

## **Toxic Buildup: The Anti-Toxin Checklist for Reducing Cancer For You and Your Family**

**Nathan Crane interviewing  
Ryan Sternagel**



Nathan Crane:

Hey everybody. Welcome to the Global Cancer Symposium 2.0. I'm Nathan Crane. I'm the award-winning director of "Cancer; The Integrated Perspective", as well as the director of "The Health and Healing Club", which I encourage you to take a look at that, [healthandhumanclub.com](http://healthandhumanclub.com), at some point after this interview. But today I'm really excited to be bringing you a dear friend and colleague to talk about really toxic buildup, the carcinogenic checklist, we all need to know, and start checking off in our lives. So really reducing cancer risk for ourselves, our children and grandchildren, our families. And that's Ryan Sternagel. Ryan is the founder along with his wife, Teddy, of The Stern Method, which is a platform that informs and inspires really everybody going through cancer to succeed on all fronts. If you don't know their story, or at least part of it, back in 2014, their son, Ryder, was diagnosed with stage four neuroblastoma, which is a childhood cancer of the nervous system 11 days before his first birthday. We actually did an interview for our first Global Cancer Symposium that was like an hour where we just talked all about that journey and what they went through and the treatments and everything. We're gonna talk a little bit about that today. So you'll get some of a recap of that, but what we're really going to cover much more in depth today is, those hidden toxins, those carcinogens that are in our lives that you may not even be aware of that you're still ingesting into your body every single day. So some of the main ones you do know of, some others maybe you don't know of, and certainly even the ones you do know of help you find a way to get them out of your life, because if we don't get those toxins out of our lives, out of ourselves, we are not going to be able to really support our bodies in a function to help remove cancer cells from our body. We've got to get the toxins out first. So, and then we're also going to share some really practical steps with you of how to make your body more inhospitable to cancer. So I want to continue reading Ryan's bio here and then we'll bring him in. During that journey with their son, the Sternagels consulted countless doctors and health experts of all disciplines to employ an integrative approach to help Ryder heal. Ryan also hosts the anti-cancer revolution, you've probably heard of, and the great work of healing podcast to share these strategies with everybody

who needs them. And in 2018, Ryan and Teddy created "The Toxic Home Transformation", which was an online event that showed over 100,000 families how to rid their homes of all physical and energetic environmental toxicity. Ryan also hosted The Anti-Cancer Revolution online conference in 2019 and 2020, which featured the country's most preeminent integrative cancer doctors and showed almost 200,000 families how to take an integrative approach to cancer. There's a creators of going integrative which is a step-by-step course for cancer patients and parents. And Ryan and Teddy continue to ensure that Ryder and his little sister, Channing, thrive for the rest of their lives. And they also share how they do it through all the great work they do. I encourage you to go to their website right now and certainly after this interview as well, which is [thesternmethod.com](http://thesternmethod.com). They've got a great ebook there. You can download for free, called the "Ultimate Healthy Home Checklist". But I do encourage you to take notes during this interviews, we're going to cover a lot of information and really practical tools you can do to detox your life and help you reduce your cancer risk, and ultimately help your body do what it was designed to do which is to regenerate, rejuvenate, and thrive. So, Ryan, brother, thank you so much for being back here with us, man.

Ryan Sternagel:

Always good to be with you, Nathan. I should've made sure you had an updated bio, there's three kids now, you forgot Rocky.

Nathan Crane:

Oh, you got Rocky, you got a third one, congratulations man.

Ryan Sternagel:

Yeah. And that was like another journey, healing journey all in and of itself. I don't know if you caught that on Facebook or whatever, but, Teddy, my wife, ended up getting, what was it? Group A strep, she went septic with group A strep in her bloodstream. We were , we had Rocky in a birth center on natural, all that stuff, and two days later, we're in the hospital getting taped, pumped full of antibiotics. I guess we found out about this a couple days in, but like a third of women that get that particular infection don't make it, and it was particularly resistant. We were doing all the hospital stuff, but of course I was, it was like round two for me, like driving all over town, grabbing different herbal remedies, being on the phone with doctors and all that stuff. Integrative and holistic doctors, I should say. But we made it through and now Rocky has a nice case of eczema because of course his gut got wiped out, breastfeeding and all that stuff. And so now we're healing our second one-year-old child of a chronic disease or chronic condition, whatever you want to call it, but-

Nathan Crane:

Wow, you're getting some serious firsthand experience down the field of healing chronic disease, man. I'm all sorry to hear that, and really happy for you that your wife made it through, your son made it through, and you guys are moving forward with life.

Ryan Sternagel:

We're all here. We're all here.

Nathan Crane:

No, that's a blessing right there. And, that's, I just want to open with that, that I know the work you really focus on is helping people to understand their integrative approach, that's what I've been focused on for years as well is that it's not about, "Look, don't do anything conventional." When there's an acute situation that requires some modern medicine utilize it. If it's effective, if it works, but don't forget about all the natural, the effective, the holistic things you can do to support often the damage that comes from. That's kind of the downside of a lot of conventional medicine is that it's very effective for very specific things and also very damaging for much of your other body. Like you said, the microbiome of your son, and we know antibiotics wipe out the microbiome. And so if you're not rebuilding those things when you're going through, not only what your family's going through and gone through, but cancer specifically, you've got to focus on everything else that helps your body to heal, what it was designed to do. So, man, you've come through a lot. I just want to commend you.

Ryan Sternagel:

To your point. I was highly frustrated that they would, not surprising, but they wouldn't do intravenous vitamin C in the hospital even though there's a lot of research coming out on IV vitamin C and acute infections like that in combination with antibiotics or standalone. And then, to your point, there is, it would be funny if it wasn't so sad, but, we made the decision to keep breastfeeding even though we knew kind of where that would lead, but we also didn't want to risk and not be able to breastfeed, and then have to be formula fed and all that stuff. So it was kind of a, it was a calculated decision, whatever, but all the nurses and doctors and everybody kept repeating that there was absolutely no danger to the baby whatsoever. We give mothers these medications all the time, and this is like, come on. Like, "Why don't you...?" We knew it would be like supporting Teddy and Rocky with everything that we could, but in 98% of people that you tell that to, they don't know that, and they believe you. And, we took Rocky into a conventional dermatologist just to get conventional official diagnosis or whatever the eczema, and yeah, she was laughing at Teddy when she suggested that perhaps the flood of antibiotics right at birth might've had something to do with the eczema and that was just the most

ridiculous notion this gal had ever heard. And so it's, yeah, I know, that's the work I'm trying to do, my family is trying to do, its work. I know and I'm happy you're doing this, I'm happy to be a part of this. And just trying to give people the information they deserve.

Nathan Crane:

Well, one child at a time right now. So, Ryder, let's talk about Ryder for a little bit. So he was diagnosed with stage four cancer when he was one, right before he is one years old. So I think, if I did the math right, it's been over six years since his diagnosis.

Ryan Sternagel:

Yeah. It was May of 2014, so we're about six and a half years out now.

Nathan Crane:

Seven years old now? Seven and a half.

Ryan Sternagel:

Yeah, seven and a half.

Nathan Crane:

Well, how's he doing? How's rider doing now that it's been six years since his diagnosis?

Ryan Sternagel:

He's doing great. When he got the diagnosis, there was a tumor larger than his kidneys inside of and growing out of his spinal cord. There was a secondary tumors off of the primary tumor, they all metastasized the secondaries, and metastasized into his hip bones. The primary was just all interwoven inside of his spine and we did all the stuff. Fast forward, he's doing great. The secondaries are gone. The primary, there is still, it's a fraction of the size we started with, it hasn't done anything in several years. Everyone's pretty well convinced and happy calling it scar tissue. I would certainly like it to go all the way away. And we're working on figuring out how to get scar tissue inside of a spinal cord to go all the way away and chipping away at it. But yeah, he's doing great as I talk about side effects from treatment and conventional stuff. He was actually diagnosed on the spectrum somewhere around three years old. I don't think, we'll never know, but I do not think he would have been diagnosed had he not undergone chemotherapy, and then particularly all the, every time he had to get a scan, he had to get sedated and anesthesia and all the surgeries and all this stuff. And that I think, for his, he's probably got some impaired detox pathways, that sort of thing and it was just all too much. And so, after the cancer subsided, we slid right into the spectrum diagnosis and that was its own kind of weird, I guess. A whole different set

of concerns and all that. And, fast forward another three years and he's still a little quirky but we've gotten what I would call the negative parts of autism, mostly under control. And I don't know it kind of a beautiful mind is blossoming out of it and he's memorizing entire chapters of the Bible and doing all sorts of complex math problems, and now he's into knitting and he just like all of a sudden just, now he's doing complex little knitting weaves and stuff, I don't even know what he's doing. And, it's all good stuff.

Nathan Crane:

I mean, that's awesome, that's awesome to hear, man. And so, aside from what they show in the scans, I mean, have all the tests come back negative? I mean, he doesn't show any other signs of cancer whatsoever.

Ryan Sternagel:

No. There's a marker that they get. Why am I blanking on the name right now? It's a neuroblastoma specific marker. And, O-H, I always mix up the letters, HVAMVA, pretty sure. Those numbers are completely in the clear, even normal than like, even lower than the high end of normal.

Nathan Crane:

Wow.

Ryan Sternagel:

And we've been, I've been a little behind the ball and I should by now be into all the cancer profile and ankle blot and getting those things for him. He's been doing so well and the numbers have been good otherwise, and the scans have been good. I haven't gotten into it. But that certainly is the next frontier is where he's about to have a scan, another MRI, we get yearly MRIs now on... We declined the contrast though, always didn't, at least always

Nathan Crane:

Reduce-

Ryan Sternagel:

Always say I would not like contrast and they'll push back and you say, "You know what, just try it, "and then if you don't get the images you need "then we can talk about contrast afterwards, but."

Nathan Crane:

How much does the contrast make a difference in terms of toxicity?

Ryan Sternagel:

I mean there's, so it's gadolinium which is a heavy metal and that's admitted. The way they formulated it, they thought that it would just pass in and out of the bloodstream but that's turning out to not be true.

Nathan Crane:

I don't know anything that does that, that's... Anything that considered a toxin or heavy metal or what have you that just passes through the body easily without the rest of the body.

Ryan Sternagel:

Yup, yup. But, and that's it's even like that's coming out, not just in integrative alternative circles but even the mainstream world is having to admit that this gadolinium is building up in people's bodies and their brains and causing all sorts of problems. So you're actually more likely now to get an honest answer from a radiologist. Dude, are you sure you need the call? Well, maybe we could try it again. That might be not be a bad idea, okay we can... So, yeah, definitely that's probably we're at, I did even get myself. Oh, so, just we're about to graduate from MRIs altogether, which is a little, it's good but scary at the same time. But now that we are, I'm definitely going to go down all the, I hate calling them alternative tests, but, all the other markers that you can be looking for in the blood that would be indicative of cancer growth or not that I'm sure everyone watching is familiar with the "Cancer Free! Are You Sure?" book by Jenny Hrbacek, but if not, that's kind of like the Bible for those tests.

Nathan Crane:

There's, you just reminded me of a couple of things. One, there's a great interview I've done for this symposium with Dr. Thomas Lodi, who's been a friend and colleague for years, I encourage people to go listen to that. There's a test in there that he talks about. It's kind of a revolutionary test that you can literally see cancer cells and it's a non-toxic test for the most part from what I understand. You have to get it in places like Japan or somewhere else, but you can work with an integrative doctor to help you do that.

Ryan Sternagel:

I know what you're talking about, yeah.

Nathan Crane:

Where are they gonna actually, like our stage four testing shows stage four, that's like their stage one. So it's like, if you could find your cancer-

Ryan Sternagel:

No, their stage four is our stage one.

Nathan Crane:

There you go. I said it backwards. So, our stage one is already their stage four. I mean that test can help you find cancer before any of our conventional testing here in the West at all, can even identify that your body has cancer whatsoever, like years in advance. So, there's some really cool testing like that coming out, which is exciting. But, with your son, you just reminded me of a really important case study, Dr. Antonio Mina has just share with me from, who's also part of the symposium, that he had a patient, they did the integrative therapies. She had, I believe a stage four breast cancer and it was triple negative. So it was one of the most advanced breast cancers. And within six months of doing integrative therapy she already was feeling tremendously better. Within 18 months, she felt like totally healed, but she still had the tumor, she still had the mass. And someone convinced her she had to get her breast removed. And unfortunately she went ahead with that. And after, so they tested all of the cells in the mass and found out there was no cancer cells left. She was already totally healed, but the mass was still there, which can stay there for years and years. It's not affecting your life, your quality of life at all. It's totally healed the body.

Ryan Sternagel:

It's a lot of tissue for the body to do it.

Nathan Crane:

A lot of tissue for the body to get rid of. So, I mean, just some encouraging. I know you probably, you already know that but just some hope and encouragement for your own son or anybody else going through any cancer diagnosis that it's not always about, "You got to get this thing "out of me as quick as possible," it's about how do we improve the quality of your life, improve your body in ways that, as we're going to talk about right now, get these toxins out of your life that are continuing to increase your cancer risk and actually make the cancer grow. We've got to get the toxins, the carcinogens, out of your life first and foremost. So, why don't we transition there? What are some of the things through your own journey, helping your son, you and your wife. I mean, I know you've talked about it with me just how challenging that was for you guys initially in dealing with your son with cancer and how do we help him? And how do we save him? And you've got this integrate, and you got these medical doctors that don't want you to do anything natural, and you're trying to do all these natural things at the same time, how challenging that was for you guys, but yet you persisted. And what were a lot of those things you learned along the way in your

own house, in your own lives, that were very toxic, that were carcinogenic, that you've found lead to cancer cell proliferation?

Ryan Sternagel:

So, I mean, when you're, I think if anyone diagnosed with cancer or a loved one gets diagnosed with cancer, you gotta be asking where it came from. And watching these types of programs it's what? Diet environment lifestyle. That's kind of the three big things. But for us it was like our kids won, it's not like he's been smoking a pack a day since, for 30 years or whatever, he just popped out and he already has cancer. And so, and we were eating pretty clean, even we've lived the standard American life for growing up and that sort of thing. But after graduating college started watching health documentaries, and implementing, trying out different diets and eating organic and get rid of chemicals and all this stuff. And so, that kind of leaves the environment and, well, there's still kind of the stress emotional, spiritual angle which is kind of overlaid on the whole thing, I guess, with any cancer diagnosis. But, that being said, it's like kids, childhood cancer 100 years ago, for all intents and purposes, didn't exist. I mean, there was a case here and there, doctors would fly or they wouldn't fly in, but they would travel in from all over the country to study this case. And now you can't go to the mall without seeing a kid with his hair falling out and all that stuff. And so, clearly, like, something is causing it and again, nothing new to a lot of people watching, but it's how do you actually dive in and address this stuff? But, when you actually start picking apart every aspect of your life, you really have to pick apart every aspect to your life 'cause if you're just going on the, I guess, the default, like whatever is kind of presented to you is, you go to the grocery or conventional grocery store and you buy this thing for your cleaning and you buy this thing for your toothpaste and whatever. Everything is going to be toxic. I mean, we kind of, we're known for going all the way, I guess you could say, and took it to the extreme of, we started learning about, and I'll get into this in a second, but I mean, even your home itself can be offgassing all sorts of chemicals formaldehyde being a big one. So, if you don't want to be breathing in formaldehyde all day, you gotta do something about that. Like I said, we kind of took it as far as you could go and actually built a house kind of in the mountains away from, I can see one other house from a window and built from the ground up with non-toxic materials and all that stuff, and actually lost my day job in the middle of building that house, and we were already over budget and that's a whole story in and of itself but sometimes I feel like we should have been vloggers during this whole thing, it would've been quite exciting. But, no, so, I mean-

Nathan Crane:

Well, like that's so, that's like what we might call the extreme version of what you need to do. Go the mountains, build that non-toxic house from the ground up or buy or find one, which is also realistic. Realistically, the thing that certainly I think a lot of people should do, it's certainly

something my wife and I are planning on doing, it's certainly something, some incredible cancer conquerers; Elaine Gibson being one of them who reversed stage four cancer using an integrative approach. Who's also, I've interviewed as part of the symposium. You should listen to that interview as well, it's really good. They moved out to the mountain that outside the city to get away from the toxins, to get away from the pollutants, even after she reversed cancer. So sometimes those are the decisions we need to go all the way, whatever it takes. That's, to get these toxins out of our life. But, in the short term-

Ryan Sternagel:  
In the meantime.

Nathan Crane:  
One of those things that you found that...

Ryan Sternagel:  
That's kind of always been our motto is; do the best with what you can right now and work for more later, work towards more later, I guess you could say. 'Cause, I mean, we moved states as part of our journey to get to a more accepting medical team of not going all the way with conventional treatment, I guess you could say, and backing a little early, but, the first place we could find was a townhouse that had been fairly newly built. And there was RF power meters all around and everybody's wifi signal and all this stuff, and we did the best we could there. And, we literally had our EMF meter and went to like 50 different rental houses until we found one that like, "Turn off all the stuff "and let me just, don't even show me anything, "just let me walk around with my EMF meter "and see what this is picking up in this house." And we finally found one that was good, and we lived in that house for a long time and then we built this house. So it's like, yeah. And we-

Nathan Crane:  
It's a journey, it's a journey.

Ryan Sternagel:  
Did everything we could in those environments while we were there working towards the next thing. So, I mean.

Nathan Crane:  
What would you say are your top 10 things you did?

Ryan Sternagel:

So, I mean, you can kind of break it up into categories, air's the big one 'cause it's conventional. Food gets a lot of attention obviously we should not be eating not-organic food. That's a big one, you don't want to do that, but think about how many times a day you breathe versus how many times a day you eat, and then you get all these statistics about how indoor air is, on average, three to five times more polluted than outdoor air. Everybody, you hear about smog and stuff like that and in the cities and you think walking outside it's gonna be worse, but even within most urban environments, indoor air, 'cause it's trapping a lot of that stuff in, indoor air is on average, three to five times more polluted. And if you've got like a bad situation, which a lot of places do, it can be up to 100 times worse. So, I mean, and when you talk about air, some of the big things are just, if you don't have, it's kind of basic, but if you don't already have a standalone air purifier, get a standalone air purifier. We've built up a collection over the years, but at first, we only had one and we'd literally, we'd have it in Ryder's room at night and then we'd move it into the living room during the day where we were hanging out and that sort of thing. And, it's, when you look at the filter on that thing, it's pretty clear picking some stuff up.

Nathan Crane:

Do you have a favorite purifier now?

Ryan Sternagel:

Yeah. I mean, so, for a long time I was hyper obsessed with what's the absolute best air purifier. And I guess I'm still on that quest, you could say, but AirDoctor, hands down, is the best value you can get. I mean, the actual ratings it's called the cdr ratings, they stack up to all the way more, 'cause you can spend like up to 1000 or even more bucks on an air purifier. AirDoctor, if you get a good discount, like we have the, what is it? You go to their site [airdoctorpro.com/stern](http://airdoctorpro.com/stern), you get the \$300 discount. It's like, it's a few hundred bucks. And like I said-

Nathan Crane:

Let's say that again for people, [airdoctorpro.com/stern](http://airdoctorpro.com/stern)?

Ryan Sternagel:

Oh, [airdoctorpro.com/stern](http://airdoctorpro.com/stern).

Nathan Crane:

[/stern](http://airdoctorpro.com/stern). Worth \$300 discounts, you say \$300 discount?

Ryan Sternagel:  
Yeah, yeah. It's almost-

Nathan Crane:  
That's a big discount.

Ryan Sternagel:  
Almost half the cost.

Nathan Crane:  
I wanted to rush over that real quick, that's a big, so thank you.

Ryan Sternagel:  
But it's like... So again, and that was when we got excited about the fancy, and we got the fancy air purifiers, then we talked about them, and that's the main thing we heard was, "That's great that you got that "but I could never afford that air purifier." And so-

Nathan Crane:  
Right here. These are some of the best air purifiers you could ever have in your home.

Ryan Sternagel:  
Indeed, indeed. We've-

Nathan Crane:  
This is not fake by the way, live, that's why it looks half dead. Live plant, you need live plants in your home.

Ryan Sternagel:  
No, you beat me to it. Every, shoot for, it's kind of a fun goal, shoot for one every 100 square feet of your house. And then the bigger the better and all that stuff. And it's like NASA has, they did that study, I'm sure most people have seen it, but you can search the NASA house plant air quality list or whatever, something like that, it'll get you there. And you can find the absolute most detoxifying plants out there. I think like the peace lily is one of the top ones, chrysanthemum is one of the top, I don't know. We have most of the top ones.

Nathan Crane:  
Aloe vera one of the top ones too.

Ryan Sternagel:

Aloe vera is a good one because it releases oxygen at night instead of during the day. So you can have it in your bedroom, get a little-

Nathan Crane:

Talk about what are some, obviously, I don't wanna assume anything. I mean, people are listening and I'm sure have definitely some sense of like, "Okay, most carpets are releasing VOCs, which are toxins, which are carcinogenic, they can cause cancer. Paints, most lead based paints, et cetera, releasing toxins. So, and what else is in the house maybe not as many people are familiar with that are releasing all these toxins into the environment.

Ryan Sternagel:

Your house itself, unfortunately. So, I mean, again, and I'll get to those but it's like, don't freak out when I talk about this, because, one, what's the saying? The solution to pollution is dilution. So again, open your windows, even just your running your ceiling fan, you can kind of move the air a lot and just keep the air moving and all this stuff. And then have in the house plants and the air purifiers, all that stuff is, you're gonna be okay, but I mean, the pressed wood itself, either the...

Nathan Crane:

Particle boards like-

Ryan Sternagel:

The particle boards, what's the actual name for, anyway, the particle board stuff, plywood, everything that, I mean, when you see a house going up, it's like it's not wood, there's this little bits of wood, it's a little bits of wood that have been glued together and called wood, and that glue is it's off gassing formaldehyde. The drywall. Drywall doesn't offgas formaldehyde per se, but it's, you can get natural drywall which is drywall is made of just a compound in the earth called gypsum and they mine it and that's fine, but they still do use some chemical compounds to kind of solidify it and make it strong and that sort of thing, and those chemical compounds can off gas. But then they're also using it's called synthetic flue gas. Synthetic gypsum was what the use from cleaning the flu of a charcoal power plants and stuff like that, and we actually making your drywall out of that. The installation. Installation also releases formaldehyde, it's offgassing formaldehyde and it's the stuff just, it keeps going for years and years and years. So, I mean, those, again, like your actual house itself, unless it's really, really old but I mean, it does keep offgassing for quite a while, is offgassing this stuff. So, if you want to go about any one, again, I mean, just back to stressing the importance of air purification, because houseplants like literally have been

proven to soak this stuff up and metabolize them into, in our compounds and that sort of thing, but-

Nathan Crane:

And then add more oxygen to the air, so you're getting more oxygen to your cells which we know is important for cancer.

Ryan Sternagel:

Yeah. But if you want to go above and beyond, you mentioned paint, which by the way, even if you go to like a home depot or your box store and you see the low VOC paint or no VOC paint, I'm not saying those brands are lying but many building biologists that I've spoken with tell me that those brands are lying because they test them and they're full of VOCs. So you really have to, you gotta, you pretty much have to special order your paint or at least find someone locally that carries that brand. The best known one it's a brand called Safecoat. And that's really cool because not only is Safecoat, not only are they non toxic, but a lot of their paints are actually designed to trap in a lot of that offgassing, it's kinda creates a barrier on your walls. So either the next time you paint, or if I just freaked you out about your house offgassing formaldehyde, and you want to go all the way. Buy a, look up your local Safecoat dealer or if you don't have one in your area, the Green Design Center is actually, that's run by the building biologist that we work with, his name's Andy Pace, in building our house. But you can, I mean, just go to that website for ideas in general on home stuff and what you might be missing. And, if you do want to get a carpet the next time which I would just recommend not getting a carpet and going hard, but if you do there's-

Nathan Crane:

Is tile good too?

Ryan Sternagel:

Tiles, you've got to get a porcelain-based tile, which you can just get a home depot or something like that. But if it's the ceramic-based, there's chance for lead in it, but if it's a porcelain-based tile, which it's not like, it sounds like it'd be really expensive, but it's-

Nathan Crane:

If you get wood, you want to get a hardwood, natural hardwood that's not coated with really toxic veneers and stuff like that too?

Ryan Sternagel:

Indeed, indeed. And that's a, you can find... Like I said, you can find like a lot of ideas for that type of stuff that I really like that side, the Green Design Center.

Nathan Crane:

So you get at, it's called the green site?

Ryan Sternagel:

The Green Design Center.

Nathan Crane:

Green Design Center. So that's a good resource, thank you for sharing that. And so, you could get some like Safecode paint is what you're saying you could actually paint over your walls and it will help trap some of that offgassing behind that paint. Is what-

Ryan Sternagel:

Yeah, it'll keep it, keep it going out of the house, not coming in.

Nathan Crane:

Interesting. Well, that's, it doesn't take much, not much investment or time to to repaint a room, repaint your house, that's a good step. I mean, obviously, these are big things; redoing your floors, your carpet, your tiles, but those are like big steps that, again, the more serious somebody is, the more serious condition is, those are real things you should be considering. But as you already mentioned, like the air is the number one thing we're breathing all day long and recycling this air over and over and over again. I just want to reiterate what you said, like don't skip over the importance of this.

Ryan Sternagel:

Well, it's probably good to like reiterate here 'cause I kind of came onto this frame of mind very early on and I'm really I did, but it's like, I started saying it, something caused it, and that's all well and good to... We know that it was environmental toxicity and stress and doubt, but unless you actually remove the cause, you're kind of, you're just, no matter how many integrative therapies, the high end practitioners and IVs and all this stuff. If you don't remove all these things that are continually hampering you and distracting your immune system and building up in your body and all this stuff, even all the detox in the world, it's just, this stuff's just gonna come right back. So, it is like, it's not as sexy as is going and getting your IV, vitamin C infusion, or Myers cocktail or whatever. But, yeah. It's like you can't... Like I said, it's just like you're always going to be, it's like

trying to climb a mountain with a huge backpack on your back versus you actually don't need that backpack, you can just set it down and the cancer is a big enough mountain on its own. So, do everything you can.

Nathan Crane:

That's a good metaphor. So clean the air in the house, what are some other things people can do?

Ryan Sternagel:

Water's kind of, again, you're drinking even more than you're eating. Not quite as much as you're breathing but you should be doing it. Most people should be doing even more drinking than they are doing. And it's, so I mean that the basic there is filter your water. The sink's the most important. The two most agreed upon that this is actually going to revert, remove pretty much everything, and especially when you talk about... I think everybody knows now, it's like chlorine is great for killing bugs in the water but not so great to be killing bugs when it enters your digestive system, fluoride. Hopefully everybody knows by now, it's like the one uncontrolled medic, even if they're saying it's for your tooth health and stuff like that, it's, nowhere else would a doctor be like, "All right, just take this drug "and just kind of take it all day, "it doesn't matter if you'd just take a little bit of it, "take a lot." It's like it doesn't make any sense whatsoever. So, you don't want fluoride in there. And a lot of filters have a hard time with fluoride but if you're talking under the sink options, reverse osmosis is gotta be your safest bet for removing everything. There's, you get distilled water as well, a little more complicated to set up and maintain that sort of thing, but also very good. A lot of people say remineralize the water, there's some debate on that, but that certainly doesn't hurt to throw in some minerals after the fact 'cause it's does a really good job of stripping even minerals out. You can get fancier and start talking about structuring your water. I'm sure you probably have people talking about structured water and stuff like that, but, I don't know, it's the, I guess the explanation is that if a water is running through rivers and streams and you're drinking it straight out of there, the fresh mountain spring water it's got all this energy and charge and it's been flowing and all this stuff versus sitting in cisterns, sitting in pipes, it's just for the best way this layman can explain it, it just kind of loses its vital charge, that structure that they would normally have to it. So, there are units that kind of like, that I'm looking at that are actually under the sink units that actually will restructure the water. Ben Greenfield's dad has a company that sells those units called Greenfield Naturals, I believe. There's another one called radiant life, that one's more expensive, but those are two options if you want to go above and beyond and actually kind of supercharge your water at the same time you're filtering it. You can get a device with a built-in structure unit, or you can just get a little handheld deal that you run it through as well.

Nathan Crane:

I actually experimenting with some hydrogen-infused water right now, so there's a device I'm experimenting with where it just, click a button in three minutes, it's infusing hydrogen into the water, which is same thing where you're talking about alkaline water, structured water. It's what the evidence is showing is that it is, a natural anti-inflammatory.

Ryan Sternagel:

Yeah, I know, we definitely do the hydrogen thing as well. I was trying to keep it to a detox slash maybe just a little bit of supercharge in there. But then you also want to be thinking about whole house stuff because, I mean, I guess the next step would be just filtering your shower water, you can get a shower head filter for, I don't know, 50, 60 bucks, a good one that will filter this stuff out of your shower. But, the next step after that is a whole house filtration system because, I mean, you're washing your dishes in it, you're washing your hands in it, you're brushing your teeth with it. When you run the dishwasher at night, hopefully you're using a nice natural detergent with no chemicals and stuff like that. But even if you are, you see that steam coming out of the dishwasher, that's chlorine, now coming into your air if you don't, if you're not filtering the whole thing. So, it's not, it's an investment, but it's not like an astronomical investment like you would kind of just picture, I guess. You can get a whole house filtration system for, North of 1000 dollars, you can find payment plans. I mean, for a lot of this stuff, we-

Nathan Crane:

And you change those filters, we changed them once a year. We had one at our old house; a full system that had a, it was a really high end system, it was already there when we had the house, which was nice, but it also had, I think it was the infrared light, the bulb that-

Ryan Sternagel:

Oh, UV.

Nathan Crane:

The UV disinfectant they use, and then the triple filter system, and it was a whole house and to maintain it. It was like once a year, it was, I don't know, a couple hundred bucks or something like that once a year once you had the system. I love that idea of a whole house filtration system 'cause then you're just, you're getting those toxins out of all your water, which, like you said, you're putting water in your body all day long when you're at home; in your tea, in your food, in your soups and in your shower, you brush your teeth like you said, so that's huge and it's something that can be done fairly affordable.

Ryan Sternagel:

White is another big one. It's not a physical toxicant, but there's, if you want to get really geeky there's, what's his name, Jack Cruz, with a K talks a lot about it and it makes sense. It's a, if you're, now we're surrounded by artificial light all day. And at least before it was with incandescent bulbs which is the most mimicking of the full light spectrum of the sun, it's got a heat source tied to it which is what we're used to. But, now we switched to fluorescents which were, actually fluorescence were the worst. LED is still a little better than fluorescent but still nowhere near as good as incandescent. But yeah, it's like, both for us and LED they don't have the full light spectrum, it's just the blue light spectrum, which is from... You're only getting that light spectrum from the sun when it's telling your body that it's time to be up, when it goes to sleep, you know, when the sun goes down then that kicks off a whole cascade of hormones and your body clocks and your rest and repair mechanisms turn on and all that stuff. And if that's not happening, then you're just wired until the minute you finally shut everything off and go to sleep. But then, even a lot of people have alarm clocks and stuff like that in the rooms that are still blasting them with that light all night long. Not to mention just your street lights and your neighbor's lights and stuff like that. So I mean, a couple things there. One, we only use, for our daytime lighting, we use incandescent bulbs and even, if you look up the Edison style bulbs, it's actually even a more complete light spectrum and pleasing to the eye than just the regular kind of frosted white incandescent bulb you get at home depot, that sort of thing. I mean, when you go back to incandescent, and then like if you have one room with LED or something and you walk in, it's like it's notable. You're like, "Whoa, what?" "No, that's offensive to my eyes."

Nathan Crane:

It hurts. It's like I haven't been in a room that has halogen for so long. I mean, I used to have offices that had full of halogen, and now if I go somewhere that's halogen, for example, it's like, "Holy crap, my brain feels like it's vibrating." It's that impactful and same with, we replaced all our bulbs with blue light blocking bulbs, so they're like a dark orange, very soft color. So we're using those at night, for example, to help the brain stimulate melatonin so that you can actually get a good quality deep sleep which is what you need for healing. Like you're talking about all this artificial light. So I actually went and replaced every bulb in the house with a blue light blocking bulbs mostly for that, they're still like LED-based, but there's so much softer on your nervous system which allows you to produce more melatonin so you can actually sleep deep and heal.

Ryan Sternagel:

So, I mean, that's kind of a variation of what we do. So we have just the Edison incandescent, and they are tinted a little bit as well. The Edison incandescent bulbs in our above lights, and then in our lamps, after the sun goes down, we have, they're actually red LEDs. And it's like you got to

look for a manufacturer that actually makes the, that uses the red diode so then it's actually just emitting red light, the red light spectrum. So when the sun goes down, the overhead lights go off and then the lamps come on, and then we supplement that with candles as well. And you get a, candle is actually nice beeswax, candles release a lot of that good negative ions into the air. They don't, there's not a lot of smoke to them especially if you put them out right. Candle tips and tricks, I guess, is for another interview but-

Nathan Crane:

No, no, it's great, I love it 'cause what I hear you saying is the closer we get to nature, living in harmony with nature, the better we're going to allow our bodies to heal and to thrive. It's like beeswax candles, check. I've got those here too, and we use candles. It's like, if I'm burning something in the air, I want it to be something that's going to release healing energy, negative ions like you said, which are anti-inflammatory, they're antioxidants for the body. If you're, like you said, going to the next level and actually going out, living in nature, going living in the mountains, cleaning up the house. People may not want to hear this because it's scary, but what I really believe and what I'm really striving for, and I think the way of the future for humanity if we're actually going to survive as a civilization, not destroy ourselves and actually leave a bright future for our children and grandchildren is we have to make critical decisions to start living in more harmony with nature, with the planet, because it's nature and our heart harmony with it, that actually allows our body to do as it was designed to do which is to heal, rejuvenate, regenerate, and go beyond survival into thriving. And the more technology we create, the more pollution we put out, the more cars we have, the more cities we build, is taking us further and further and further away from that. And leading us further and further into the lifestyles of just exploding chronic disease, which if we don't get to the root cause, like you've been talking about, and get rid of the toxins in our life and where are there the least amount of toxins and the most amount of antioxidants and natural anti-inflammatories and healing properties in nature. Bare feet on the ground, on the earth, in the forest, breathing the fresh oxygen from the trees, drinking the fresh water from the streams. It sounds like a paradise or a pie in the sky dream, but it's actually like, if you think about it, it's the way of the future if we actually want to have a future for our future generations.

Ryan Sternagel:

Indeed, indeed.

Nathan Crane:

You guys are doing it, so you're living example of it as a family, which is exciting. You're showing that it's totally possible for people.

Ryan Sternagel:

No, again, it's just it's kind of fun. I mean, you can listen to an interview like this, man. Oh, that sounds like a lot of work but at the same time, it's like it's kind of rewarding to switch these things out and make these changes and just know that like most of the stuff you do at one time and then you're done and you can just be happy with yourself. And it's like a lot of this stuff's like an evening's project, too. It's not, so there's some investment to it, but, I mean, the last thing I was going to talk about was energy and electromagnetic fields and stuff like that, I'll just sum up like, cleaning and personal care products by saying just go to [ewg.org](http://ewg.org). Say, environmental working group, they do a great job with all that stuff. But, in terms of electromagnetic fields it's a really big deal you can go to [mdsafetech.org](http://mdsafetech.org) or [bioinitiative.org](http://bioinitiative.org), or [5gcrisis.com](http://5gcrisis.com) and just go to their science literature sections, and I mean, it's just, it's what you can't see can't hurt you, I'll leave it at that. And it's not up for debate, it is scientifically proven when you sort out any others. There's research saying that it's safe and all that, but then when you actually sort through the industry funding of that research, overwhelmingly, it's the industry-funded studies that say it's safe, and everybody else saying it's not safe. So there you go. And, I hear advice a lot of just turn your wifi off at night. It's better than nothing, but, again, it's like what I was about to say there is literally a hard wiring your internet connection is an evening's project. I mean that this is what we did before we got our new and by the way, if your house was built in the 90s, you might have ethernet ports in your house, you just need to actually use them. I mean that's how people got on the internet before wifi. But, if you don't, it's-

Nathan Crane:

I didn't have wifi growing up, I'm sure you didn't either.

Ryan Sternagel:

Yeah, yeah. It's like, "How are we supposed to get on the internet "and there's no wifi?" It's like, "Well, you just plugged in the ethernet cord "and you got on the internet." That still exists, it's a better connection than your wifi. And so, I mean, that's what we did in every house that we lived in before building our house is, I would literally, you have to call your service provider 'cause a lot of times you can't turn it off by yourself but let them know you want to disable your wifi, ask them to do that, and then just measure the distance from the router to wherever you need an internet connection. And you literally just, you can get little cable clips, just tack it up the wall across the ceiling, back down where your computer is or where your, however you're watching TV if you choose to do that, which that'd be another, you could call that a toxicity all in and of itself just watching TV. But, and then you just usually like, you only need to figure out what kind of adapter you need. If you're trying to go to your laptop, computer, and all you have is a USB-C port, then you

just, you search ethernet to USB adapter and that's it, you just... Again, run it up over, back down, plug in the adapter, plug it into your computer, you're good to go. And I mean, literally that whole, you can wire, you can hardwire your whole house just in an evening and then you're done and you've got a great internet connection. You never have to worry about wifi again or Instagram stealing all of your personal information from your wifi network. So, it's good times.

Nathan Crane:

Well, I want to just mention here. I mean, for anyone who might be thinking is like, "Oh, well these don't sound like that big of things. And the reality is, one, these are things that you've learned along the way to help your own son reverse stage four cancer. So, don't take that with, as if it was nothing, these are things that you guys have done in your own lives for your own family, your own children, that obviously have had a positive impact. And scientifically we know all these things, all of these toxins that we're introduced to, day in and day out are carcinogenic and contributes to cancer cell proliferation. So these are huge things that we all should be doing, getting all these toxins out of our lives. In addition to, we didn't go into diet and nutrition and supplements and all that stuff, we don't have time to. We've covered that at length, in a number of the interviews during this symposium. So getting all those toxins out of your food, all those toxic types of food as well. So definitely go listen to those 'cause that's huge and I know you have done so much of that with yourselves and with your son as well. But all these other things you've already covered are actually so important, I really hope people are going to take this seriously, and I'm sure you are if you're tuning in right now, you are taking it seriously and you've done some of these things, or you've got more to do which is always great, it's gonna help you in the longterm. But I know you've got an ebook. I just want to mention for everyone, again, where you've got like basically a checklist where people can go through and start checking off all these kinds of things, all these different toxins and even more, I know you cover a lot more than that. So I want people to go, it's called "The Ultimate Healthy Home Checklist", go download that right now for free, it's at [thesternmethod.com](http://thesternmethod.com). And in there, you give people a lot of resources and support for helping to make their home much healthier, much more hospitable to a body that can thrive.

Ryan Sternagel:

Super random but one thing that I've been thinking about a lot lately that's not on that checklist is, more and more stuff's coming out around EMF protection in terms of fancy devices and stuff like that. And, I'm interested in a lot of them. There's one that works better than others but, nothing's perfect, I don't think. But, I think like a definitive measure that people can take for stuff that's not, that's coming in from the cell phone tower a half mile away, or their neighbor's wifi or whatever is a bed canopy, and EMF like shielding bad canopy. They're not free, but they're not

super expensive either. And then you're, this literally it's the, I think the best one I have found is at a site called [smartmetercovers.com](http://smartmetercovers.com), they used to make, they still do, they got started just making smart meter covers, now they make a bunch of other EMF shielding stuff, which by the way if you have a smart meter, get a smart meter cover. But, no, it's like, this thing's made out of pure silver thread, and it's an entire canopy over your bed-

Nathan Crane:

Like a Faraday cage, basically.

Ryan Sternagel:

Exactly, it's, you're getting a Faraday cage around your bed. So, I mean, for that, eight hours or whatever it is that you're sleeping and that's your most important rest and digest and repair time and all that stuff. You can be in 100% radio silence, which I think is an even more attractive idea if you're gonna, if you're choosing one or the other. I've been thinking about this just a lot just lately, actually. I think if I were to start out, and if I were to choose between one of these devices that you're about, or just like I said, an EMF canopy for your bed, I'd probably go with the canopy. So anyway, thought I'd throw that in there.

Nathan Crane:

That's a great resource. I mean, like you said, it's everything we do once we do air, water, EMS, toxins in our food, you start stacking these things, and over time it's like, "Wow, you're now, it's 60%, 70%, 80%, 90% reduced." You may never get to 100%, but massive improvements of reduction of exposure to these toxins that are directly causing, not only cancer, but chronic inflammation which leads to other chronic inflammatory diseases. So that's the cool thing about this process, is you stack stack, stack, stack, stack, and then all of a sudden you're living a really healthy and vital lifestyle. So, anyway, Ryan, thanks, man. We covered a lot today, we've covered a lot of good things for people, different things that I think are really practical for people to take advantage of and to really start helping get those toxins out of their lives. So I appreciate you, I appreciate your time and all the good work you guys do. So thank you, man.

Ryan Sternagel:

It's great to be with you, Nathan. Thank you for doing this. We need more of you and me out there fighting the good fight, but it's coming along and I'm just happy to be a part of what you're doing here.

Nathan Crane:

Absolutely, man. And I want to thank all of you for tuning in here to the Global Cancer Symposium. Make sure to share this with anyone; friends, family, relatives, anybody who needs this information, and make sure to visit [thesternmethod.com](http://thesternmethod.com) where you can download "The Healthy Home Checklist" that we've spoke about. So you can also join Ryan's newsletter, stay up to date with all the awesome projects that he's got going on. And I encourage you to take a look at [healthandhealingclub.com](http://healthandhealingclub.com), that's our global membership site dedicated to helping you get and stay healthy. Again, I'm Nathan Crane. I wish you all ultimate health and happiness. Take care.