

## Energy as Medicine: The Wildly Compelling Stockpile of Evidence for the Healing Power of Energy

**Nathan Crane interviewing  
Dr. Sue Morter, D.C.**



Nathan Crane:

Hello, everybody, welcome to the Global Cancer Symposium 2.0. My name is Nathan Crane. I'm the award-winning filmmaker of "Cancer; The Integrative Perspective," as well as the director of the Health and Healing Club, which you can learn about at [healthandhealingclub.com](http://healthandhealingclub.com). But today I'm excited to be talking with Dr. Sue Morter about awakening your innate healing capacity with the energy codes. This is gonna be a pretty fascinating interview. If you've been interested in energy medicine at all, you've been studying it, or you're just on the fence. You wanna learn more about it. You wanna know the science behind it. You wanna know how energy medicine can actually support you when you're going through a cancer diagnosis, there's gonna be some really profound insightful as well as practical solutions that Dr. Sue's gonna share with us. I'm gonna read her bio, then we're gonna bring her on and we're gonna dive right in, okay? So this is gonna be a pretty fascinating interview. I do encourage you to take notes as always because when you cover a lot of information really quickly and you wanna go back through and review those notes. You wanna go back through and listen to this interview probably two or three times, all right? So let's go ahead and dive in. Dr. Sue Morter is an international speaker, master of bioenergetic theory and quantum field visionary. Through her seminars, retreats and presentations, she illuminates the relationship of quantum science and energy medicine elevating human consciousness into life mastery. Dr. Sue's USA Today bestselling, number one bestselling LA Times. And number one Amazon bestselling author of "The Energy Codes: The 7-Step System to Awaken Your Spirit, "Heal Your Body, and Live Your Best Life." We're gonna talk about what are those energy codes. We're gonna go into detail in them and how you can apply the energy codes to your own life for your own healing journey. Through "The Energy Codes," Dr. Sue provides techniques to activate untapped energy and neuro circuitry in the body, empower hidden potential and become one's true essential self. In addition to founding Morter HealthCenter in 1987, she's the founder and visionary of the Morter Institute for Bio-Energetics, an organization committed to teaching individual self-healing techniques, with an inner wisdom based approach to life based on quantum science and higher consciousness. Her website is [drsuemorter.com](http://drsuemorter.com). It's

D-R-S-U-E-M-O-R-T-E-R, [drsuemorter.com](http://drsuemorter.com). And hang out with us until the end of this interview. We have a very special gift, a free gift that you're gonna get just for listening to this interview, a practical tool you can download that can actually help you on your healing journey. We'll share that link for you at the end of this interview, okay? To make sure you stick with us to the end. Dr. Sue, thank you so much for joining us.

Dr. Sue Morter, D.C.:

Oh my pleasure, it's always a great time when I get to connect with you. And I look forward to seeing where we get to go today.

Nathan Crane:

Absolutely, yeah, I'm excited. I love your work. I love how you really bridge science, and spirituality, and energy medicine, and healing, and bring it all into a very practical understanding that we can implement to help us heal, to grow, to awaken, right? Which I think pretty much all of us here and everyone tuning into the Global Cancer Symposium has that desire. So I wanna kind of dive in first like from the viewpoint of energy medicine, what does it actually tell us about the energetic blueprint, if you will, about what cancer is? Help us understand that from the energy medicine viewpoint.

Dr. Sue Morter, D.C.:

Yeah beautiful. My father was a pioneer in energy medicine. And so I've been raised with energy medicine concepts my whole life. I've never gone to the doctor and taken an antibiotic in order to heal. So I completely know that the body has the capacity to heal. And I've been a doctor working with energy medicine only since 1987. So when I speak about energy medicine and when you ask me this question something that my father used to say just popped into my mind, the moment that you asked the question. And he used to say that there is no cure for cancer because cancer is the cure. And what that means is that cancer is a by-product of energy responding in a way that we are allowing it to respond in our own system. And if we can change how the energy is running through our system then cancer is no longer the by-product of that. If energy is running in a discordant, or distorted kind of fashion where excesses of energy are being utilized in certain ways and a deficiency of energy is happening in other areas then cellular structures and systems of the body start to become out of phase and out of proportion with one another and we end up with a result of a disease context. And so as cells start to collapse, and mutate, and migrate, and reproduce themselves under those circumstances, we get a cancerous circumstance that is flourishing on its own, simply because the energy is feeding it in a certain way. Now there are neuro emotional reasons and psycho-spiritual reasons that energy isn't running through the body in an ideal fashion which I hope to speak into a little bit today. But, when my father used to say

that statement it was like, oh my God, what do you mean? First of all, we don't wanna hear there's no cure for cancer, but then the followup is, oh actually cancer is just a by-product of the body trying to survive certain circumstances. And if we keep delivering those circumstances the body will continue to operate in a way that's out of balance and in disharmonious and not being able to move into a filtering, and cleansing, and healing, and detoxifying phase for itself. Instead it has to stay in fight or flight, fight for your life, push and do everything that it takes to stay alive. And so if we start to unpack that a little bit with an understanding about how the energy system works, and how it has an influence on the nervous system, and how that ultimately determines whether we're in a healing mode, or we're in an emergency mode, then we can start to masterfully start to navigate these waters differently and resolve the issues that are allowing for cancer to exist in the body. So, in short my answer would be that there is a vibrational frequency within which cancer can survive and an energetic vibrational frequency within which cancer does not exist. And so we need to become interested in how do we create the vibrational frequency where healthy cells are replacing damaged ones, instead of this energetic template continuing to reproduce the same distortions and the same forced cells that end up flourishing in the body and running out of control, and causing cellular breakdown and system breakdown. So it's a vibrational frequency and we're interested in how do we create the vibrational energetic frequency where health and wholeness and healing can prevail.

Nathan Crane:

Yeah, I wanna get to that. Obviously that's really the practical steps we can do, right? We also need to understand--

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

What is the energetic frequency that is causing cancer, or any chronic disease, right? And--

Dr. Sue Morter, D.C.:

Yes, exactly.

Nathan Crane:

Before we get to that as well, you just made me think of a couple of really interesting things. The first is, for most people who have been heavily researching into cancer, specifically from a holistic understanding, you come to realize that as you just said from an energetic, like your dad, so eloquently said through his infinite wisdom, there's no cure for cancer, cancer is a cure. You do

understand that cancer is actually prolonging your life. When you have a tumor, for example, it's your body is wrapping these malignant cells and trying to preserve it into a single space, because your body's out of alignment with its healing state, right? So cancer cells are proliferating and they're growing and they're expanding. So the tumor is actually trying to save your life and it's preserving your life. It's trying to preserve the cancer from spreading through the rest of your body, right? And so the initial approach and the conventional approach is get in there, cut it out, tear it out, burn it out, chemo it out. And the problem is the cancer, there's an underlying condition that's causing that. And the cancer itself is trying to actually save your life. But we have to get to the underlying conditions to stop making cancers. Dr. Thomas Reid he said, "You don't catch cancer, you don't get cancer. "It's not some thing that comes from out there "and comes in it's from within." As Dr. Snell says, "It's from loss of self, "it's from within." We make cancers, we have to stop making cancer, right? And so obviously, it leads to the question of, you said it's the energetic environment, right? It's the energetic frequency--

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

And being out of harmony or being discordant, for example, right? So really what causes our energy to be out of harmony? What causes our energetic blueprint, our energetic frequency to allow cancer to show up in the first place.

Dr. Sue Morter, D.C.:

Yes, wonderful, great question. Nathan I've been working with cancer patients for 40 years and watching my father work with cancer patients for probably 20 years prior to that. And what I have to say is that the number one thing that I have found in dealing with hundreds and hundreds of thousands of people over those years, now teaching with people in large groups and in deep intensive workshops et cetera, that the number one reason for altering our vibrational frequency is suppressed emotion. That when we are unable to metabolize life, when we are unable to be open and working with, and accepting, and embracing, and speaking into our truth and actioning in our authenticity. When we suppress that in any way, what begins to happen is we suppress the vibrational frequency instantly. And we then therefore ultimately create chemical environments as a by-product of that suppression that do not allow for normal cellular rejuvenation and replenishment. And we create an acidic environment chemically in the body as well as a by-product of that which ultimately causes cellular breakdown. Every cell in our body is designed to be floating in an alkaline environment, with the exception of the stomach lining. And when we are suppressing our emotion, we are ultimately generating an acidic condition that is far

greater than any acidic condition that can be balanced by eating alkalizing foods. So of course, eating alkalizing alkaline ash foods it's the number two way that we can certainly create the chemical balance in the body that we're looking for to replace old worn out cells with healthier more vital ones, and to replace cancer cells with non-cancerous cells. But prior, or more primal than that, more primary to our acidic condition above and beyond the foods that we eat is the thoughts that we think consciously and subconsciously. If I could answer it in a sentence, I would say our come from, which isn't a very sophisticated terminology way of responding, but I like to speak in terms that people can relate to and feel, because that's what changes their reality. Lets it land for them and lets them say, oh, do I have a come from, where's my come from? Do I automatically assume that I'm unworthy, that I'm not enough, that there's something I should be doing that's better than the me that's here presenting in the world? Is there some other way I should be in the world other than the way that I am? It's the number one thing that when I have boiled down to the bottom line, underneath all things causal, it comes down to the basic primary energy frequency, because everything in the universe is energy. And that energy is either vibrating at a frequency that is serving us, or it is not. And so when we feel something, but we don't know how to articulate it, or we don't know how to bring it out, we then suppress it. And if that is suppressed, the research has been showing for decades now that we can't handle that and we're not built to handle that. And so the body responds in a way that is out-picturing that for us and showing us that we have to have an evaluation. I can't tell you how many patients would come to me after receiving a diagnosis of some cancerous condition being told that they had months or less to live, and on their way home from the hospital, or from their doctor's office, feeling this is not for me. This is not my story. It's not my time. No, that is not, what's going down here. And so they then would reach out to alternative methods and we would go straight into this piece of the conversation immediately because of what I had been observing over time. And 15 years later they're standing up at my events and giving their testimonial about, hey, I just had to have a come to Jesus or whatever I don't mean to be religious in a particular fashion there, but they had to have--

Nathan Crane:  
At the moment.

Dr. Sue Morter, D.C.:  
Come to deep truth.

Dr. Sue Morter, D.C.:

Yeah. And have a change of the relationship between their heart and their mind, and allow their internal truth to be more valuable to them and to allow themselves to walk out into that in a different way.

Nathan Crane:

Yeah, it's so beautiful. And scientifically what you're saying is proven as well. I mean, there's PubMed studies on this that you can find that stress which is just a watered down word for fear, anxiety, the stressful emotions that majority of people are feeling constantly every single day from watching the news in the morning to driving on, car packed streets and people cutting them off to going to a job that they hate to, going home and being overworked and underpaid, and not having enough money for the bills and so on. And so we're just this constant state of stress that stress is directly, they say in the research stress is a major cause of the top six diseases we have in the world, including cancer, right? And stress is an emotion and emotion is energy, right? Energy.

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

And so from an energetic perspective, how do you work with people who are dealing with, I should rephrase that question, how do you help people through energy medicine to better cope with, to heal, to resolve those stressful patterns, those fearful thoughts, those emotional traumas?

Dr. Sue Morter, D.C.:

Yeah, great question. So the one thing that I go straight into is creating a different orientation for an individual, because what I'm really interested in is allowing an individual to awaken to themselves in a way that they can be in the same sets of circumstances and not perceive them as stressful anymore, because we can't change the world. We can't change what bombards us. I mean, we can avoid, and we can shut down, and we can steer away from obviously stressful things, but life happens. And if our disposition internally, isn't awakening, isn't maturing on a deeply spiritual level, on an evolutionary perspective, then we are externalizing our power and we are constantly at the effect of our environment. Well, epigenetics is telling us that our cells respond to our environment, but it doesn't mean that we have to control our environment out there because we can't. We can't always control our environment. And so things are gonna happen that upset us. And if we don't know how to manage that, then we have to avoid it. And then if we have to avoid that and then we avoid that, and pretty soon we've shut down and we're living in the corner of a single room in our house just to avoid the stress and that's no way to live.

So what I do is I work with people to teach them that they have externalized their power and they need to claim it back. They need to just call it back home to themselves. And we do little simple exercises right off the bat that allow the mind to recognize we can do some of that today, that allow the mind to recognize, oh my gosh I was doing it again. And I did it again, and again, and again. We do it all day long and we don't even know that we're doing it, because we've grown up doing that. And we live this way. So I had the opportunity 20 years ago of having this great awakening experience through meditation that shot me into another reality in which I could see what it is that we do that disempowers us and that causes us to become sick. And that causes us to experience life as stressful in the first place. And one of the things that I've been sharing with people ever since is teaching them how to breathe in their body because the breath pulls us back onto the self and allows us to start to build a stronger constitution of a sense of self, and a sense of self in its strength causes us to be able to be in certain situations and not really mind that people are wacky, or that they're blaming other people, or that they're projecting their issues onto us, or all of the things that happened in the course of life, we can see it happening once we change our own driver's seat. If we sit back in the seat that we're supposed to be in, we can observe that other people are doing these things and that life is happening, but we start to approach it with this trusted relationship. We know that whatever's happening is happening for my good and that I'm completely equipped to manage it, and in fact not survive it, but actually by design is trying to show me the bigness of my being. It's not trying to take me out of the game. It's trying to show me my greatness, if I'll just let it. And that requires a shift in perspective that allows us to start to see this from an entirely different vantage point that allows us to take on the invitation to our magnificence. And when that happens, we stop getting so enmeshed in life. And we start recognizing that this is happening out here. And I'm actually the solution. I'm not looking for the solution. I'm bringing the solution into my life experience and into the experiences of others. So it's tough to drop that into a five minute conversation, but it's a simple thing that I'd like to just share with everyone. Do we have a moment for just a little experiential thing.

Nathan Crane:

Yeah, I'd love to please.

Dr. Sue Morter, D.C.:

Okay, so I want everyone who's watching just to imagine that someone who pushes your buttons just walks in the door. We're sitting here, we're having this lovely conversation. Just imagine that the door opens and somebody who pushes your buttons walks in the door. And I guarantee some kind of physiological response just happens in your body. And I also know that some of your energy gets thrown over there on to them. Now it's invisible energy. And we haven't been trained as a culture to work with energy in this way, but we have to start. We have to start to recognize

that we are quantum field individuals and that we are walking around, learning how to manage the quantum field in a way that serves us instead of in a way that is making us sick. So as our energy gets thrown over there just because of our story, just because of the power that we've given to this individual, our energy leaves our individual system and jumps over there onto theirs. And so notice how you feel in your body when this person walks in the door. Now I'm just gonna invite you to claim your energy back, just pull it back onto your system and breath in your belly. Now I'm gonna teach you how to breathe in a way that locks it in there so that it doesn't escape so easily. But for now, just pull it back onto you and notice that it literally can be felt when you claim it back onto yourself. You're stealthfully and visibly, just calling it back. You don't have to grab a hold of it and pull it back onto you in a dramatic sort of way. It can just happen with your intention. You can practice this over the dinner table even though you care deeply about the person hopefully that you're having dinner with, especially these days, right? But you can practice disempowering, empowering, putting your energy onto the object, or staying on the self on subject. So I call that exercise in my book "The Energy Codes," inside of the book there's an exercise called subject, object, subject where we go into that in greater detail. But I just want you to know that a simple exercise of throwing your energy over there, claiming your energy back onto the self, throwing it over there, claiming it back onto here. You can feel the difference. And you can check into that a 1000 times a day. And what will happen is you will start to build a more robust energy flow in your own system which will allow this environment to become more alkaline automatically, simply because you're coming home to yourself in ways that are too numerable to mention in this moment. But I wanna share with you that as a foundational practice that I have done with with patients and clients for years now that have taught me that that alone started to change their awareness and their orientation of who they are in this world. And to start owning it, claiming it physically, working with the energy in its raw form. Many more things we can do along those lines, if we have some time. So you just let me know where we need to go next 'cause I'm happy to draw some more practices right into the conversation.

Nathan Crane:

Yeah, what's really fascinating to me right now is that's a really powerful one you just shared. And for whatever reason, I've been intuitively doing this recently with a particular family member who can certainly trigger me from time to time. I let myself get triggered, right? And if that person--

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

Is doing something that I think is not healthy--



Dr. Sue Morter, D.C.:

Yes.

Nathan Crane:

Or other people in our family, in the past that's exactly what happens. My energy projects to them, which is like, oh I gotta go fix this, right?

Dr. Sue Morter, D.C.:

Right.

Nathan Crane:

And literally not only my mind and energy goes there, but then my body follows. And--

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

As I continue practicing deeper as a spiritual human being, as someone that wants to project love, and compassion, and caring, and all of these things we know to be good qualities of being human, as well as we know scientifically are the emotions and the qualities you want to represent as often as possible for your own immune system to be activated, your parasympathetic nervous system to be activated. So your body can heal cancer, right? So the more often you're in these love, yeah, bless you and love and compassion and kindness, your body is healing, or you go into fight or flight, anxiety, I have to fix this now kind of thing. Now you're in sympathetic and you get a little adrenaline, little cortisol, right? And now you're not healing any longer. So we know that scientifically. And what you're saying energetically it's so powerful because I've been doing that exact thing. It's like my energy shoots up there. It's like, go fix it. And I literally just with my mind like pull it back, and I'm like--

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

Just sit back allow what needs to happen to happen.

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

Take a few big deep breaths and let me address this at the right time, right?

Dr. Sue Morter, D.C.:

Yeah and in a --

Nathan Crane:

Thing when I went to go fix it, it only made things worse.

Dr. Sue Morter, D.C.:

Yes, it does, people don't like to be corrected in that way. And it ends up duping us in a way.

Nathan Crane:

Yeah.

Dr. Sue Morter, D.C.:

So it doesn't mean never go and assist. It doesn't mean never speak into it. Obviously if it's something that's bothering, but we will find that when we call that energy back onto the self, there is less of a knee jerk reaction, and that we recognize everything in its right time more easily. And we breathe more calmly. And we stay breathing in our bellies which draws the breath down to the lower lobes of the lungs which are highly vascularized. So we get more oxygen into the bloodstream when we stay in this deep belly breathing state. We also activate more of the parasympathetic nerve endings that you're referencing, because the lower lobes of the lungs are innervated with more parasympathetic fibers. So when we claim back our energy and pull it back onto the self, all of that kicks in automatically. So we don't have to try to heal. We stay in the healing mode that our body is designed to be in.

Nathan Crane:

Yeah.

Dr. Sue Morter, D.C.:

We push it out of that mode.

Nathan Crane:

Yeah.

Dr. Sue Morter, D.C.:

We drive it out of that mode because we think we need to. And so when we stay on the self, it activates this in such a beautiful way. Now, the next thing I'd love to share with everyone is really why we're triggered in the first place. And that's really a more important question. Not why do you keep doing that to trigger me, but really what is it that's going on in here that's causing me to be triggered? That I'm allowing myself to be triggered. Why am I weakened in that area? Why does this person get to me? What is it that's going on in here that causes me to be vulnerable to this type of attitude or disposition that people might present within. I just wanna show a little image that will kind of drop in and plays for people more quickly. So energy is supposed to run through our bodies in this fashion. And the energy drops down through the body, hits the earth, rises back up through the body, comes out the top of the head, cycles the outside of the body. And this is measurable bioenergetics, this is how the energy works in a toric field flow in the physical body. And it recycles, and recycles, and recycles, it's constantly being replenished. So we're constantly flushing, and rejuvenating, and replenishing if we let it. And if we don't, something else happens. So I wanna just kinda show you what happens within another type of situation. The energy drops in, hits the earth, and as it starts to rise it hits these areas where we don't have our circuitry, our neuro circuitry, our electromagnetic circuitry is not aligned. So the pathway for the energy is compromised. So now the energy is taking the path of least resistance. When it takes that path of least resistance it picks up a wobble. When it picks up a wobble, it creates a distortion in the energy field. This is the distorted environment that the little antennas on the cells of your body are picking up on a distorted energy frequency now, and they start responding in accordance with that distortion. So they start producing chemicals of emergency distortion. We don't know what's going on, something's not right here. So the cells start producing chemicals to adrenaline and cortisol, as we were mentioning earlier. And the next thing you know cells are burning out left and right, because they're fighting some bear that they can't even find. And they certainly can't find a way to get away from the bear all because of this. Now, interestingly enough when that person walks in the door that triggers you, you get triggered because of these gaps in the energy flow. You're getting triggered because of the gaps in the energy flow. So what I'm teaching people with "The Energy Codes" is how to close the gap. How to build a conscious stream right through the body, instead of going in this alternate pathways that we learned to do if we had an overbearing parent, or we had an absent parent, or a coach that was a little too rough on us, or a teacher who made an offhanded comment that stuck with us, that starts to build this self image that starts to generate these short circuitings, if you will, that ultimately lands us in the perfect environment for cancer or any other chronic disease condition to be generated. And so the by-product of that is

we end up with a diagnosis 20, 30 years later that is mysterious. It's like, well, where did that come from? Is it the food I'm eating? Is it that I'm not getting enough exercise? Or how did I not take care of myself? And I promise it is insidious invisible behind the scenes, but not unattainable, not unmanageable, not unable to be mastered. It can be mastered. We simply have to learn how to work with the energy itself. So inside the coursework it takes a little longer than we have to teach here, but I teach people how to close that gap. But in general, I can tell you there are some ways that we can breath right here in this channel to allow for cellular harmonics to happen for coherence to occur in the vibratory field, and that we can generate a flowing state here overall that is supportive to this environment that we're speaking about, that epigenetics is telling us is absolutely necessary if we're ever going to overcome the idea that cancer runs in my family. It's highly likely that one of the first questions doctors ask us is this, is there a history of cancer in your family? And so we're infused this belief system that just because my parents had it means I'm probably gonna get that. And science is telling us, up-to-date real science today is telling us that is absolutely not true. It's an illusion that we were trained up in and we're all carrying it around, and we have to break it up. We have to dissolve that story. So learning to breathe up and down through the central channel will enhance your sense of self that will keep you alkalizing your system above and beyond the foods that you eat and the thoughts that you think, underneath all of that is an energy flow. If that energy doesn't get to flow the way it's built to flow, you will be attracted to self-sabotaging thoughts. The energy generates an attraction to certain ways of thinking. The energy generates an attraction to cellular breakdown. It's all about the energy. That's what science is showing us. So we have to learn how to master this energy. So working with this flow through the body, we can breathe from above the head, breathe as if there's an opening in the top of your head, breathe right down through the center of the brain, through the center of the throat into the chest, all the way into the belly. A big inhale all the way down into the belly. And then when we exhale, if we exhale, shooting that down into the earth and letting ourselves feel grounded and anchored to the earth, it literally soothes and integrates our energy. Then lastly, you would take a breath up from the earth, right up through the tip of the spine into the belly, and then exhaling up through the belly through the heart, through the throat, through the center of the brain and out the top of the head. Thereby accentuating this central channel of flow. We move the energy with our breath and our consciousness. And when we learn to do that, just over, and over, and over, breathing up and down this central channel in this way, always inhaling to the core and exhaling beyond the body, inhaling from beneath the body, up to the core, and exhaling out above the body. Inhaling from above the body into the core and repeating this. It begins to carve a pathway. Now, there are some specific ways that we can learn to do this, which I enjoy teaching people and watching them thrive in their lives. But in the meantime, you can certainly use this central channel breathing to begin to carve this pathway for a greater sense of self, which allows us to stay individuated, instead of enmeshing into our environment, and

over-giving and over trying, and dispersing our energies in such a subtle and yet serious manner. We can stop them.

Nathan Crane:

Beautiful, I'd love to invite you if you wouldn't mind here in a moment, maybe guide us through a few minutes of that breathing if that's possible.

Dr. Sue Morter, D.C.:

Sure.

Nathan Crane:

We also have a free gift for everyone at the end here as well, which is a really powerful downloadable tool that you can use. So we're gonna share that link here in a little bit. So I wanna make sure everyone stays on until the end. But before we do the breathing exercise I wanted to ask you specifically, we know the hard data, the hard science shows us as well as thousands and thousands of case studies now, and lots and lots of doctors that are working hands-on with patients. For example, when we're talking about food, food as medicine, right? Let food be thy medicine, Hippocrates right?

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

And that we know that a plant-based whole foods, diverse, nutritionally, dense, herbs and natural medicines and so forth is a anti-cancer diet. It's a diet that will help your body to heal itself. And now would you say- That food, for example, the reason people are able to heal from cancer by primary, a lot of people just change their diets, start doing some exercise, start taking some natural supplements and herbs, is not true for every person, depends on the cancer type of cancer, how far along it is, but some people just change those few things, start juicing, green juicing every single day, getting all these fiber nutrients and minerals, and amino acids, and vitamins, and all the things the body needs to heal itself. From an energetic viewpoint would you say that happens because those foods have that living energy that are designed to help the body heal versus eating dead processed no energy foods that are in the freezers and have lots of toxins in them?

Dr. Sue Morter, D.C.:

Definitely, definitely. If you want to have more vital force in your body you have to eat foods that have more vitality than your body does right now, if you wanna up-level it. And so the vibrational frequency of raw fruits and vegetables, fantastic. If you were too sick in some ways to eat lots of raw, then you cook them, but you eat them cooked until you can start to eat them raw. And as your saliva pH comes up and your urine pH comes up into this range where healing can happen between 6.8 after you haven't eaten for two hours, and then between that and 8.0, which is a little bit more of an involved test than I can really say here, but there's a way to measure that that's very approachable and easy to do. You can go to the drug store and get some litmus paper and I can teach you how to do that. It's very simple to do and a very inexpensive test that will tell you more about your potential to heal than some of the most sophisticated equipment that we have in technology today, in medicine today. So because the body will protect your bloodstream chemistry with everything it's got. And so you can take your saliva pH and see if a problem is about to become serious enough to show up in a blood test. So basically you can find out more about your potential to heal by taking a pH test, because the body is trying to protect the bloodstream. You can find things before they'll even show up in a blood test, is what I'm trying to say there, couldn't get it out of my mouth there. And so what we want to realize is that that foods play a huge role. The diet that you're describing, an anti-inflammatory diet and alkalizing diet is profoundly important. And the only thing that is more valuable than that is the quality of the thoughts that you think which is determined by the quality of the energy that's running through your body. How is the energy running through my body? If it's running in a distorted fashion, I am attracted to distorted thinking. Thinking of angst, and anger, and frustration, and feeling victimized. Like I don't have the power to speak into these situations that I want to. It's an illusion, but it might as well be true if we believe it to be true. And then we suppress that energy, and then we are off to the racist, headed down a path that's not gonna end up pretty at some point. But we can turn it around. We just have to learn how to work with all of the things together at the same time, with the foods that we eat, the thoughts that we think, and the energy and how it's running through the body. And if we can work on addressing all three of those at the same time, we are golden, we will have an impact on our come from. And it is our come from that will ultimately determine it. In fact, I say, you're better off to eat the chocolate cake and love it than to eat the vegetables and hate them. That's how powerful your thoughts are. But I really rather, you just love yourself enough to eat the foods that are going to help you flourish into a healing environment.

Nathan Crane:

It's so true, I mean, we know from the studies with water, right? Your thoughts literally affect the design of the water when you freeze it, right?

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

And so your thoughts and emotions into what you're putting into your body is so critical. I'm glad you just mentioned that.

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

So I know in your book, "The Energy Codes," you have a lot of techniques, tools, resources as well as deeper understanding around how we can utilize the power of energy medicine for helping our bodies heal and for helping people live basically longer and healthier, happier, and more fulfilled. But you shared a breathing technique. And first I wanna encourage people go pick up the book, "The Energy Codes," it's a fascinating book, and you'll learn a lot from it. And secondly, if you have a few minutes, could you guide us through what that breathing technique you were just talking about? It sounds incredible.

Dr. Sue Morter, D.C.:

I absolutely will, just tell me how much time we have.

Nathan Crane:

Yeah, I mean, three to five minutes would be--

Dr. Sue Morter, D.C.:

Yeah--

Nathan Crane

Perfect.

Dr. Sue Morter, D.C.:

We can do a lot in three to five minutes. Excellent. So first I want to invite people to learn how to anchor their, this subject, object, subject, where we throw our energy away. I wanna invite people to learn how to anchor themselves in the body. So that is less likely, and they can practice this. You can't over practice it, practice it a 100 times a day. I would love for you to be practicing it so much that you're never not doing it. That's the ultimate idea. So this central channel needs our

attention in it. So if we can bring our consciousness here, energy follows. So little photons are influenced by our thoughts, the tiniest little packets of energy that exists, photons. When we focus on this central channel of the body, energy rushes there. And we want energy to be in the vital organs and in the vital central river of energy flow called the sushumna, the central channel of the body. So in order to do that, to get our energy there, we have to bring our conscious attention there. So simply as this, you can squeeze your shoulder blades toward each other and drop pull them down. By doing that, you pull the blades together and drop them down, it anchors you right in the backside of the heart chakra area which happens to anchor you in a great sense of self. Now there's another exercise that we're going to do, and that is if you were going to the bathroom and you had to stop the stream instantly, you would squeeze certain muscles to do that. It's okay, I'm a doctor, I can talk about this stuff. You would squeeze certain muscles in an instant to stop the stream. So squeeze them right now. Just squeeze those muscles, okay? So that's a practice from the East that is called Mula Bandha. It means root lock. And it means lock your consciousness at the base of your spine. So you squeeze those muscles and then start breathing in your belly at the same time that you're squeezing those muscles. And the mind is like, well, how do I do that? I squeeze here, do I press here, or do I breath? Yep, just do them both. Just make it up. It's gonna feel clunky and clumsy at first, but within three days of practicing this thousands and thousands and thousands of people learn how to do it. So I know that you can too, okay? So now we're squeezing those muscles at the base of the spine, shoulder blades together pull them down right there, breathe in the belly, breathe in the belly. Now, lastly, we're just gonna roll the eyes upward like we're looking up. The nose stays normal. Just gently roll the eyes up, just enough that you can feel some tension behind the eyes, just enough that you can feel some tension right there. Now we have the tension behind the eyes, the shoulder blade squeezed and squeezing at the base of the tip of the spine, beautiful. Now imagine that there's an elevator shaft that connects those three floors with each other. Behind the eyes, in the heart area, and at the base of the spine. Now we're gonna breathe from above the head right down to that space behind the eyes, keep inhaling, breathe it all the way to the squeezed shoulder blades all the way to the belly, big belly, inhale into the belly. Now squeeze those muscles at the base of the pelvic bowl like we were talking about, and exhale right through those squeezed muscles right into the earth. Now, everyone take a breath up through those squeezed muscles at the base of the pelvic bowl, into your belly, big belly. Let it feel good. Now squeeze your shoulder blades, roll your eyes up. And you're gonna exhale right up through the shoulder blades, right up through the tension behind your eyes and exhale just shoot it out the top of your head. Beautiful. Now let's inhale from two feet above your head, right past that space behind the eyes, through your throat, right into that area where the shoulder blades are anchoring your consciousness, into the belly. Inhale. Let it feel good inside. Now, squeeze those muscles at the base of the pelvic bowl and exhale, pull your navel back to your spine. Exhale, shoot that breath down into the earth. Keep them squeezed,



inhale up through that squeezed muscle at the base of the pelvic bowl, tip of the spine, inhale into the belly, let it feel good. And squeeze the shoulder blades. Roll your eyes up. Exhale up through your heart, up through your throat, up through that tension behind the eyes. Shoot it out the top of your head. Now we're gonna just throw something extra in here, okay? Inhale from overhead. That person walks in the room right now. Just keep doing what you're doing. Inhale, squeeze the blades all the way to your belly. Claim your energy right back here. Right now I'm just doing this mindfulness, exhale, squeeze those muscles at the base of the pelvic bowl. Shoot it right into the earth. Inhale up from the earth into the belly. Let it feel good. Witness that person standing over there, but you've got your attention right here on something more important. You're loving them, but you don't have to throw your energy on to them. Breathe into the belly, exhale up through your heart, up through your throat, up through the center of the brain and out the top of your head. Beautiful, one more time, let's take a breath in from overhead all the way into the belly. Come down through the heart, right down through this elevator shaft, to see and sense and feel yourself living inside this elevator shaft. Now exhale and shoot that breath down into the earth. Now inhale up from the earth, right into the belly. And we're just gonna sit here for a moment, just sit here for a moment. Now, the person comes in the room. Normally your energy would rush over to them. Instead, I want you to ask yourself a question, where in my body do I feel activated when they come into the room? Is it in my throat? Is it in my belly? Is it in my neck? Is it in my chest? Wherever it is, I wanna invite you to just hug that area of the body. Just hug it on the inside with an extra hug, just squeeze it on the inside. And then breathe up into the belly again from the earth and then exhale right up through that area that you're hugging and go right up and out through this central channel the way we have been, and shoot it up out the top of the head. And now inhale from overhead, right down through that area, specifically into the belly and exhale right down into the earth. And one more inhale up into the belly from the earth, exhale right up through that area, wherever it is, give it special attention, squeeze it. If they really get your attention and trip your trigger, squeeze it really hard, and exhale, and shoot it up out the top of your head. And now inhale from higher guidance all the way from overhead, right down through the body, right down through the throat, right down into the belly, right through that area. You're carving a new pathway. You're building new circuitry, and exhale right into the earth. So as you just witnessed yourself there anchored in the body, able to stay in the body in this way, recognizing that the more I do this the greater sense of self I have cultivated. And the greater sense of self the more likely I am to be attracted to healthful things, healthful thoughts, healthful foods, a greater sense of self and self love. Healing happens here in this environment. So as you gently open your eyes and come back into the room, stay in the body this time, stay in the body. So we're teaching people how to navigate from life, from deep inside this core space. There's so many ways that we can do that and I've checked them, a whole book full of them, case studies and things that I've done that have helped people heal from cancer and all kinds of other disease

conditions. I was never treating the cancer. I was treating the whole person, because it is the whole person that cancer was generated on the inside of. I'm more interested in the person than I am in the cancer. And the cancer would heal as a by-product of the wholeness revealing inside the system. Again, we are capable of healing no matter what our diagnosis is and no matter how frightening it is, or how afraid we were the moment that we heard the diagnosis which just caked another layer on top of the fear that was already there. The fear came from not having a strong enough sense of self. And you my friends can cultivate that, one breath at a time. Time's gonna pass. It might as well be in your favor. Let's build some circuits and get this happening in the way that we were supposed to. We are destined for greatness. And I have seen far too many times to question it that the diagnosis of cancer actually cultivated someone's awakening into their greatness and their ability to heal themselves, and so much more so.

Nathan Crane:

So true, and it's such a powerful statement that if we ask the question, and since 2013 I've been interviewing hundreds of cancer conquerors, cancer survivors and thrivers, people who've overcome cancer using a holistic approach an integrative approach. Have been interviewing doctors in nature paths, and energy healers, and scientists. And the common theme is exactly what you just said, that the mindset is asking the question, not why is this happening to me, but why is this happening for me. What can I learn from this to awake in my life to help me grow, to help me contribute, to help me become my healthiest self, my greatest self, my most fulfilled self. As you said we're destined for greatness. It's so true, but we have to change our perception about what this diagnosis is and what it actually means to you. You change the meaning of what it is and understand the deeper, spiritual, emotional meanings of it, then it can truly, as many cancer conquerors have told me over the years, I'm interviewing them 10, 15 years later when they were given six months to live, right? And they've reversed stage four cancers using meditation and a holistic approach. And what they're telling me again and again is "Cancer is the greatest thing that ever happened to me." I know that's very hard for people early on to try to grasp how could this be the greatest thing that's ever happened to me? It's the worst thing that's ever happened to me.

Dr. Sue Morter, D.C.:

Right.

Nathan Crane:

But it's a mindset shift and it's understanding, okay there's a deeper reason for this. What is that deeper reason? And that's gonna be a little bit different for every person, right?

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

So each person has to find out what is that deeper reason?

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

How is it here to serve and support you and help you grow? And the practice you just shared was super powerful. So thank you for that. The breathing practice was--

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

Just a few minutes of that, you can feel the energy starting to--

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

Awaken the body, starting to heat up, the energy flowing and moving. So thank you for that.

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

I know you have a lot of great tools for people in your book, on your website, in your courses. So I wanna share your website with people. They can go there, [drsuemorter.com](http://drsuemorter.com). But you also have a great healing meditation anyone can download and access and practice every day. I believe it's called the healing within meditation, right? Can you talk about that?

Dr. Sue Morter, D.C.:

Yes, Awaken the Healer Within, yes.

Nathan Crane:

Awaken the Healer Within, yeah. What is that and how can people access it?

Dr. Sue Morter, D.C.:

Yes, so it is a way for people to activate this healing capacity, the innate, inborn capacity for the body to be self healing and self regulating, and self rejuvenating, and self illuminating. We are capable of that. So this meditation takes people into the state, working with this breath and other things on top of it that allow us to truly fine tune and awaken to this. So that we can bring our consciousness to something and magnify our ability to self heal.

Nathan Crane:

Beautiful, beautiful. And so here's the link write it down, go download this meditation right now, absolutely free, okay? It's [drsuemorter.com/activatethehealer](https://drsuemorter.com/activatethehealer). It's D-R-S-U-E morter, M-O-R-T-E-R.com, [drsuemorter.com/activatethehealer](https://drsuemorter.com/activatethehealer), activate the healer. You can download that for free, and it's a powerful tool. And I encourage everyone to go do that right now. I wanna say, Dr. Sue, thank you so much for the great work you do, for taking something that can often be very wow for people, for lack of a better word.

Dr. Sue Morter, D.C.:

Yeah.

Nathan Crane:

And bringing in the science, bringing the practicality, bringing in your many years of experience and helping to make it so practical, and hands-on, and experiential for people. So I just wanna honor you and thank you so much for sharing your time with all of our audience.

Dr. Sue Morter, D.C.:

It's my great pleasure. I feel it's been a great honor to be exposed to these concepts for so long in my life and to be able to work with so many people over the course of my career. It has been the greatest gift in my world. So it's my pleasure to be here today and share with you as well. Of course, anytime.

Nathan Crane:

Beautiful, thank you. And thank you all for tuning in to the Global Cancer Symposium. I encourage you please share this interview, share the Global Cancer Symposium with your friends, family, anyone who can benefit from this information, from these practices, from this knowledge and

wisdom. Share it in any way you want, emails and social media. Please just share it with those who need this information. Also go visit [drsuemorter.com/activatethehealer](https://drsuemorter.com/activatethehealer). So you can download and access Dr. Sue's Awakening the Healer Within Meditation. Also take a look at [healthandhealingclub.com](https://healthandhealingclub.com). You can learn more about our global membership, dedicated to helping you get and stay healthy. Again, I'm Nathan Crane. I wish you all ultimate health and happiness. Take care.