

Healing the Divide Between Opposing Cancer Treatment Methodologies



Nathan Crane interviewing
Dr. Kevin Conners, D.PSc., FICT, FAARFM

Nathan Crane:

Hey, it's Nathan Crane, Director of the Health and Healing Club and host of the Conquering Cancer Summit. And today I am honored and excited to welcome you to a very special interview. So Dr. Kevin Conners is a Clinical Director at Conners Clinic, an alternative cancer treatment center in St Paul, Minnesota. He graduated with his doctorate from Northwestern Health Sciences University in 1986 and has been studying alternative cancer care for over 18 years. He also holds an AMA fellowship and board certifications in anti-aging medicine, regenerative and functional medicine, botanical medicine and is board certified in integrative cancer therapy. I love this diverse range of background of training that Dr. Conners brings because he can really speak on this subject quite clearly and proficiently because he has this very wide range of training. He really knows what he's talking about.

Dr. Conners is also certified in functional neurology, has had over 300 hours post-graduate study in the autism spectrum disorders and is trained and certified in epigenetic clinical methylation and nutrigenomix. Dr. Conners is a practicing applied kinesiologist with an emphasis on botanical medicine and homeopathy. He's written numerous books including his Amazon bestseller "Stop Fighting Cancer and Start Treating the Cause", that says it all right there, doesn't it? All of which are available as a free download at connersclinic.com/books. You can go download them right after this interview, connersclinic.com/books. Dr. Conner, thanks so much for joining us.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Fantastic. So excited to be with you today and adding whatever a little tidbits of insight I can give you.

Nathan Crane:

Well, you have quite a bit to share and quite a bit of a background and experience to share from. So, you know what you're talking about and I'm excited that you're here with us to bring all that wisdom experience to all of our viewers and listeners. So let's really start at the foundation, right? There's really two camps we see today when it comes to cancer treatment, right? We see more of the holistic natural camp, and then we see more of the conventional medical camp. Why from your experience, why is there this huge divide in cancer treatment today? Why is this huge divide between these two kinds of core treatment methodologies?

Dr. Kevin Connors, D.PSc., FICT, FAARFM

Well, there has been a huge divide really since the late 40s. So, and that division was created if we wanna get back into the history of it, the division was created by the American Medical Association at that time when they put the kibosh on anybody that wasn't using standard chemotherapy drugs for the treatment cancer. It wasn't just a division with treating cancer. It was a drug division with treating anything.

So if you weren't using pharmaceuticals, you were considered a quack. And these people were shunned. This is when the Gerson clinics were shut down. This is when you know, all the Mexico cancer clinics began because people were basically went to work and saw chains and padlocks on their door and they were shut down. If it happened today, we'd have the FBI raid a clinic and shut the place down, steal all their files, steal all their laptops and everything else. So that created the division, the pharmaceutical industry stepped in and said if you're not doing things our way then you can't be a doctor treating people in the United States and that created this separation. Prior to that, you know prior to the pharmaceutical that taking place, I mean homeopathy was a standard of care. Herbology was a standard of care.

You know, it was copy editors and things were in the standard of care manual taught in medical schools back in the early teens and 1920s. And all that went out when pharmaceuticals just took over the industry.

Nathan Crane:

But you can't really patent those things, right? So obviously, for the financial interest of the

pharmaceutical companies back then, they only wanted to focus on the things they could patent. They could control, they could continue, they could consider safe and efficacious, right. And so they wanted to remove anything and everything that they couldn't control and elaborate--

Dr. Kevin Conners, D.PSc., FICT, FAARFM

And they couldn't make money on.

Nathan Crane:

And they couldn't make money on, yeah.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

So there was no money in herbology. There was no money in doing coffee and there's no money in doing detoxification. The money was in giving people drugs or prescribing medications. Like it or not, that is what caused the division. And that is still what is continuing to create the division. Now, I don't personally know a lot of medical doctors that are in their field that are trying to utilize herbs, that are trying to recommend other things, dietary approaches for their patients. But currently where I see the divide currently is that you know, doctors are trained that way. So anything that they are going to learn as far as diet and nutrition and herbs and homeopathy, they have to learn outside of school.

And I did a lot of training in my integrated functional medicine training. It was actually through a medical organization by fellowships are through a medical organization, AMA approved medical organization. So even in my classes there they were mainly all medical doctors. And actually when I first started doing the fellowships 10, 15 years ago, I was a little nervous because here I was a chiropractor going in and taking classes with medical doctors and in 1986 when I graduated from chiropractic school you had to kind of tell people you're a chiropractor under your breath, because it wasn't a cool thing to be in the natural health field back then.

Now it's you can say that you're in the natural health field, you're a naturopathist, or you're a chiropractor, or you're a biologist, or you're doing some natural care. It's these people have interested in it, you're not shunned. You know, the biggest question I got is well why didn't you become a real doctor? So when I was in my classes with these quote unquote real doctors, I was a

little nervous. My first round table discussion with them, everybody was going around, what do you do? I work in the ER this and I do this or whatever, I got to be a chiropractor. I didn't know what they were gonna say. I was shocked actually because all of them said, oh my gosh, you are so lucky. I'm like okay, why am I lucky? And they go, you don't understand. We are wearing the golden handcuffs, everything we're learning at this symposium, everything we're learning at this cancer fellowship, we can't even practice or we'd be kicked out of our clinic group. I can't wait to, I had three doctors just that day say, hey, when I done with get my student loans paid off could I give you a call and come practice with you?

And I have yet to have any of them call me. But the truth was is that they, you know are hundreds of thousands of dollars of debt mainly learning these things if they are learning these things learning these things for their own care or their own personal family's care, but not even sell or recommend fish oils in their practice. The practice of medicine the way I see it as has changed so much. there's very few doctors that are out there in their own clinics that could make their own decisions. They're in a clinic group that is governed by a college graduate who graduated in clinical. They're not medical personnel. They graduated in management, clinic management or business management. And it's all about the bottom dollar.

And it's all about recommending the right medication. And if you're taking a step out of that and recommending diet or nutrition, these people could get in trouble with their employer. And that's a very unfortunate thing. I have an interesting story that I don't wanna take too much of our time but I had a patient a few years ago tell me that she was from I think Nebraska we're in Minnesota but she's came back for her checkup. And she said oh, you're gonna love this story. I was sitting in my living room with my rife on we use the rife machine for a lot of our patients, sitting with the rife on we're having our kitchen remodeled.

And the carpenter goes, oh my gosh is that on rife machine? And I thought, wow, how did you know that? And I said, how did you know that? And he goes, well, I'm a medical doctor. And she goes what? Like having a kitchen remodeled by a medical doctor. And then he goes, yeah well, well, I'll tell you the story. I practiced for 12 years. And we have these weekly meetings and the pharmaceutical reps are at this weekly meeting. And we were being barraged by the pharmaceutical rep at another weekly meeting being yelled at because we weren't prescribing correctly. And I just, I've just had it up to here with this. And he said, at this meeting he said you are not prescribing correctly because we know that 87% of the people that you prescribe lipid to

will have this set of symptoms that you're supposed to prescribe this drug to. And we know that 47% of those people have these symptoms that you're supposed to prescribe this drug to. And you only have X amount of percentage of prescriptions of this and X amount of prescriptions of this, And he was we were getting yelled at by the pharmaceutical rep for not prescribe. That is the practice of medicine. He goes, I had it, I can't do this. I practiced carpentry with my dad who was a carpenter before I went to medical school and I went home and I said, dad I need some help because I need practice this kind of medicine anymore, then he quit.

Nathan Crane:

Wow.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

That's what the practice of medicine has evolved to. And it is very unfortunate.

Nathan Crane:

It's so sad. I mean, I know so many well-intentioned medical doctors, right? I mean, their intention is to serve, to help, to save lives. I mean, you don't, you rarely meet a medical doctor ever that wants to harm you, right? I mean, they go to school. They look at the medical profession as an honorable profession, they wanna contribute to something great in the world. And that's why they go. Some wanna go just for the money, but it's rare, right? Money certainly starts to take over and influence many of the decisions unfortunately. But what you find is it's the schooling, right? I've talked to so many medical doctors over the years many who have got fed up just like this person who was remodeling your house.

He used to be a medical doctor, and they continued with the profession, but they did as you did. They went and got certified in functional medicine. They went and got certified in holistic medicine. They went and got certified. So they started finding other solutions because the conventional medical approach wasn't working for many of their patients. And so now those are many of the medical doctors who are part of this event who have practices, they treat thousands of patients but they use an integrative approach, right? They're gonna use some conventional western medicine when it's necessary, but they're primarily gonna apply diet, lifestyle, holistic medicine because they know for chronic disease, especially cancer long-term more often than not you're gonna see better results. But where I think the problem is is in medical

school I've talked to medical doctors and they told me just point blank they are told in medical school to not believe anything anybody says about natural holistic medicine. There's no science that supports it. So don't pay attention to it whatsoever. Literally, I had a medical doctor tell me this, this is what they were told. And I thought, you know how unfortunate because that's a bold face lie. As you know, as we know, right, there are thousands of studies in pub med, in every major medical journal out there that prove the efficacy of so many natural treatments. So to be told in a medical school that natural medicine has no merit, do not look into it whatsoever, clearly there's an ulterior motive there, right?

And at the same time, they're not the bad guys. You know, medical doctors, conventional medicine are not the bad guys, right. And naturopaths, innate natural medicine, they're not necessarily the good guys but that's the problem we've created superficially is this good guy, bad guy world. And now who suffers? The patient suffers, right? And maybe you can talk a little bit about that. Why has this division between these varying methodologies cause more harm to people, especially people dealing with cancer really than ever before.

Dr. Kevin Connors, D.PSc., FICT, FAARFM

Well, and I think you're absolutely right. It causes harm because we should be connected. Like I told you the other day then I've told my patients that, hey, our clinic should be in a wing at Mayo. And I'm not saying that I'd say our clinic 'cause I'm bragging about us but just saying clinics like ours should be in a wig at Mayo and other big cancer centers because you could work pseudojustically.

And it isn't one with the exemption of the other, you can't do both. You could always do both. They can compliment one another. And we miss that when people think that they have to make that choice. I don't want my patients to be dogmatically positioned. So when a patient calls me and they might be on the good guy, bad guy side. And they think that natural medicine is the good guy and that standards of care is always the bad guy. I try to even reposition those people because I don't think that's a healthy way to look at. It's like, yeah. Okay well, let's stop here a little bit. Let's just say this differently. You don't want to do chemo but are you willing to be open to it? Does it mean that we have to do 15 rounds of it or something? Even if that's what they recommend, you could just do one round or two rounds to knock this down. Or should we use some radiation to knock this down? Or should we debunk the cancer with surgery? And so often I get on the phone talking to people. Oh, you can do that. It is unfortunate that when a person

goes to an oncologist and hears the diagnosis of cancer, and then the oncologist lays out the protocol that they don't say, here's the protocol that I recommended. Now, we don't have to do all of it. We could do pieces of it. You could do other things as well. And we could go step by step and see how we're doing and change this. I've never heard anybody have somebody say that unless they were the ones that brought that up. But that is the truth. You're an adult and you can make those choices. And they gradually do pieces of you know everything that you're gaining knowledge on. And I think those are the people that are going to have the best results.

So even my patients that are way dogmatically positioned to the right if you wanna call it where they want to only do a natural approach to their health care, sometimes it's important to bring it back to the middle and say, well, let's be open to other sets of care and other dogmatic bases that are out there. We want to treat you in the best way possible for you to receive the best outcome not just from a dogmatic position.

Nathan Crane:

It's so important, right? To recognize that both sides have their faults, right. And both sides have their challenges and their problems and both sides have their goods, their benefits, their higher qualities. And so once we recognize the full truth rather than just my truth, you know my truth used to be only natural, only holistic. You know, I don't want anything to do with this conventional crap. I don't want any of these drugs. I don't want any of this, but as I've hopefully gained a little bit more over the years, 15 years now in natural health and eight years specifically dedicated to cancer, I've come to see a bigger picture.

And the bigger picture is, yeah both sides have problems, right? Even the naturopathic approach or the holistic approach far too often we treat the disease just the same as conventional medicine does. It says, here's the disease. All right, I'm gonna prescribe you this, this, this and this, and have a great day, right? And that doesn't necessarily fully help the patient take full control and full responsibility for their health and get to the deeper underlying cause of that condition either. Right, that's why education is so critical.

And same thing over here with the conventional medical approach far too often than not, it's all about time. It's about speed. It's about get in, get out, prescribe you the medication, you should eat better, drink more water. Here's your medication, see you in a few months. And then they

wash their hands. It happens in both sides, right? This side may have less side effects, but the same thing's happening far too often more often than not. And so one, addressing that and saying okay, there's a problem. Let's fix it, right. And two, as the patient it's most important for us like you said to take that responsibility to say, look let me get an opinion from a naturopath, let me get an opinion from an integrative doctor, let me get an opinion from a conventional medical doctor, let me watch this entire series and digest 60 world-class opinions based in research and evidence from experts from every field of medicine which is what we have in this series who have treated hundreds of thousands of patients, right? And spend some time digesting this information before I make any real life-changing or even life-threatening decisions.

So it comes back to you the patient, the individual, always to take that responsibility to educate yourself and to be open to it. Like as you said, all standards of care, right? Because maybe over here with your type of cancer, wow you did four rounds of chemo and it's an 80% chance that you're gonna reduce your tumor by 200% for example. And in addition over here you're doing nutraceuticals and you're doing exercise and you're doing herbal supplementation and you're doing infrared sauna and you're doing oxygen bath therapy and you're doing all these other immune, supportive enhancing functions that helps even counteract the negative side effects of that chemo or like a low dose IPT chemotherapy for example and boom cancer goes away, right? Because you took the best of everything that we know today works rather than just saying oh, that's all bad. Or that's all bad, not doing it. You do what works. And I think that's the future of medicine, right? The future of medicine--

Dr. Kevin Conners, D.PSc., FICT, FAARFM

And I think that what are the problems that medicine as well as naturopathic, natural medicine, the traps that we fall into is that we treat a person in a protocol. Is looking at each person individually. And part of that, part of the problem with that is the doctors are way too busy to treat people individually. So that currently you see now with the practice of medicine more medical doctors doing the treatment, they have physician's assistants and such and they're just following the standard of care protocol.

We do this, we do this, we do this, we do this, we do this. Partly to cover their tail for legal reasons, partly so that they don't end up with lawsuits against them. They follow the standard of protocol. So even if the patient is doing poorly and getting worse and worse and worse, well they can't sue us 'cause we followed the protocol and the person died. That's really unfortunate. Everybody's an

individual. And just because I have Hodgkin's lymphoma and I have a really good chance that a standard of care chemotherapy is gonna work for me, hey, goodness thanks. Personally right now we have Hodgkin's lymphoma patients that did horribly on chemotherapy. Why? 'Cause they're individuals, everybody is unique and you can't take a person and go, here's the protocol for prostate cancer. Just do this. Here's the protocol for breast cancer, just do this. Everybody's different. So even from a nutritional approach, everybody's different. Does every breast cancer patient need dim, maybe not.

Does every prostate cancer need patient need X, Y, Z approach? Well no, they don't. You have to treat them differently and uniquely and have ability to test for that unique difference and treatment. That takes time. And that takes also what you just alluded to the patient taking responsibility also for their care. And that takes the patient wanting to educate themselves. So hopefully the people that are watching videos like this and the cancer symposium that you're putting together, there are those individuals.

And I'll tell you right now, those are the people that are gonna get the best results, because they're integrating as many the right thing for them, a lot of different things that feel right for them, they had some way to task, or they just felt right in their gut this was right for them. Or they followed up with objective testing whether my chemo was actually working. What if I added some natural things like curcumin and different things to it, would it work better. And you used objective data and subjective data to decide what's best for you instead of just following some standard protocol and let their responsibility fall on some doctor.

Nathan Crane:

Beautiful, very well said. So now the million dollar question, right? What would shift, what would shift in our planet today? What would shift for the individual, for the cancer patient, for ourselves, for medicine in general, if natural medicine and conventional medicine came together to provide truly effective integrative treatments for cancer patients?

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Well, if that happened we'd see results much better results, but that can happen but we don't have to wait for the doctors to do that. Whether it be a natural doctor saying, hey, you know maybe we should use some chemo here too. Or the standard doctor saying, hey maybe we should

use some nutrition and diet here too. Don't wait for that to happen. You don't have to wait for the professionals to make that decision. If you just as the patient take responsibility and say, thank you, Mr. oncologist, I am gonna consider that chemotherapy, I'll get back to you when I'm ready to start. And I am gonna go back and dig into it, educate myself and see what other things I can do. Not necessarily besides it, but along the beside it to help my outcome be better than if that's the only thing I did.

And when we as a society take control and responsibility back for healthcare, then we're gonna have better outcomes. And I think we are already seeing better outcomes in cancer. And the reason we're seeing better outcomes with cancer is because of things like this people are educating themselves. So that's the key. I mean, there's a lot of bad things that the internet has brought us as a society. But the good thing that the internet has brought us with society is the ability to educate ourselves and things that we would have to go to medical school, college library to dig up some things. And now if you want to know is curcumin, you know is that even effective in cancer?

Well, let's do a Google scholar search. It takes you 30 seconds to pull up wow, there's 600 pages of Google scholar articles on curcumin and cancer, you know? And you boy, that tells you a lot. You don't have to wait til your next doctor appointment to get that information. So the more each of us as individuals, patients, us lay people can educate themselves, the better equipped you're gonna be to be able to make decisions whatever your doctor tells you to do. And that's what I even tell our patients. It's like, okay, this is what I'm recommending, but by all means, if you feel like God is leading you in a different direction or you think that from your gut you should add this supplement or you think in your heart you should do chemo too, you have to trust that inner voice as well.

And when the more you educate yourself, the better off you're gonna be in being able to actually hear that inner voice and not be governed by fear, because that is to me is the greatest mistake. Hearing that you have cancer is very scary thing, and when you just instantly your brain just goes out the door and now you're making decisions completely based on fear. That's the biggest mistake you could make.

Nathan Crane:

And that's really it. I mean, we're seeing that today with this viral pandemic that we're seeing that if you're watching the news every day it is just pumping you full of fear, more people dying, more people die, more people dying, lock yourself in your house, wear a mask, get a shot, all these things just so full of fear. And from that state of fear like you said, whether it's cancer or it's any potentially life-threatening situation if we make decisions out of fear, more often than not it's a decision that can come back to bite us in the butt. Right, and so we have to learn how to manage that fear.

We have to learn how to mitigate that fear. We have to learn how to be with that fear. You know, I don't wanna say control that fear, get rid of it necessarily, but recognize it, be with it, accept it. And then through that, we can dissolve it, right. You know for me, meditation is a key factor for me, daily qigong practice, daily gratitude practice, sit outside for a little while and just take a few big deep breaths. And then ask the questions. What do I need to do about this? What should I do about that? Right, in your case if you're dealing with cancer and you've had multiple opinions, should I do chemotherapy?

Well, if you're coming from a place of fear where they said you need to do chemotherapy, you're gonna die. Your answer is gonna be, of course I need to do it. Absolutely or I'm gonna die. That's what the doctor told me. But if you're sitting quietly and you're connecting to spirit to that source within you to that intuition as you said, the voice that the clarity that can come from that can be so much more empowering. And I'm not only speaking from my own self but so many people who I've interviewed and got to meet over the years who have done exactly that, they got themselves quiet and calm and reflective and then started asking these questions to find guidance and they found the guidance and now I'm interviewing them 15 years later cancer-free, right.

And so it's not just some kind of woo woo hippy dippy thing. It's a very real thing that we can measure the energy of the mind field and the heart and all these amazing things. You know, scientifically that our ancestors have known for thousands of years, you know, the stomach brain we have three brains. We now know in the physical body, stomach brain, the heart brain, the brain in your head these are literally three different brains in your body. You know, we'll talk more about science and things like that in some of the other episodes during this series 'cause it's really fascinating stuff. But coming back to one, reducing that fear so we can make better decisions. But

then two, as you said taking the responsibility to implement, to learn and then implement an integrative approach for yourself as an individual, right? So you treat cancer patients, you get to work with cancer patients really every single day. You typically provide or approach through an integrative approach. Yes, what are some incredible things, some incredible treatments you've discovered, some incredible breakthroughs or even some amazing case studies that you have where an integrative approach truly helps somebody where maybe one or the other might not have.

Dr. Kevin Connors, D.PSc., FICT, FAARFM

Well, we have patients that come to us in all sorts of different what I call camps. So some people will come to us far right where like, I'm not even gonna do a biopsy. I know this is cancer in my breast and it's been growing. It's the size of a lemon right now. And I don't wanna do a biopsy because I'm afraid it's gonna spread all over my body. And we try to respect everybody's decision and everybody's place that they're in. But we try to give them information. So you said about how do you dispel fear?

Well, I come from a Christian perspective and I think that you should be having a relationship with your heavenly father that you could talk to him. And scripture is clear that if you ask for wisdom with the right heart, he'll freely give you that wisdom. So you need to wait to make a decision until you have that peace that passes all understanding and not act out of fear. So I don't want people to not do the right thing out of fear. Like should they get a biopsy or not? But I also wanna respect if they'd be like that, hey I don't even wanna get a biopsy.

So we had people that far that were treated. We don't even have a legal definition of cancer since we don't treat cancer, we treat people who have a diagnosis given to them by a medical professional. We could see anybody wherever they're at, but we also have patients that are concurrently doing full on chemotherapy, radiation, and everything their oncologist asked them to do as well. So and everybody falls into wherever they feel comfortable. And I think that the best way to dispel fear is through information.

So just like you said, how it compares to this pandemic quote unquote that we're in today, there's people making decisions to do something that can't be undone while you can take your mask off but you're gonna get a vaccine. You can't undo that vaccine. This is an experimental RNA drug

that people are putting into their bodies that cannot be undone. And why are they doing it? It's totally based upon fear. It's certainly not based upon any viable information. And so that has got to get people to start asking questions. If you're getting this experimental drug in face of the quote unquote disease that has a 99.9% survivability, what would happen if you actually got a diagnosis of cancer. These people would probably run off to go to oncologist to do everything that they're told to do which might be a good thing and it might be a bad thing. So to me these are good examples of how we should look at how we face decisions in everyday life.

And I think the more educated you are about a subject, the less fear you're gonna have about it. You know, I have a diagnosis of cancer, but did I have fears dealing with this? Well, of course I had my fears dealing with this. Did I have decisions to make? Yes, I had decisions to make. But dealing with cancer patients for the last 27 years, it was pretty easy for me to make my decisions. And they certainly worked based on fear. So I think the more a person is educated in a subject, like all you got to learn all I can about alternative cancer in case I get a diagnosis because statistically one in three people are gonna get a diagnosis of cancer. So the chance since I might get one someday so the more I know about it.

So if I do get it, I'm not going to fear it because then I can, I have some things in my back pocket that I can pull out and study and learn and figure out which way I'm gonna go. And I have some knowledge base to make that decision of which direction I need to go. That's the best way to be to help really dispel this fear. So you really feel comfortable about the decision that you're making. But then you said your question was we have patients that have gone through this and walked through these steps.

And we have, yeah, we have on our website a number of testimonies of people that have had fantastic results, and a number of them have had some chemo radiation as well. And we do sometimes encourage people that, hey this breast tumor is continuing to grow with everything that we're doing, maybe if we did one or two rounds of chemo to knock this thing down, then we'd be able to get a better hold on it. And that does work. So mixing the two camps together because they really shouldn't be two camps, utilizing some of these drugs that I think God gave us too that we just need to use and maybe a little bit more wisely than everybody has to do that can be the best protocol for somebody. Going back again to everybody's unique, everybody's individual, just because you know aunt Mary did chemo and it worked for her doesn't mean it's gonna work for you. Or just because uncle Bob did SEMT and it worked for him, doesn't mean it's

gonna work for you. We're all individuals. And we have to look at ourselves that way and have a practitioner that will look at us that way as well.

Nathan Crane:

Absolutely. And that's it really helps having a very well-educated mentor, guide, doctor, integrative specialists in your corner. You know, I teach people in my masterclass becoming cancer free to build your integrative success team. And I recommend having at least three people whether you just consult with them once in a while, you don't even have to be a full-time patient with them. One of them you might be but having three key people on your team, right a holistic or an integrative medical doctor or even a conventional oncologist as one of them is a great person to have in your team diagnosing.

They are the best at diagnosing let's be honest, right. And really looking in and finding what's going on, the best technology and tests and resources. And so having that person, but then also having a naturopath or a holistic doctor or a functional medicine practitioner, right? Because they're gonna be able to help you understand certain things and choose certain protocols that your conventional doctor, your oncologist, and even often your integrative medical doctor may not have access to. And then third is, I always recommend having somebody who is a really well equipped in emotional healing, mental emotional healing, right.

Whether it's a very well-respected and trust hypnotherapists, hypnotherapy is so powerful in healing emotional trauma, or your spiritual teacher or whatever that might be. Having three is great because then you have specialists in each area, right? Or a doctor of oriental medicine might be here in place of the functional medicine practitioner for example. But rarely you find one person that has 40 or 50 years experience in all three of those areas. But sometimes they do. I mean, you yourself have vast experience in a lot of these areas, but I do encourage people build your integrative success team because now you can bounce ideas off of each one. You can get their feedback, their input, and you can be so much more empowered to actually make better decisions for your health.

But again, we have all of those experts here as part of this series. So make sure you listen to every single interview and episode as part of the series because you're gonna learn 1,000 years of information in just a handful of interviews, right. That's the beauty of what we get to do here. And

then choose who you want on your team. So I do want, I would love for you to talk a little bit about your own story with cancer Dr. Conners if you would. I'd love to know a little bit you said you had cancer and you went through it and you were talking about yourself personally, that wasn't just a story you were relating to.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

No, I have cancer too. I have extramammary Paget's disease which relates to my colorectal area, but I just had a clean scan two weeks ago. So that's great. Yeah.

Nathan Crane:

So when were you diagnosed?

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Four years ago this month.

Nathan Crane:

Okay. And what did you what were the biggest things you started changing and working on and implementing?

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Well, I changed my diet. I mean, I did exactly what I would do for my patients. Now again, okay. So I said, take an integrative approach. If chemotherapy is the right thing for you then that should be something that you should add. It was a really easy decision for me because chemotherapy there isn't really a chemotherapy drug that works for extramammary Paget's disease when it metastasizes to the colorectal area. So it's not colon cancer. So none of the colon cancer chemotherapies work. A couple of years before my diagnosis, Mayo had just finished a study on 10 or 12 different people. And they were all excited 'cause one of the people in the study lived 16 months.

Nathan Crane:

Cheers.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

And to be like okay, well that's an exciting event.

Nathan Crane:

Well the quality of lives are usually is so .

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Yeah, well interested in that study that's the one who lives 16 months. You know, they said it put him in remission but then it came back and he refused the chemo to do it again which told me probably was had gone through that chemo. So it was easy for me to make that decision and not do anything. I mean, I went through some dark times trying to figure out the frequencies to use for my rife because that type of cancer is super rare, there are no known frequencies. And we use the rife in our office. So frequency medicine is a big piece of our healing. Of course I use specific nutrition tested on, constantly tweaking it, dietary tweaks.

Nathan Crane:

What were some of the biggest nutritional pieces you implemented?

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Dietary?

Nathan Crane:

Yeah.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Stayed away from dairy and meat was an issue was a driver for me at the time. Now I eat some meat again but meat was a driver at the time. Dairy was a driver at the time.

Nathan Crane:

So you went on it's meat and dairy completely?

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Meat and dairy completely, yeah.

Nathan Crane:

Any specific herbs or different things, therapeutics?

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Nutrition wise, supplement wise I use black SAB blood root. I use a product called evolve immune which is a polysaccharide made from Palo. So polysaccharides work really well for me, polysaccharides are components of medicinal mushrooms and things. So they tested well for me. So I use those, some digestive enzymes, don't pull enzyme therapy but some digestive enzymes and numerous other things on and off. And by the way we test people with kinesiology is their protocol could change over time 'cause the cancer has constantly tried to survive, trying to grow, trying to find a fuel source.

And you're as the practitioner trying to cut that off at all costs. So typically we see a person do better, do a little worse, do better, do a little worse, do better, do a little worse. It's not a graph where they're just getting better, getting better, getting better usually. So you see this undulation and you have to tweak their protocol, tweak different things at different times. I did a lot of fasting, fasting mimicking diet and TRE time restricted eating. That was very beneficial for me. So I pulled out of it and have been doing well the last six months and still have paid, but my scan was clean. And just like any other scanner it has to be a certain size to be able to see that on the scans. So I know it still isn't there but I just praise God every day that I'm still here. And I was able to use the

information for me, you know going through what I went through to better understand what my patients go through.

Nathan Crane:

Yeah.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

So I look at it as a blessing that God allowed that in my life for a reason. And at least one of the reasons was so then I could have a greater degree of empathy for what my patients are going through.

Nathan Crane:

Right.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

What they're feeling physically. I have patients that are in a lot worse state than I was in what I was at my worst. And there was a time when I was did not think I was gonna make it to my first Christmas for sure. I was doing really poorly, but God pulled me out of it. And so I'm very grateful and don't try to use that for his glory, but everybody's an individual. So what I did is not the right thing for somebody else. So I'm not I don't like to share what I did specifically per se except that there is hope because everybody even if somebody else has the exact same cancer I did, still their approach needs to be unique as well.

Nathan Crane:

It's beautiful. And thank you for sharing that. I mean, I didn't even know that about you. And I think what you just shared can really provide a lot of hope and support and inspiration for all of our community tuning in here.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

And I try to be real open about it. I wrote multiple blogs about it. I have my personal journey with a whole video series on an ID to do it on their update since I've been doing really well. And it does

get pretty dark 'cause I was doing really poorly to begin with and was quite sure that I was on my way to my next destination, but so far so good.

Nathan Crane:

What would you say you changed if anything at all with your mentality, with your mindset, with any emotional work or emotional healing, did you focus on mind and emotion at all?

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Well, big time. I think that's a huge piece. You know, I was coming at it as a Christian, I know where I'm going. I believe I'm going to heaven and that's gonna be a better place than this is. So I had no fear of death. I wasn't too crazy about dying though. So it's that process that didn't excite me at all, but I had to face the reality of how am I going to face this. So when you talk about that mindset experience, we don't want to be so heavenly minded that we're no earthly good. So I had to realize, okay, what is the purpose of this for me and how can I make it be a blessing to every one of my patients? So I share on my blog what's the great verse from the movie "The Shawshank Redemption", which was we better get busy living or get busy dying.

Nathan Crane:

I remember that exact scene, what a great--

Dr. Kevin Conners, D.PSc., FICT, FAARFM

So many times God gives you a verse. Kids do a little clip like that which is kind of hard, but it's funnier than hackers is one of my favorite movies. And it's just God just basically made it. We went there and said this is you better get busy living or get busy dying. And I said okay, I better get busy living. I just decided I'm gonna change my attitude. So I wanna ask me how are you doing? I would say super fantastic. And sometimes my wife gets mad at me because I'm not sharing the truth with her if I'm not feeling good, but it's like I have to take that position.

It's like I am not gonna even admit that I don't feel good. Because it's like I'm not gonna give it an inch of light. And sometimes they do, don't get me wrong. I'm not this ultimate positive freaky person all the time but I'm more of a realist, but I have to fight that urge to be too honest with myself and I have to just go, no. I'm just not gonna let this thing win. And I'm gonna stay, you

know, talking positive to myself because I just don't get up. I just don't think the other way is the right way to go, so.

Nathan Crane:

I just wanna commend you for such a empowering mindset. I mean, just for anybody tuning in no matter what your religious or spiritual beliefs are. I mean, just that perspective of a mindset shift to say you know, how can this be a blessing for me and for others? How can I use this diagnosis, this challenge in my life to help me have more meaning and purpose and give back and be of service. And I have to tell you what, many of the people I've interviewed over the years who have lived decades, sometimes decades past, you know their so-called expiration date, their prognosis, or live five or seven or 10 years past but their quality of life improved dramatically.

Maybe the cancer never went away, but their quality of life improved dramatically, they're happier, healthier, more vital, more energetic, more connected to spirit to a higher power than ever before. And that's exactly what it was. It was a mindset shift of say what do I need to learn from this? How could it be a blessing in my life? And how can I use it to be of service, right? And so again, it's whatever anybody's religious or spiritual beliefs are, it's that mindset shift that can change everything for you in a second. All it takes is to make that decision internally that this is a blessing and not a curse.

And now how do I make it that a reality in my life? And I do wanna share we have a number of interviews that we've done as part of the series in some of the additional episodes where that's exactly what we go into depth into. So make sure to watch those everyone tuning in that you really wanna learn how you can approach cancer from more of a spiritual approach, how to utilize cancer as something that can truly be a blessing and a gift and really connect with many others who have that same mindset that turned it all around for them for the better. So, yeah. I just wanna commend you for that and for sharing that, I think it's so empowering and I really appreciate that you opened up and shared it.

Dr. Kevin Conners, D.PSc., FICT, FAARFM

Well, I think for me I think God really gave me that idea years ago like even before I had was diagnosed with cancer. And then I had to walk through it with the cancer because that's why I titled my book "Stop Fighting Cancer and Start Treating the Cause" back in 2010 when I initially

wrote it, the initial version. It's 'cause I saw patients that were like angry about their cancer and you see bumper stickers that say as cancer, you know it's like, I get it. I do get it, that we have to go through that angry phase. Maybe all of us need to go through that angry phase. But I think you have to come out at the other side and go huh, okay. What can I learn about this? This can be a blessing. You know, it's not just all about me. What do you got for me here God to be able to help others and step outside of yourself a little bit instead of being angry about your situation, go take a step back and go, okay how can I make this about other people and about, you know serving other people and yes, take an objective look at yourself and your cancer and how am I gonna treat this, but take a step out of that anger and that bitterness. And I think that's the real, you're not gonna get to healing until you get to that point.

Nathan Crane:

Well, you're a living example of that. So thank you for sharing that. Thank you for the great work you do and all the continued service and work you do for helping people with cancer. And thank you for taking the time to be here and share this with all of us here on the summit. Truly appreciate it and honor it and honor you. And again, yeah, thanks for taking the time.

Dr. Kevin Connors, D.PSc., FICT, FAARFM

Well thank you for all you do. It's just such a blessing to see people like you out there just serving people. And that's what it's all about.

Nathan Crane:

Absolutely. It's my pleasure, my honor. And I wanna thank everyone for tuning in to the Conquering Cancer Summit. Please share this with friends and family. Together, we truly can make a difference for the future of humanity in ending the cancer pandemic. Thank you and I wish you ultimate health and happiness. Be well.