



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



BY NATHAN CRANE

## New Study Shows More People Under 50 Are Getting Cancer Than Ever Before

BY NATHAN CRANE

Early onset cancer is often defined as cancer in people aged 50 and under. A new study,<sup>1</sup> published in Sept 2022, shows that early onset cancer is on the rise globally for many types of cancer... and has risen dramatically since the 1990s.

The researchers from Brigham & Women's Hospital examined global data of the incidence of 14 different types of cancer. They also searched for available studies that examined trends of possible risk factors including early life exposures.



Early Onset  
Cancer is cancer  
diagnosed in  
people 50 years  
of age and  
younger

### WHAT'S INSIDE

More People Under 50 Are Getting Cancer

1

How Safe Are Your Period Products?

15

Early Cancer Detection

4

Poached Pears with Pomegranate Sauce Recipe

24

Collard Greens and Beans

14

Q&A: Don't Worry, Don't Fear

25



## 14 Cancer Types That Showed Increased Incidence in Adults Under 50 From 2000–2012

Breast cancer  
Colorectal cancer  
Endometrial cancer  
Esophageal cancer  
Extrahepatic bile duct cancer  
Gallbladder cancer  
Head and neck cancer  
Kidney cancer  
Liver cancer  
Myeloma  
Pancreatic cancer  
Prostate cancer  
Stomach cancer  
Thyroid cancer

What they found is that **with each new decade a person is born in, the risk of early onset cancer has increased.**

“

We found that this risk is increasing with each generation. For instance, people born in 1960 experienced higher cancer risk before they turn 50 than people born in 1950 and we predict that this risk level will continue to climb in successive generations.”<sup>2</sup>


– SHUJI OGINO, MD, PHD

The research team also found that the early life exposome – which includes a person’s diet, lifestyle, weight, environmental exposures, and microbiome – has changed substantially in the last several decades.

Not surprisingly, this led the researchers to hypothesize that our western diet and lifestyle may be contributing to this emerging epidemic of early onset cancer. While early detection through cancer screening programs was acknowledged as having a role in the increased cancer numbers we’re seeing, the researchers believe screening doesn’t account solely for the increases.

**Possible risk factors identified for early-onset cancer included obesity, alcohol consumption, sleep deprivation, smoking, and eating processed foods.**



A photograph of a man with short brown hair and a light beard, wearing a blue hospital gown, lying in a hospital bed. He is smiling and looking towards the left. A doctor's hand is visible in the foreground, reaching towards the man's chest. In the background, there are medical monitors and IV stands with blue tubing.

“Among the 14 cancer types on the rise that we studied, eight were related to the digestive system. The food we eat feeds the microorganisms in our gut,” said lead author Tomotaka Ugai, MD, PhD. “Diet directly affects microbiome composition and eventually these changes can influence disease risk and outcomes.”<sup>3</sup>

While, the researchers stated that more long-term study is needed, one of their key points is that “Raising awareness of the early-onset cancer epidemic and improving the early-life environment should be our immediate goals: these are likely to reduce the burden of both early-onset and later-onset cancers.”<sup>4</sup>

### Key Takeaway

Early onset cancer is on the rise and researchers acknowledge that diet & lifestyle likely play a key role in this emerging epidemic.

### Sources

1. <https://www.nature.com/articles/s41571-022-00672-8>
2. <https://www.sciencedaily.com/releases/2022/09/220906161454.htm>
3. <https://www.sciencedaily.com/releases/2022/09/220906161454.htm>
4. <https://www.nature.com/articles/s41571-022-00672-8>



# Early Cancer Detection:

Why It Matters, When You Should Get Checked Out & 7 Early Cancer Diagnostic Tests Your Doctor Might Not Know About

BY **NATHAN CRANE**

As adults, we're pretty much guaranteed to have some abnormal cells in our body at any given point in time. Most of the time our immune system takes care of these cancer cells, and we never even know they're there.

There are, of course, times when the immune system is overwhelmed, and these cancer cells continue to multiply. Most times when cancer cell growth is left unchecked, the ultimate result is what we commonly think of as cancer. [See Issue 7 for an overview on what cancer is and the most common types of cancer.]



## Early Detection Means You Can Take Action Sooner

If we use the analogy of cancer being a weed, it's a lot easier to pull out a tiny seedling that's just sprouted than to cut back an invasive species of plants that has taken over your yard. Even better, you don't need to plow up your garden or spray it with noxious chemicals if a weed is weak and tiny.

In my hundreds of interviews with alternative and functional medical doctors and other cancer specialists over the years, they've shared what they consider some of the most important early diagnostic tests that they rely on.

These sensitive tests can help to identify cancer so early that it's possible to avoid the harsh therapies that are synonymous with cancer care, namely chemotherapy, radiation, and surgery. In many cases, diet and lifestyle changes alone are all that's required (and, of course, keeping these beneficial practices in place so the cancer never comes back.)

A *sign* is something observable by a doctor (e.g., a rash or swelling). A *symptom* is something only you can feel (e.g., a throbbing headache or stomach cramps).

## Signs & Symptoms That Should Prompt You to Get Tested

Not everyone with cancer feels bad or has physical symptoms, but here are some potentially troublesome signs and symptoms that should prompt you to get checked out by your doctor.<sup>1</sup>

- Sudden weight loss
- Fever, fatigue, or pain that you can't explain
- Yellow skin or eyes
- Patches of skin that become red, itch, or bleed
- Wounds that won't heal on the body or in your mouth
- Blood in the stool, urine, or phlegm
- Diarrhea or constipation that lasts more than a few weeks
- Finding it hard to urinate or experiencing pain during urination
- Unexplained vomiting
- Indigestion or trouble swallowing
- Shortness of breath
- Nagging cough, hoarseness, or a croaky voice
- New or unusual lump or swelling in the breast, testicles, or other part of the body
- Unusual bleeding or discharge from the nipple or vagina
- Obvious change in the shape, size, or color of a wart or mole
- Any new growth on the skin

## There are also life experiences and habits that increase your cancer risk.<sup>2</sup>

If any of the following conditions apply to you, make the diet and lifestyle changes **NOW** rather than waiting to see if cancer is diagnosed down the road.

- Chronic exposure to hazardous chemicals or low-level radiation
- History of sun overexposure and sunburns
- Undergoing treatment for an ongoing cancer
- Taking medications with potential carcinogenic side effects
- History of consuming known dietary carcinogens (e.g., processed meats, preservatives, food dyes)
- Diet consisting primarily of fast foods, processed foods, and cooked foods
- Chronic exposure to tainted drinking water
- History of smoking or chronic exposure to secondhand smoke
- Chronic stress
- Depression
- Emotional trauma
- Habitual caffeine or alcohol abuse
- History of chronic viral infections (e.g. herpes, HIV)
- Family or past history of cancer





## Tests That Help Detect Cancer Early

Here's a rundown on 7 early cancer detection tests you may want to discuss with your doctor to see if they're appropriate for you, based on your age and personal history. If you've already been through cancer, these tests can be especially important for peace of mind and ensuring you're staying cancer free.



01.

# Highly Sensitive C-Reactive Protein (hs-CRP)

This simple blood test lets you know how much inflammation is in your body. Since inflammation is both a cause and a symptom of cancer, it's an important tool to gauge what your inflammation levels currently are.

“

I like to see people's C-Reactive Protein levels below 1, but I'm looking for optimal. Acceptable is between 1 and 3. Anything above 3 is really inflamed.

- JENN SIMMONS, MD

C-Reactive Protein is not a specialty test and should be readily available through most family doctors. A score of 1.0 or under is considered ideal by many practitioners.

## 7 Key Ways to Reduce Inflammation

Taking steps to reduce inflammation benefits everyone's health, but is especially important if you've been diagnosed with cancer. Here are 7 of the best ways to reduce inflammation:

### 1. Eating an anti-inflammatory diet.

This means cutting out animal products, processed foods, oil, and salt and consuming lots of plants (especially leafy greens).

**2. Learn tools to reduce stress.** It's next to impossible to avoid stressful situations, that's why learning techniques for coping with life stressors is so beneficial.

**3. Moving your body.** Both too little physical activity and too much (overexercising) contribute to inflammation, however far more people fall into the "too little exercise" category and need to fit in more daily movement.

**4. Weight management.** Aim to get to your ideal body weight using an anti-inflammatory diet combined with increased physical activity.

**5. Getting enough sleep.** Lack of sleep not only robs you of energy and productivity, it also raises inflammation levels.

**6. Quitting smoking.** Increased inflammation is just one of a very long list of health hazards related to smoking. If you're a smoker, you already know that you need to quit if you want a long, healthy life.

**7. Cutting out alcohol.** There are really no "safe" levels of alcohol consumption (see Issue 5). Consider that every drink you have contributes to increased inflammation.

02.

## Erythrocyte Sedimentation Rate (ESR)

This is another inexpensive and widely used blood test that measures inflammation levels in the body from infection, autoimmune, and malignant diseases. It works by measuring the clumping rate of red blood cells. The faster the cells stick together, the higher the likelihood of inflammation. People with cancer usually have high ESR results.

While the ESR test will show if there is increased inflammation, it can't pinpoint *what* is causing the inflammation and further investigation is needed.

One area where ESR is especially helpful is in earlier diagnosis of multiple myeloma (a type of blood cancer). A 2018 study published in the *British Journal of General Practice*<sup>3</sup> showed that ESR, when combined with plasma viscosity (PV) testing, was one of the best diagnostic tools for both ruling in and ruling out multiple myeloma.



A 2019 study published in the *British Journal of Cancer*<sup>4</sup> examined the role of inflammation tests in predicting cancer diagnosis within a one-year period. They determined that **people with high inflammatory markers were more than twice as likely to get diagnosed with cancer** than people with normal inflammation levels within the one-year time frame studied (3.53% compared to 1.5%).

Despite this increased incidence of cancer in the high inflammation group, the researchers advised that doctors should not use inflammation tests alone to “rule-out” cancer. Rather, inflammation testing should be used as a triage tool to identify cases needing further investigation.

03.

## Thermography Exam / Digital Infrared Thermal Imaging (DITI)

Thermography or DITI is an adjunct (supplementary) tool for detecting early stages of breast cancer.

It's a pain-free, non-invasive test that doesn't use radiation or compression and the machine never touches the body. Instead, a thermography machine uses an infrared camera to detect temperature differences within breast tissue. Anything that is causing an inflammatory response from the body will show up on a thermogram image as a red "hot spot", compared with surrounding tissue that appears yellow, green, or blue.

Dr. Veronique Desaulniers (The Breast Cancer Conqueror®), who I've interviewed several times, is a big fan of thermography for breast cancer screening – especially for women with dense breast tissue.

As she states in her book, *Heal Breast Cancer Naturally*, "Thermography seems to spot active pre-cancerous breast signs some 6 to 8 years before any palpable mass appears." Dr. Desaulniers also notes that "When used in conjunction with other procedures, you get the best possible evaluation of breast health."<sup>5</sup>

You can find a thermography clinic near you on the American College of Interactive Thermography's website at <https://thermologyonline.org/find-a-clinic/>

Most conventional doctors are NOT fans of thermography as a breast cancer diagnostic tool and will continue to push mammography as the only breast cancer detection option. While the Food & Drug Administration (FDA) approved thermography as an *adjunct* test for breast cancer risk assessment back in 1982, they issued a warning in February 2019 to a California clinic for illegally marketing and distributing an unapproved thermography device as a sole screening device for breast cancer and other diseases. The agency issued a statement at the time warning that "Thermography should not be used as a standalone method for detecting, diagnosing, or screening for breast cancer."<sup>6</sup>





## 04. Ultrasound

Ultrasound uses high-frequency sound waves to produce an image called a sonogram. It can be a useful tool for spotting abnormalities in breast tissue and lymph nodes. It's also beneficial for monitoring tumor size after cancer diagnosis. Unlike x-ray or mammograms, there is no radiation so it's safer for pregnant women.<sup>7</sup> However, there is a risk of DNA damage so use ultrasound sparingly.

HerScan is a mobile breast ultrasound screening service available in 24 states of the U.S. They advertise on their website<sup>8</sup> that ultrasound can increase the detection of breast cancer from approximately 48% to 97%, particularly for women with dense breasts.

You do not need a prescription to use HerScan and the advertised fee in Sept 2022 was \$285. The website is [www.herscan.com](http://www.herscan.com).

## 05. Nagalese Blood Test

Nagalase is an enzyme that is only secreted by cancer cells, certain viruses, and pathogenic bacteria. Increased nagalase activity has been detected in the blood of patients with a wide variety of cancers, but is not present in healthy individuals.<sup>9</sup>

Not only can nagalese testing be used to identify the presence of cancerous lesions below levels detectable by other methods, it's also a sensitive test for monitoring the efficacy of therapy in cancer and certain viral infections.

Nagalese testing has been available in Europe for many years, and is slowly being used more in the U.S. Because the test also detects viral infection, higher numbers don't necessarily indicate the presence of cancer, so this is not a standalone test.

The Health Diagnostics and Research Institute in New Jersey offers [nagalese testing](#) for both the U.S. and international customers, but test kits must be ordered by a doctor.

## 06. Galleri Test

The Galleri® test is a multicancer early detection test that detects a common cancer signal through a simple blood draw. What's special about Galleri is that it helps pinpoint *where* in the body the cancer is coming from.<sup>10</sup> Unlike many tests which only look for one type of cancer, Galleri has identified more than 50 different types of cancer. The Galleri test is recommended for use with adults with an elevated risk for cancer. It should be used in *addition* to routine screening tests your healthcare provider recommends. False positive and false negative results do occur.

As of fall 2022, the Galleri test is only available in the U.S. and costs \$949. You can request the test through your healthcare provider or through one of their telemedicine partners at [Galleri.com](https://www.galleri.com).



## 07. The Cancer Profile Test

The Cancer Profile® test (also known as the CA Profile®) from American Metabolic Laboratories<sup>11</sup> is a panel of 7 tests that can be used to monitor known cases of cancer as well as identify the early presence of cancer. The test panel is based on the premise that detectable biochemical changes occur in the human body during its transformation into a cancerous state.

Because it uses multiple indicators (i.e., 7 different tests), there is stronger evidence to support a positive result. According to the test website, the CA Profile has an accuracy of 87-97% in detecting cancer<sup>12</sup> – in some cases up to 10-12 years before conventional tests.

This is a non-invasive test that only requires one vial of blood and a first morning urine sample. The test has been available in the U.S. since the early 1980s and costs \$654 as of Sept 2022. [Test kits](#) can be ordered by residents of all states except for New York as well as internationally.



## Key Takeaways

Early detection of cancer gives you more time to address it with less invasive therapies such as diet, lifestyle, supplementation, eliminating toxins, and emotional healing.

Inflammation is both a cause and an indicator of cancer. Take steps to eliminate sources of inflammation in your body and get your inflammation levels tested regularly.

If you have the financial means, tests such as the Galleri® and Cancer Profile® can provide you with more information and peace of mind about the state of your health.

## Sources

1. <https://cancer.ca/en/cancer-information/find-cancer-early/know-your-body/what-kinds-of-changes-in-my-body-should-i-report-to-my-doctor>
2. <https://www.barnesandnoble.com/w/cancer-free-jenny-hrbacek/1122956777>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6104875/>
4. <https://www.nature.com/articles/s41416-019-0458-x>
5. [https://www.amazon.com/gp/product/B07PH2S3MD/ref=dbs\\_a\\_def\\_rwt\\_hsch\\_vapi\\_tkin\\_p1\\_i0](https://www.amazon.com/gp/product/B07PH2S3MD/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0)
6. <https://www.fda.gov/news-events/press-announcements/fda-issues-warning-letter-clinic-illegally-marketing-unapproved-thermography-device-warns-consumers>
7. <https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/breast-ultrasound>
8. <https://www.herscan.com>
9. <https://www.hdri-usa.com/tests/nagalase/>
10. <https://www.galleri.com/the-galleri-test/types-of-cancer-detected>
11. <https://americanmetaboliclaboratories.com/product/cancer-profile-ca-profile-price/>
12. <https://americanmetaboliclaboratories.com/cancer-profile-ca-profile/>





# Collard Greens and Beans

BY JOEL FUHRMAN, M.D.

SERVES: 3

## Directions

Heat 2-3 tablespoons water in a large saute pan or wok and water saute onion and garlic until tender. Add collards, red pepper flakes and vegetable broth, cover, and cook for 5 minutes. Add beans, tomatoes, and lemon juice, cover and continue cooking for an additional 5 minutes or until collards are wilted and tender. Add additional vegetable broth if needed to prevent sticking.

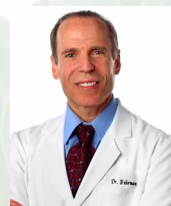
**PER SERVING:** Calories 184, Protein 11 g, Carbohydrates 35 g, Sugars 5 g, Total Fat 0.8 g, Saturated Fat 0.2 g, Cholesterol 0 mg, Sodium 45 mg, Fiber 9.9 g, Beta-Carotene 2253 ug, Vitamin C 38 mg, Calcium 180 mg, Iron 3.9 mg, Folate 176 ug, Magnesium 77 mg, Potassium 894 mg, Zinc 1.6 mg, Selenium 2.5 ug

## Ingredients

- 1 large onion, sliced
- 3 cloves garlic, thinly sliced
- 1 bunch collard greens, stems removed and cut into 1/2 inch strips
- 1/4 teaspoon red pepper flakes or more to taste
- 1/2 cup low-sodium or no-salt-added vegetable broth
- 1 1/2 cups cooked or 1 (15 ounce) can low-sodium or no-salt-added cannellini beans
- 1 1/2 cups chopped tomato
- 2 tablespoons lemon juice

## Joel Fuhrman, MD

is a board-certified family physician, nutritional researcher and seven-time *New York Times* best-selling author. He serves as the President of the Nutritional Research Foundation. Dr. Fuhrman has authored numerous research articles published in medical journals and is on the faculty of Northern Arizona University, Health Science Division. His two most recent books are *Eat to Live Quick and Easy Cookbook* and *Fast Food Genocide*.





# How Safe Are Your Period Products?

BY NATHAN CRANE

One of the key strategies to preventing cancer or allowing the body to heal is removing things from your life that can potentially cause cancer. This includes toxic foods, cookware, and personal care products.

If you're a woman, one area you might not have given much thought to is your feminine hygiene products. After all, these articles line drug store and grocery store shelves and millions of women rely on them daily... so how could they be harmful?

**Feminine hygiene products go in or next to a highly sensitive and absorptive part of a woman's body. This category of personal care products includes:**

- pads & panty liners
- tampons
- menstrual cups
- period underwear
- period discs





Did you know that the vaginal canal contains highly permeable mucous membranes and is an effective route for delivering drugs into the body?<sup>1</sup> This means that any chemicals put on and near the vagina can be readily absorbed into your bloodstream.

The national health non-profit group Women's Voices for the Earth (WVE) has been working for over a decade to educate women on the possible dangers of many period products – namely, toxic ingredients used in their manufacturing processes.<sup>2</sup>



---

## Warning: Intimate Care Products Are Unregulated

Beyond period products, there's another realm of intimate personal care products targeted to women including vaginal douches, moisturizers, washes, deodorants, and vaginal suppositories.

Shockingly, these intimate care products are regulated as cosmetics in the United States. This means companies can use almost any raw material in a finished product without safety testing or review by the Food & Drug Administration.<sup>3</sup>

Worst of all, the federal standards which govern personal care products (including cosmetics) hasn't been updated since the 1930s!



In 2020, the WVE reported that there had been over 20 significant tests done between 2014 and 2020 by various organizations around the world on pads, panty liners, tampons, and menstrual cups.<sup>4</sup> **These tests detected the presence of numerous health-harming chemicals, some of which are linked to cancer.**

It's important to note that not all products tested contained chemicals, but these are among the many chemicals that were found in one or more products:

- Acetone
- Anthracene
- Benzene
- Benzo(a) pyrene
- Bisphenols
- Chlorine
- Chloroethane
- Chloroform
- Chloromethane
- Dioxins
- Formaldehyde
- Fragrance allergens
- Furans
- Glyphosate
- Heptane
- Insecticides
- Naphthalene
- Parabens
- Pesticides
- Phthalates
- Polycyclic aromatic hydrocarbons (PAHs)
- Pyrethroid
- Styrene
- Toluene
- Triclosan
- Xylene



## Hazardous Chemical Spotlight: Dioxins

Dioxins are used in the bleaching process to make pads and tampons white. Once absorbed into the body they are stored in human fat. The half-life of dioxins (amount of time it takes for the initial amount to fall to half of its value) is from 7-11 years!



## The Government is NOT Watching Out For You

As with skincare and cosmetics, the onus is on the consumer to be their own safety watchdog when it comes to feminine hygiene products. Making it more difficult is the fact that the U.S. Food & Drug Administration classifies tampons and pads as “medical devices” which means that **manufacturers haven’t been required to divulge their ingredients.**

Fortunately, there is some promising progress on the transparency side of things.

Due to public pressure, in 2015 Procter and Gamble (makers of Always & Tampax) and Kimberly Clark (makers of Kotex) started releasing information about the ingredients in their pads and tampons.<sup>5</sup>

In 2019, New York became the first state in the U.S. to require manufacturers of menstrual products to disclose all intentionally added ingredients.<sup>6</sup> The law just took effect in October 2021, and consumers in other states may also start seeing ingredients listed on feminine hygiene packaging.



# Avoid Scented Products

If you watched my Conquering Cancer: The Missing Link docuseries, you might recall that “fragrance” is one of the most important ingredients to avoid in personal care products.

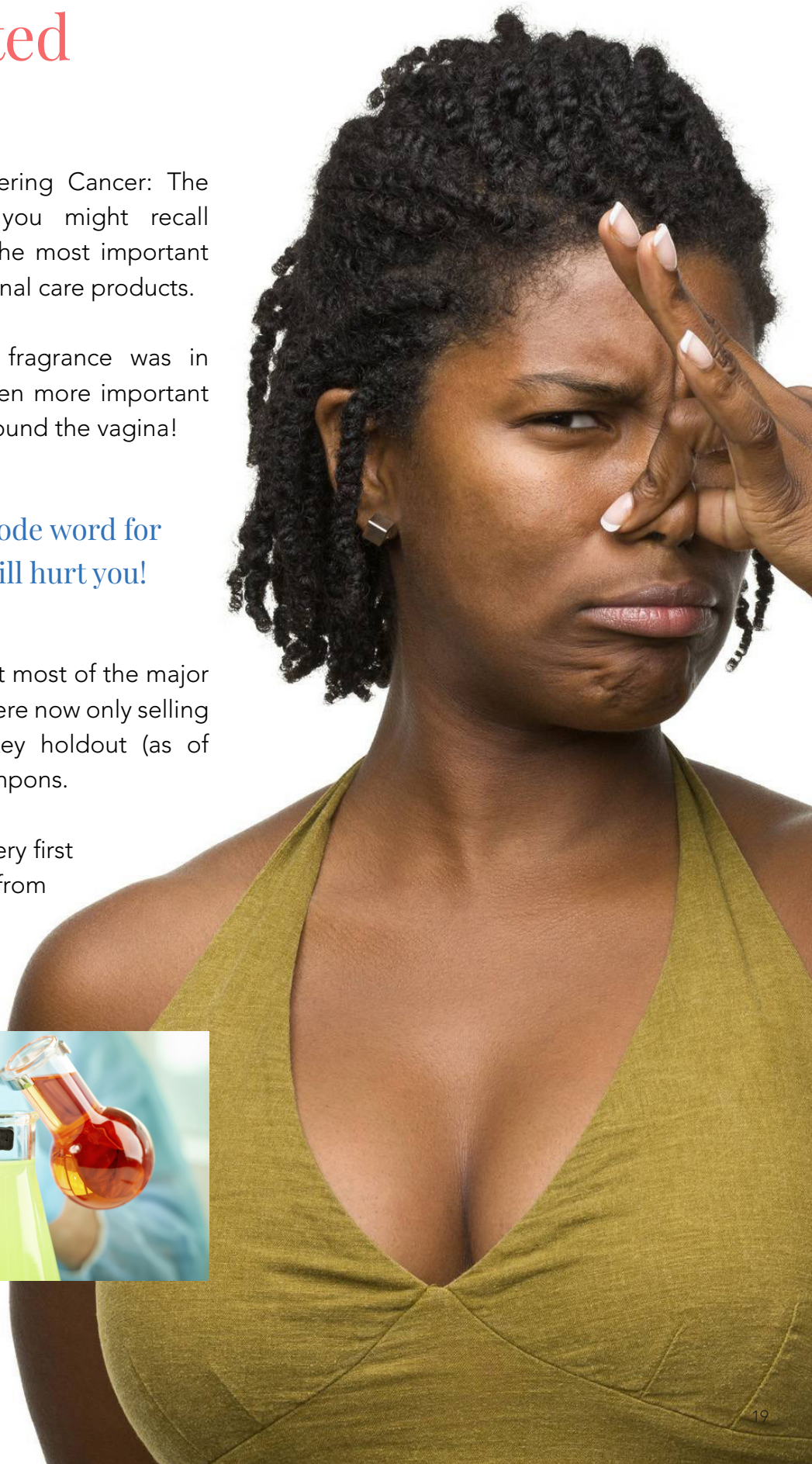
While this warning about fragrance was in reference to skincare, it’s even more important for products going in and around the vagina!

---

Think of “fragrance” as a code word for synthetic chemicals that will hurt you!

In 2022, WVE celebrated that most of the major manufacturers of tampons were now only selling unscented tampons. The key holdout (as of August 2022) was Playtex tampons.

If you haven’t already, your very first and easiest step is to switch from using scented to unscented feminine hygiene products.





# As a Consumer, What Else Can You Do?

Health food, natural products stores, and online are likely going to be your best source for finding brands that are more conscious about the ingredients they use. You can also follow this advice from Women's Voices for the Earth (WVE) when shopping for period products:<sup>7</sup>

- Read ingredient listings on the product package and/or website.
- Look for products that do not contain plastics (ingredients like polyester, polypropylene, or polyethylene). If possible, select products that contain 100% cotton, without additional plastic layers.
- Look for products made with simpler and fewer ingredients.
  - Avoid fragranced products.
  - Avoid products with colorants.
  - Avoid products with additives like PEGs, which may be contaminated with ethylene oxide or 1,4 dioxane. (ingredients linked to cancer!)
- Pay attention to any symptoms that occur during the use of a product – and try another brand for a month to see if it makes a difference.



## What About Bladder Leakage Products?

Unfortunately, the New York ingredient listing law for feminine hygiene products did not include items for bladder leak and incontinence – despite the fact that they serve a similar function and have similar chemical exposures to the users.

---

## Bottom line:

if you use incontinence products, you need to be just as diligent with product selection.

I also recommend following Women's Voices for the Earth ([www.womensvoices.org](http://www.womensvoices.org)) to keep up-to-date on new developments in their mission to free the world from the impacts of toxic chemicals.



## Are “Period Panties” a Safer Bet?

---

A trend within the past few years has been the introduction of menstrual underwear. These are reusable panties that collect menstrual blood and can be washed, dried, and reworn many times over.

While the product is undoubtedly much more environmentally friendly than single-use pads and tampons, several manufacturers have come under fire recently with the accusation that their products contain PFAs. These are toxic chemicals that can build up in the body and are known as “forever chemicals” because they don’t break down in the environment.

The brand Thinx (who were the first to market with menstrual underwear) came under scrutiny in 2020 when independent testing showed high levels of PFAs. They are now facing a class action lawsuit in California.<sup>8</sup> Knix wear, a Canadian brand of period underwear, is also being sued for non-disclosure of PFAs.<sup>9</sup>



## What Are PFAs?

---

PFA chemicals are used to create non-stick and moisture-wicking surfaces and are commonly used in products such as cookware, food wrappers, raincoats, lifejackets, and fire-fighting foam. Even worse, any clothing fabric that is wrinkle-, stain-, or water-resistant is likely to contain PFAs.

Sadly, these chemicals are health harming in a number of ways. What's extra concerning is that menstruating women are in their child-bearing years and these chemicals have been found to pass from mother to infant through both the placenta and breast milk.<sup>10</sup>

Health damaging effects of PFAs include:<sup>11</sup>

- Low birth weight
- Weakened childhood immunity
- Endocrine (hormone) disruption
- Weight gain in children & dieting adults
- Increased cholesterol levels
- Thyroid disorders
- Higher risk of gestational diabetes & pre-eclampsia during pregnancy<sup>12</sup>

The good news/bad news here is that most manufacturers of menstrual underwear will say their products are free from toxic chemicals – and some actually are. What you want to see is independent testing to show their claims are accurate.

The consumer products website Better Goods analyzed 16 different brands of menstrual underwear in 2022 and found 4 brands that didn't contain PFAs.<sup>13</sup> They are:

Period (the company name)  
ModiBodi  
Bambody (available on Amazon)  
Luna Pads





## Sources

---

1. <https://pubmed.ncbi.nlm.nih.gov/21999572/>
2. [https://www.womensvoices.org/wp-content/uploads/2022/05/label\\_report\\_period\\_products\\_ENGLISH\\_final.pdf](https://www.womensvoices.org/wp-content/uploads/2022/05/label_report_period_products_ENGLISH_final.pdf)
3. <https://www.womensvoices.org/2022/02/09/product-testing-impacts-vaginal-microbiome-health/>
4. <https://www.womensvoices.org/whats-in-period-products-timeline-of-chemical-testing/>
5. <https://www.womensvoices.org/2015/10/22/women-move-procter-and-gamble-kimberly-clark-to-disclose-secret-ingredients/>
6. [https://www.womensvoices.org/wp-content/uploads/2022/05/label\\_report\\_period\\_products\\_ENGLISH\\_final.pdf](https://www.womensvoices.org/wp-content/uploads/2022/05/label_report_period_products_ENGLISH_final.pdf)
7. <https://www.womensvoices.org/2022/08/23/are-we-seeing-the-end-of-scented-tampons/>
8. <https://topclassactions.com/lawsuit-settlements/consumer-products/apparel/class-action-lawsuit-filed-against-thinx-period-proof-underwear/>
9. <https://news.bloomberglaw.com/litigation/knix-wear-sued-over-pfas-chemicals-in-menstrual-underwear>
10. <https://www.nytimes.com/2020/09/23/parenting/pregnancy/pfas-toxins-chemicals.html>
11. <https://www.ewg.org/news-insights/news/2022/04/new-lawsuit-contentends-period-products-contain-forever-chemicals>
12. <https://www.nytimes.com/2020/09/23/parenting/pregnancy/pfas-toxins-chemicals.html>
13. <https://bettergoods.org/best-period-underwear/>



# Pomegranate Poached Pears with Chocolate and Raspberry Sauces

BY JOEL FUHRMAN, M.D.

SERVES: 6

## Directions

Peel pears, leaving stems intact. Slice a little off the bottom of each pear so that they stand up. In a large saucepan, place pears standing up snugly together. Pour in pomegranate juice. Add cinnamon, cloves, and Goji berries. Gently simmer, covered, for about 20 minutes until pears are tender. Remove pears and refrigerate until ready to serve. Reduce poaching liquid until it becomes a syrup.

For the chocolate sauce, place blueberries, non-dairy milk, dates, macadamia nuts, cocoa/cacao powder, vanilla, and turmeric in a blender. Blend until very smooth and creamy. Add more milk if needed.

For the raspberry sauce, place defrosted raspberries in a blender and blend until smooth. Push through a sieve to remove seeds. Mix in poaching syrup. To serve, place a generous dollop of chocolate sauce on a dessert plate. Place pear onto the chocolate and drizzle raspberry sauce over pear.

**PER SERVING:** Calories 382, Protein 4 g, Carbohydrates 71 g, Sugars 48 g, Total Fat 13.2 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 59 mg, Fiber 13.5 g, Beta-Carotene 139 ug, Vitamin C 22 mg, Calcium 202 mg, Iron 2.3 mg, Folate 52 ug, Magnesium 70 mg, Potassium 717 mg, Zinc 0.9 mg, Selenium 2 ug

## Ingredients

- 6 medium organic pears
- 2 cups pomegranate juice
- 1 whole cinnamon stick
- 6 whole cloves
- 2 tablespoons Goji berries or raisins

### FOR THE CHOCOLATE SAUCE:

- 1 cup frozen blueberries
- 1 1/2 cups unsweetened soy, hemp, or almond milk
- 1 cup pitted dates
- 2/3 cup raw macadamia nuts
- 1 tablespoon unsweetened natural cocoa/cacao powder, or more for a darker, stronger sauce
- 1/2 teaspoon alcohol-free vanilla extract or pure vanilla bean powder
- 1 teaspoon turmeric (to adjust color)

### FOR THE RASPBERRY SAUCE:

- 10 ounces frozen red raspberries (about 1 1/2 cups), thawed



# Q&A



## Don't Worry, Don't Fear, Life Is Beautiful

BY **NATHAN CRANE** WITH **BROOKE EMERY**

---

We're turning the tables in this Q&A. Instead of me interviewing an expert, I'd like to share this condensed excerpt of an interview I did with Brooke Emery for her Self Love and Self Care Symposium.



It gives you a brief look into my personal journey to health and happiness, as well as some insight into the key things I've learned along the way when it comes to the importance of self-love, self-care, forgiveness, and eliminating fear in relationship to healing cancer.



**Brooke Emery: I'm ready to dive in and get your wisdom. The topic is around self-care and self-love. What does self-love mean to you?**

**Nathan Crane:** What a good question. I went through a period as I think many people have where I dove deep down the rabbit hole of a spiritual journey, spiritual seeking, self seeking.

At a very young age I was addicted to drugs and alcohol, cigarettes, fast food, sugar, and a highly processed diet. I started at nine years old and was almost dead by the time I was 18. So, I got to experience what that end of the spectrum of being unhealthy and toxic and addicted and highly depressed and emotionally traumatized is like. There's nobody to blame for that other than it was part of my life journey and thank God that I made it out of it, but it was a hard journey coming out of that. During that whole period of my life, I knew nothing about self-love or self-care. All I knew was self-deprecation and really not taking care of myself.

In 2005, I started my life completely over at the age of 18. After a few years of studying and researching and meditating and spending time with Buddhist teachers and spiritual teachers, I kind of went to the other end of the extreme where I was taking care of myself, I wasn't doing drugs or any of these things anymore. But at the other extreme, it was like I thought I had to give everything to everybody. I had to be 100% giving and generous, and I didn't quite know how to receive anymore. I didn't know how to receive love or abundance or gifts or compliments or any of these things.

That end of the extreme can be just as damaging as the other end of the extreme, which is what I was growing up as a teenager was always taking, taking, taking. The other extreme is always giving, giving, giving – never receiving. At some point in our lives, we have to find that balance between the two: giving and receiving.

Master Mingtong, a Qigong teacher who I study and work with, an amazing man, shares a practice where if you close either hand, you can feel what it's like to be out of balance. To be in balance as human beings, we have to be willing to have both. One open to give and one open to receive.

You can try it here actually. You can close your eyes and feel both hands open. Feel your left hand receiving and your right hand giving. Then just close one and feel what that feels like.

If you're in tune with energy, you can really feel the energy gets stuck with one hand closed, then you can open both and feel the energy flow. They need to be in harmony and in balance. For true self-love, to me, that's what it means, self-care. We are both in balance of giving, of being generous, of caring about others, of having compassion. But as much as we do that for others, we have to do for ourselves as well. We have to be compassionate with ourselves if we want to truly be able to give and receive the love that we are. If we make mistakes or we screw up, it's okay to say "I wish I didn't do that. I wish they didn't say that. Man, I feel bad about that." It's okay, I do that too. But very quickly,

within minutes or a couple of hours, you should be able to forgive yourself and just commit to wanting to do better and move on.

If we're good at forgiving others, we should be just as good at forgiving ourselves and vice versa. If you're great at forgiving yourself and you'll never even get down on yourself, but you're always blaming and judging and condemning everyone else around you, then it's something to become aware of and transform. As much as we forgive ourselves, we should be willing to forgive others as well.

To me, that's self-love. It's finding a balance between the two and learning how to love ourselves, learning how to really take care of ourselves mentally, emotionally, physically, spiritually. That's not necessarily an easy thing.

So many of us grow up with traumatic events in our childhood, whether it's addiction or divorce or it's rape or incest or accidentally killing your best friend or it's somebody hurting you or attacking you or killing somebody you love. Those traumas as we're growing up, we hold on to them subconsciously. Unknowingly, they're sabotaging our life, our mental emotional state as well as our physical health. So, a big part of self-love is learning how to tune into that aspect of ourselves to heal those emotional traumas. In doing so, a miraculous thing that often happens is physical healing.

The more we clean this temple we call our bodies, the more in harmony we become with

a natural, elevated, holistic, healthy, emotional state as well. So, you can't have one without the other. You can't have the physical without the non-physical. You can't have the body without the mind, emotions, the spirit. We have to learn how to integrate the wisdom from the physical and the non-physical to create a holistic life of self-love and self-care.

**Brooke Emery: What I'm hearing you say is that forgiveness can be one of the freeing acts that really impacts our health?**



**Nathan Crane:** Yeah, Dr. Francisco Calvo, an integrative doctor from Spain who's in my documentary, he has a whole segment in there that is gold. It's so full of wisdom. When he talks about anger as being one

of the emotional causations allowing cancer to form in the body. Anger is something that we experience often quickly and it's short lived, because he gives the analogy that it's a raging fire.

When you're experiencing anger, you're releasing all these hormones into the body. Cortisol and stress hormones that are useful for a very short period of time, especially for survival circumstances. But when they're constantly flooding your body, through stress and fear and chronic anxiety and resentment, when they're constantly bathing the body, it opens up doors for the body to become cancerous.



So, he talks about anger as something you can't sustain because it's too big of a fire and takes too much energy, but where people really get the negative effects of this is when they're holding on to that anger through resentment.

Resentment, he says, is like a low-grade flame that's burning inside you quietly, and eventually will burn your body from the inside out. So, resentment is something we hold onto emotionally because we blame somebody else for something.



Anybody who's ever forgiven anybody understands this, and it becomes a lifelong practice. The more you do it, the better you get. People who don't really have the experience of being able to forgive often think that because something was so drastic, it's so traumatic, they can't ever forgive. The thing that you have to take away from this is that you're not hurting that person, you're hurting yourself. So, by not forgiving them, by holding onto that resentment, by being angry, you are hurting yourself and you're doing nothing to them.

By forgiving them, by having that forgiveness that says, "You know what, I no longer want to hold onto this because it is hurting me. So, I

forgive that person. I let it go. They had whatever thing going on inside of them, whether it was their own traumas, their own mental-emotional situations, their own outbursts. I no longer am going to allow that to affect my life. So, I forgive them, and I move on."

Sounds easy. Anyone who's ever been through this process knows it's not easy at first. But what I can tell you, the more you practice it, the more you embody it, actually, the easier it does get. Someone can do almost anything to you, and you can nearly forgive them almost

immediately with the better that you get at it. Again, it's not just about forgiving them, it's allowing you to release this tension, this stuck energy inside of you that's harming you, because you're the one holding on to it.

**Brooke Emery: Another distinction, and I think it was the same doctor who said, "Instead of going from 'Why me?' you go to 'What for?' " I thought that was a very powerful statement.**

**Going from victimization doesn't mean you can't powerfully choose to be a victim sometimes, kind of like what you were saying earlier. Sometimes you might get mad, but then clean it up quickly. We're not saying that people should be perfect because we are human. But [having] that ability to eventually see the gifts in the things that happen.**



**Nathan Crane:** Dr. Francisco Contreras has a clinic in Mexico. It's not only related to cancer, but related to any traumatic or challenging experience in your life where if we stay in that victim state, "Why me? Why me? God, why are you doing this to me?" Universe, Source, whatever you want to blame. "Why are you doing this to me?"

He says if you can shift your mind to "What is this for? How is this here to help me? How can this help me become a better person, more enlightened, healthier? What is this for? What's the deeper meaning of this situation?"

You can't ask those questions and get clear answers when you're in a state of anger or resentment or fear. It just doesn't work, because the answers are going to be judgmental and blaming.

So, the only time those questions actually really work quite powerfully is to sit calmly, whether in meditation or relaxing, deep breathing, Qigong, whatever your practice might be, go inside, really calm yourself. Make sure your central nervous system is calmed down, you get your brainwaves calmed down. And then you can start asking those questions. "What is this for? What is this here to teach me? What is this here to show me?" The answers may come immediately, they have for me in the past many times.

Other times, they start to show up sequentially over the coming days, weeks, months, and years. So, you have to allow that space for those answers to show up in different ways. Sometimes it's a bumper sticker on the back

of a car, that you go, "Oh, I got it." Sometimes it's listening to an interview like this and there's one phrase that someone says, it goes, "Oh my gosh, that just totally blew my mind open and exactly what I needed to hear." Sometimes it's something your kid does or says to you, or sometimes it comes straight from your intuition, from what I call your inner wisdom.

You have to allow that space for the answers to emerge organically. As they do, what I found over the years in talking to many, many people who've had cancer and who've overcome cancer is that I've seen two different people and they're quite distinct.

One person is in the victim state that says, "This is the worst thing that's ever happened to me. I can't believe it. This is my third time getting cancer. I don't know why. What is going on? My life sucks." They're in misery, right? Of course, my heart goes out to them. I have deep compassion for them.

But the other person that I talked to was in the exact same circumstance, and they say, "This is my third time having cancer. Oh my God, this is amazing. It's been the best gift of my life. I now have a deeper relationship with my kids. I've learned so much more about my health in the last few years in dealing with this than I've ever known. I love myself more now than ever. I'm taking care of my diet. I'm healthier. I'm happier. I have a purpose in my life. I'm helping others now. I believe I can beat this thing. If I don't, I'm still okay."

I've had those conversations with many people over the years. It's quite beautiful and it's quite inspiring to see the difference. The difference between somebody who is really trapped and somebody who has freed themselves and is accepting their circumstances. So, we have to accept what we've been given, what we're dealing with. Accept the hand that we're dealt and learn how to see the silver lining and the deeper purpose behind it.

The second piece is to educate ourselves, to learn as much as we possibly can about the disease and what we can do about it. So, shifting to a solution-oriented mindset that means "Okay, this is what I got. I accept it. Now, what can I do about it?" Research, watch documentaries, listen to interviews, ask as many questions as you can. If you're seeing a medical doctor, go to them with 50 questions. If they're not willing to answer your questions, find somebody else who will.

Research as much as you can about alternative, integrative, holistic therapies and practices. So, become very solution oriented. And along with that process, forgiveness is a key aspect of it. And then staying open, staying open again to "What is this for? What's it here to teach me? How can I learn from this? How can I benefit from it? How can I help others?" So, you step outside of your own box.

**Brooke Emery: There's so much change going on in the world and a lot of unexpected surprises. I would love for you to speak a little bit about fear, how to deal with fear.**

**Nathan Crane:** So we talked quite a bit about it already in terms of anger and resentment, but fear does exactly the same thing to the body and the immune system that anger and resentment does. There's a lot of science that supports this as well. Being in chronic fear actually diminishes your immune system. [It] upregulates your parasympathetic nervous system while downregulating your immune system. It actually prevents the full functioning of your body for healing.

You have an alarming kind of fear and then you have chronic fear, the difference between the two is vitally important. An alarming type of fear is like walking outside, and there's a car that just flipped over. It's on fire, and there's somebody inside. That's an alarming fear that we are designed, through our adrenal response, to actually be able to save somebody's life or save our own life. We've heard stories of this. You run up to the car, your adrenal system kicks on. When your adrenal system kicks on, your immune system actually shuts off. So, all the energy goes to your adrenal system, and epinephrine releases, adrenaline releases in your body. All of a sudden, you have superhuman strength and capacity to respond to the situation. You could run over there and literally lift up the car and save someone's life. Or vice versa, someone in the car in that intense state could break open the door or do something to save their life or somebody else's life.

That's a beautiful thing we've been designed with to help us survive in those situations. But that is meant to happen once in a while or for very short periods of time, because our brain

releases stress hormones into the body like cortisol and other stress hormones that help us, adrenaline, epinephrine. Fine, then we're done with that situation, we calm down, heart rate relaxes, and our body actually removes those chemicals and downregulates the adrenal system/sympathetic nervous system.

Now, chronic fear is when, for example, you wake up and you watch the news every single day. The news is designed to put you into low-grade chronic fear every single day. You're not deathly afraid. You're not jumping out of your seat right now trying to save somebody, but within your body the same things are happening at a subtle level. Your brain is releasing cortisol, you can literally feel your heartbeat speeding up. Epinephrine is releasing in your system. You're literally having the same adrenal response, but over a prolonged period of time because you're doing it daily, and those fearful thoughts are sticking with you throughout the day.

Now, the problem with being bathed in these chemicals every single day, day in and day out is that we're not equipped to deal with that with our bodies. How our body deals with it is cancer cells start proliferating.

A tumor will try to encapsulate those cancer cells actually to try to save your life. Tumors are literally trying to prolong your life. So, people who want to go and just cut out a tumor right away, you want to be very careful with that. Because that tumor is actually there trying to help prevent the cancer from spreading everywhere else in the body.

Our body has ways of dealing with this, but only to a certain extent until it can't deal with it any longer and your physical systems become incapacitated. So, we're bathing in the stress chemicals every single day, watching the news, thinking about the worst that could happen, feeling anxiety. As a result of that, not only our mental-emotional state is degraded, but then our physical state starts to degrade.

It doesn't happen overnight. This is over the course of years. It takes at least, in most cases, seven years for a cancer diagnosis to actually be identifiable. So, by the time you actually get a cancer diagnosis, you have had it for at least seven years or longer, sometimes 10 or 20 years.



**Brooke Emery:** Last question. Let's say you're in an elevator, it's a skyscraper. Someone gets in the elevator with you and that's the last chance that you get to share one message with them. What story jam or piece of wisdom would you share?

**Nathan Crane:** What a beautiful opportunity to think about. I'd say, don't worry, don't fear. In the larger scheme of things, life is beautiful. It's absolutely as it should be. As much trauma



and and anxiety and fear as there is out in the world today, at the end of the day, our lives are very short. Who really knows what happens when this life is over, when we leave this body. I feel and really believe that when we leave this body, our energy is just being transformed into another experience. I look at it as an adventure. Being afraid of death and dying will prevent you from living your life to the fullest.

So, learning to accept that death is actually just another part of this journey is important. There's a transformation that's going to happen. That transformation I think can be quite beautiful. So, it doesn't mean go out and do things that are going to bring you closer to death. That's your choice. But at the end of the day, worrying about the small things in life, the petty things, the tiny things. Did they clean up their room? Did that person cut you off in traffic? At the end of your life, none of those things are going to matter. Talk to a lot of people who were right at the end of their life. I was right at the end of my life when I was about 18 years old, so I know what that feeling is like when you feel like you're about to leave this earth and you don't really care about all those little things that happened to you.

What's important at the end of your life? Did you live your life to the fullest? Did you give back to others? Did you follow your dreams and your pursuit of happiness and fulfillment? Did you do what your heart is telling you to do? Were you kind and generous to others? Did you really step into your highest self, your highest potential?

I don't know if any of us could ever really know our highest potential. But certainly we know if we've stepped into higher potential and higher potential and higher potential. If you are doing that every day, you're focusing on helping others, you're doing what brings your heart lots of joy and happiness, at the end of your life you're going to feel fulfilled and you'll be ready to go.

That next adventure, we don't really know, but I don't think it's anything to be afraid of, and that we know that fear doesn't help us anyway. So, let's focus on what we can do right now. Focus on solutions. Let's focus on having a good life, helping others. I wish you the greatest health and happiness and fulfillment in your life and the people around you.

**Brooke Emery:** Thank you. That was a beautiful elevator ride, I'm so blessed to get to take it with you. I want to thank you so much for spending this time with us and it's been mind-blowing and an honor to share space with you today. Thank you for your wisdom and your love and your beautiful energy. I'm really grateful that you were here with us.

**Nathan Crane:** Oh, my pleasure, Brooke. Thank you for having me. Thank you for putting this on and for the great work you do. Thank you to everyone for tuning in and staying with us through this ride. Know that you have support. Thank you so much and be well.

# Nathan Crane



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

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

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

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

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

His website is [NathanCrane.com](https://NathanCrane.com)