, in the hierarchy of energy, it's at the bottom of the ranking and the others will override the body's ability to heal as powerfully as it can.

Nathan: What are some other forms, methods, techniques of energy healing that you teach that could help people dealing with cancer?

Carol: We teach training our mind. In everything I do, I have audio files of affirmations and also daily scripts that teach

you to think differently. Your thinking mind is a program, and it's been programmed by both your genetic background and your life experience. And until you take ownership of your thinking mind, it will just think whatever it wants, what it's been programmed to think. This is something that hit me about 25 years ago. It was 1995 and I was in a phase of suicidal depression. My background is having severe depression, an abusive background, being very wounded in my childhood. It really was ruining my adult life.

I didn't understand the connection till I got into this work. That it was actually what had happened in my childhood was interfering to such a degree that I wasn't functioning as a mother, as a person. I was suicidal. And one thing I realized was my thoughts were toxic, they were

horrible. I couldn't really even feel any sense of love for myself.

But how could I if all I thought were negative thoughts and feeling victimized and victim thoughts? So I took it upon myself, I actually wrote out affirmations. This is in 1994. I wrote them on about 35 different pieces of construction paper, all different colors. And I taped them all over the house. I was committed to retraining my mind. And I've now been into this for 30 years plus. So that's a big, big practice.

Just like if you didn't work out and eat healthy food, if you just ate whatever, your body would reflect that. Well, your thoughts will reflect your negligence, so you've got to decide what you want to do with your thinking mind.

In the healing plans, a daily activity everyone's asked to do is listen to whatever particular audios that have been created for those healing plans; they have to listen to them every day. And it's basically to train your mind to think differently. And it works. Your thoughts change. And it's life-changing for the rest of your life. I don't ever think negative thoughts now. My thinking mind is like a Rolodex of affirmation cards; how I think now.

What I tell people is it's easy to clear old stuff. It will shift very quickly. Now, staying in the habit of a different vibration and the habit of a new thought, a habit of a more elated feeling, a state of hope, that's what takes practice. That's not what's familiar, so people will need to do repeats on certain clearings just to get there again and go, "Okay, I need to really..."

Anytime you're feeling good, you should honestly just tap all over your body. It's like communication. Your body communicates in rhythms and flows in its organs. When you're in a state of feeling hopeful, feeling good, you should really anchor that in with awareness in that moment.

I feel good right now.
This is the new familiar.

This is where we want to be.

And communicate that. Your body will get that message. Because those moments that you'll hit... the lows when you maybe get feedback that seems discouraging, you've got to rally again for yourself, you know? There's so many cycles through an experience like cancer. But you're continually progressing. There is an upward swing to getting to a better place, but there's dips along the way. And don't be so thrown by them. Be okay with it. It's okay, and a lot of the feelings that you'll deal with are about the present experience, and they're appropriate.

Grief, sadness, just worn out, apathy. You just get tired by this stuff. It's just like, ugh. Grieving a life that was that you're not living right now because you're going through this experience. But if you can imagine that it's like you're moving through an energetic plane and that energy experience is called "I'm Experiencing Cancer." Never make your diagnosis your identity; it's always an experience.

And as you're moving through that, see that you'll actually move through that field of energy and come out on the other side, and to really hold that space of being able to come out on the other side better for it, healthier because of it. You do get healthier because you learn a ton about what makes you sick. And you go, "Okay, I'm going to change how my day-to-day choices look when it comes to my body."

Nathan: What's another self-healing practice maybe you could guide us through for a few minutes? Something that would really support people who are going through cancer right now that they could do at home; some form of energy healing that they could do every day?

Carol: When you're feeling that pulled-out and you're feeling down, your fight-and-flight energy, it's called your triple warmer. It runs from the side of your eye on your temple here up and around your ear, down to the ear lobe, and down over the shoulder to the ring finger on both sides. When your fight-and-flight energy is running really potently – fear, anger – that's feeding the cancer. Cancer likes those kinds of energies. Fear and anger especially.

We're going to sedate that and shift the energy. Whatever you're experiencing, and everyone can do this along with me, but your left brain is your kind of thinking, rational, this is what is, the experience we're talking about. Your left brain likes to say, "Well, you can't say that because this is what the experience is."

You just go into what you're experiencing. So we'll just start tapping up and over this ear. It's going to now quiet down this fight and flight. You're tapping right on the meridian while repeating:

I don't like this cancer.
I wish it had never shown up.
Why me?
I feel so powerless.



Why do I have to go through this?
Scared I'm gonna die.
Giving up.

So everything I just said are common thoughts and feelings in this experience. Now, we're going to switch. So we've addressed it. We've given voice to it. Now, we're going to speak to what do we want instead? We're going to do it with "I am" statements.

What do I want to experience? Do I want to experience all that? No. Is it what I'm experiencing right now? Yes. But if I have a choice, which we do, what do I want? So we're going to look at what we want. I'm tapping up and over the right ear.

I am grateful I'm overcoming this.
I am thankful for my powerful and strong body.
I am healing this cancer.
My body is stronger than ever.
I'm encouraged.
I'm excited for the next piece of good news
I'm going to receive.
I am whole and healed.

I am whole and healed.
I am whole and healed.

And one more time: I am whole and healed.

You can actually then just swipe down your meridian, each side, swipe it off. That takes off excess energy, and you reset it by going up the ring finger, up the side of the arm, over the shoulder, ear lobe, around the back of the ear to the temple. Now you've reset the fight-and-flight, and take a deep breath, and you're going to feel better. You're just going to feel better. And as you do that, as those negative thoughts present, you're going, "Okay, I'm going to go into them." It's kind of like, "I'm going to go right into what's up, and I'm going to shift that energy." So you're opening that energy.

The energy has to be accounted for. When you're not allowing it to be felt, acknowledged, and worked with, it gets stored in the body and the body's accounting

for it in imbalances and disease. What we focus on we create more of. What our energy signals, we attract to us. It's a fairly well-known concept nowadays. People call it the Law of Attraction. I've always taught it as the Law of Creation. You're creating, either consciously or accidentally, every moment of your life. So, as you allow that energy to take hold and just be there and it lives you, it feeds more of what is. That's why you want to become proactive and conscientious and choose to change it.

Nathan: Carol, it's been a treat, a pleasure, getting to know you more, your great work. I just appreciate and honor you for pioneering in this field for so long and helping so many people. So thank you.



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