

THE SHOCKING TRUTH ABOUT
CANCER
& AUTOIMMUNE DISEASE



Nathan Crane | Dr. Keesha Ewers



ABOUT THE AUTHORS



Nathan Crane

Nathan Crane is an award-winning author, inspirational speaker, plant-based athlete, event producer and 20x award-winning documentary filmmaker.

Nathan is the Founder of The Panacea Community, Creator of the Global Cancer Symposium, Host of the Conquering Cancer Summit, and Director and Producer of the documentary film, *Cancer; The Integrative Perspective*. Nathan has received numerous awards for his contribution to health, healing, and personal development including the Accolade Film Competition 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, Nathan has reached millions of people around the world with his inspiring messages of hope, healing and transformation. His website is NathanCrane.com

Dr. Keesha Ewers is an integrative medicine expert, Doctor of Sexology, Family Practice ARNP, Psychotherapist, herbalist, is board certified in functional medicine and Ayurvedic medicine, and is the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha has been in the medical field for over 30 years. After conducting the HURT Study in 2013 (Healing Un-Resolved Trauma), she developed the HURT Model for understanding how past childhood trauma impacts adult health.

Dr. Keesha is a popular speaker, including at Harvard and from the TEDx stage, and the best-selling author of *Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health*. You can listen to her Mystic Medicine Radio Show and find her programs at www.DrKeesha.com.



**Dr. Keesha
Ewers**



Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

I am delighted to introduce you, if you have not already run into his work, Nathan Crane, an award-Winning Author, Inspirational Speaker, Plant-Based Athlete, Event Producer, and an 18-time Award-Winning Documentary Filmmaker. Nathan is the Founder of The Panacea Community, Creator of the Global Cancer Symposium, and Director and Producer of the documentary film, Cancer; The Integrative Perspective.

In 2005 at all 18 years old, Nathan began his health healing and spiritual journey. Eventually overcoming a decade of brutal teenage addiction, house arrest, jail, and challenging times of homelessness to become an international author, filmmaker, and speaker dedicated to health, healing, and conscious awakening. Welcome to the series Nathan.

Nathan Crane

Dr. Keesha. Thank you so much. Thanks for having me. I'm really excited to be here with your audience tuning in.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

I was recently at the integrative cancer symposium that you put together. I know this is the Autoimmune Detox, but these things are related. I want to take us on a journey of autoimmune disease and the cancer connection, and this idea of toxicity and how this shows up in our bodies.

I was looking at your website before our interview looking at your work, and you said what cancer really is. I would love for you to do a little synopsis about that.

Nathan Crane

Absolutely. I think a good place to start is with, what disease is because like you said, there are a lot of commonalities. I can share some of the commonalities between autoimmune disease and cancer, and why this is really important to understand. Whether you have cancer, an autoimmune disease, or both, right?

There are not only commonalities in causation, but there are also commonalities in solutions. And there is also a higher risk of cancer if you have an autoimmune



disease and vice versa. Which, a lot of people don't realize, right?

So with that information, we can get into not only the causes so we can eliminate some of them from our lives but also get into solutions and practical things you can do. Some of these you may know already, and some you may not. When we look at disease in general, it is a big bucket of disease. So, here's how I look at it. I look at it as the analogy of a tree. Let's say an apple tree or an orange tree.

The reality is that disease is common today but it doesn't have to be normal. It does not have to be our normal. I wrote an article about this years ago. We live in a society where we normalize disease. We think, you know what – as you age, a normal part of aging is to get some disease, right? Or two, or three, or four diseases. The reality is that it doesn't have to happen. It may be common in our current society, but it doesn't have to be normal. And the proof of that is when you look at blue zones, and you talk to people who live in blue zones.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Can you define that to people unfamiliar with the term?

Nathan Crane

Blue zones are places worldwide that have been studied more recently in the past few decades. Places where people live the longest, healthiest, and least disease. So, we're talking about people in their eighties and nineties and even into their hundredth year. You know, these places often have the most centenarians who live on the planet. People a hundred plus who have, in many cases, no diseases whatsoever and they don't live perfect lives.

The reality is there are these pockets of people and culture. When you go and study them, like my friends over at the Human Longevity Project.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Jason Prall.

Nathan Crane

Yes, Jason Prall, a friend, and colleague of mine.



Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

We will have to talk about that.

Nathan Crane

Yes, I've interviewed him a couple of times, and I've asked him, what are those commonalities? The reality is - in our higher potential, being human beings, disease is not normal. Our potential is to live to eighty, ninety, or a hundred. Without drugs. Without pharmaceuticals. Without conventional medicine in many cases. Without disease. Living long, healthy, and happy lives.

That's our potential. And that is kind of the framework we want to build this under because the disease is common, but it doesn't have to be normal. Right? So, in these blue zones, you study the people who move all the time. They don't always eat the same foods, but the foods they eat are not processed, chemicalized, or filled with high sugar levels. They have great relationships. They're connected to the earth. There are more things we can get into as we get into solutions. They live much closer to the earth, much closer to living from the space of coming from their heart. They're connected to their local community. They have happiness in their everyday lives. They move every day, sometimes walking a mile or two every day. They're not going to the gym and working out like we have to get our movement in nowadays. They're moving, picking up boulders, working in the garden, they're hauling water and doing things. And, they are happy.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

They are happy?

Nathan Crane

They're happy without disease.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Another piece of that is they're intergenerational.

Nathan Crane

Absolutely. We can talk more about that, but I want to share this analogy of a tree with you. So, the big blanket of disease, whatever disease it is. I compare a tree to the human body. How do you make a tree thrive, to live to that potential without



disease? Well, number one, it needs a few key things. It needs clean air, clean water, and clean nourishment. It needs nutrients. And so, it needs an environment that's conducive to the thriving of that tree. When it's getting the right nutrients from the soil, the soil's bacteria when the leaves fall and when the fruit falls, and the animals die and create compost. It's the nourishment in the soil. It's the food that supplies the nutrients to that tree so the tree can thrive. It's that clean air coming in without the pollution.

I was in Mexico visiting my wife's family, we were in the jungle away from the city, but near a major road where lots of vehicles drive by. Many semi-trucks and cars are driving by every day, and you're in the jungle. And you're like, wow, this is the most pristine, beautiful place. But then you look at all the trees, and they're just covered with this black soot. That's pollution coming from the vehicles.

Yet, even in this polluted environment, these trees are still able to thrive because they're resilient, just like the human body, right? That's how we can go decades polluting our bodies, minds, and emotions. Or even suppressing our spiritual expression without any diseases showing up until thirty, forty, or fifty years later because the body is super resilient even while we're polluting it like crazy.

But give it that clean air, clean water, and that tree with the proper nourishment will thrive for decades and decades.

With self-sustainability, the tree will grow big giant branches and be healthy. That's the potential of the human body. But what happens when it doesn't get the nutrition it needs. When it doesn't get the clean water, air, and environment that it needs to thrive, it starts to suppress its potential. Number one — it doesn't grow as big. Number two, it may begin to get some actual diseases or infections.

We've seen entire forests wiped out because of infections. Because of disease in that forest, those trees were not healthy. The environment was not conducive for them, right? And it may even stop growing a branch, right? The branch may completely die to conserve energy within the tree's core to keep it alive and keep producing energy for its main potential, which its main potential is to produce delicious, healthy fruit for whatever beings on the planet want to eat it.

But it's also cleaning the air and supporting the microbes, and it lives in a very



collaborative environment. My point here is that the tree, just like the human body, will do everything possible to keep itself alive. And that's what a tumor is. A tumor is your body wrapping up these malignant cells to keep your body alive.

For example, people who have a tumor feel like I need to get this cut out of me as quickly as possible because it's bad. Often the oncologist will encourage you to remove it as quickly as possible. But what you don't realize is that the tumor is prolonging and saving your life. So, it's not necessarily horrible, and you need to remove it right away. It's actually been forming in your body for years. And in some cases, for decades. It's actually preventing your body from dying, just like that tree may cut off its branch.

It may stop sending energy to a branch so that branch can die off to conserve the energy to keep the rest of the tree alive. Your body does the same thing. And that's what cancer is. When we look at all diseases in general, right? It is a tree or a human body that is not getting the nourishment and the environment that it needs to thrive. And when it does, that tree thrives, and your body thrives.

That's the key, learning, what are the things that are causing the infections and inflammation to happen. Things are causing the immune system to attack the body's cells as an autoimmune disease, causing your body to produce more cancer cells every day than your immune system can remove. Figuring those things out will give you the foundation needed for healing for health, and longevity.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

The same can be said about the current virus we're all talking about today. People seem to forget that our viruses are part of our microbiome, which we are 45% viral. If we go in and start killing one thing that's trying to give us information about our global interaction with our innate immunity with the global innate immunity, where we're just so narrow in our scope. We focus on the tumor, the disease, and the virus instead of the overall picture of the imbalance and what needs to happen.

And this is a beautiful way of putting it. I love the picture behind you because that is what we need to be looking at. A more comprehensive picture of what's happening rather than narrowing in on this one thing and then wanting to kill it.



There's always this thing about the war on everything and autoimmune diseases and war within yourself. I fought cancer, and I beat it. I always go, ah, that's the definition for autoimmune disease, right? Being at war with yourself, there is actually no winner. I love the way you put that; it's really beautiful. So, finding solutions then. For, where this imbalance is coming from.

Nathan Crane

Let's talk about the commonalities between autoimmune disease and cancer. That will help many people lay the framework, the foundation, so when we get solutions, it'll make more sense, right? We can identify some of the most common things between autoimmune disease and cancer that are both immune-related, right?

And people who don't know a lot about cancer, I've been in the natural health field for 15 years. I've been specifically focused heavily on research. Interviewing the top world leading experts. After dealing with cancer in my own family and my grandfather's passing, not from just cancer but from the conventional treatment of chemotherapy and radiation from cancer that kind of set me on this path, you know, eight years ago.

So, 15 years in the health field and eight years dedicated to cancer, right. And I was learning everything I possibly could about. So I could help my family and everybody else I would come in contact with so that we don't have to be afraid of it any longer. And, what you find out is cancer is immune-related, just like autoimmune diseases.

Autoimmune disease is when the immune system attacks healthy cells in the body, which science is now showing us is primarily due to gut permeability—leaky gut, toxins, etc. But the cause of it is also toxins, an unhealthy diet, lifestyle, environment, and so forth.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Along with other causes.

Nathan Crane

Yes, like unhealthy thoughts, exactly. The causes of gut permeability allow this mechanism to happen. Cancer is the immune system weakened through DNA



damage and cell fermentation. Due to toxins and unhealthy diet, lifestyle and unhealthy thoughts, right? Stress, anxiety, depression, and chronic fear. So they're both similarly immune-related.

Now the function is different, but again, they're both immune-related, just like COVID-19 is immune-related. If you have a strong, fully functioning immune system, you have nothing to worry about with any virus. I feel confident that my family, colleagues, and our community. The problem is, most people dealing with autoimmune disease, cancer, or any chronic disease, do not have a fully functioning immune system. So yes, having some sense of concern about being infected with any virus, of course, there is cause for concern, but the focus should be on the immune system.

Not on hiding ourselves away. This is my personal opinion. You don't have to endorse this for your summit, but not hiding ourselves away or locking ourselves inside houses that are full of more toxins than outside in most cases. Wearing a mask, being in chronic fear, and slathering ourselves in heavy chemicals suppress an immune system even worse.

Those are not real solutions. Real solutions will enhance your immune system and support your body's ability to heal. The second thing that autoimmune disease and cancer have in common is that they are both inflammatory. They're both based on inflammatory conditions in most cases. Many autoimmune diseases can lead to chronic inflammation in the body.

What happens with chronic inflammation of the body is that you get this DNA damage and repair. It's this constant thing. So you get damage repair, damage, repair, damage, repair. And what happens is that it creates this opportunity for cancer cells to begin to grow and proliferate. Over months and years of that cycle, chronic inflammation will lead to cancer. They are both, in many cases, inflammatory-related. The third commonality between them is that they both have similar effects from conventional treatments.

And, whoever takes conventional treatment, that's totally fine. I don't tell people you don't have to do conventional treatments. That's an individual choice for each person.



Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C I

Agreed.

Nathan Crane

But the reality is some medications used to treat autoimmune diseases can lead to cancer. They've been proven to cause cancer, and many medications for autoimmune disease only treat symptoms and don't cure the disease. They don't cure the underlying cause; they are a management system that can cause cancer down the road. Well, the cancer drugs are basically the same thing. Today, many cancer treatments, chemotherapy, radiation, and even surgery, destroy the immune system.

Many of these drugs and treatments also destroy the gut lining and open the door for more cancers, and open the door for autoimmune disease down the road. Right? So the correlation between these two is so significant. Here's the fourth important piece about this because some autoimmune diseases actually put you at a higher risk of developing cancer. So if you have an immune disease and you're concerned about cancer, the reality is, inflammatory bowel, for example, causes chronic inflammation, and we know chronic inflammation can cause cancer.

I found a study where if you have rheumatoid arthritis, for example, and smoke cigarettes, you have a 40% higher risk of developing lung cancer than those who smoke but don't have rheumatoid arthritis. There are many studies now where information is becoming clearer between the links between the two, right? That autoimmune disease can be a precursor to cancer. These commonalities are significant to understand because the causes are so similar. So let's talk about some of those causes briefly. I'll just go through them quickly.

If you want to focus on maybe a couple of core causes, we could talk about a couple of core causes and, you know, solutions. When I was interviewing for my documentary *Cancer the Integrative Perspective*, it was a five-year project. Dr. Sunil Pai, an integrative MD, really helped consolidate cancer's core causes into six causes. I call these the six core causes of cancer because if we were to list out every cause, we'd have hundreds, maybe thousands. Maybe thousands.

But you can compile all of those into six. Those six are inflammations we already



talked about. Elevated blood glucose is number two. The third is environmental toxins, and the fourth is stress; we talked a bit about that. The fifth is an unhealthy diet. And unfortunately, today, there's so much misinformation about diet that people are confused and don't know what to do. I've looked at the hard science and interviewed the leading experts who work hands-on with thousands of patients every year.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

And I'm pretty sure you're going to say, the carnivore diet, is not an anti-cancer diet.

Nathan Crane

Oh no. I was going to promote the carnivore diet. Isn't that the one that's going to heal cancer? Okay, I'm being facetious.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Please note that was sarcasm, everybody.

Nathan Crane

The fifth one is an unhealthy diet, and the sixth is lifestyle behaviors. So the reality is that many solutions for cancer are also the same solutions for autoimmune disease. So that's a great thing. If you have autoimmune disease and cancer or have an autoimmune disease and have a higher risk for cancer, or you have cancer and want to avoid autoimmune disease, or you're trying to heal one or both.

Or if you have a family member, you want to help. Whichever these solutions you do specifically for cancer, many will support autoimmune and vice versa. That's the beautiful thing. The number one solution that I want to talk about today is that you must reduce chronic inflammation.

We know these are inflammatory conditions. We know chronic inflammation causes cancer, exacerbates cancer, and makes cancer grow. We know chronic inflammation is both a cause as well as a symptom,



Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

And an occurrence.

Nathan Crane

Of autoimmune disease, yes. So we know we have to address it. Now we also have to address what's causing that inflammation. And we know for a fact scientifically, no matter what these guys are writing in the carnivore diet and people I've interviewed who are supposed to be health experts, they disagree with me on this. We know for a fact when you look at the hard data and decades of scientific research, and the major meta-analysis that have been done, and have looked at hundreds of studies, and thousands of people, we know meat and dairy products are a significant risk factor for cancer.

Primarily, red meat is an even higher risk, but it is actually all meat. Why? Because it causes inflammation in the body. Meat, for example, produces something called TMAO from carnitine which is found in animal tissue. It is not an essential nutrient for human consumption. We do not need meat protein to survive. Dr. Joel Fuhrman, a medical doctor who has worked with thousands of patients hand on, helps them to heal, prevent, and reverse all kinds of chronic disease by changing diet and lifestyle.

He has found that it's not even 1% of people who switch them to a plant-based diet their body has a hard time initially assimilating plant protein. So what he might do for a short time is give them some fish and eggs while their body heals itself to adapt to assimilate that plant protein.

Those are minimal cases once in a while. You have to test and find out. It has nothing to do with the blood type. The blood type diet has already been massively debunked. If you look at the hard science on that, every single person on the planet can thrive in a plant-based diet, but you have to know what you're doing.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Some people will say that Twinkies are a vegetarian diet.

Nathan Crane

You can be vegan, and be totally unhealthy.



Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

So unhealthy.

Nathan Crane

It's not about being vegan. It's about the foods you've put into your body. That's the biggest takeaway here. We know that meat and dairy cause inflammation in the body through TMAO, through AGEs. These are reactive molecules found in animal products, for example. We know that the blood levels of AGEs correlate to markers of inflammation such as your C-reactive protein, your CRP, your tumor necrosis factor. All these things are leading to chronic inflammation in the body.

We know that saturated fat found primarily in meat and animal products increases inflammation. Studies show that having a high saturated fat dietary intake immediately increases inflammation and oxidative stress in the body. You know, oxidative stress on the body produces more cancer cells, right? Because it results in a restriction of blood vessels, increasing blood pressure, and increases triglycerides, and we can go on and on. It does all kinds of things.

Now for the worst culprits. Let me frame this by first saying, this is absolutely 100% true for this facade we've been taught about grass-fed and free-range, organic. Those are a better choice if you absolutely will not change from eating meat. No problem, I'll never judge you. We know that processed meats, cured meats like lunch meats are known carcinogens. We know for a fact, those cause cancer and are incredibly unhealthy for your body even more so. Yes, it is healthier for you but also does all of these things I just talked about and increases inflammation, triglycerides, AGEs, TMAOs, all of these things we need to avoid increasing when we have cancer. So it's not just coming from me.

Every major medical doctor I've interviewed who works hands-on with thousands of patients always encourages cancer patients to go on a 100% plant-based diet. There is massive diversity of plants. We could talk a bit about what that diversity should look like. We know some people just will never stop eating meat and dairy. I grew up in Montana hunting deer and fishing. I grew up on meat and potatoes, but I also grew up really sick. I had the fortune to destroy my body and get sick early on. By the time I was 18, I was ready for a massive change.



You talked about my bio. I was addicted to drugs and alcohol as a kid growing up, and I was homeless on the street at fifteen years old. I was eating hamburgers at Burger King and McDonald's and Wendy's, you know, eating really bad food. By the time I was eighteen, I was almost dead. I was mentally, emotionally, spiritually dead, and my body was dying. So at eighteen, I made a drastic change in my life. I moved to California, restarted my whole life, and decided to learn everything I possibly could about being healthy and taking care of myself. It's been a fifteen-plus-year journey now. So I know what it's like to be sick.

I know what it's like to be unhealthy and what it was like not to have energy and to have digestive issues. Now I know what it's like to be the opposite of that as well. That's the hope I want to give people. We have to get rid of the fried, carcinogenic foods that increase inflammation. We have to get rid of the processed foods made in laboratories. We have to get rid of stuff that is not real food.

We know we have to reduce carbohydrates if you have cancer. And in many cases, even autoimmune disease. I'm not promoting a ketogenic diet here specifically, but higher, healthier fats, avocado, coconut oil - coconut oil is a saturated fat, but it has medium-chain triglycerides, which contradicts the inflammatory aspects of saturated fat and creates a healing response within the body. So that's why people think all saturated fats are bad. No. Saturated fats from animal products are bad, but they're not bad for you from things like coconut oil. Those are really good for you.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

I have a point too. Research shows that you can get a 25% reduction in high-sensitivity C-reactive protein by reducing a carbohydrate load. So when you hear Nathan say plant-based, that does not mean pasta. You know, we're not talking about beer, and we're not talking about French fries. You know, you have to reduce that kind of carbohydrate also in addition to what he's talking about.

Nathan Crane

Yes. It's so important. If you have cancer, you need to reduce fruit too. We know fruits are super healthy, but we also know cancer thrives with a high glycemic index.



Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

High Sugars.

Nathan Crane

People don't realize that cancer can adapt. So that's why keto doesn't necessarily always work for cancer because some cancers actually thrive on ketones. Some cancers will thrive in a low-sugar environment. So even though we know glucose is the number one fuel source for cancer, cancer can adapt and thrive on at least three different fuel sources that we know of. It's all about finding the balance. It is reducing those carbs.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

That's being a blender full of fruit or juicing a ton of fruit; please don't use fruits.

Nathan Crane

Yes. You know, all about it. Do not juice fruit.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Do not juice fruit. You're mainlining sugar. It's going up your nose.

Nathan Crane

You know, I thought I was on a super healthy diet. And I have been. But, the reality is, even I who is an athlete, I'm training for hours a day, I work out hard, doing high-intensity exercises. I'm burning tons of calories. My body is probably 7%, 8% fat right now. I don't have extra fat on my body. I burned those carbohydrates, but I was eating too many carbohydrates and was getting digestive issues. Candida overgrowth, parasitic overgrowth, those kinds of things happen when you have too many carbohydrates. I was doing things like eating honey which is a "healthy" sugar, right? The reality is that honey is like medicine. You take a tablespoon once a week, sure. You get the medicine. You're, adding it every day in your tea, like I was, well now you're overloading on sugar. I mean, seventeen grams of sugar in a single tablespoon of honey is insane.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

And this applies to maple syrup too, everyone.



Nathan Crane

Like maple syrup and agave and all these things. You're better off getting rid of all processed sugars whatsoever. Don't even do honey, don't do maple syrup. Don't do agave. None of them. Switch to something like Stevia leaves or the powder. The tincture is usually filled with vegetable glycerin, and vegetable glycerin is going to affect your body like sugar does, even though they don't have to put sugar on the label.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

I like pure Monkfruit too without the erythritol and xylitol.

Nathan Crane

The Monkfruit is another great option. These things are better in powder form where they don't have any vegetable glycerin added. So get rid of the sugars and don't drink fruit juice. You do want to reduce sugars and carbohydrates because then cancer doesn't have its main fuel source to thrive. You also want to add green leafy vegetables.

We know cruciferous vegetables have tons of research on their healing potential, not only for the gut for an autoimmune disease but for cancer specifically. These are things like bok choy, you want to have radishes, kale, spinach and collard in your diet. And yes, you can have carrots, but again, carrots tend to be higher on the carbohydrate index. You want to have all your leafy greens and vegetables.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

I like to juice the stems of the broccoli in the morning and then eat the flower heads with their fiber later in the day in a different way. So you can juice those on the lower glycemic index that have a lot of juice on them in the morning and then eat the rest. I like 12 cups of veggies a day for my people and myself.

Nathan Crane

Nice.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

I'll juice half of that. But you have to make sure you do not have pure carrot juice.



Nathan Crane

Exactly. If you do juice, make sure it's only green vegetables. You could put one carrot in there. You could put a beet in there but have lots of cucumber and celery and kale, parsley.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Hunks of ginger, hunks of turmeric.

Nathan Crane

Yes, ginger, turmeric, cilantro. Cilantro for detox as it pulls heavy metals out of your body. We could talk about this all day long but let me just get through natural anti-inflammatories. Diet is number one. Number two, add in herbs and spices to your diet as we talked about. Turmeric, curcumin, boswellia which is frankincense, black pepper; these things are proven to reduce inflammation. Leafy greens. Berries are a great source of antioxidants and vitamins and are much lower on the glycemic index than fruits. So swap out fruit for blackberries, blueberries, and raspberries. Don't eat dried berries, dry cranberries, or dried raisins because...

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

You mean, nuggets of sugar?

Nathan Crane

They don't have the fiber or of the water content, so you're just getting pure sugar again. Most people don't think about these things because we haven't been taught this information. Hopefully, everyone here has been taking notes and getting some good takeaways here.

Number one, reduce anti-inflammatories. I know we've only got a short time left, so I'm going to have to go through these really quick. Number two, you've got to reduce stress. Why do we have to reduce stress? Well, we know the parasympathetic nervous system versus the sympathetic nervous system. We know for healing, autoimmune, and cancer, we need to be in a parasympathetic state as often as possible. This means, when you're in a parasympathetic state, your immune system up-regulates, and your adrenal system down-regulates. This means your cortisol levels decrease, and your immune system's ability to get rid



of the cancer cells and heal the gut and do what it's designed to do to help your body heal, activates.

How do we get in a parasympathetic state as often as possible? Well, good quality, deep sleep, seven to nine hours every night. I did a whole talk on the sleep summit coming up all about sleep and cancer—specifically, the science and data. I looked at a ton of research for that, and really to boil it down seven to nine hours every night of good quality sleep. But during the day, we have to reduce our stress, anxiety, and fear.

Here are some great ways to do that. Meditation, qi gong, yoga practice, a breathing practice and yoga nidra is a great thing to do. As an afternoon meditation nap experience, people go, well, I can't meditate because I start meditating and fall asleep. Great. You get a nap; that's even better because now your body's healing when you're napping. So add in 30 minutes during the day as a minimum. Other stress reduction practices like going outside for a walk in nature or sitting and watching the waves if you're near the ocean reduce stress.

I love watching the sunrise in the morning while drinking a cup of tea while reading good information. Turn off the news. You know, the news just puts you in constant fear and a constant state of sympathetic nervous response where now your adrenal systems kicked on and your body's pumping cortisol. Your immune system shuts off. So when your adrenal system is on, your sympathetic is activated, it actually shuts down your immune system. So now your body can't heal.

And that's the biggest takeaway here. We must have stress reduction practices in our life every single day, and the more you can do, the better. How much should I do? As much as you possibly can. So let's talk about a third one here, time-restricted eating. This is so beneficial for both autoimmune diseases and cancer. We know that the less food you eat, the longer you live. That's pretty clear in our science now. And it doesn't mean starving yourself. It just means not over-eating. When you have more fat on your body, you are more prone to diseases like autoimmune disease, heart diseases, and cancer. So we have to get that excess fat off the body. And we do that by reducing our caloric intake as well as adding in more movement practices, and the quality of food matters.



One simple thing you can do is time-restricted eating. Like intermittent fasting. I've been doing this most days. Lately, I stopped eating at 8:00 PM and don't eat again until noon the next day. Why do I do this? Autophagy increases your body's ability to remove excess waste from the cells and dead cells, which you need when you have any disease, and also reduces inflammation. And it allows more time for your body to heal.

I used to eat a meal at 10 o'clock before bed, and I'd wake up at seven o'clock and eat breakfast. There's no time in there for my body to heal. There's no time for my glucose levels to reduce. It's like my insulin was always spiked because I was always eating. Well, if that's your problem too, that's a simple fix—two weeks of time-restricted eating. After two weeks, it's like the body adapts. You're burning fat now in the mornings, and it's easy. You're not hungry. I do have tea, and I sometimes use a little bit of Stevia in it, or maybe a little bit of coconut oil.

I don't always do a hundred percent strict with only water, and I take some herbs first in the morning. Some enzymes, probiotics, some herbs to give your body time and a chance to rest, but you're also putting in some things that aren't going to spike your insulin but still allow your body to heal, which are like some probiotics and you know, healing herbs, things like that. The moment you put carbohydrates in your body, though, you're taken out of the fasting state. There are some great books on it. You can do more research on intermittent fasting and time-restricted feeding, but for autoimmune and for cancer, this is an absolute must. It's easy after you get into a routine after a couple of weeks.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

I do 10 to six.

Nathan Crane

Yeah.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

I'm a little bit more hardcore.

Nathan Crane

You do 10 to six?



Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Yes, 10:00 AM to 6:00 PM.

Nathan Crane

Okay. So you have an eight-hour eating schedule.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

That way, around two or three o'clock in the morning, when the liver and the lymphatic system have nothing else to focus on, they can really focus on cleaning you out.

Nathan Crane

It's so valuable you're doing that. I mean, and the later you eat, the less time your body has to heal when you're sleeping, which is the purpose.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Right.

Nathan Crane

Sleeping is for healing. I'm talking about spiritual, mental, emotional stuff as well as sleeping, but physically that's your time to heal. And if you eat too late, now your body takes at least two hours for it to go through its initial digestive stages and for the insulin to start to lower, and all of that stuff. You know, the bare minimum to stop eating is two hours before bed, but three to four hours is even better, especially if you're dealing with any chronic disease.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Yeah.

Nathan Crane

And I'll just say the fourth one. Quick bonus here. It is the medicinal movement. You have to move every day. You've got to flush the lymphatic system. For cancer, your immune system finds the malignant cells, the damaged cells, cancerous cells, and send them through the lymphatic system. Your nodules on the lymphatic system have T cells and B cells and cancer killer cells that are killing



those cells and try to remove them from your body.

Your lymphatic systems remove waste and toxins from your body. It's your waste management system in the body. And its number one pump is movement. You have to move the body to flush the lymphatic system; it's critical to do this every day. We don't have time to go into the medicinal movement's four core aspects. I have a whole module on this coming up in July on my masterclass called becoming cancer-free. Basically, it's a combination of strength training, balance training and some HITT exercise training. Even for someone who can't do high intensity at first, there are ways to safely and effectively do cardiovascular training. You have to be doing a combination of this. And this number might scare a lot of people. The minimum amount every day should be one hour. That is what the US Department of Health and Human Services physical activity guidelines for Americans recommends for substantial health benefits. To reduce the risk of chronic diseases, including cancer. We need to be moving the bodies in these different ways at least one hour per day, five to six days per week.

If you're not doing that, you're missing out on all the incredible benefits that what I call a medicinal movement has for your body. So, get a personal trainer, and start to learn how to do some of these other types of movement. Yoga is great. Qi gong is great, jogging as you know, is beneficial.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

And nowadays we have online stuff everywhere. I mean, you can just pull it up on YouTube and you have a personal trainer in your living room.

Nathan Crane

Totally.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

So easy.

Nathan Crane

I put together an online community called the Health and Healing Club. You can check that out on healthandhealingclub.com. We are putting medicinal movement routines in there all the time. People can do them for back pain or moving the



body gently. Especially if you have low energy. It is going to give you more energy. If you are overweight. It is going to help you lose weight. If you have a chronic disease, the lymphatic system is not flushing very well. It's going to help you flush your lymphatic system, and the more you do it, the better you're going to feel.

Nathan Crane

I just want to thank all of your audience. The last thing I want to say to everyone; there is hope. If you have cancer or an autoimmune disease. There is always hope. There are always solutions. There is always the potential for you to experience your higher potential level of health. I want you to walk away knowing that. There are so many people, thousands of people who have reversed, even up to stage four and end-stage cancers using natural holistic approaches. I know people are reversing autoimmune diseases every single day. So there's lots of hope, but you must educate yourself. You have to continue learning from the experts in summits like this. I hope to hear from you in your own healing journey in the future and wish you all so much health and success.

Dr. Keesha Ewers, Ph.D., ARNP-FNP-C, AAP, IFM-C

Thank you. Thank you so much. Okay everybody, until next time, be well.



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