



PULSED ELECTROMAGNETIC FIELD  
**PEMF Healing Summit**

## **Preventing and Healing Breast Cancer Naturally and The Role of PEMFs**



**William Pawluk, M.D., MSc interviewing  
Dr. Veronique Desaulniers**

### **William Pawluk, M.D., MSc**

Hi, Dr. Pawluk here again. And today I'm with a very special doctor. Dr. Veronique Desaulniers. Did I say that right?

### **Dr. Veronique Desaulniers**

Very good, yeah. Good job.

### **William Pawluk, M.D., MSc**

French background. But I'm sure you get all kinds of other pronunciations. And you could tell us what you would prefer to be called. And I'm also gonna ask you then to please introduce yourself, what you do, what you're known about, anything you published. So please, thank you.

### **Dr. Veronique Desaulniers**

All right. So most people know me as Dr. V. My name is Dr. Veronique Desaulniers. I'm the founder of [breastcancerconquer.com](http://breastcancerconquer.com) and the co-founder of My Breast Friend. Now, how did I come to be known as the breast cancer conqueror? Well, if we go back all the way to 2004, I was in my 23rd year of practice as a bioenergetic chiropractor. And I was in the shower and I was doing a breast exam and bam, you know, felt that lump that changed my life forever you know, professionally and personally. And what went through my mind at that moment was, "How could somebody like me develop breast cancer?" I mean, here I thought I was doing everything right. You know, I ate right, exercised, home births, you know, you name it, I was doing it. And yet here I was facing a lump in my breast. So that brought me down the path of you know, research.



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You know, what allowed the cancer to show up because I know that cancer is just a symptom it's not the cause. And I had to really look at my lifestyle and look at some of the pieces of the puzzle that I was missing. So as I was creating my protocol, I chose to do everything outside of conventional treatments. You know, I realized that there were certain things that needed to be addressed. And so I sat down with pen and paper and said, "Okay, what do I need to do to get well?" And so that's how I came up with my system. It's a registered, you know, trademark system called the 7 Essential system. And each of those steps, if you follow, you never have to fear cancer or any dis-ease for that matter. So that's how I ended up sharing my story in a book called "Heal Breast Cancer Naturally". It's a Amazon number one best seller in five countries. And you know, just have really enjoyed helping women. You know, my team and I have coached and supported women in 60 countries now. And we do everything virtually. And you know, we guide women through that healing process because so many women, when they're diagnosed with breast cancer, they think right away, bald head, sick and, "I'm gonna die." And so we're here to change that, create that paradigm shift of you don't have to fear breast cancer if you understand what it is and what it isn't. And then you have a large measure of control on how your body responds to healing.

**William Pawluk, M.D., MSc**

Now you have a professional background, right? So tell us your professional background as well, please.

**Dr. Veronique Desaulniers**

So a chiropractor by profession. Graduated in 1979, a long time ago. So I've been in the wellness industry for 40 some years now, 43 years. And you know, I went into chiropractic because I knew that or I came to understand that our body is an intelligent miracle that allows it to heal. We cut our finger you know, we don't have to think of anything, the body automatically heals. So it's designed to heal. And with chiropractic, we understand that the nerve system commands, controls everything in the body. So if there's impedance or subluxation in the spine that can prevent the cells and the organs in receiving all that electrical information that the brain is sending to all the different parts of the body. So started that way and then came to realize that nutrition was very important and hormones and emotional wounds and all these things, you know, kinda came together into that 7 Essential system.



**William Pawluk, M.D., MSc**

How did you come up with the seven essentials? It wasn't all of a sudden landed in your lap, right? So how did you evolve that?

**Dr. Veronique Desaulniers**

Yeah, it was kind of a download, honestly. You know, I just sat there with pen and paper, you know, as I was going through my first healing journey. And I just said, "You know..." Instead of being all over the map, I said, "What is it gonna take for me to cover all the bases and to really get well and to reverse you know, this cancer in my body?" So as I went through that checklist, just started writing things down and I realized, "There we go, this is everything, it covers everything." And you know, over the years, as I've listened to other doctors lecture and wonderful lectures on you know, oral health and how important that is or you know, the immune system or balancing your hormones or detoxification. You know, all these different things. But I felt like somebody needed to put it all together so that it's all in one place. Because this, you know, my process covers everything. Everything from you know, food, detoxification, emotions, you know, which we can get into. But it's so important to make sure that you address all the issues. Because if you leave out one piece of the puzzle, your body will not heal optimally.

**William Pawluk, M.D., MSc**

All right well, thank you for that. And that's a journey that's fairly common as well. And obviously you've expanded or changed your emphasis probably, over time as well. Especially after you got notified that you had something else happen.

**Dr. Veronique Desaulniers**

So interesting. Yes, so five years, let's see. So no, three years into my public persona as the breast cancer conqueror, I was you know, coaching women one-on-one, working from sun up to sundown, not practicing self care, sucking all this breast cancer energy. I just knew something was wrong. I mean, I started having the pain again. Same area, the left breast. Wasn't sleeping well, hormones were off, just exhausted. And sure enough, you know, blood work, ultrasound, all these other things showed you know, that cancer came to visit again. I mean, I created the perfect storm for it to show up. And through that second healing journey, I realized, I mean we're talking, there was nine years difference. This was 2015 from you know, 2006. So nine years, a lot had changed in the natural world of healing around cancer. So I had a lot more tools, a lot more



things that were available to me. And I really dove a lot deeper into each of the essentials compared to the first time around.

**William Pawluk, M.D., MSc**

So you expanded on each of them.

**Dr. Veronique Desaulniers**

Yes.

**William Pawluk, M.D., MSc**

All right, would you mind going through the seven? We're not gonna spend a lot of time. People could get your book and go to your website and they could do a lot more in depth, a deeper dive. But for now to entice people.

**Dr. Veronique Desaulniers**

Okay.

**William Pawluk, M.D., MSc**

Let's go through your steps, please.

**Dr. Veronique Desaulniers**

Give them a little snippet. So essential number one is to let food be your medicine. And I think your listeners for the summit are aware of that. There's so much information. And in a nutshell, there's no one size fits all. We're all individuals. So I do recommend some genomic testing, genetic testing to see what foods would best support your weaknesses, your genetic weaknesses. Making sure that you check your blood sugar so that you know, you're not insulin resistant that you're metabolically flexible. 80% you know, you want to eat 80% raw, mostly organic as you can. Clean protein, if you choose to eat protein. And just incorporating a whole foods. Lots of vegetables. I don't believe that plant based is the only way. I really feel that some people need some good protein. I'm one of them. So it's you know, you have to find out what works best for you.



**William Pawluk, M.D., MSc**

All right, so that's... And nutrition, the thing about nutrition too, is that a lot of these, there are probably some foods that are particularly helpful as a preventative for cancer. Right, but also in terms of helping augment the healing journey as well.

**Dr. Veronique Desaulniers**

Yes, so cruciferous vegetables specifically, for women with breast cancer. Broccoli sprouts, high on the list because it's very high in sulforaphane which is you know, a nutrient in the sprouts. And that turns on over 200 genetic switches in your body. Looking at trace minerals, making sure you're getting some seeds and nuts that are sprouted. Ground flaxseed, you know, all these. Lots of greens because they're high in chlorophyll and fiber. Fermented foods. You know, there's a lot of foods that you can benefit from.

**William Pawluk, M.D., MSc**

Raw is important. As a family physician, a holistic family physician, I used to tell folks regularly about blood sugars. And even though you're eating raw organic but you're putting it on the grill, right? Or you're steaming it, what does that do to the food?

**Dr. Veronique Desaulniers**

Definitely changes the structure of the food. And you're not getting those live nutrients, as many live nutrients, right? You're cooking your food.

**William Pawluk, M.D., MSc**

Yeah, you're not getting the same benefit from the powders either that you do from eating the raw food.

**Dr. Veronique Desaulniers**

Absolutely.

**William Pawluk, M.D., MSc**

But one of the most important factors and I don't know if you're gonna get into this, is also blood sugars. So if you eat raw food, you take an apple, has the same amount of sugar in it, a raw apple.



And you bake it. It's got the same amount of sugar in it. But what's the difference then once you bake it?

**Dr. Veronique Desaulniers**

Much more concentrated.

**William Pawluk, M.D., MSc**

And it also gets released much faster.

**Dr. Veronique Desaulniers**

Yes.

**William Pawluk, M.D., MSc**

'Cause in the raw state, it's released slowly as the body digests all that fiber and the sugar releases and so you don't spike your blood sugar levels. But when you take a carrot and you put it on the grill or you boil it, not only does it have nutritive changes but it also has this sugar releasing problem. And what's the problem with sugar and cancer?

**Dr. Veronique Desaulniers**

Well right, we know that sugar feeds cancer. And if you have spikes in your insulin and you become insulin resistant, you're turning on specific pathways. Like the mTOR pathway that can turn on you know, cancer cells. So yeah, it's very important to be metabolically flexible. So we always encourage our clients to get their you know, HbA1C tested, their fasting insulin, their you know, morning glucose and then we always encourage them to start checking their blood sugar just like they were diabetic. To see what foods may be spiking their sugar.

**William Pawluk, M.D., MSc**

Yeah, if you're not checking... 'Cause people often miss... Even though you have a really good diet, you're doing all the right stuff and your A1C is still 5.8 or 5.9 there's still something that you're doing wrong, right?

**Dr. Veronique Desaulniers**

Too high. Yeah, that's way too high.



**William Pawluk, M.D., MSc**

And that's the spikes.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

So your food may be good but that's why, go back to the point about cooking raw vegetables or boiling or grilling, you're releasing those carbs and therefore you're spiking your sugars.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

All right, well now do you go into metabolic stuff? Do you go into blood sugar along your steps?

**Dr. Veronique Desaulniers**

Yeah, definitely. Well, that's part of essential number one. Then we move to essential number two, which is to reduce your toxic exposure. And that looks at toxicity on you know, a global scale with all the EMFs that we're exposed to. It looks at what you have in your yard you know, as far as fertilizers and chemicals that you use. Bring it into the home. What kind of chemicals are you using in your home? There's hundreds of chemicals that are endocrine disruptors and will stimulate aggressive estrogens in the body if you're not careful. And then of course, anything you put on your skin is absorbed directly into your bloodstream. So really making sure that you're using clean products that you know, are non-toxic and that they're also good for the planet. So we talk about that. We talk about how to detox the body. I mean, no matter how clean we try to live, there's still some toxicity that we're going to be exposed to. And so we encourage sweating, which is really, really important to get those heavy metals and those chemicals out of the body. Coffee enemas, liver flushes, colon cleanses, yeast you know, find out if you any type of pathogen like yeast and viruses and bacteria that may be lingering in the background. Which that's going to keep your immune system suppressed. So we get into you know, the cleansing aspect of detoxification.



**William Pawluk, M.D., MSc**

That's a... You don't do it once, right?

**Dr. Veronique Desaulniers**

Oh no, it's a lifelong process. And when you start off, if you've never done any cleansing, and even when you start changing your products, sometimes your body may go through a detox reaction. And so it's something... Yeah I mean, to this day I still do coffee enemas. I still get in my sauna, I still live in a clean environment and you know, don't put anything toxic on my skin.

**William Pawluk, M.D., MSc**

And there are lots of those out there, like shampoos.

**Dr. Veronique Desaulniers**

Everything. Yeah, all the chemicals that are commercial grade. I mean everything from you know, Triclosan which is you know, very, very carcinogenic. The sodium lauryl sulfate, the parabens, which is a preservative, but it's an hormone disruptor and it can really stimulate estrogen production in the body.

**William Pawluk, M.D., MSc**

How do you get rid of the estrogen?

**Dr. Veronique Desaulniers**

That's a very good question. We talk about balancing our hormones in the next section, balancing our energy.

**William Pawluk, M.D., MSc**

Okay.

**Dr. Veronique Desaulniers**

You want me to get into that?

**William Pawluk, M.D., MSc**

All right well, let me... I'd like to make a point about the toxicity that-





**Dr. Veronique Desaulniers**

Yes.

**William Pawluk, M.D., MSc**

I think a lot of people beat themselves up on that. "What did I do wrong, what did I do wrong?" The problem is that every baby that is born today has over 200 toxins in their bodies already.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

And where did the baby get those from?

**Dr. Veronique Desaulniers**

The mom and the environment.

**William Pawluk, M.D., MSc**

Mom. So moms already have it. So if your baby's born with it and then your baby is 25 or 26 years old now and has a baby, how do you get rid of the 200 something things that are in your body when you were born? Can we do a complete clean? Can we do a complete cleanse?

**Dr. Veronique Desaulniers**

It's literally impossible. I mean, even if you try to eat organic, you know, the farmer next door may be using glyphosates. The rain, the soil, all of these things. We can't live in a bubble and this is what I encourage our community. It can be overwhelming for some is you know, "I can't do it all." But it's recognizing we live in a toxic world. But giving your body some relief is better than not giving it any relief. We can't expect perfection.

**William Pawluk, M.D., MSc**

So it's an ongoing process. You're really never gonna be done.

**Dr. Veronique Desaulniers**

Absolutely.



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**William Pawluk, M.D., MSc**

What do you think about chelation?

**Dr. Veronique Desaulniers**

I'm not that familiar with chelation. I've heard anecdotal stories from my patients. Some of them have used it and they've seen benefits from it. So I can't really speak on that subject.

**William Pawluk, M.D., MSc**

And chelation, it can be tricky as well. And you really do have to see somebody who's skilled at it. You can do a hair mineral analysis, you can do urine studies as well to see what kind of toxins you're putting out. You may have to be poked. You know, you may have to have a chelation session to see what comes outta your body. Have you ever heard of Zeolite?

**Dr. Veronique Desaulniers**

Yes.

**William Pawluk, M.D., MSc**

Do you recommend Zeolite?

**Dr. Veronique Desaulniers**

I have taken it off and on. I haven't you know, really studied it enough to say, you know again, what I've read shows that it combined heavy metals and helped excretion from the body. But then a lot of other things can do that. Like modified citrus pectin as well, so.

**William Pawluk, M.D., MSc**

There's a form of chelation that I like, especially. If you don't mind my sharing. That is Zeolite, the nano Zeolite.

**Dr. Veronique Desaulniers**

Okay.



**William Pawluk, M.D., MSc**

There are others but there's one particular brand I use, it's called ACZ nano. And the reason I like the Zeolite is it's a safe form of chelation. Because not all forms of chelation are "safe". That's why you have to work with a professional to do this. The nice thing about the Zeolite, the nano Zeolite is you can spray the back of your throat, it's absorbed into your bloodstream. And Zeolite basically is lava rock dust. And that little lava rock dust molecule, it's a nano sized molecule, is a Swiffer. It's got a strong charge and therefore it's gonna attract other strongly charged molecules like the heavy metals like the insecticides and pesticides. So what happens is that those small molecules, the other small molecules latch into that Zeolite cage, it's called and that's it they're locked. Because it's nano-sized every time it filters through the kidneys, it gets filtered. Every time it goes through your liver, it gets filtered and gets dumped out into your gut. And because it's nano size it locked in, even if it reenters back into the body, it's still locked. So this is a form of attrition. This is like erosion. If you use it, you're gonna be continually sort of dealing with these molecules in your body and then just excreting them without an any risk.

**Dr. Veronique Desaulniers**

Good to know.

**William Pawluk, M.D., MSc**

That's again, something that I've learned across the many years of doing the same kind of work as well.

**Dr. Veronique Desaulniers**

Right.

**William Pawluk, M.D., MSc**

All right, what's the next step?

**Dr. Veronique Desaulniers**

Number three. And this is right up your alley, is to balance your energy. So we are 1 billionth physical matter, the rest is all energy. And so how do we balance that energy? Well, there's several things that you can do. Chiropractic is one of them, we talked briefly about that. Acupuncture deals with the Chi energy and the meridian. So that helps to you know, bust up



those energy blocks in the body. Massage. And then of course PEMF, pulse electromagnetic frequencies, which this whole summit is about that. And as I was going through my second healing journey, that was one of the tools that I added to my healing toolbox because I recognized the importance of grounding and really getting those frequencies. We're so disconnected from the planet. We know the earth is one big magnet that gives off wonderful frequencies. And you know, we're wearing shoes outside, we're driving cars, we're living in homes with cement floors. So we're very disconnected from that healing potential. So as I did my research, I chose you know, to get a mat and a smaller pad. And I really felt, I mean it calmed down my body. It made a huge difference in how I felt physically. And we know that inflammation is the foundation for all dis-ease. And you know, PEMF is very good to decrease inflammation, decrease stress in the body, increases oxygenation, stimulates the immune system, you know, it increases circulation. So it had so many benefits. To me it was a no-brainer to really add that to my healing toolbox.

**William Pawluk, M.D., MSc**

And that's again, an ongoing strategy.

**Dr. Veronique Desaulniers**

It is absolutely. It's something that you continue to do even though you've been told there is no evidence of disease. You know, women often walk away and they think, "Oh, I'm cancer free, I can go back to my old life." No you can't because there's still circulating tumor cells. There's breast cancer stem cells. There may be a teeny tiny tumor they don't pick up on a PET scan or a CT scan. So you have to maintain that whole lifestyle. And this is the way that you live going forward. Now I know we talked about hormones, you asked about hormones. That's another aspect of balancing our energy. We know that when our hormones are off, we're off as well. And we know that our hormones are very important for our brain health, cardiovascular health, bone health, immune health, all of that. And unfortunately, women's hormones have been vilified by conventional medicine, right? You have estrogen positive cancer so we've gotta shut off your hormones because that's what's causing the cancer. Well, I disagree. If there's an imbalance in hormones, it can. And if you're exposed to a lot of xeno estrogens or chemical estrogens, that can drive the cancer. And if you have a problem with methylation or metabolism of your estrogens, that can be problematic also. So it's not just a blank statement, your hormones cause cancer. Because if that were the case every 20-year-old on the planet would have cancer.



**William Pawluk, M.D., MSc**

In fact, actually going back to that point that you made about the ongoing need to work. Personally, as much as I'd like to tell people that, tell women or anybody with any kind of cancer that, "Now you're cured." Right, and oncology plays a funny game saying that if you're five years out, you're cured. Well that's again, that's a funny game.

**Dr. Veronique Desaulniers**

Right.

**William Pawluk, M.D., MSc**

From my perspective, we're doing a disservice to people with cancer by telling them that they are survivors. So when you are told that you're a cancer survivor, then you say, "Okay, well I'm done." Right? So part of my mission is, and I know that's part of your mission too, is that you're never done. If you have heart disease or you have liver disease, or you have brain disease, MS, the list goes on. Any chronic condition is basically from that point forward a chronic condition. And that means that you have to treat it like a chronic condition. Which means you have to constantly be dealing with it. And the good thing is whatever you do to deal with it, chronically is also going to help you in many other ways. And you'll never know what you prevented. Right, and so people like yourself where you start to back off or other stressors come into your life, then you know, things start to creep in that you're not aware of. And you now have lost the advantage of that lifetime survivorship vigilance. All right?

**Dr. Veronique Desaulniers**

Totally. Totally agree, yes. It's a lifestyle going forward. I mean, cancer changes your life. And it's a gift, it's a blessing, it's a transformation that you make. And not just physically, but mentally, emotionally, spiritually. You know, all aspects of your life.

**William Pawluk, M.D., MSc**

All aspects, all aspects. In fact, actually when I started doing holistic medicine as a family doctor, as a former family physician, and I worked in the conventional medical world for year. And was on the faculties of a number of universities. And I said you know, "This is insanity." And my patients started doing much better when I started doing holistic medicine. They left the office smiling. When they came into my office when I was a regular doctor, nobody left smiling.



**Dr. Veronique Desaulniers**

Right.

**William Pawluk, M.D., MSc**

You got all these other interventions, you take all these medications and they make you sick, and they don't really make any difference in the long run. Right? Or a significant difference, at least. So what we're doing, functional medicine, what we're doing is much more important generally and will improve survival. So all right let's go back to the hormones for a second. I did a lot of hormone replacement therapy. And I totally agree with you that hormones are given a bum wrap. From my perspective, I'll tell you why hormone replacement is given a bum wrap. From my perspective it's because they're synthetic. They're not bioidentical.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

Right? And it's because they're synthetic, you know? How does progesterone get developed in a lab? How does progesterone get put into a hormone pill? The chemists go at it, right? And they tweak it. They say, "Oh, let's add this molecule. Let's add that molecule, let's take this way, add that." And what they do is when they design it, they think they designed it right. They throw it against the wall and see what sticks. And say, "A-ha, if it looks like a duck, quacks like a duck, it must be a duck." But the problem is it isn't. So even a small tweak to a molecule is enough. Like testosterone and estrogen are not very different as a hormone. They're very similar, surprisingly very similar. So small changes to an estrogen can turn it into a progesterone or turn it into an androgen acting agent. And so most of these synthetic progesterones are actually androgenic. And because they're synthetic, we don't do blood tests on 'em. We can't do a blood test on a synthetic progesterone. There's no blood test. I can measure your progesterone, right? Because it's biological. It's bioidentical to what you do. So we have this problem, it's all alien stuff. Now even Premarin, which is basically a pregnant horse mare's urine. So why do we keep horse mares pregnant to get their urine? And we know there's three estrogens, right? Estradiol, estriol and estrone. So which of the three is the bad guy?



**Dr. Veronique Desaulniers**

Well, they all work together.

**William Pawluk, M.D., MSc**

Bad girl, I would say.

**Dr. Veronique Desaulniers**

Right, I mean they all work together, right? Our hormones are good. And estriol has a protective effect. You know, the EQ ratio that Dr. Lee came up with, you know, years ago. That's one thing that I really monitor. And making sure that your estrogen progesterone ratios are balanced because estrogen's like the accelerator, progesterone's the break. And if you know, you're too estrogen dominant then that can trigger some cancer issues.

**William Pawluk, M.D., MSc**

So the one that I think that I've seen that probably creates the most risk is actually the estrone.

**Dr. Veronique Desaulniers**

Estrone, yeah.

**William Pawluk, M.D., MSc**

And that's what a horse mare's urine, Premarin, 90% estrone.

**Dr. Veronique Desaulniers**

Wow.

**William Pawluk, M.D., MSc**

How much estrone do we make in our bodies, women? I can't say we. I can't include myself. But estrone is only two to 5% of the total estrogen in your body. So that's again, another synthetic sort of craziness to overload the body with estrone. That does increase the risk. Have you ever heard of a Dr. Zava?

**Dr. Veronique Desaulniers**

I don't think so, no.



**William Pawluk, M.D., MSc**

And Dr. Lee as well, they're buddies, actually. Dr. Zava runs a hormone lab.

**Dr. Veronique Desaulniers**

Oh, ZRT.

**William Pawluk, M.D., MSc**

ZRT Labs, yeah.

**Dr. Veronique Desaulniers**

Yes, yes, okay. So I know 'em, yeah.

**William Pawluk, M.D., MSc**

All right, so Zava has done 30 years of research on breast cancer. Decades of research on breast cancer. And if you go do a search on the internet about progesterone, it's almost impossible to find a study that talks only about natural progesterone. They consider all the artificial progesterones, progestins, progestogens, all the literature considers them progesterone. So it's completely confusing.

**Dr. Veronique Desaulniers**

Right.

**William Pawluk, M.D., MSc**

But they're not, they're not. They're artificial. They're synthetic. So Dr. Zava says that progesterone and Dr. Lee does the same thing, says the natural progesterone, which your body makes, is in many ways anti-cancer.

**Dr. Veronique Desaulniers**

Yes.





**William Pawluk, M.D., MSc**

All right, so that's actually protective. And women who have taken bioidentical hormones, and if all you do is just take natural progesterone, you're already giving yourself some protection and you're still balancing.

**Dr. Veronique Desaulniers**

Yep, yeah, totally.

**William Pawluk, M.D., MSc**

Well, I'm glad we're in agreement there.

**Dr. Veronique Desaulniers**

There we go, yes.

**William Pawluk, M.D., MSc**

Survivorship and hormones. So again, what we're saying is don't be afraid of hormones but be afraid of synthetic hormones. What you should be getting is the bioidentical.

**Dr. Veronique Desaulniers**

Yeah. Totally, totally. So essential number four is to heal the emotional wounds. And I think if I were to start over, I would put that as number one because I firmly believe that 90% of the healing occurs between your ears and in your heart. So we really dive into that aspect by helping women to understand the power of their beliefs and their thoughts. We encourage them to read specific books like "You Are the Placebo", "The Art of Healing" by Dr. Bernie Siegel. You know, all these books that really help you to understand that your belief and your thoughts, you know, Bruce Lipton, right? If we project or if we think that our body is not going to heal or if we live in fear, our thoughts are literally going to affect those genetic switches. And so it's very, very important to get clear about you know, 1,000% you believe that your body has ability to heal and to start releasing some of this internal conflict that you've probably had since you were a child. Since 95% of our thoughts are subconscious, all that imprinting that happened you know, between the time you were conceived till five years old, you're running those programs in the background and you're reacting. You're not really living as a mature adult, you're still reacting to those childhood wounds. So we encourage women to look at those childhood wounds, you



know, teenagehood, young adult, what's happening in your life now. You know, are you in abusive relationships? Do you abuse medication or drugs or alcohol to numb the pain, you know? So there's a lot of factors. And really encouraging women to learn to nurture themselves, nurture that little girl, learn to love yourself, forgive yourself, forgive others. These are you know, all aspects of healing the emotional wounds.

**William Pawluk, M.D., MSc**

What about spirituality?

**Dr. Veronique Desaulniers**

Extremely important. Yeah, that's part of the healing journey. Because for me, there was definitely... I mean, and for everyone who's faced a diagnosis with cancer, you face your mortality. And you start asking the questions. Is it, you know, what is there after this? And you know, why did all these things happen and you know, what's going on in the world today? So really connecting with your creator and really coming to understand that the physical patterns that we have are just skimming the surface about what our future holds eternally.

**William Pawluk, M.D., MSc**

I learned a long time ago as well, talk about that is that women who... This is, I forget the name of the book right now. One of the original books or early, early books on breast cancer and survival. And they found that women who do two years of counseling, this applies to any cancer not just to breast cancer, but it applies especially, they discovered it... It was a radiotherapist actually, discovered that women who do two years of psychotherapy after their diagnosis have a 35% higher survival rate than women who don't. Now, why would you wanna do psychotherapy?

**Dr. Veronique Desaulniers**

Because it helps to clear those negative patterns. And it helps you to recognize your imperfections and to be okay with them. You face those fears, you face those demons and you release a lot of stuff that you're carrying that's causing that internal conflict in your body.

**William Pawluk, M.D., MSc**

Can't agree more, can't agree more. And you don't have to be crazy.



**Dr. Veronique Desaulniers**

Nope.

**William Pawluk, M.D., MSc**

You don't have to be Loony Tunes. You don't have to be deficient in any way. This is the natural human condition. And so what happens is once you start dealing and processing, especially under some help, under some professional guidance, then you will over that two year period of time, do much better. So this is a form of grief therapy. When you get your diagnosis, you're now in grief. You have to be.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

It's normal. And it takes about two years for grief work to work itself through. Nevermind whatever else is going on as well you know, in general in the background.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

So-

**Dr. Veronique Desaulniers**

And there was, talking about studies, there was an 11 year study done on women with breast cancer specifically, and they found two things. They found if they had community support and they learned to manage their stress, they had a 75% decreased risk of dying from breast cancer. I mean, that's huge. So just those two things.

**William Pawluk, M.D., MSc**

That's critical, over 11 years. That's impressive.



**Dr. Veronique Desaulniers**

Yeah. Yeah, yeah.

**William Pawluk, M.D., MSc**

What about meditation?

**Dr. Veronique Desaulniers**

Meditation, that's definitely part of it. Getting into the relaxation response every single day. Getting that parasympathetic response because that's how your immune system's going to function better. You're going to digest better, oxygenate better, because we're living you know, with the pedal to the metal, we're in that fight or flight. So yeah, we talk about meditation, visualization, HeartMath app, checking heart rate variability, all of that.

**William Pawluk, M.D., MSc**

All right, now you are jumping to go to the next one. So let's go to the next one.

**Dr. Veronique Desaulniers**

Number five biological dentistry. So what does that mean? That means that when you work with a biological dentist, he understands that your teeth are living organs that are connected to your other organs through the acupuncture meridian system. So you have to look at your oral health two ways, you know. The chemical assaults, which have to do with the mercury fillings and you know, the nickel, the aluminum, all the heavy metals. You know, those are metalloestrogens, they'll mimic and stimulate estrogen in the body. And they're just very toxic. They're neurotoxic, affect your digestive system, all of that. You have to look at gum disease because postmenopausal women who have gum disease are twice as likely to develop breast cancer. So that's a huge issue. Root canals. Root canals are like dead organs in your body. They're dripping toxicity. No matter how aseptic they try to make it, there's always a pocket of anaerobic bacteria that's suppressing your immune system. Cavitations. Cavitations are infections in the bone. And that was one of the big discoveries that I made in my second healing journey. Discovered I had four cavitations and so had that cavitation surgery. And it's an important aspect of healing. It's an infection in the bone that needs to be healed. And interestingly, two of them sat on that left breast meridian so no coincidence there, right? And so energetically, if you have a hunk of metal



or a root canal or a cavitation, that's going to affect that specific meridian. And we see that time and time again, right? There's a connection between the meridians in the front top teeth and the bottom two that affect the breast meridian. So if women can afford to clean out their whole mouth, always start with the breast meridians first and then slowly chip at the others.

**William Pawluk, M.D., MSc**

Yeah, that's fantastic. The teeth are extraordinarily important. I've seen some amazing stuff, amazing work done with cavitations in removing them and cleaning out the bones. And it's actually very difficult surgery to do. You really do, you can't just go to any old person to do cavitation surgery. You really have to do it through a biologic dentist or at least an oral surgeon who is very skilled also. Because you have to persist and persist and persist. Because those bones have tiny little sacks to them, right? They're air sacks, they're like air sacks almost. And you could have a pocket hidden that's not obvious. And you have to open that up and drain it, get rid of that infection that's in that sack. And it can be very tedious work but it's very important work, as you say.

**Dr. Veronique Desaulniers**

Yeah, very important. And a biological dentist will know to use ozone and you know, the best way to find those cavitations is through the 3D beam bone scan. Because that'll give you that panoramic view and there's not too many you know, dentists or surgeons that are really adept at doing this kind of work. But you know, they're getting better and better over the years, so. So that was number five. Number six is healing your body with therapeutic plants and herbs and supplements. So it's basically the you know, hundreds and hundreds of different nutrients that can improve your immune system and kill cancer cells. And in my book, I've got over 700 references to PubMed that shows studies to back up everything we're saying. So you know, if you start basically with just nutrition, for example, basic immune essentials would be like Vitamin D making sure your Vitamin D is optimal. Women come to us, their Vitamin D level is in the teens, in the twenties and their doctors never say anything to them. So we try to get them up closer to 80 to make sure that you know, their immune system can be beneficial and work for them. Vitamin A is also very essential because Vitamin D and A have that synergistic relationship. Magnesium also important for those three to work properly. High dose Vitamin C, zinc, selenium you know, those trace minerals, very important. And then you can get specifically to boost the



immune system, you can get medicinal mushrooms, products that stimulate the mitochondria. Like Poly-MVA and you know, antiinflammatory substances like curcumin. And you know, the list goes on and on. There's literally hundreds of different supplements that we can go through our list and recommend depending on their budget and depending on what they're going through.

**William Pawluk, M.D., MSc**

And you have that list in your book?

**Dr. Veronique Desaulniers**

Yes, yes. Can't list everything but there's a long list in there as well.

**William Pawluk, M.D., MSc**

That's a good place to start. And you may have to pick five or 10 that you start with. You're not gonna start with 40 or 50.

**Dr. Veronique Desaulniers**

Exactly.

**William Pawluk, M.D., MSc**

Right.

**Dr. Veronique Desaulniers**

And it's good to rotate you know, if you create... And this is something that our coaching program does, we help women create a specific protocol based on their needs. And we always pulse it. You know, we don't put somebody on something for six months but we try to change it up every month, sometimes every week. Depending on how you know, chronic or acute their situation is. And you know, there's ways to test to see which nutrients are most effective for you as well.

**William Pawluk, M.D., MSc**

All right.



### **Dr. Veronique Desaulniers**

And then lastly, number seven. So you know, I call it you know, early detection. You know, being very proactive. But it also deals with your healing journey and looking at tests outside of conventional treatments. So if we just start with monitoring your breast health of course, we know that during the pink month there's a lot of pressure on women to get mammograms. And I'm not telling women not to get a mammogram. I personally have never had one. But you know, there's a lot of controversy now about mammography and the increased radiation risk, the compression, you know, all the problems it can cause. With dense breasts, it misses almost 50% of the tumors that are there, a lot of false negatives, false positives. But if you choose mammography back it up with an ultrasound. We also talk about thermography. Which looks at the infrared heat coming off your body to see where the inflammatory patterns are. It's not gonna diagnose cancer but it will give you an idea about the physiological changes going on in your tissue. And again, back it up with an ultrasound.

Then you can also think about a breast self exam. You know, we've never really been trained to do a proper exam. But you know, there's tools out there now. Which I left my model out. But it's a model called My Breast Friend, which has been used by the MammaCare Foundation for decades to teach physicians how to do a proper exam. And so now we've made that model available to women so that they can learn you know, the normal geography of their breast tissue. And then blood work. You know, make sure your Vitamin D levels are optimal, as I mentioned. Look at your inflammatory markers because that can tell you a lot about what's going on in your body. If you know, your C-reactive protein is high for example, studies have shown that the higher the number, the poorer the outcome is for survival when it comes to breast cancer.

So really monitoring your inflammatory markers. Of course you know, use your traditional markers as well. Thyroid panel, very, very important. And now there's so many advances in detecting cancer at an early stage. I just did a test called Galleri test from I think, the GRAIL company. They can detect over 50 different kinds of cancer in the bloodstream by looking at the circulating cancer DNA patterns in the blood. So very, very fascinating technology. We also recommend a company called RGCC, also known as the grease test. And I've recommended and used it for over eight years and seen tremendous results with it. They filter your blood, look at circulating tumor cells, the stem cells as well. Then they grow those cells in the lab. And then they drip basically, different substances, 50 different natural extracts, 50 different chemotherapy



agents and they'll see what the die off is. And depending on the percentage then, the higher the percentage, the better those products will work in your body. So fascinating work that you know, we're seeing some great advances in that department.

**William Pawluk, M.D., MSc**

All right, so let me ask you a question that could be controversial.

**Dr. Veronique Desaulniers**

Okay.

**William Pawluk, M.D., MSc**

Have you read "Dressed to Kill"?

**Dr. Veronique Desaulniers**

"Dressed to Kill", yes. About the bras?

**William Pawluk, M.D., MSc**

Yeah, so what do you think about that?

**Dr. Veronique Desaulniers**

Oh, I totally agree. I don't wear underwire bras. If anything, I wear a lot of sports bras when I'm around home. You know, I don't... You know, it just makes total sense because you're blocking the lymphatic drainage of the breast. You're compressing the breast and you're attracting more EMFs with those metals and those wires to your breast tissue. So I totally agree.

**William Pawluk, M.D., MSc**

And I think physiologically, it also makes sense. And I was gonna go back to a question... And it relates to that question. The stagnant lymph in the breast is basically inflammatory cells that are sitting there.

**Dr. Veronique Desaulniers**

Yes.





**William Pawluk, M.D., MSc**

Right, so you need the lymph to move. How does lymph move in the body? How do you get lymph to move in the body?

**Dr. Veronique Desaulniers**

Only with physical activity.

**William Pawluk, M.D., MSc**

Massage.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

Right, and activity. So what causes the breast lymphatics to move? Bouncing.

**Dr. Veronique Desaulniers**

Right.

**William Pawluk, M.D., MSc**

Right, Cooper's ligaments. So when the breast bounces, you're actually in a sense, milking the breasts. You're milking the lymphatics of the breasts. Right, so that becomes important. And I think that the underwire is important but I don't think it's as important as allowing the breast to basically bounce when you walk. I think that's the key. So my recommendations usually have been, once you get home from the office, all right. Free yourself.

**Dr. Veronique Desaulniers**

Take it off.

**William Pawluk, M.D., MSc**

Free yourself.



**Dr. Veronique Desaulniers**

Right.

**William Pawluk, M.D., MSc**

Right, because the more your breast bounce... And I think the bigger the breasts, the more important that is, right? 'Cause it's harder with bigger breasts to get an adequate amount of lymphatic movement. So what about breast self massage?

**Dr. Veronique Desaulniers**

Extremely important, yes. And we recommend, there's a lot of good oils that can be used in conjunction with that that can help. I use a, it's called Healthy Girls Breast Oil. And it has a combination of different oils specifically you know, to help cleanse the breast and stimulate the breast and you know, always move out towards the lymphatic system, right?

**William Pawluk, M.D., MSc**

So different circles in each breast, right?

**Dr. Veronique Desaulniers**

Right.

**William Pawluk, M.D., MSc**

'Cause you gotta milk out the lymphatics.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

So that should be done probably with every shower. Ideally.

**Dr. Veronique Desaulniers**

Yeah. Yeah, yeah. Every night before I go to bed, it's my routine.



**William Pawluk, M.D., MSc**

So do you mind if we go back to energy and you basically do magnetic field therapy. So tell us what you do, why you did that and what kinds of results or benefits you're seeing from it.

**Dr. Veronique Desaulniers**

Well, I recognized when I was going through my second healing journey that getting grounded and getting those frequencies were very, very important in healing. I mean, I knew about PEMF but you know, I hadn't really looked into it. So I did a lot of reading, a lot of research and I came to the conclusion that this would be an important aspect of any healing journey for any type of issue. And so I happened to choose a company out of Israel, Curatronics or Curatron. And I think they have a different name in the U.S. you said.

**William Pawluk, M.D., MSc**

Yes, it's called Parmeds.

**Dr. Veronique Desaulniers**

Parmeds.

**William Pawluk, M.D., MSc**

P-A-R-M-E-D-S, Parmeds.

**Dr. Veronique Desaulniers**

Yeah, Parmeds. And I started using it on a consistent basis. You know, I would use it every day. And it came with a little pad so I would do a separate session on the breast tissue with that pad. And it really made a big difference for me because it was so relaxing, helped me with my sleep, decreases inflammation. It was just an instrumental part of my healing. And I still use it. Take a power nap. You know, I lay on it, very good to help relieve pain. I'm very athletic, play a lot of tennis, really helps to get that circulation going and to increase oxygenation to those sore and tight muscles.

**William Pawluk, M.D., MSc**

So your system happens to be called the Parmeds Home system, and there are different kinds of Parmeds devices with different levels of intensities. And one of the reasons I was very interested



in chatting with you because you are a user, you have the experience with it, is that even though we can't categorize it as energy medicine, in a sense it's really not energy medicine from a... Many people look at it from a frequency perspective. But one of the key mechanisms of magnetic fields in the body is that as the magnetic field is passing through the body, which it does complete, body does not stop the magnetic field. But as it's passing through, it increases the production of charge in the tissues. It increases the production of ATP in the tissues. It increases stem cells in the tissues, natural healing stem cells. It increases circulation, anti-inflammatory. So it has all these different actions, all from that charge being produced. So again, it's not energy, same say for example, laying on of hands or Reiki or that kind of energy healing. So it's actually a physical therapy. It's a form of physical therapy. And the key really is getting the intensity right. So one of the things I heard a doctor from Northwestern speak about breast cancer stem cells. So what percentage of women at the time of initial diagnosis of breast cancer have stem cells in their bones?

**Dr. Veronique Desaulniers**

I would guess and say 100%.

**William Pawluk, M.D., MSc**

Well, it may be 100% percent but Dr. Max, his first name is Max. He says that studies are showing 40 to 60%.

**Dr. Veronique Desaulniers**

Okay.

**William Pawluk, M.D., MSc**

'Cause what's the most common cause of death in breast cancer patients, people with breast cancer, women?

**Dr. Veronique Desaulniers**

Recurrence and metastasis.

**William Pawluk, M.D., MSc**

Metastasis. And that happens how many years after the initial diagnosis?



**Dr. Veronique Desaulniers**

Anywhere from two to 10 years. 20 years, sometimes.

**William Pawluk, M.D., MSc**

Even 10 to 15 years. So that's why you think you're done.

**Dr. Veronique Desaulniers**

Right.

**William Pawluk, M.D., MSc**

Right. And then those stem cells start to wake up. What causes stem cells to wake up?

**Dr. Veronique Desaulniers**

Stress, low energy, the charge of the cell is going down, mitochondria is changing.

**William Pawluk, M.D., MSc**

And inflammation.

**Dr. Veronique Desaulniers**

Yep.

**William Pawluk, M.D., MSc**

Inflammation. And there's a blog on [drpawluk.com](http://drpawluk.com) about adenosine. And there's also a section in the new book, "Supercharge Your Health with PEMFs" about the adenosine receptor. And how it's important for the adenosine receptor to give the cells, the bones, 15 gauss. And so you have to get the right PMF system. If you're talking to somebody about PMF or if somebody's pushing you into a PMF, which is really what's going on out there. If they're pushing you into a PMF ask, "What's the intensity of this system?" So remember that research now on the adenosine receptor says it's gotta be 15 gauss at the adenosine receptor. So that means it's gotta be 15 gauss deep into the body. If it starts out with only one gauss what benefit are you getting? It's gonna make you feel better because what they do is they stimulate the acupuncture points and meridians. So everybody feels good. That's good, that's a good thing but it's not doing the healing work. So if



it's doing energy medicine from an acupuncture perspective, then I consider that energy medicine per se and not healing per se.

**Dr. Veronique Desaulniers**

Yeah.

**William Pawluk, M.D., MSc**

So very important. And people can find out more obviously on our website, [drpawluk.com](http://drpawluk.com). Do you have any parting thoughts or comments or questions?

**Dr. Veronique Desaulniers**

I would just say, if anybody out there is on a healing journey with breast cancer or if they've been newly diagnosed, it's very important that you give yourself the time to reflect and figure out you know, what you're going to do to heal your body. You know, there's no need to fear. Even though you cut out that tumor, you've had radiation or surgery, whatever you've done, you still have to address that root cause. And when you address the root cause with all the things that we've talked about today, your body will respond beautifully. And you know, there's that whole transformation, as I mentioned. Not just that physical one but that emotional, mental, and spiritual transformation that occurs. And you end up on the other side, a happier and much healthier you.

**William Pawluk, M.D., MSc**

Whole body, whole person.

**Dr. Veronique Desaulniers**

Yes.

**William Pawluk, M.D., MSc**

Veronique, let's show your book again, please.

**Dr. Veronique Desaulniers**

Yes. "Heal Breast Cancer Naturally" you can find it on Amazon.



**William Pawluk, M.D., MSc**

And your website?

**Dr. Veronique Desaulniers**

Breastcancerconqueror.com. And you can find us on Facebook and Instagram and all kinds of free information there.

**William Pawluk, M.D., MSc**

Well, I really appreciate you sharing your wisdom and knowledge and experience with us and with the audience. And they know how to reach you if anybody has that need for themselves or somebody else in the family.

**Dr. Veronique Desaulniers**

Well, thank you for sharing my message of hope. And I appreciate so much the many years and decades that you've spent helping people to improve their health and all the research that you've done on PMF and how important it is to really create our healthy bodies.

**William Pawluk, M.D., MSc**

And to integrate it with everything else that everybody needs to do as well. Unfortunately it can't be the only tool. Thanks again. Enjoy the rest of your day.

**Dr. Veronique Desaulniers**

Thank you.