

5 NATURAL PILLARS  
*FOR HELPING*  
*PREVENT*  
*AND REVERSE*  
CANCER

A close-up photograph of several fresh, vibrant green basil leaves resting on a dark, textured wooden surface. The leaves are glossy and show clear vein patterns. The lighting is soft, highlighting the texture of both the leaves and the wood.

**Nathan Crane**



## **DISCLAIMER**

Disclaimer: The information in this Ebook and in these interviews is presented for educational purposes only and is not intended to diagnose or prescribe for any medical or psychological condition, nor to prevent, treat, mitigate or cure such conditions. The information contained herein is not intended to replace a one-on-one relationship with a doctor or qualified healthcare professional. Therefore, this information is not intended as medical advice, but rather a sharing of knowledge and information based on research and experience. DrSummits, Panacea Community, LLC, Nathan Crane and Inner Wisdom encourage you to make your own health care decisions based on your judgment and research in partnership with a qualified healthcare professional.



**Brooke Emery:**

Welcome to the Self Love and Self Care Symposium. Today, I am so honored and grateful that Nathan Crane has joined us, and we're going to be speaking about preventing disease like cancer and other immune-related diseases. So, I'm so honored to have you here. Thank you so much for joining us.

**Nathan Crane:**

I'm grateful and honored to be here and be able to share some of the experience and insights and research that I've done over the years, not only researching and creating my documentary about preventing and reversing cancer, but all the hundreds of thousands of people I've had the opportunity to speak in front of and talk to and connect with who are seeking answers and seeking solutions to chronic diseases, viral infections, stress, depression, and anxiety that so many of us are experiencing.

I want people to leave with some hope, some inspiration, and some practical solutions to know that it is possible to not only prevent chronic disease but to reverse it. I'm excited to get into that with you today.

**Brooke Emery:**

I'm excited too, but before we do, I want to read a little bit about you and let the people know how awesome you are because I already do. Nathan is the Founder of the Panacea Community, Creator of the Global Cancer Symposium and the Director and Producer of the 18-time award winning documentary film, Cancer; The Integrative Perspective. It's amazing. By his early 20s, Nathan overcame years of addiction, jail, and homelessness to become an international teacher and speaker of health and healing. Mr. Crane has received numerous awards for his contribution to health, healing and personal development, including the Outstanding Community Service Award from the California Senate for his outstanding work in education and empowerment with natural methods for healing cancer. I'm personally so honored to have you, I've had friends transitioning due to cancer, friends and family impacted by this. So, I'm just ready to dive in and get your wisdom, so that the topic is around self-care and self-love. So, what does self-love mean to you?

**Nathan Crane:**

What a good question. I went through a period as I think many people have where I dove deep down the rabbit hole of a spiritual journey, spiritual seeking, self-seeking. As you mentioned in my bio, at a very young age, I was addicted to drugs and alcohol, cigarettes, fast food, sugar and a highly processed diet. I started at nine years old and was almost dead by the time I was 18. So, I got to experience what that end of the spectrum of being unhealthy and toxic and addicted and highly depressed and emotionally traumatized is like. There's nobody to blame for that other than it was part of my life journey and thank God that I made it out of it, but it was a hard journey coming out of that.



**Nathan Crane:**

During that whole period of my life, I knew nothing about self-love or self-care. All I knew was self-deprecation and really not taking care of myself. In 2005, I started my life completely over at the age of 18. After a few years of studying and researching and meditating and spending time with Buddhist teachers and spiritual teachers, I kind of went to the other end of the extreme where I was taking care of myself, I wasn't doing drugs or any of these things anymore. But at the other extreme, it was like I thought I had to give everything to everybody. I had to be 100% giving and generous, and I didn't quite know how to receive anymore. I didn't know how to receive love or abundance or gifts or compliments or any of these things. So, that end of the extreme can be just as damaging the other end of the extreme, which is what I was growing up as a teenager was always taking, taking, taking. The other extreme is always giving, giving, giving, never receiving.

At some point in our lives, we have to find that balance between the two – giving and receiving. Master Mingtong, a Qigong teacher who I study and work with, an amazing man, shares a practice where if you close either hand, you can feel what it's like to be out of balance. So, to be in balance as human beings, we have to be willing to have both, one open to give and one open to receive... Yeah, you can try it here actually. You can close your eyes and feel both hands open, feel your left hand receiving and your right hand giving. Then just close one and feel what that feels like.

**Brooke Emery:**

Yeah.

**Nathan Crane:**

If you're in tune with energy, you can really feel the energy gets stuck with one hand closed, then you can open both and feel the energy flow. They need to be in harmony and in balance. For true self-love, to me, that's what it means, self-care. We are both in balance of giving, of being generous, of caring about others, of having compassion. But as much as we do that for others, we have to do for ourselves as well. We have to be compassionate with ourselves if we want to truly be able to give and receive the love that we are.

If we make mistakes or we screw up, it's okay to say "Shit, I wish I didn't do that. I wish they didn't say that. Man, I feel bad about that." It's okay, I do that too. But very quickly, within minutes or a couple of hours, you should be able to forgive yourself and just commit to wanting to do better and move on.







### **Nathan Crane:**

If we're good at forgiving others, we should be just as good at forgiving ourselves and vice versa. If you're great at forgiving yourself and you'll never even get down on yourself, but you're always blaming and judging and condemning everyone else around you, then it's something to become aware of and transform. As much as we forgive ourselves, we should be willing to forgive others as well. So, to me, that's self-love. It's finding a balance between the two and learning

how to love ourselves, learning how to really take care of ourselves, mentally, emotionally, physically, spiritually. That's not necessarily an easy thing.

So many of us grow up with traumatic events in our childhood, whether it's addiction or divorce or it's rape or incest or accidentally killing your best friend or it's somebody hurting you or attacking you or killing somebody you love. Those traumas as we're growing up, we hold on to them subconsciously. Unknowingly, they're sabotaging our life, our mental-emotional state as well as our physical health. So, a big part of self-love is learning how to tune into that aspect of ourselves to heal those emotional traumas. In doing so, a miraculous thing that often happens is physical healing.

The more we clean this temple we call our bodies, the more in harmony we become with a natural, elevated, holistic, healthy, emotional state as well. So, you can't have one without the other. You can't have the physical without the non-physical. You can't have the body without the mind, emotions, the spirit. We have to learn how to integrate the wisdom from the physical and the non-physical to create a holistic life of self-love and self-care.

### **Brooke Emery:**

Amazing you're like dropping so much gold right now. I'm like, "It's so good, it's so good." The good balance of giving and receiving. I had a mentor once say, "When you're giving, you're in control. When you're receiving, you feel like you're out of control and get out of control," because we're all control freaks as humans, right? So, I love everything you said about in terms of taking care of the temple on every level and every aspect and one balances out the other. Just even that one moment of tuning in to the energy, I really did feel the constriction when I close my hands. So, that's going to be top of mind and huge contribution. Thank you. I can't wait for my children to listen to this as well, because the wisdom that you just share, you can't just always be the giver and it's okay to receive too. It's beautiful.

And then the forgiveness, that forgiveness of self and then forgiveness of others. It doesn't mean that what the person did was right, but you're freeing yourself. You're giving yourself the gift, right? So, I remember in the film, which everyone should watch, one of the experts mention that a key ingredient was resentment. So, what I'm hearing you say is that forgiveness can be one of the freeing acts that really impacts our health and that way.

### **Nathan Crane:**

Yeah, Dr. Francisco Calvo, a medical doctor, integrative doctor from Spain, who's in my documentary, he has a whole segment in there that is gold. It's so full of wisdom. The part that you're talking about is when he talks about anger as being one of the emotional causations allowing cancer to form in the body. Anger is something that we experience often quickly and it's short lived, because he gives the analogy that it's a raging fire.



## Nathan Crane:

When you're experiencing anger, you're releasing all these hormones into the body, cortisol and stress hormones that are useful for very short period of time, especially for survival circumstances. But when they're constantly flooding your body, through stress and fear and chronic anxiety and resentment, when they're constantly bathing the body, it opens up doors for the body to become cancerous.

So, he talks about anger as something you can't sustain because it's too big of a fire and takes too much energy, but where people really get the negative effects of this is when they're holding on to that anger through resentment. Resentment, he says is like a low-grade flame that's burning inside you quietly, and eventually will burn your body from the inside out. So, resentment is something we hold onto emotionally because we blame somebody else for something. Just like you said, anybody who's ever forgiven anybody they understand this, and it becomes a lifelong practice. The more you do it, the better you get. People who don't really have the experience of being able to forgive often think that because something was so drastic, it's so traumatic, they can't ever forgive.

The thing that you have to take away from this is that you're not hurting that person, you're hurting yourself. So, by not forgiving them, by holding onto that resentment, by being angry, you are hurting yourself and you're doing nothing to them. By forgiving them, by having that the forgiveness that says, "You know what, I no longer want to hold onto this because it is hurting me. So, I forgive that person. I let it go. They had whatever thing going on inside of them, whether it was their own traumas, their own mental-emotional situations, their own outbursts, I no longer am going to allow that to affect my life. So, I forgive them, and I move on." Sounds easy.

Anyone who's ever been through this process knows it's not easy at first. But what I can tell you, the more you practice it, the more you embody it, actually, the easier does get. Someone can do almost anything to you, and you can nearly forgive them almost immediately with the better that you get at it. Again, it's not just about forgiving them, it's allowing you to release this tension, this stuck energy inside of you that's harming you, because you're the one holding on to it.

So anyway, that whole segment in the film is very inspiring. There's a lot of evidence actually, a lot of scientific evidence that substantiates the fact that when we're in chronic stress, when we're in chronic fear, chronic anxiety, anger, resentment, we are putting the body into a toxic state. We are kicking on the adrenal system and turning off the immune system. We know we need the immune system to fight diseases, pathogens, viruses, etc.

So, the more we're in fear, anxiety, resentment, the less effective our immune system is, and the more we're bathing our body in the stress chemicals, and the more likely we're opening ourselves to the devastating effects of something like cancer, or any virus that might be going around for example, or other pathogens, other chronic diseases. So, it's imperative we learn this practice of forgiveness.

## Brooke Emery:

Yeah, beautiful. Another distinction, and I think it was the same doctor who said, he said, "Instead of going from, "Why me?", you go to "What for?" I thought that was a very powerful statement and he gave a beautiful example of how I can't heal today because as a result of me having this. He was able to see the silver lining and the gifts that came, even though I'm sure the patient would rather not been doing that but as a result. I've heard many stories like this, as a result of the disease, his kids got back together. They were getting a divorce, and he was able to see the silver lining. So, I thought that was also another beautiful distinction.





## Brooke Emery:

So, I just wanted to just present that, because going from victimization doesn't mean you can't powerfully choose to be a victim sometimes, kind of like what you were saying earlier. Sometimes you might get mad, but then clean it up quickly. We're not saying that people should be perfect because we are human, but that ability to eventually see the gifts and the things that happen, I thought that was very beautifully presented. So, I appreciate it.

## Nathan Crane:

Yeah, that's Dr. Francisco Contreras. He has a clinic in Mexico. It's not only related to cancer, but related to any traumatic or challenging experience in your life where if we stay in that victim state says, "Why me? Why me? God, why are you doing this to me? Universe, source, whatever you want to blame. Why are you doing this to me?" He says if you can shift your mind to "What is this for? How is this here to help me? How can this help me become a better person, more enlightened, healthier? What is this for? What's the deeper meaning of this situation?" You can't ask those questions and get clear answers when you're in a state of anger or resentment or fear. It just doesn't work, because the answers are going to be judgmental and blaming.

So, the only time those questions actually really work quite powerfully, is to sit calmly, whether in meditation or relaxing, deep breathing, Qigong, whatever your practice might be, go inside, really calm yourself. Make sure your central nervous system is calmed down, you get your brainwaves calmed down. And then you can start asking those questions. What is this for? What is this here to teach me? What is this here to show me? The answers may come immediately, they have for me in the past many times.

Other times, they start to show up sequentially over the coming days, weeks, months, and years. So, you have to allow that space for those answers to show up in different ways. Sometimes it's a bumper sticker on the back of a car, that you go, "Oh, I got it." Sometimes it's listening to an interview like this and there's one phrase that someone says it goes, "Oh my gosh, that just totally blew my mind open and exactly what I needed to hear." Sometimes it's something your kid does or says to you, or sometimes it comes straight from your intuition from what I call your inner wisdom.

So, you have to allow that space for the answers to emerge organically. As they do, what I found over the years in talking to many, many people who've had cancer and who've overcome cancer is that I've seen two different people and they're quite distinct. One person is in the victim state that says, "This is the worst thing that's ever happened to me. I can't believe it. This is my third time getting cancer. I don't know why. What is going on? My life sucks." They're in misery, right? Of course, my heart goes out to them. I have deep compassion for them.

But the other person that I talked to was in the exact same circumstance, and they say, "This is my third time having cancer. Oh my god, this is amazing. It's been the best gift of my life. I now have a deeper relationship with my kids. I've learned so much more about my health in the last few years in dealing with this than I've ever known. I love myself more now than ever. I'm taking care of my diet. I'm healthier. I'm happier. I have a purpose in my life. I'm helping others now. I believe I can beat this thing. If I don't, I'm still okay."







### **Nathan Crane:**

I've had those conversations with many people over the years. It's quite beautiful and it's quite inspiring to see the difference. The difference between somebody who is really trapped and somebody who has freed themselves and is accepting their circumstances. So, we have to accept what we've been given, what we're dealing with. Accept the hand that we're dealt and learn how to see the silver lining and the deeper purpose behind it.

The second piece is to educate ourselves, to learn as much as we possibly can about the disease and what we can do about it. So, shifting to a solution-oriented mindset that means "Okay, this is what I got. I accept it. Now, what can I do about it?" Research, watch documentaries, listen to interviews, ask as many questions as you can. If you're seeing a medical doctor, go to them with 50 questions. If they're not willing to answer your questions, find somebody else who will. Research as much as you can about alternative, integrative, holistic therapies and practices. So, become very solution-oriented. And along with that process, forgiveness is a key aspect of it.

And then staying open, staying open again to "what is this for?" What's it here to teach me? How can I learn from this? How can I benefit from it? How can I help others? So, you step outside of your own box.

I had a great conversation with someone while screening my film at a conference in Florida recently, this younger lady who had a cancer diagnosis, within about a year had totally changed her life. She lost something like 50 pounds, started eating super healthy, went to every conference and event she possibly could, asking every question she possibly can. Totally changing her life, changing her work, changing her habits. Now, she's getting out there starting to tell her story, how she's dealing with it, how she's overcoming the cancer and the fear, and turning it into a life purpose to help others.

So, getting outside of our own victimhood and saying, "How can I help others?" But we can't do that unless we help ourselves first, and that's why your topic of this Summit is so important. Self-love has to come first. There's a famous saying, I've heard many times. I don't know where it originated from. I can't give the credit due there. But it says, "you can't give to others what you don't give to yourself." If you don't love yourself, how can you ever expect that you'd be able to love others? So, that's got to be the first step.

### **Brooke Emery:**

It's so beautiful. I also really wanted to thank you for presenting that when someone goes into that state to ask those questions, that sometimes because we live in an immediate gratification culture, right? You can send a text. We're used to getting things immediately and for you to presence that allowing space around just being in the inquiry of it without an attachment to getting an answer quickly and that space of acceptance, I think is very powerful.

I wanted to ask you, what are some ways that you take care of yourself?





## Nathan Crane:

It's a long list now, while it used to be a very short list. As the years go on, the last 15 years really dedicated to this work, it's become a long list. Maybe what I'll do is share five core themes that I've identified in my research and in my documentary around cancer to help people have kind a foundation for what it takes to help prevent and reverse cancer. There are five core pillars. I'll share them quickly and then I'll go into each one.

## Nathan Crane:

So, the first one is mental and emotional resilience. Second one is what I call the cancer-fighting diet. This could also be called the virus-fighting diet. It could also be called the longevity diet or the healing diet. Third one is your environmental exposure. Fourth one is social support and relationships. The fifth one is your spiritual connectedness or your spiritual practice.

The First pillar, mental and emotional resilience is really all about creating a mindset that is; 1. being solution oriented. 2. getting out of victimhood and into focusing on what can you actually do to create a better circumstance for yourself and for others. And 3. recognizing when we're triggered, when our emotional traumas, our subconscious beliefs and patterns appear in our life, and learning how to heal them, learning how to dissolve them, learning how to transform them into more empowering states of being.

Those empowering states of being are compassion, forgiveness, love, kindness, and generosity. So, as we develop more of a mental and emotional resilience, anything that comes along in our lives, we're so much more equipped to deal with it and get through it.

And I'll share a few things I do in the first pillar, because I do a lot. One is right now, I have a new meditation practice I'm doing every single night. I set up a little meditation area. I've been meditating for close to 15 years. Over the years, I've just learned to integrate meditation into my daily life. At some points in my life, I was meditating hours and hours a day. Then at other times I was meditating 30 minutes a day. Over the years, I've just learned to integrate it into my life, when I'm standing in line, when I'm driving, when I'm sitting and resting and relaxing. You don't have to have a formal meditation practice, but certainly a mindfulness or meditation practice is crucial to healing.

So, I set up a little meditation spot at night before I go to bed. I was doing it every night when I lay down to fall asleep, but I decided I wanted to focus more time on meditation before bed.

I also do Qigong. I've done yoga many times over the years, but Qigong, Wisdom Healing Qigong in particular, is truly a profound practice. It involves meditation, visualization, sound healing and subtle energy movement.

The other thing is anything that challenges you mentally, emotionally, to step into it fully. So, for example, things that happened to me if I'm out in public or a social thing or locker room at a public gym. If I notice there's some hesitancy or there's some sense of mental-emotional restriction or slight underlying fear or anxiety inside myself, instead of walking away because of not wanting to face it, now, I try to face it head on. And those things tend to heal almost immediately once you realize there's actually nothing to fear. It's quite beautiful.

So, that's part of mental-emotional resiliency. As fears, anxieties, judgments, things come up, I actually look at those as an opportunity to grow. I said, "Okay, this is what I don't want to do. This is what my subconscious is saying, 'Don't do this.' So, I do that." If you do that, if you step into that unknown, what comes out of it is a beautiful freeing, emotional freeing experience. So, the more often you do that, the better you're going to be.



**Brooke Emery:**

Nice. Love it.

**Nathan Crane:**

The second pillar is the cancer-fighting diet / longevity diet.

This is a long discussion, but I'll give some basic framework and we go into a lot of this detail in the film. But basically, first of all, your food needs to be organic. Let's just talk about principles, organic should be number one. The more chemicals, pesticides, herbicides, toxins, glyphosate, etc. you put into your body, the harder you make it for your body to do its natural state of healing and rejuvenation. The less chemicals you put into your body, the better your body can rejuvenate itself.

There's already been studies, one in particular, where a whole family who normally ate a conventional standard grocery store diet without eating anything organic, and then they switched to a completely 100% organic diet for just two weeks, was astonishing. The family of five, including the toddler Charlie, were filled with chemicals and pesticides in their urine and blood. As soon as they switched to an organic diet, within only two weeks, their chemical exposure was almost non-existent. It's amazing what can happen when you just eat organic.

**Brooke Emery:**

Huge, huge.

**Nathan Crane:**

So, if anybody takes away anything from this is just eat more organic. We eat somewhere between 97 to 99% organic with my family, my wife and two kids. When we're traveling, we're a little more relaxed on it because it's a little bit harder. I just don't want to put ourselves through that stress. But when we're at home, we eat primarily organic and plant-based, and lots of plants, fruits, and vegetables.

Dr. Joel Fuhrman is a medical doctor who helps people heal from chronic diseases using what he calls the nutritarian diet. The components of the nutritarian diet are high nutrition. What we're doing right now as a society is low nutrition, high calories. So, you want low calories, high nutrition, especially if you have any chronic disease. If you have obesity and diabetes, you are much more likely to have a cancer diagnosis. So, less calories, higher nutrition is going to help reduce your risk of cancer, help even reduce cancer itself because you're nourishing the body.

There's a lot of natural cancer-fighting foods as well like berries, blueberries, blackberries, strawberries, raspberries, all the berries, but Dr. Joel Fuhrman talks about eating G-BOMBS every day. That's G-BOMBS, so greens, beans, onions, mushrooms, berries and seeds. So, that's nuts and seeds, and I would also add in their herbs. You should be getting all of those things in your diet every single day, because almost all of them, pretty much every category there has some form of cancer-fighting component to it. Ultimately enhancing your immune system through your diet, you create more T killer cells, which are cells that help to remove cancer cells from your body. So, organic, more plant-based and think G-BOMBS!







## Nathan Crane:

Environmental exposure is the third pillar, and I consider that also what you put on your bodies. So, not only what's around you, but what you put on your skin and your hair and teeth. Your cosmetics, shampoos, again, all these things should be organic. It is simple. You should be able to read every ingredient and know what it is. If you can't, those are chemicals you're putting on your body that are going into your skin, into your bloodstream and causing damage to your body.

Most of our toothpaste, soaps and shampoo in the house are completely organic. We use an organic charcoal toothpaste, it's black. You think "Why am I putting this black stuff in my teeth?", but actually it works. It's got herbs and charcoal, which is very detoxing, actually detoxing for your body, helps you detoxify, helps keep clean gums, and cleans your teeth.

You need to avoid things like fluoride and other chemicals that drain into your system and impact your body in a negative way.

So, all these things, shampoos and skincare, all these things should be organic. Use less of them if it's expensive for you, just don't use as much. As you clean your body from the inside out, all of a sudden, the outside of your body becomes more clean and shiny and beautiful anyway. So, use less of these products and get them organic with no chemicals in them.

As well as learn what chemicals might be around you that you can avoid, unfortunately there are some things we just can't avoid right now in the society we live in. The pollution in the air, until we really change the way we live in harmony with the planet, we're going to have pollution. So, you don't want to walk around in fear going "Oh my god, I can't breathe the air. It's got pollution." But certainly at least where you live and where you work, do everything you can to help create a cleaner environment which could be buying an air purifier, using essential oils that you put in a diffuser, and so forth.

It can be getting rid of toxic clothes, toxic carpets, things like that. It can be about simplifying your life and having less toxins and chemicals in your home, getting rid of cleaning products that have chemicals in them and getting natural plant-based cleaning products. That's what we use in our house. So, all these things can be done once you know what to look for and what to do.

The fourth pillar is social support. So, having one or two people around you that you can trust, that you can confide in, that you can share your deepest secrets with, your darkest thoughts, the things that you feel vulnerable about telling other people... At least one or two people around you that you can trust who are also going on this journey together. So, it could be a cancer support group, could be a family member, could be a best friend. But don't isolate yourself when you have chronic issues going on because isolation tends to lead to fear and anxiety, tends to lead to compromised immune system, tends to lead to vicious repetitive cycles and patterns leading to more disease, overeating, etc.

So, have a good social support system around you. If you don't have anybody at all, email me. We'll find a group for you. There's a lot of groups out there. You can look on Facebook, you can ask around, hop on Google, find support for yourself.

## Brooke Emery:

At the Self-Love and Self-Care Community.

## Nathan Crane:

Hey, there you go. Yeah, yeah.



**Brooke Emery:**

We got you, we got you.

Connection is so important. I love that you said that. I mean, for all of us. I mean, it's so good.

**Nathan Crane:**

Yes. And then the fifth pillar is spiritual connectedness, having a spiritual practice. So, connecting to what I would just call Source, God, Spirit and having a practice that takes you out of yourself and into something higher than yourself. So, whether that's Qigong, it's meditation, it's a yoga practice, it's going to church, it's your spiritual practice but staying connected and committed to that. If it's not nourishing, you then find a spiritual practice that will nourish you.

Last night I experienced a powerful meditation. I was connecting to God and asking questions, just with that deep desire of saying, "I want to know you. I want to experience you. I want to know what God is, what source energy is." I almost got up from the meditation because as you were talking about earlier, it's like after a while, not much was happening.

**Brooke Emery:**

You're like, "Are you there? Hello!"

**Nathan Crane:**

Yeah, there's a little voice inside that said "Nope, just stay with it." What happened next was amazing. I went on this deep visual experiential journey to this light, this orange glowing beautiful light, and went inside the light, and went through this experience that was mesmerizing, and woke up with just great hope and connection and a deeper experience with spirit, with source. That kind of connection in our lives is so important and can remind us that there's something much bigger than just our little lives, our little egos, our little problems. There's something much more infinite and accessible to all of us. So, spiritual connectedness is absolute critical, absolutely key to not only healing but to longevity and happiness and fulfillment in our lives.

**Brooke Emery:**

That's so good. So, before we were speaking about how fear can impact leading us to disease and chronic illness and just fear in general. As you know, there's so much change going on in the world and a lot of unexpected surprises. So, I would love for you to speak a little bit about fear, how to deal with fear.







## Nathan Crane:

Yeah. So, I'm actually doing a series on my YouTube channel, free videos around this topic around the immune system, around what can we do during these challenging times.

Fear, so we talked quite a bit about it already in terms of anger and resentment, but fear does exactly the same thing to the body and the immune system that anger, and resentment

does. There's a lot of science that supports this as well. Being in chronic fear actually diminishes your immune system, you upregulate your parasympathetic nervous system while downregulating your immune system. It actually prevents the full functioning of your body for healing.

So, the video I just recently did, I'll give you the short version, basically, you have an alarming kind of fear and then you have chronic fear, the difference between the two is vitally important. An alarming type of fear is like walking outside, and there's a car that just flipped over. It's on fire, and there's somebody inside. That's an alarming fear that we are designed through our adrenal response to actually be able to save somebody's life or save our own life. We've heard stories of this. You run up to the car, your adrenal system kicks on. When your adrenal system kicks on, your immune system actually shuts off.

So, all the energy goes to your adrenal system, and epinephrine releases, adrenaline releases in your body. All of a sudden, you have superhuman strength and capacity to respond to the situation. You could run over there and literally lift up the car and save someone's life. Or vice versa, someone in the car in that intense state could break open the door or do something to save their life or somebody else's life. That's a beautiful thing we've been designed with to help us survive in those situations. But that is meant to happen once in a while or for very short periods of time, because our brain releases stress hormones into the body like cortisol and other stress hormones that help us, adrenaline, epinephrine. Fine, then we're done with that situation, we calm down, heart rate relaxes, and our body actually removes those chemicals and downregulates the adrenal system/sympathetic nervous system.

Now, chronic fear is when, for example, you wake up and you watch the news every single day. The news is designed to put you into low-grade chronic fear every single day. You're not deathly afraid. You're not jumping out of your seat right now trying to save somebody, but within your body, the same things are happening at a subtle level. Your brain is releasing cortisol. You watch the Coronavirus or something on the news every single day, wake up, you're watching it, you can literally feel your heartbeat speeding up. Epinephrine is releasing in your system. You're literally having the same adrenal response, but over a prolonged period of time because you're doing it daily, and those fearful thoughts are sticking with you throughout the day.

Now, the problem with that is being bathed in these chemicals every single day, day in and day out, is that we're not equipped to deal with that with our bodies. Though, I shouldn't say equipped to deal with it because how our body deals with it is cancer cells start proliferating. A tumor will try to encapsulate those cancer cells actually to try to save your life. Tumors are literally trying to prolong your life. So, people who want to go and just cut out tumor right away. You want to be very careful with that, because that tumor is actually there trying to help prevent the cancer from spreading everywhere else in the body. So, our body has ways of dealing with this, but only to a certain extent until it can't deal with it any longer and your physical systems become incapacitated.

So, we're bathing in the stress chemicals every single day, watching the news, thinking about the worst that could happen, feeling anxiety. As a result of that, not only our mental-emotional state is degraded, but then our physical state starts to degrade. It doesn't happen overnight. This is over the course of years. It takes at least, in most cases, seven years for a cancer diagnosis to actually be identifiable. So, by the time you actually get a cancer diagnosis, you have had it for at least seven years or longer, sometimes 10 or 20 years.





### **Nathan Crane:**

As Dr. Thomas Lodi says in my documentary, we're not really asking, "How do I get rid of cancer?" What we're really asking is "How do I stop making cancer?" Because our choices through our lifestyle, our habits, our mind and emotions, our food, nutrition, toxins, etc, every single day, those choices we're making are either making more cancer cells or are helping us eliminate cancer cells. We all have cancer cells inside of us, every single one of us has cancer cells every single day. But the body is equipped when it's in a harmonious state to eliminate those cancer cells, one of the ways that does is through the lymphatic system.

Through the lymphatic system, it's a very complicated system, but the basics of it is that the lymphatic system is a huge part of our immune system. It has a function that actually produces T killer cells which help to kill cancer cells, remove them out of our system, flush them out. That's when we're doing all the 5 pillars that I'm talking about.

And if I didn't talk about it yet, I have to mention here that exercise is such a critical part of a healthy lifestyle and a cancer-preventing and cancer-reversing lifestyle, because the lymphatic system doesn't have a pump like our blood system does. Our heart has a pump that pumps the blood and the nutrients to the rest of the body. Our lymphatic system doesn't have a pump.

So, it's very interesting if you think about the grand design of the human body that we're actually designed to move. We're designed to exercise. We're designed to move the body, to jump, to run, to swim, to bike, to do all these things. When we do, exercise is the pump that pumps the lymphatic system that moves the toxins out of your body and helps to produce antibodies and T killer cells and all these wonderful things that keep you healthy. So, a daily exercise practice is critical, absolutely critical. Thirty minutes a day minimum, whether it's yoga, Qigong, it's cycling, it's running, whatever you can do. Even if it's gentle, 30 minutes to an hour a day is absolutely what's needed to move the lymphatic system and get those toxins out of your body.

### **Brooke Emery:**

Wonderful. Thanks so much! So, Nathan, please tell us more about your documentary.

### **Nathan Crane:**

Sure, yeah. So, anyone who wants to watch my film, just go to the website, [www.theintegrativeperspective.com](http://www.theintegrativeperspective.com). It's a film I spent 5 years making. I interviewed dozens of world leading experts and cancer survivors all about how we can all learn to prevent and reverse cancer. The film has won its 18th award now and I'm very grateful for all the people it's been helping.



**Brooke Emery:**

Well, I really love the film. I'm really going to encourage people to watch it. I mean, like you said, every minute, we are either producing cancer or not. So, I think everyone will benefit from watching this film. I know that I've learned and gained so much and give thanks to you for putting that together. So, everyone can find that link below. So, now on to my last question. So, let's say you're in an elevator, it's a skyscraper. Someone gets in the elevator with you and that's the last chance that you get to share one message with them. What story jam or piece of wisdom would you share?

**Nathan Crane:**

What a beautiful opportunity to think about. I'd say, don't worry, don't fear. In the larger scheme of things, life is beautiful. It's absolutely as it should be. As much trauma and anxiety and fear as there is out in the world today, at the end of the day, our lives are very short. Who really knows what happens when this life is over, when we leave this body... I feel and really believe that when we leave this body, our energy is just being transformed into another experience, I look at it as an adventure. So, being afraid of death and dying will prevent you from living your life to the fullest.

So, learning to accept that death is actually just another part of this journey is important. There's a transformation that's going to happen. That transformation I think can be quite beautiful. So, it doesn't mean go out and do things that are going to bring you closer to death. That's your choice. But at the end of the day, worrying about the small things in life, the petty things, the tiny things. Did they clean up their room? Did that person cut you off in traffic? At the end of your life, none of those things are going to matter. Talk to a lot of people who were right at the end of their life, and I was right at the end of my life when I was about 18 years old. So, I know what that feeling is like when you feel like you're about to leave this Earth and you don't really care about all those little things that happened to you.

What's important at the end of your life did you live your life to the fullest? Did you give back to others? Did you follow your dreams and your pursuit of happiness and fulfillment? Did you do what your heart is telling you to do? Were you kind and generous to others? Did you really step into your highest self, your highest potential? I don't know if any of us could ever really know our highest potential. But certainly, we know if we've stepped into higher potentials and higher potential and higher potential. If you are doing that every day, you're focusing on helping others, you're doing what brings your heart lots of joy and happiness.

At the end of your life, you're going to feel fulfilled and you'll be ready to go. That next adventure, we don't really know, but I don't think it's anything to be afraid of, and that we know that fear doesn't help us anyway. So, let's focus on what we can do right now. Focus on solutions. Let's focus on having a good life, helping others. I wish you the greatest health and happiness and fulfillment in your life and the people around you.





**Brooke Emery:**

Thank you. That was a beautiful elevator ride. I'm so blessed to get to take it with you. Well, I want to thank you so much for spending this time with us and it's been mind-blowing and honor to share space with you today. Thank you for your wisdom and your love and your beautiful energy. I'm really grateful that you were here with us.

**Nathan Crane:**

Oh, my pleasure, Brooke. Thank you for having me. Thank you for putting this on and for the great work you do. Thank you to everyone for tuning in and staying with us through this ride. Know that you have support. Thank you so much and be well.

\*\*\*Interview compliments of Brooke Emery and Tammy Lawman, Hosts of the Self Love and Self Care Symposium.

Learn more at: <https://selfloveandselfcare.com/register/aff/52/>



# Nathan Crane



Nathan Crane is an award-winning author, inspirational speaker, plant-based athlete, event producer and 18x award-winning documentary filmmaker.

Nathan is the Founder of The Panacea Community, Creator of the Global Cancer Symposium, and Director and Producer of the documentary film, Cancer; The Integrative Perspective.

In 2005, at only 18 years old, Nathan began his health, healing and spiritual journey, eventually overcoming a decade of brutal teenage addiction, house arrest, jail and challenging times of homelessness to become an international author, filmmaker and speaker dedicated to health, healing and conscious awakening.

Mr. Crane has received numerous awards for his contribution to health, healing, and personal development including

the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural methods for healing cancer.

With 15 years in the health and wellness field, Nathan has reached millions of people around the world with his inspiring messages as a regular contributor to a number of national magazines, television and radio interviews, conferences, expos, summits and podcasts.

His website is [NathanCrane.com](https://NathanCrane.com)