



The Energy of Cancer: How to Avoid and Transform it Completely

**Tom McCarthy interviewing
Nathan Crane**



Tom McCarthy

I am super excited to have our next guest on. And he and I were just having a chat. This is an amazing young man, I'm older than him so I can call him a young man. But his name is Nathan Crane. And he had an interesting childhood, maybe you'll talk a little bit about that Nathan, as we get into this interview. But coming from a childhood that maybe wasn't ideal, he made some great discoveries. And thank God he did, because now he's doing amazing things. He's a speaker, he's an author, he's a documentary film producer, 20 time award winning documentary film producer.

And your new documentary is coming out soon, which we'll mention on here. So Nathan, I am so excited to have you as part of the Global Energy Healing Summit. And we're gonna be talking about a topic that pretty much everybody has somebody impacted by, and that is cancer. So, can't wait to hear what you have to say about how we can work with cancer, work through cancer, if we have it or guide other people to work through it to really continue to live great lives that are maybe even enhanced by going through an experience like that. So, thank you so much for being on board with us.

Nathan Crane

Yeah Tom, thanks for having me. I think this is an incredible event you've put together. I think the topic is very timely, definitely something I'm really passionate about. And really happy to be here and share some, while there are some grim statistics about cancer, and certainly everybody tuning in has dealt with cancer in one way or another. Whether it's through a family member, a loved one, a friend or even yourself if you're tuning in.



There are certainly grim statistics about it, but the reality is there's so much misinformation and there's even a lack of information out there. And oftentimes confusing information that leaves so many of us in fear. But when you understand what actually is cancer, when you understand what causes it and what you can do about it, you don't have to be afraid any longer. And that's really why one of the reasons I'm so passionate about the work I do helping literally millions of people around the world dealing with cancer is because it's something that as you get a deeper grasp of what it really is, you take back that power for yourself. You take back control of your own health, your own destiny, and it doesn't have to be this fearful thing that, oh my God, I'm destined to because it runs in my family or I'm getting older so most likely I'm gonna have a cancer and other chronic health diseases, does not have to be that way at all. And we have to get through some of those grim statistics and understandings to get to that other side of, wow! As you mentioned a little bit in your introduction, it actually can be a blessing. It can be a massive mental, emotional, spiritual wake up call that can actually change your life for the better.

Tom McCarthy

Yeah and I'm excited. And I think having that fear inside of you is incredibly destructive, right? It prevents you from being able to heal. So I'm really, I'm hopeful that today we can give people some confidence back to know that there are certain things they can do to prevent cancer. And if you have it, rather than just looking at yourself as a science project, that you're gonna go to someone else to poke and prod and test and Medicaid, and then you're gonna come out somehow better, right, having some real power. Not that those are things that maybe you should not explore but even if you do explore that and you are a bit of a science project, maybe to a doctor or somebody that's trying to help you 'cause they're trying to do their best, they just don't know sometimes.

They've been educated down a certain road and that's all they see. And so today I hope we can give people some eye-opening ways of looking at it and really working through it and becoming a better person through it, which is the real possibility. So tell us about your journey. I mean this wasn't something that you probably were thinking about at six years old, I wanna help people with cancer. As a matter of fact, I mean looking at your bio, you had some challenges growing up. Talk about how you got to where you are right now, where are you have this focus on helping people evolve through cancer and other things too, but we're focused on cancer today.



Nathan Crane

Yeah, absolutely. I started experimenting with the darker side of life, I'll say at a really young age, at nine years old I was already stealing my mom's cigarettes and smoking cigarettes. And at 12 years old started drinking alcohol and 15, well, parents were divorced at 12. There was a lot of problems in the household. And at 15, really started, I became addicted to drugs, we became homeless in and out of jail, right. And it was very unlikely that I was going to reach the age of 18. So it was a pretty, challenging childhood to say the least. And my parents did really the best they could. I mean I love them so much to this day and without the challenges that I went through I wouldn't be the person that I am today. So I mean I know what it's like to be sick, to be unhealthy, to be lost, to be afraid, to be addicted to chronic addictions that lead to destruction, physical destruction. Had the vaccines and was on pharmaceuticals growing up, was on antibiotics all the time, I was sick a lot, right. I'd go in I'd get strep throat, go to the doctor, solution antibiotics. Go home, take antibiotics for a week, feel better, six months later, sick go to the doctor, antibiotics, right. And I was on antibiotics a lot as many people are.

And what we now know about antibiotics, it's just one round of antibiotics can completely throw the health of your microflora in your gut completely off, and open up room for leaky gut, autoimmune disease and we know that it causes damage within your gastrointestinal tract. Just one round, and I don't know how many rounds, a dozen, two dozen, three dozen, right. So I definitely was on track for a cancer diagnosis or very very early death. And without getting into all the specifics, I had a wake up call at 17, 18 years old. And I listened. That's the big thing here is we all have those wake up calls in our lives, no matter what your age is for people tuning in, no matter where you are, whether you have a cancer diagnosis or not, we all have these wake up calls. And whether you consider it from intuition, your inner wisdom or it's God, it's divinely inspired, it's from source. Whatever it is, we have these moments of beautiful clarity that are so pulling and it's magnetic nature that guides you to make a drastic change in your life.

Tom McCarthy

Yeah.



Nathan Crane

Right? And so often we don't listen to them. And so often we go on living, a mundane, a challenging, a sad, a depressed, a sick life, because we're too afraid for that change. Fortunately, I listened to it, right. And since then I've had it come multiple times and I've listened many times again and again, and I know what it's like to be faced with that fear of complete change, of changing your friends or family, of location, of everything I thought I knew as being a human being at 18 years old, right? But I listened. And that led me to San Diego, California, which I know you were talking about is where you're at. And I spent 10 years in San Diego basically regenerating every part of myself. Becoming a completely different person, and getting really interested in health and living a wholesome life, I started meditating hours and hours a day, and studying with Buddhist monks and Zen masters and chanting with the Hare Krishnas and sitting on the beach and just meditating in the ocean for hours a day and writing. Like I had, there was one point for a few years there where I had stacks of journals of just writing that would just flow out of me.

It was poetry and art and just kind of like personal development, mental, emotional, spiritual transformation, just couldn't stop writing. And it was this whole discovering process, awakening process to who I am and what I'm here to do and what it means to be a human being living with health and happiness and joy and creativity and contribution. And certainly that whole period wasn't very, it wasn't totally smooth. You and I were talking offline and sometimes we want things just to be a perfect straight arrow, so easy, no probs, no challenges and life doesn't work that way, right. Life will guide you in the direction and put challenges in front of you. But it's up to us to overcome those challenges with a little bit of grace and certainly some passion and some dedication and some drive. Those challenges are the stepping stones that build our character and build our inner knowing and wisdom and capacity to live a fulfilled life, right. And so, I always say it's like the hammer of life. The hammer of life comes and if you're on the, let's call it the wrong track. There may be no more right and wrong in this world but let's use the dichotomy of right and wrong. Let's say you're on the wrong path, right? The hammer of life will come and give you a little tap on the back of the head and said, "Hey, you're on the wrong path here." Like as a teenager,

Tom McCarthy

Sure.



Nathan Crane

I get arrested. That's it, that's a hammer of life tap, right. I don't listen, I keep on that path. I get on house arrest, right, and then probation for a year. That's our bigger tap. You keep not listening that hammer gets harder and harder and harder until eventually it is something like a cancer diagnosis. It is something like a loss of something so valuable and meaning to you or whatever it could be. A health challenge is just so shocking, you had no idea.

Tom McCarthy

Right.

Nathan Crane

But the reality is if we're on path that's guided by that inner guidance, that intuition. And we've talked about what cancer is from an energetic level, we can talk about it from a biological level and then what you can do about it. But I discovered this early, starting at 18 years old. And for about seven years I was on this path, until about 25 or so. And I started getting invited to speak and teach at different seminars across the country. And I started writing books and I just dove head first into this path of being a teacher, if you will. And I thought I knew a lot at that point, I thought I knew everything, right? And then my grandpa was diagnosed with cancer. And when I went to visit him in Arizona, I realized really quickly that I didn't know anything about cancer. And I had really not come across it in my seven years on this health and healing and spiritual path to that point.

And I saw him sitting there he was, he had been doing the conventional treatment chemotherapy and radiation. His hair had fallen out, he was so sick, he was in so much pain. And I knew, it was like that inner wisdom knew there had to be better solutions than what he was being given from the conventional approach, but I didn't know what it was. I didn't know what to say, and I was so hopeless, helpless. And at that point, he unfortunately passed away in 2013. And from that point forward I just became obsessed with cancer. Like I became obsessed with learning everything I possibly could about it, what causes it, why we're diagnosed with it and what to do about it. How do we prevent and reverse it? Because the statistics are getting worse and worse. We are now, a hundred years ago, less than 1% of people had cancer.



Today we're almost at 50% of people having cancer and it's not getting any better, right? The conventional approach has not given us much in terms of actual solutions or cures, if you will, for cancer. We spent billions and billions and billions of dollars on research, but from a purely pharmacological point of view trying to look for that one magical cure, and we've gotten really no closer to finding, which we never will because that's not the approach to cure cancer.

Tom McCarthy

Right.

Nathan Crane

Right and so I didn't know it then but I know it now, 'cause along the way I've interviewed hundreds of world-leading experts and doctors from every field of medicine. I've produced conferences and summits, I've had the award-winning documentary which has just come out, books and you name it, right. Along the way I've just learned so much in the last eight years dedicated to cancer. And what I've realized now is that cancer is kind of the, you could look at any chronic health challenge out there, right? Whether it's autoimmune disease, it's diabetes, it's heart disease. And I really look at cancer as that one disease, that if you have a cancer diagnosis, it is the biggest awakening opportunity you could ever have. And it gives you a very clear path forward when you understand why it's in your life. And when it is in your life, and you understand what has caused it, you realize that you have been off the path of your nature, your human nature for a long time. And it's the opportunity to get back on path of being aligned with your highest natural self. 'Cause when in harmony with our natural self, at its deepest level and the roots are holding us to our nature, you won't have a cancer diagnosis.

Tom McCarthy

Yeah and absolutely.

Nathan Crane

And we'll learn about what that is in a moment. But so that's why, yeah, so that's kind of what has led me to this point of just being,



Tom McCarthy

That's awesome.

Nathan Crane

So casually about it.

Tom McCarthy

Yeah, some people have heard some of these ways of thinking about cancer before. But for a lot of people it's brand new. And even if you've heard about it, when you get cancer is like, whoa, you immediately think, okay, what doctor do I need to go see. Which again, you wanna go do all those things, but you also wanna take control. You wanna take control and that's where a lot of people, they just don't see cancer for what it really is. It's a signal that's trying to with a hard nudge gets you back on track. And you don't get better from cancer just by, its why some people that they actually will have a drug will help them have a remission, but guess what happens, comes back, right? You didn't solve the problem underneath. So let's talk a little bit about what cancer is. I was watching one of your videos and you said that, and then I totally agree with what you just said a couple of minutes ago that all this money, billions of dollars is being spent on, okay, we've gotta find the cure, we've gotta go find the cure to go in. Because most people think the way that they view it is cancer is attacking us from the outside. We've got to defeat it. And your analogy, which I believe in, is no, it's from the inside. It's coming from the inside, talk a little about that.

Nathan Crane

Yeah, absolutely. We have this fear of cancer 'cause we don't understand it. But the reality is everybody tuning in right now has cancer cells inside your body, every day, every second of every day. Whoa, a cancer in my body right now, how do you know that? I don't have a cancer diagnosis, I feel fine, I'm energetic, I feel good, I don't have health problems. No, you have cancer. What? You may not be able to find it on a PET scan, but if you were to look at, and our technology's advancing to the point actually where you can start to find cancer cells, right? There's something called circulating tumor cells.



And there are some advanced cancer cell diagnostics like from Japan that have come out now where our cancer, when you find it in stage one in the US for example, it's already a tumor, you can already see it on a PET scan, it's already been forming in your body for maybe seven years up to that point, right. Which is about the average. So usually before you can find it with most of our Western diagnostic tools, it's been forming in your body exponentially for at least seven years, sometimes longer. And it depends on the cancer, sometimes it's less, sometimes it's more, but there are some diagnostics now where they our stage one is their stage five. So their stage one would help us catch it five or seven years prior to what we catch it now, right? And the earlier you catch something, the more you can do about it. But my point is, is that, and that's not to scare anybody that you all have cancer in your body is to understand that it is part of our biological process of being a human being. Now, when we are in alignment with our natural healing state, you're never gonna have a cancer diagnosis.

Because it means your immune system is functioning at its normal natural capacity, your lymphatic system is working, your detoxification organs, your liver's working great, right? When these things are all working like they're supposed to, you're not gonna have a cancer diagnosis because what our bodies are designed to do is identify, destroy and remove cancer cells. That's what your immune system does every single day, right? When your immune system is working is sending out T cells and B cells, and NK killer cells and it's finding these cancer cells. It says, "Hey, we don't want you here. You're kind of a," Cancer cells like this weak life form that's just trying to hold on for dear life. It's basically a chronic for fermented cell. It's gone from a natural healthy cellular respiration into chronic fermentation. And it's just holding on for dear life, it's trying to stay alive just like, if you were hanging off the edge of a cliff and you were holding on for dear life that's like what I see cancer cells are.

Tom McCarthy

Let me stop you a second 'cause I love that analogy, right? It's not some big strong, muscular, it's one holding on for dear life. It stands no chance if the immune system is healthy and strong. I love, that's a great, for everybody that's a great just visual prompt for you. It's a weak little cell holding on for dear life.

Nathan Crane

That's really what it is. But because you've created the perfect environment for cancer to keep replicating, then it's going to, because it's gonna, angiogenesis is gonna set it in and



it's gonna recreate new blood cells, I mean new blood vascular systems to feed the cancer. So it's gonna do everything it can to stay alive. It's gonna switch from glycolysis to it might switch to run on ketones. It'll find other energy sources to stay alive just like all of life is really programmed to stay alive, right? Nothing wants to just go out and die. But in your body is also designed a process called apoptosis, which is natural cell death.

Tom McCarthy

Right.

Nathan Crane

And so again, when you're in alignment with energy, with the natural flow and source of energy, right, when you're in alignment with the foods and we know food is all energetic. When you have the right energies of foods in your body, the right energies of liquids in your body, we know structured water versus dead water makes a tremendous difference in, whether the cell can actually receive the hydration of that structured water or not, right? When you are in alignment with nature, that's why I keep saying cancer is basically you're misaligned from nature. When you're aligned with nature at its deepest level, energetically, mentally, emotionally, physically, spiritually, then you're not gonna have a cancer diagnosis. So your body's designed to find these cancer cells get rid of them and it's doing it all the time. The problem is, why do we end up with cancer? Why is it spreading so rapidly? Why do so many people have it? It's because of our modern lifestyles.

Stress, it's massive exposure to toxins and toxic burden, right? It's nutritional deficiencies. Most people don't die from cancer actually they die from nutritional deficiencies, heart disease or infections. So nutritional deficiencies, it is a massive overload of glucose. So people who are eating way too much sugar, too much processed foods, too much white foods, simple carbohydrate foods, right, cancer thrives on a high sugar environment. So, it's a glucose imbalance basically. All of these things contribute to whether you're gonna have a cancer diagnosis or not. We know environmental toxins, we know an unhealthy diet, we know lifestyle behaviors. We know these are all core causes of cancer. People think, well I don't smoke, I don't drink. We know both of those cause cancer, right? But are you eating processed meats? Are you eating a high animal fat diet?



Are you not exercising five, six days a week? Are you not doing qigong and meditation every single day? Are you not putting whole living vibrant energetic plant foods into your body? Are you stressed out? Are you in a low grade chronic stress? Are you, on and on. People say, "Oh, cancer just happened, I don't know what happened." We almost think like we catch it, right? And you don't catch it, you create it from the inside out because of all of these different areas we talked about. And not to overwhelm people, it's actually quite simple. That's why I keep saying the further we get away from nature, the more chronic diseases we're gonna see. And if you look at our society, oh my God, this whole next level of trans-human, where people wanna go of integrating robots and machines with human beings. Talk about being as far away from nature as you could ever possibly be. Yeah, it sounds cool and it sounds great and oh, I could put a chip in my head and I could think about something and then my little device orders it for me, and wow, how great is that? The further away we get from our innate natural selves, the more disease we're gonna continue to see on the planet.

And right now, if you don't believe it, just look at where we are today than where we were a hundred years ago. Cancer is the number one killer in children today. 50 years ago, children never even had cancer, right? Children are being born with autoimmune diseases, they're being born with diabetes, right? They're becoming obese at five, six years old and they're getting heart disease, right? It is a complete disconnect from our deeper natural selves. And if we want to get back to health and healing and wholeness and to prevent and reverse cancer, which is totally possible. I've met so many people over the years which has been so inspiring too. You saw many people with stage four cancers told in their seventies, go home and die. I'm sorry, you're not even gonna see your grandchildren to live. This is what they're told, right?

Tom McCarthy

Yeah.

Nathan Crane

And I'm talking to them seven, eight years later, cancer free, and they did it following these approaches that I can share, natural holistic integrative approaches. So the possibility is endless which is extraordinary.



Tom McCarthy

Yeah, I wanna talk about those approaches. But the other video, before we go there, in the other video that I did watch was there was no such thing as false hope. And you said that, sometimes people go, oh, don't give them hope, the doctor said they only have six months to live. And I forget what you called it, you called that a fake expiration date in the video. And just before we get into some things that people can do to prevent, and if they have cancer to heal, talk about that concept of there's no false hope. Like someone maybe listening to this has this stage four cancer diagnosis. As a matter of fact, my wife just got an email from somebody that had a stage four cancer diagnosis. Somebody that we hadn't seen in a long time, but that had been a friend many many years ago. And they were on their way to planning their way out. Which, I mean there's nothing wrong with that. We're not meant to live to all be 300 years old or whatever. So not making anybody wrong but talk about this concept that even with a, from a scientific standpoint of a grim diagnosis why people can still have hope. And then we'll get into maybe things that you can give them, strategies you can give them.

Nathan Crane

So the first thing that we all need to understand is if you go see an oncologist and they give you a prognosis, which I do, I call it a fake expiration date, right? They are giving you a prognosis based on their generalized statistics from insurance companies, so you can't sue them if you die. That's what they're doing, is they're covering their bottom line. They're not bad people for doing it, they have to, I mean, right. I mean hospitals are businesses. They're not healthcare systems to care about the health of humanity, they are businesses to make billions of dollars. And really, if they really cared, if their number one initiative was to actually help people be healthy, right? A healthcare system, they would teach prevention, they would teach diet and nutrition, they would teach exercise and medicine, they wouldn't just prescribe pharmaceuticals that have tons of side effects that require more pharmaceuticals to mitigate those side effects that require more pharmaceuticals to mitigate those side effects that eventually require a surgery and other intense treatments, right? Again, they're not bad people. They think, all the medical doctors that I've come to know and I'm friends with and colleagues with, many of them started in conventional medicine. They had this big awakening that they weren't actually helping people heal from chronic diseases. They're great at acute trauma care, right? If someone comes in with a severed limb like, wow, yeah, I wanna see a medical doctor. I want to see a surgeon, right?



Tom McCarthy

Sure

Nathan Crane

You've got an organ that's ruptured. I wouldn't recommend you just ruptured an organ, I wouldn't recommend going to your nature paths 'cause they're not gonna do anything for you and send you to the hospital, where you wanna go to a surgeon. When it comes to chronic health conditions, it comes as, which is cancer which is we know cancer is 90% to 95% diet, lifestyle and environment. Then we add epigenetics on top of that, it takes us to 99.9%. Which means 99.9% of all cancer can be prevented and reversed through diet, lifestyle, environment and epigenetics, right? And so these are lifestyle related diseases, diabetes, heart disease, you name it. And medical doctors they're just not trained in school how to actually prevent and reverse chronic metabolic lifestyle related diseases. So you have to educate yourself on how to do that, right? You have to learn how to do that, you have to learn what is actually causing these conditions and then what you can do about it. So when you go to your doctor and the oncologist says "You have six months left to live," that has nothing to do with you.

That's the biggest takeaway. It has nothing to do with you individually, right? You determine through your thoughts and your actions from that moment forward, how long you're going to live. Now we obviously take into account. You could walk out on the street and get hit by a bus and you die, right? You lived two days, you didn't live six months, right? And that would be very unfortunate. But you also have the opportunity to change your diet, lifestyle, environment and thinking, which stems from epigenetics, to where that six months fake expiration date could become six years, could become 16 years. And more importantly, not just adding more years to your life through these important lifestyle changes, but adding more quality of life. When you hear that grim prognosis, most people out of fear immediately do whatever the doctor tells them to do, which is we gotta rush you into surgery, we gotta rushed into chemotherapy, we gotta rushed into radiation. Right now my assistant is gonna get you set up for treatment next week. And you stand there in fear, you've just been shocked, you don't know what to do, you remember back of your mind your grandmother had cancer and passed away, right, whatever that subconscious programming is, and you do whatever you're told to do in that moment.



The people who live the longest, who live cancer-free, who become cancer-free or who live past their prognosis date, or most importantly have such a better quality of life, are the ones who do not believe that prognosis. They're the ones who say, I'm gonna get a second and third opinion from an integrative holistic medical doctor, from a functional medicine practitioner, right? From somebody else in another field who is trained in lifestyle medicine, and then I will let you know what I decide. When you take that power back and say, look, cancer has been forming in your body for five years, seven years, 10 years, 20 years, you do not need to rush into treatment 99.9% of the time, unless you got a tumor that's on your brainstem and they literally say, "Look, you got 48 hours, we're gonna do our best to remove that tumor, you're dead in two days," right? There are some very very slight slight slim chances. But even if they said you have six months, great, I'm gonna use this time right now to learn everything I can about it. Learn everything what I can to help heal it.

And if you do choose conventional treatment, which is great, sometimes chemotherapy, radiation, surgery can be very helpful, right? If you do choose that, there's so many natural things you can do, energetic wise, whether it's qigong and meditation and yoga breathing and yoga nidra, right, is connecting to barefoot. I'm standing barefoot right now on a grounded mat because that energy from the earth is constantly running through my body and creating healing, right? There's so many things you can do that will actually mitigate the devastating side effects from the chemotherapy and radiation. You could you go to a integrative medical doctor and you can get something called IPT, insulin potentiated therapy, which is 10,000 times more effective than chemotherapy at targeting the cancer, but 10 times or less damaging to your immune system, right.

Chemotherapy or radiation destroy your immune system, which opens up the doors for other infections and other problems and chronic inflammation to set in. So if you can target the cancer with low dose chemo to help shrink it a little bit, while you're changing diet, lifestyle and nutrition, environment and thinking to support healing, now you've got what my documentary is about, cancer, the integrative perspective, you have an integrative holistic approach to health and healing. So to kind of complete that thought the biggest key takeaway here is the people who they've studied, and there are thousands of case studies. What they call radical remissions. Most doctors don't understand what happened. How did they reverse cancer without following conventional medicine or an adjunct to conventional medicine integrative approach? How did they do that?



They just say, oh, it was a radical remission. Well, no, there are principles and foundations that all of these people follow that when you follow them, you empower that natural innate capacity for your mind and body to heal itself, which is what we're designed to do.

Tom McCarthy

Yeah, now that's awesome. And so when people get that cancer diagnosis, and again, maybe it's not you listening to it but one of your friends for sure, at some point in time or a relative will. The thing that you have to understand is it's a signal that you've got to transform, you've gotta make a change. Not putting your health in someone else's hands, which from childhood we've all kind of been inundated in or introduced into the system that when something's wrong within you go to someone else and get it fixed. Taking control and changing the patterns. And the reason that cancer is so deadly to so many people is making that personal transformation is challenging for people, right. Saying hey, this is me, I've gotta change the way I think, I've gotta go in and get rid of some unconscious beliefs or thoughts or experiences.

I've gotta change the way I eat. I like the food I'm eating. Okay well, it doesn't like you. It's not doing anything really great for you and that's hard for people because we're such creatures of habit. But if they follow what you're saying, number one, if they follow it before they even get cancer they probably won't have that diagnosis, as you said. And if there is a diagnosis, there's a good chance if you really make a transformation that you can get a great result out of it and look at it later on as a gift. Because as you said, it's not just living a few more years, it's living more years in a more enlightened, elevated state of who you can become. So from that standpoint, cancer and many of the people you've met, they probably do look back on it, not as this invader or this evil thing but something that, "Man, if it didn't show up my life was never gonna be the way it is now," right?

Nathan Crane

That's really it. It gives people often a new sense of purpose. And it's really hard for people to see that at first, just like anything. You lose your business, you got a divorce, you lose your house, right? Whatever happens to you in your life, it's hard in that moment to see that as a blessing.



But almost always when we keep a positive mindset and we keep working towards goodness in the world, eventually we look back, I look back and even not too long ago, four or five years ago, that I was literally hit in my life in one of my businesses by a tornado, a hurricane and a cyclone and a volcanic eruption all at the same time. And at the time, it was depressing and challenging and varied like, okay, that I'm working towards all these great things and I had all this building something incredible. It's changing so many people's lives and yet it's all being destroyed right in front of me and there's nothing I can do about it, right. Can't help feeling helpless again, right. And yet I look back, it didn't take me long actually it took me a couple of years. But I look back and go, that's the greatest thing that's ever happened to me, right? It's helped me and put me back on the path I'm supposed to be on because I was veering off in a direction that was away from let's say my purpose or destiny, right. And so that was a blessing for me in so many ways and it's helped me become so much better in the work that I do now.

And so when I get to interview people who have reversed cancer and the ones who do say it was the greatest gift that's ever happened to me. It's because they recognized, they stayed open heart, open mind said, "God, universe, divine source," whatever you call that mystical magical life force energy, right? "What is this happening to me for?" If you quit asking, "Why is this happening to me? Why are you doing this to me?" Out of victimhood and move into empowerment and say, "What is this for? What is this here to teach me, to show me, to help me grow?" If you can just ask that question every day, just once or twice a day, ask it in your meditation, ask it in your morning prayer.

And you're sitting outside. I love to sit outside in the morning and I do meditation, and I read and I drink my tea and I watched the sunrise, which is as we know for cancer activating your parasympathetic nervous system as often as possible so that the body, we're talking about energy, right? But the nervous system is this incredible, web of interconnected energetic frequencies that are always communicating either stress, fear, anxiety, run for your life kind of adrenal approach or peace, calm, rest, relax, digest. And that's parasympathetic, which is what you wanna be in as often as possible to both prevent a cancer diagnosis and to help your body reverse cancer. Because when you're in that peaceful healing state, that parasympathetic state, that state of rest and digest your immune system is upregulated.



Your cortisol is downregulated and your body is entering into states of cellular cleanup and cellular repair, which is what you want most often, right? So it's just recognizing that you can either find balance in your life and find purpose and meaning from the challenges and devastation that can drive you forward with more purpose and more meaning that will give you that energy and that passion to change your diet, to change your lifestyle habits, to change the things that have caused it in the first place. Or you can stay in victimhood and keep asking why me, why me, why me, and nothing's ever gonna change, right? And that becomes our choice. It's uneasy, but it's a reality.

Tom McCarthy

Yeah, that's awesome. I call those times in your life the seminar you never would have signed yourself up for but you're really glad you went through it afterwards. And just reminding yourself of that. Now it's easier for me 'cause I'm older. Now when things show up that I don't necessarily like in the beginning, I just said, "All right, this is gonna teach me something." When I was younger it was a lot harder. I was like, "Oh, why is this happening? I don't wanna learn this right now, even if it is gonna teach me something, I want it to be easy." So hopefully people can remember that's huge in the healing processes. Use whatever it is that you're going through to be your guide, to be your pride, to think new thoughts, to seek out new ways, to take control of your health. Hey Nathan, you've got so many great things you can offer people. I know the documentary is coming out. You said tomorrow online? How can people find that or access that?

Nathan Crane

Yeah, it should be out right now for people who are tuning into this.

Tom McCarthy

Ooh, okay.

Nathan Crane

They can go to theintegrativeperspective.com.

Tom McCarthy

The integrative perspective,



Nathan Crane

theintegrativeperspective.com.

Tom McCarthy

.com, okay.

Nathan Crane

Yep. Or just search Cancer; The Integrative Perspective, it should show up, it's everywhere online. But I also have a great resource, I'd be happy to share with folks, right? It's free and get it on my website. And it gives people a deeper foundation of what are those pillars that you can start to think about and implement in your life, whether it's prevention or trying to heal. That's an ebook I put together and it's called "The Five Natural Pillars for Helping Prevent and Reverse Cancer." It's evidence-based, it's based in science, but it's based in years of research and talking to people who have reversed cancer. And that's just at nathancrane.com, they can just download that ebook for free. I would like to say in kind of final closing here a little bit is there are, that's why I want people to get the ebook because there are foundations and principles. That within those, just like anything, right? In business, in speaking, in leadership, in life in anything, there are a million ways to do something.

Tom McCarthy

Right.

Nathan Crane

But if you go back to the foundation, you go back to the principles, then it makes sense what you choose to do. There are, I don't know if it was the Buddha it was who had believed to be said that there are a million paths to enlightenment, right, but it's the one that you choose and stick with that takes you there.



But as long as you know those foundations, you know the principles, then you can make good decisions for your health and for your choice. You can, if you don't know the information, you don't know the foundations, you don't know the principles, then you're choosing blind. And nobody ever wants to choose or you would never want your pilots to be up in the sky flying blind,

Tom McCarthy

Sure.

Nathan Crane

Right? So why would you fly blind with your health? That's why getting those pillars and foundations is key, that's why people can download that ebook for free. But more importantly, since this is the Energy Healing Summit, right, I want people to be able to recognize that there are profound things you can do energetically, that can contribute to your overall health and healing. There was a study I saw a couple of years ago where they actually were doing qigong, an energy healing qigong practice, on cancer cells in a petri dish. And they watched those cancer cells basically die in the petri dish. Now, does that mean that's gonna happen automatically in the human body? We don't have those studies yet, but you could certainly begin to realize the power of things like qigong and energy healing as part of your toolkit.

You never wanna approach something like cancer or any chronic disease from, I'm just gonna take this pill or I'm just gonna do exercise or I'm just gonna do qigong. Because you could have toxins from your home, and toxins in your food and toxins in your water and stress from out here, that are contributing to the cancer. And if you're just doing the one thing but not addressing all five or six, then you're missing the whole picture, right? But there was a video at the medicineless qigong hospital in China years ago, where they actually filmed a healing session on a woman that was hooked up to a scan. And they, within a couple of minutes of doing qigong energy healing, they watched that tumor completely dissolve.



Tom McCarthy

Yeah, wow!

Nathan Crane

And it was Gregg Braden, a colleague of mine, good friend and colleague who was actually there and watched the whole thing happen. And that video since been uploaded and taken down uploaded and taken down, it's been censored. I don't know if it's still on YouTube, you might be able to find it today but a lot of that information gets censored, right, for various reasons. But just leaving people with a huge sense of hope and possibility. That through energy medicine and energy healing practices, through diet and nutrition, through good lifestyle choices, through having good relationships, people you can count on and trust, and breathing good air and eating good food and drinking good water and getting the toxins out of your life, all these things combined, and you'd take one at a time.

Tom McCarthy

Yeah,

Nathan Crane

And then,

Tom McCarthy

That's the important thing. People are like, oh, I have to do all that at once what? If you could great, but to start with one thing that Nathan just told you.

Nathan Crane

And here's one, there was a massive meta analysis that just came out from the 1960s all the way up to 2017, 2018, where they looked at 20 something studies. And they looked at thousands of people who either ate mushrooms every day, it was all they looked at. People who ate mushrooms every day, 18 grams of mushrooms every day, and people who ate zero mushrooms.



And the people, it just literally just came out, and the people who ate 18 grams of mushrooms everyday, which is about two mushrooms, versus people ate zero mushrooms every day had a 45% reduction in cancer risk.

Tom McCarthy

Wow!

Nathan Crane

So just start eating a couple of mushrooms every day, and then there you go, right? I mean,

Tom McCarthy

Awesome.

Nathan Crane

We know mushrooms are antifungal and anticancer, anti angiogenesis, they help promote apoptosis. They have so many fundamental healing capacities just in mushrooms. But so do basically just about every plant on the planet. So you figure out where's your biggest weakness. Is it your diet? Is it you're not exercising? Is it the energy work or maybe doing tons of energy work, but you're not taking care of the toxins in your home or in your water or in your food. You figure out where's your biggest hole, where's your weakest link, and you work on that first, right. And you learn everything you can about it, you make your biggest changes there. You make that stick, you make those habits real in your life and then you go onto the next.

Tom McCarthy

That's awesome.

Nathan Crane

And the next and the next.

Tom McCarthy

Yeah. And the big one for a lot of people is just their thoughts. Thoughts are, unfortunately or fortunately thoughts can overpower even the best diet, right?

Nathan Crane

Absolutely.

Tom McCarthy

Where, I was eating perfectly, I was a vegetarian vegan. Why did I have this happen? Well, there's other things beyond diet. Diet's very powerful, but there's other things beyond that. So Nathan, you've been amazing, you've helped so many people already. Thank you so much for being on our summit. nathancrane.com and Nathan also produces the Global Cancer Symposium. I think you've done a couple of those that, I know there's some ability to see that on your website even, right, the first one?

Nathan Crane

Yeah, there's a new one coming out actually called the Conquering Cancer Summit. It'll be for free and people could just search that and find it online, yep.

Tom McCarthy

Fantastic.

Nathan Crane

But Tom thank you so much for having me, I appreciate it. I love the work that you do, I'm so glad you put together this summit and yeah, very very happy to share what I can here in the short time with people tuning in. I really wish everybody can find that deeper health and healing and happiness in their lives. So thank you so much.



Tom McCarthy

Well and it's something that affects everybody, their personally, themselves or somebody else. So this has been such great information. Go to Nathan site, you can find out a lot more, watch the documentary. And Nathan we are blessed to have you on. Thank you again so much, really appreciate you.

Nathan Crane

Thank you brother, Appreciate it. Yeah.

Tom McCarthy

Yeah.