

TOXINS ELIMINATED

How to Detox
the Worst Cancer-Causing Culprits
from Your Body



NATHAN CRANE

2 Questions

1. Who here has cancer?
2. Who wants to prevent cancer?

Who didn't raise their hand?
(Are you telling me you want cancer?)



What You're Going to Learn

The 9 Cancer Causing Toxins Likely **Stuck**
in Your Body Right Now...



NATHAN CRANE

And...

The 3 Secrets Why they are **Preventing**
You from Healing...



NATHAN CRANE

And...

Why They Are **Damaging** Your Body 24/7
Leading to Chronic Disease Without You
Even Knowing it...



NATHAN CRANE

And...

How to **Detox** Them!

(How's that sound?)



NATHAN CRANE

WARNING

But I have to warn you, once you learn this information, you can not go back. You may be shocked, astonished, surprised, even enraged, and then inspired, supported, and empowered. Some of this can be intense, so if you don't want to know the brutal truth about the toxins you're exposed to everyday, and how to eliminate them, then I would not be offended if you decided to leave.



NATHAN CRANE

So For the Brave Ones!

So for those of you still here, I commend you for your bravery and commitment. We'll see if by the end you're glad you stayed, or wish you'd left when you had the chance. ;-)



So Who Am I?

I'm not a Doctor, I'm an **independent** health researcher, a certified holistic cancer coach and a certified professional nutrition coach with nearly **2 decades** in natural health research, experimentation and education.



NATHAN CRANE

PhD

I've thought about going back to school and getting my PhD, but even after having put in 10,000+ hours of independent research and education, they still want me to start from scratch as if I was a brand new student.



Dr. Lodi



And my good friend Dr. Thomas Lodi told me that it's better I'm NOT a Doctor because I've somehow **learned more about cancer and metabolic health** than most doctors he's spoken to, so he recommended I don't go back to school. *(And he's a Doctor, so I figured I better listen to him!)*



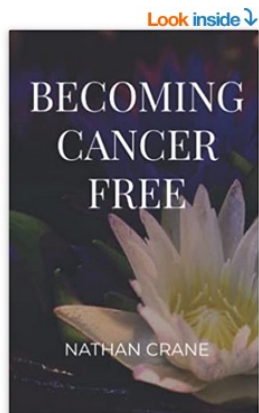
So Instead of School

Instead of going to school, I actually dropped out of high school, and I spent from 2005 until this day immersed in independently researching and **experimenting** with just about every major health protocol, diet and lifestyle approach on the planet, and during that time I've built multiple companies helping **millions** of people learn how to **improve** their health and live a kick-ass life!



NATHAN CRANE

Becoming Cancer Free



Becoming Cancer Free

by Nathan Crane (Author)

#1 New Release in Cancer

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Paperback
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1 New from \$10.95

Cancer is one of the scariest diagnoses a person can receive. But it doesn't have to be. Cancer does not mean the end of life.

There are many people, who against all odds, following many of the principles you'll learn in this book, who have healed their cancer naturally.

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Print length



149 pages

Language



English



[See all 2 Images](#)

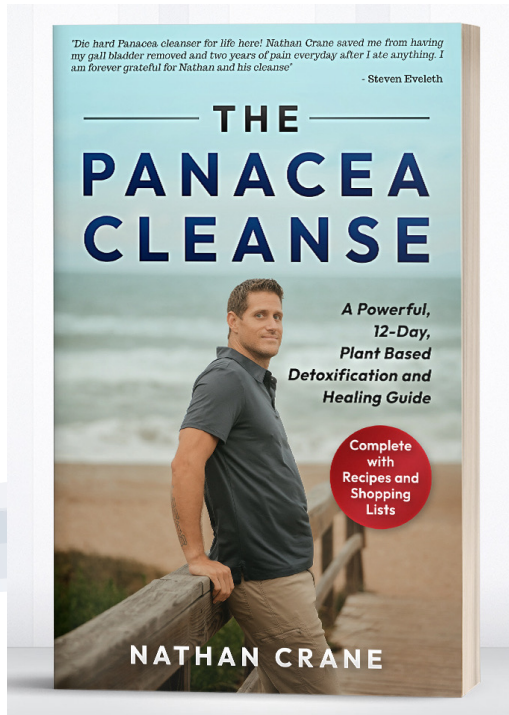
And from that research: I wrote a #1 **Bestselling** Book, “Becoming Cancer Free”, helping people learn how to prevent and heal cancer naturally...



NATHAN CRANE

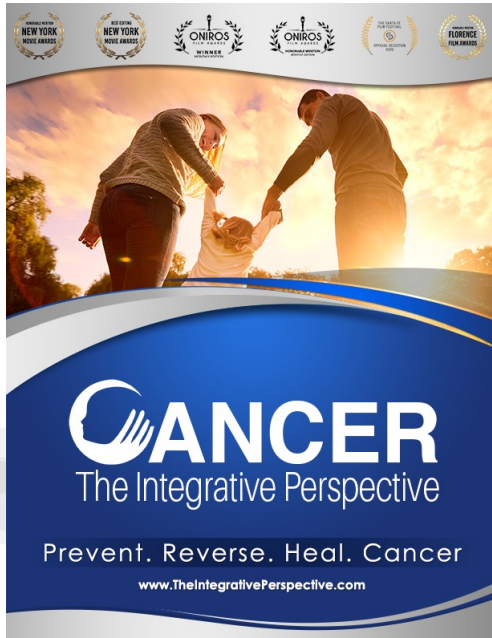
The Panacea Cleanse

I spent 2 years designing and experimenting with a **14-day whole body cleanse** that burns fat and removes chemicals, toxins, and gallstones from your body called The Panacea Cleanse...



NATHAN CRANE

Cancer; The Integrative Perspective



I directed, edited, narrated and produced the 20x award winning documentary, “Cancer; The Integrative Perspective” that has **inspired** hundreds of thousands of people around the world...



NATHAN CRANE

Conquering Cancer



I co-founded **Conquering Cancer**, empowering millions of people around the world with holistic solutions through our documentary series, masterclasses, and coaching...

Conquering Cancer PRESENTS
THE MISSING
LINK



NATHAN CRANE

The Beljanski Foundation



Beljanski®

THE BELJANSKI FOUNDATION

I volunteer on the Board of Directors for the Beljanski Foundation, a non profit that's published nearly 2 dozen scientific papers showing the incredible anti-cancer properties of natural plant medicine...



NATHAN CRANE

Holistic Leadership Council



I am the President of the Holistic Leadership Council, a private think-tank mastermind group of **world class** physicians and health experts where we share solutions and expertise for improving healthcare globally...



NATHAN CRANE

Plant Powered Athlete

The logo consists of a black rounded rectangle with a white border. Inside, the words "PLANT POWERED" and "ATHLETE" are stacked in a bold, white, sans-serif font.

PLANT POWERED
ATHLETE

I founded Plant Powered Athlete, a supplement company and clothing line helping people of all ages **improve** their athletic potential by strategically incorporating plant based nutrition into their diet...



NATHAN CRANE

Professional Athlete (Almost)



I've been training my butt off every day for the past 6+ years to try and become a professional Crossfit athlete (*I'm not there yet, but still working on it!*)...



NATHAN CRANE

Father and Husband



I am the lucky father of 2
incredible children and
the lucky husband of 1
amazing wife...



NATHAN CRANE

And...



I like to secretly lay outside by my pool naked in the sunshine between meetings, and **hope** we have no surprise visitors during the day!



NATHAN CRANE

Ok, Enough About Me...

Let's talk about **YOU!** And people like you, who've had incredible results from the programs and classes I teach and share...



NATHAN CRANE

Stage 4 Cancer

This is from a client, she wrote to me and said, “I have stage 4 cancer, and I’ve been following your work making the **changes** you talk about. I now have tremendous hope and the greatest news of all: I just got back from my latest Doctor’s visit and all of my scans have shown improvement – the cancer is regressing!

Thank you with all my heart,”

~*Cece* (Asked to keep her real name private)



Faith from Frank

This is from Frank, he said, “Let me begin by saying that I was diagnosed with pancreatic cancer June 1, and you and the great work you do are one extremely strong reason that I have complete faith that I will make a complete recovery. Into a world of grim statistics you bring light, **hope** and the power of knowledge and truth.

With great appreciation and kind regards,”

Frank



NATHAN CRANE

I'm Grateful

I receive hundreds of testimonials like these every year, and for the sake of time, I won't go into all of them – but I wanted to share some of these with you because I want you to know that people just like you are benefiting from this information, and it truly fills me with **gratitude** and **fulfillment** to keep doing this incredible work helping thousands of people just like you all over the world.



NATHAN CRANE



Diāna Poņemecka

What a fantastic documentary! I wish my mom could see it. She passed due to cancer in 1997..But I am happy I can see it! God bless your work, love from Latvia.

Unlike · Reply · 1 · 35w



Delia Ibanez-Bissen

This was very helpful to my spouse and myself. Thank you for all your efforts and know it is greatly appreciated!

Unlike · Reply · 1 · 35w



Colleen Benevedes

I finished it, and I love your ending. Just one thing! I shared this because it has such a beautiful message. Thank you Nathan!

Unlike · Reply · 1 · 35w



Debbie Shaw

what a wonderful film - I have been diagnosed numerous times and I'm still fighting. The information you suggest is what patients like I reach for when the doctors tell me I need to change nothing - I know that there is more I can do for myself , I wish the Doctors could look beyond treatment and look into prevention

Unlike · Reply · 1 · 35w



NATHAN CRANE



Ana Luz

Amazing! Thank you for all the work and energy you put in to make this incredible documentary.

Unlike · Reply ·  1 · 35w



Brian Reingold

Fantastic presentation, information, and shared wisdoms. I have an ongoing project that is similar and its become more intune with what yours conveys. Thank You for Sharing.

Unlike · Reply ·  1 · 35w



Bruce Axten

Thank you Nathan for making a truly informative, inspirational and empowering film. Truly generous. Thank you.

Unlike · Reply ·  1 · 35w



Carolyn Spencer

Thank you so much for making this film. I have had things that really stick out, that was said in this film, that I need to do and work on in healing my sarcoma. Also where my thinking went wrong that created this disease in my body. This film is such a blessing to so many !

Unlike · Reply ·  1 · 35w



NATHAN CRANE



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Unlike · Reply ·  1 · 35w



Beverley Compton-Smith

Amazingly informative, empowering, and inspirational! Thank you so much Nathan Crane! 😊

Unlike · Reply ·  1 · 35w



Adriana Velez

Thank you very much for this amazing job Nathan. Many blessings to you.

Unlike · Reply ·  1 · 35w



Andrea Gold

Well executed, Nathan Crane! I hope you reach the universe, so all may open their minds and hearts to true healing and know they are empowered to make it so.

Unlike · Reply ·  1 · 35w



NATHAN CRANE

But First, the Results Disclaimer

So before we get to the “coconut meat” of the presentation, I of course can not guarantee you will absolutely prevent or cure cancer or any disease.

What I can guarantee is you will leave this presentation feeling more **empowered** and informed than when we started.

And I will give you real **solutions** based in science to support you on achieving higher levels of health and vitality

Sound good?!



NATHAN CRANE

Here's The BIG Takeaways

1. If you are having challenges with your **health** in any way, whether cancer or otherwise, it is most likely due to 1 or more of these 9 major toxins.
2. You have to learn how to remove and eliminate these 9 major toxins if you want to **heal** and thrive.



So What is Cancer?



To understand why these 9 toxins can lead to cancer and other chronic diseases, the first thing we need to answer is, “what is cancer?”

Does anyone know who this gentleman is?

Hint: His name rhymes with “MoreBurg”



NATHAN CRANE

Otto Warburg

That is Otto Warburg. He won the nobel prize in physiology and medicine in 1931 for his discovery of the nature and mode of action of the respiratory enzyme.

As part of this research, he **discovered** that cancer cells switch from oxidative phosphorylation, otherwise known as healthy cellular respiration, to a fermentation process called Aerobic Glycolysis, which utilizes a tremendous amount of glucose for its **energy** production.



Otto Warburg

Otto Warburg was first to theorize that cancer was a metabolic disease, a disease of the mitochondria, **not a disease of the genome** as many doctors still believe today.

Many scientists have gone on over the years to replicate his work and prove that the major cause of cancer is **mitochondrial damage**, not genetics, and that DNA damage is a downstream effect instead of a primary cause.



Otto Warburg

He was able to help further an understanding that the cells become cancerous because of **excessive damage** to the mitochondria in the cells.

And so the next most important question someone should ask once they know that information is, “what causes mitochondrial damage?”

And You guessed it! These 9 major categories of toxins!



9 Major Toxins

These **9 toxins** we're about to discuss are in my professional opinion and extensive research, the most important toxins you need to eliminate from your body if you want to heal and thrive, whether you want to prevent cancer or to even reverse it.

And once you do, your body is significantly more empowered to do what it does best, **fight cancer** and other chronic diseases, and heal itself.



RCTs

Are there randomized controlled trials that proved that these 9 toxins cause cancer and once you remove them, the cancer goes away? Unfortunately not. We don't have that kind of science yet, and it's unlikely we will anytime soon. But, everything I share with you is **backed by science** and once you see the data I share I believe you will understand exactly why I recommend eliminating these 9 major toxins from your life and your body.



Thousands

And you might ask, “Aren’t there thousands of toxins we’re exposed to? Why only 9 major toxins? And not thousands?” Great question. We’ll cover that more in depth, but the short answer is, these are the 9 **categories of toxins** we’re going to cover, not 9 individual toxins, and we can reduce, mitigate, and even completely eliminate entire categories with what I’m going to show you.



Toxins Are Everywhere!

Unborn babies pumped full of hazardous man-made chemicals

Posted on 23 July 2005

Until recently scientists believed that the placenta shielded the developing baby from most chemicals and pollutants in the environment. However a new study from the United States has found that cord blood is actually carrying hazardous chemicals to the unborn babies.

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In a study for the Environment Working Group in the United States two major laboratories** tested the cord of 10 newborn babies for 413 chemicals. They found that the blood in the babies' cords contained an average of 200 industrial chemicals and pollutants. As cord blood reflects what is being carried through the placenta, this shows that man-made chemicals that have entered the women's bodies are being passed directly to the unborn baby.

Altogether 287 chemicals were detected in umbilical cord blood, including 209 of which had never been detected before in cord blood. One hundred and eighty of these are carcinogenic, 217 are toxic to the brain and nervous system and 208 cause birth defects or abnormal development in animal tests.

The chemicals found included eight perfluorochemicals used as stain and oil repellents in fast food packaging, clothes and textiles (including the Teflon chemical PFOA) and dozens of widely used flame-retardants.

The results were published in *Body Burden: The Pollution in Newborns* and were taken from blood samples of 10 babies born in US hospitals in August and September 2004.

Society's responsibility to ensure new-born babies are not polluted



The blood in the babies' cords contained an average of 200 industrial chemicals and pollutants.
© Dupont/Science Photo Library

RELATED LINKS

- [Download report: Body Burden - The Pollution in Newborns](#)
- [Britain's toxic teens](#)
- [WWF's Detox Campaign](#)

So let's start to understand why toxins are such a big deal for our health right now. Until recently, scientists believed that the placenta shielded the baby from most of the **environmental chemicals** and pollutants we're exposed to everyday. Have you heard that?



NATHAN CRANE

Toxins in Baby Cord Blood

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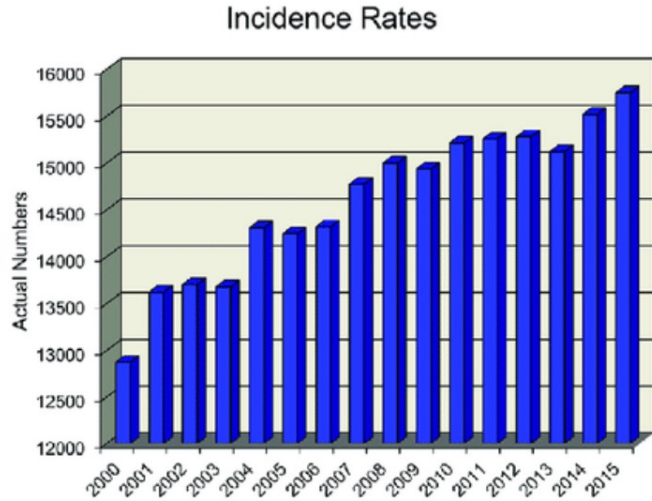
- Download report: [Body Burden - The Pollution in Newborns](#)
- [Britain's toxic teens](#)
- [WWF's Detox Campaign](#)

BUT – The EWG did a study and found in the blood of babies' umbilical cords contained an average of 200 industrial chemicals and pollutants! One hundred and eighty of these are carcinogenic (cancer-causing), 217 are toxic to the brain and nervous system and 208 cause birth defects or abnormal development in animal tests.



NATHAN CRANE

Cancer #1 Cause of Death by Disease in Children Under 19



And From 2000 to 2015 we saw cancer rates in children increase substantially.

Not to mention, cancer is the #1 Cause of Death by Disease in Children Under 19!

<https://www.childrenscancercause.org/facts>



NATHAN CRANE

Cancer #1 Cause of Death by Disease in Children Under 19

Every year, in the US alone 15K children are diagnosed with cancer.

And over 300K globally.

This is shocking because Cancer was virtually non-existent in children until the past few decades.



<https://curesearch.org/childhood-cancer-statistics>



NATHAN CRANE

Cancer Increasing in Young Adults

A recent study, published in BMJ Oncology, shows the number of people under 50 worldwide being diagnosed with cancer **has risen by nearly 80%** over the past 30 years!

Global cases of early onset cancer increased from 1.82 million in 1990 to 3.26 million in 2019, that's a 79% increase! And more than a million people under 50 a year are now dying of cancer. Since 1990, the incidence and deaths of early onset cancers have **substantially increased globally.**

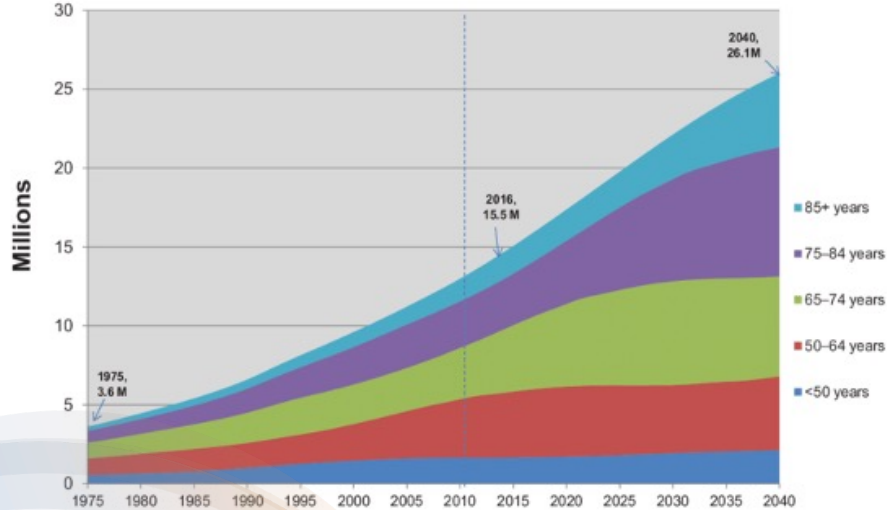
<https://bmjoncology.bmj.com/content/2/1/e000049>



NATHAN CRANE

Cancer Increase in Adults

Adult cancers including people over 50 are also increasing. Let's look at this chart.



From 1975 – to present day, you can see the massive increase from **3.6 MM** diagnosed to **15.5 MM** diagnosed in the US alone, not to mention the 10s of millions worldwide. I was told by an expert that in the 1950's the incidence rate was only 10%. *(I've been unable to verify that as it's nearly impossible to find that diagnosis/prevalence data)* But, now it's over 40% of men and women being diagnosed!

https://www.researchgate.net/figure/Estimated-cancer-prevalence-by-age-in-the-US-population-from-1975-216-M-to-2040-380_fig1_304671696



NATHAN CRANE

Melanoma for Example



In the initial period (1950-1954), a diagnosis of invasive melanoma was **rare**, with 1.9 patient cases per 100,000 for men and 2.6 patient cases per 100,000 for women. Between 1950 and 2007, overall incidence rates **rose more than 17-fold** in men and more than nine-fold in women. During these six decades, mortality rates more than tripled in men and doubled in women.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3906570/>



NATHAN CRANE

So What's Changed?



<https://www.annalsofglobalhealth.org/articles/10.5334/aogh.2831/>

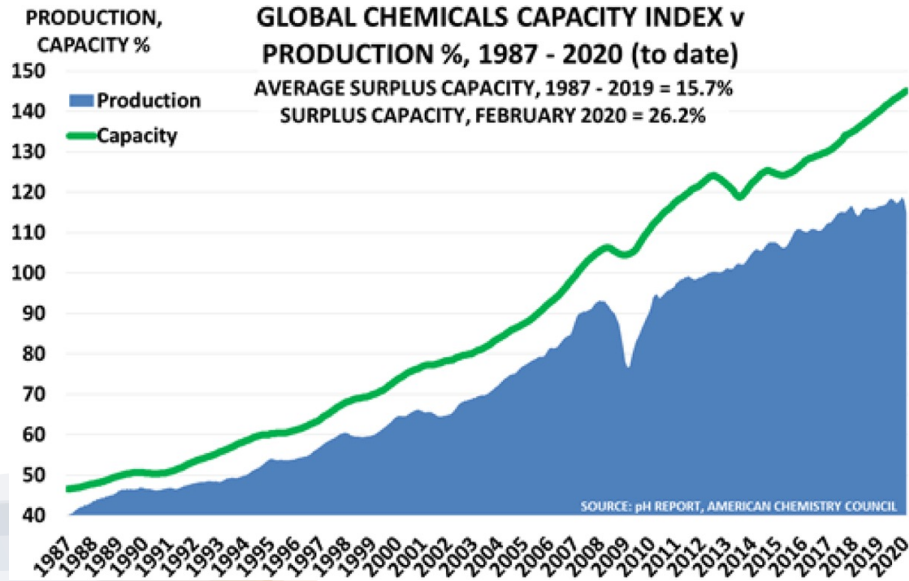
What's the #1 thing that has changed over this past century that could be contributing to this **cancer explosion**?

I believe, and my research will back it up, that it has mostly to do with the explosion of **manmade** chemicals and toxins we're exposed to every day!



NATHAN CRANE

Man-Made Chemicals



Look at the chemical industry production increase during the similar timeline. More than 140,000 new chemicals have been invented and manufactured over the past 75 years alone.

These synthetic chemicals are largely produced from fossil fuels like coal, oil, and gas.

<https://www.annalsofglobalhealth.org/articles/10.5334/aogh.2831/>



NATHAN CRANE

Widely Disseminated



Manufactured chemicals have become widely **disseminated** in the environment and are found today in the most remote areas of the planet - Humans are exposed to these chemicals every day. In national surveys conducted across the CDC, measurable quantities of more than 200 manufactured chemicals are **routinely detected** in human tissues.

<https://annalsofglobalhealth.org/articles/10.5334/aogh.2831#B193>



NATHAN CRANE

Chemicals Allowed



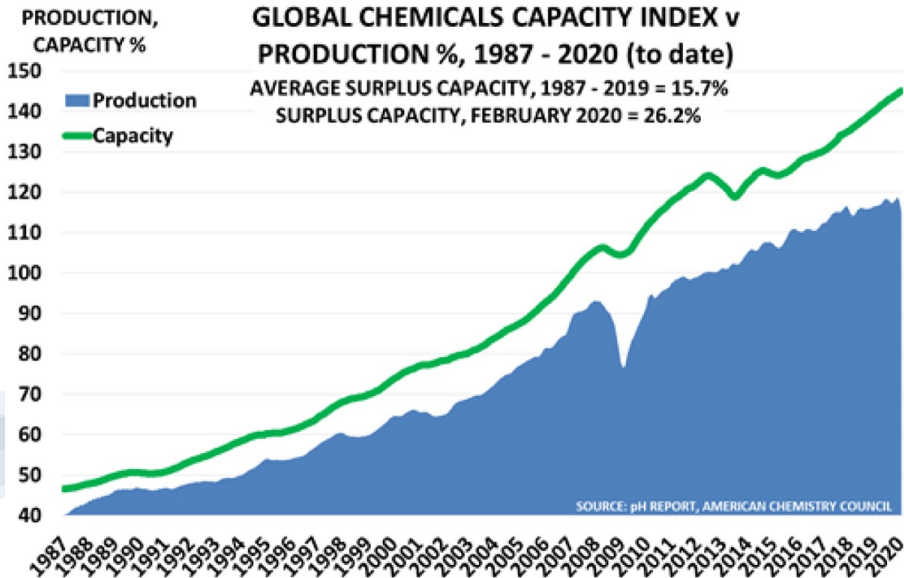
In most countries, manufactured chemicals are allowed to enter markets with **little scrutiny**. Some are found only after years or even decades of use to have caused damage to human and ecosystem health. Examples include DDT, asbestos, lead, and chlorofluorocarbons. You remember those?

<https://annalsofglobalhealth.org/articles/10.5334/aogh.2831#B193>

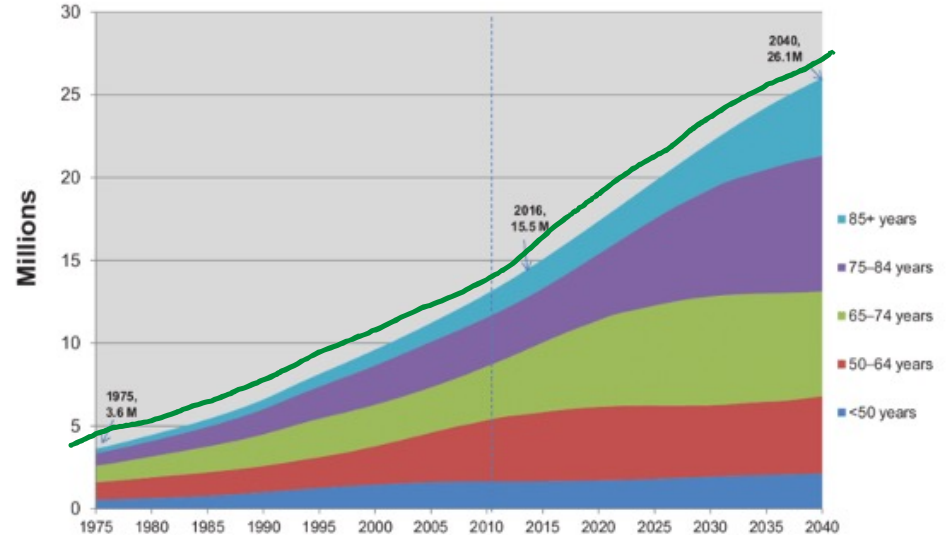


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Look at These Charts Side by Side, What Do You See?

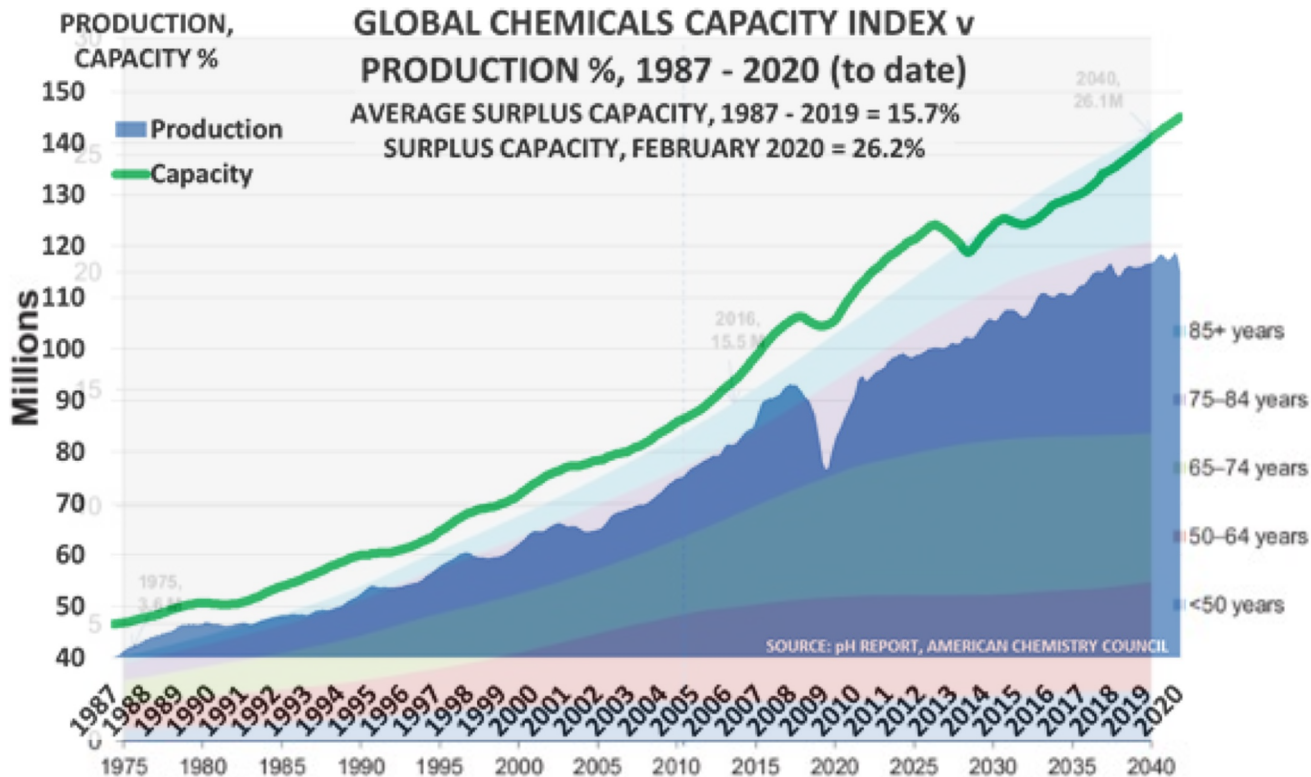


Cancer Incidence 1975-Date



NATHAN CRANE

Cancer Incidence 1975-Date

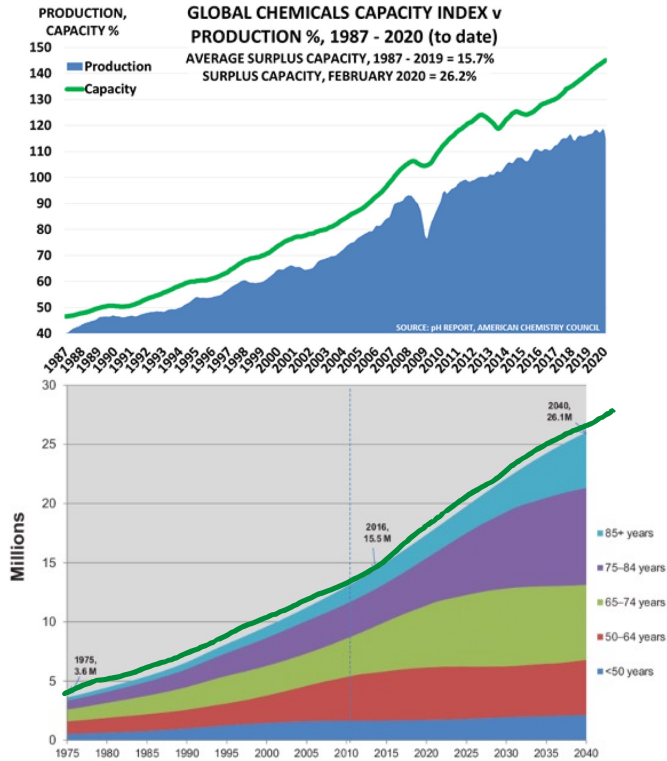


<https://anna>



NATHAN CRANE

Look at These Charts Side by Side...



Look at the chemical production chart and the cancer chart. They are almost identical, right?!

While these charts are only anecdotal when comparing side by side, with the **recent studies** we now have, there is no doubt any longer that our overexposure and overconsumption of toxins is contributing to the explosion of cancer and other chronic diseases, and I'll prove it.



NATHAN CRANE

9 Major Toxins

Out of all of my research over the years, there are 9 major toxins that we need to be aware of to get out of our lives and out of our bodies if we want to **heal and thrive**. Would you like to learn them?



NATHAN CRANE

The 9 Major Toxins

- Heavy Metals
- Phthalates
- Pesticides, herbicides and fungicides
- Processed Sugar
- Electromagnetic Pollution
- Candidalysin, Viruses, Bacteria, Parasites and Mycotoxins
- Fillers, Additives and Preservatives
- VOCs
- ACEs and Chronic Toxic Stress



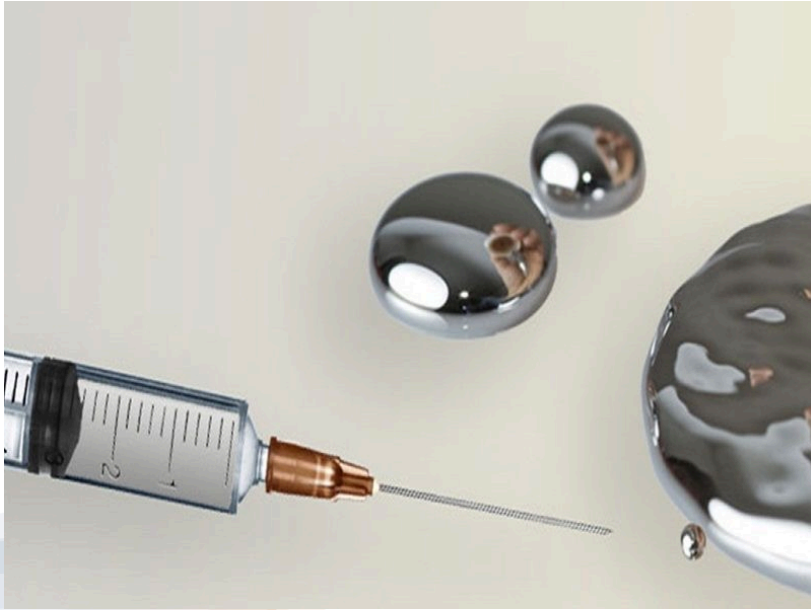
Mercury



Ok, let's start with heavy metals. Now we don't have time to go into every single one of these heavy metals during this presentation, but I'll go through some of the big ones with you now, and **I'll give you solutions for ALL heavy metals.** But let's start with Mercury – one of the heavy metals you should consider getting out of your life and your body if you want to heal.



Mercury



The brain is the organ in the human body most vulnerable to mercury. There appears to be no safe level of methylmercury exposure in early human development.

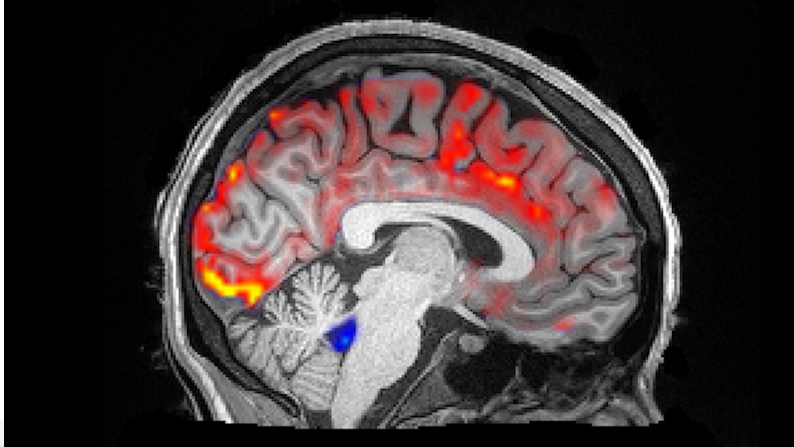
Prospective epidemiological cohort studies showed that **children** exposed to mercury *in utero* exhibit decreased motor function, shortened attention span, reduced verbal abilities, diminished memory and reductions in other mental functions. Follow-up of these children to age 22 years indicates that these deficits persist and appear to be permanent. And guess what's in some childhood **vaccines**?
Yep, mercury.

<https://annalsofglobalhealth.org/articles/10.5334/aogh.2831#B66>



NATHAN CRANE

Mercury



Recent studies have shown that adult exposures to mercury may have negative effects on brain function, an increased risk for acute coronary events, coronary heart disease, and cardiovascular **disease**, and negative effects on blood pressure alterations and abnormal cardiac function.

<https://annalsofglobalhealth.org/articles/10.5334/aogh.2831#B66>



NATHAN CRANE

Mercury



The International Agency for Research on Cancer (IARC) classified methylmercury compounds as possibly carcinogenic to humans, and rats that ate an inorganic mercury compound developed stomach, thyroid, or kidney cancer

The flu vaccine, among others, use Thimerosal as a preservative, which is about 50% mercury. How many of you knew that?

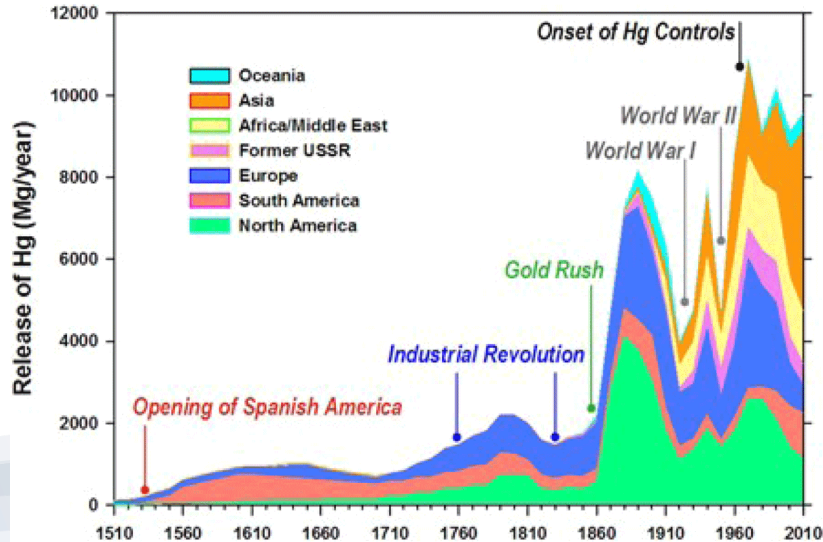
Mercury is found in the water, in fish, seafood, in cosmetics, **mascara**, **skincare products**, and is most likely in your body right now.

https://www.medscape.com/viewarticle/531026_3?form=fpf



NATHAN CRANE

Let's Look at this Chart



<https://www.annalsofglobalhealth.org/articles/10.5334/aogh.2831/>

An estimated 2,220 tons of mercury are currently dumped into the environment each year as the direct result of human activity. These emissions account for about 30% of current mercury emissions. Another 60% of current mercury emissions result from environmental recycling of mercury previously deposited in soils and water. The remaining 10% comes from natural sources such as volcanoes. That means 90% of mercury you're exposed to is from human beings, not nature.



NATHAN CRANE

Mercury



Combustion of coal and small-scale gold-mining (ASGM) are the two principal human sources of current mercury emissions. All coal contains mercury and when coal is burned, **mercury is released into the atmosphere** where it can travel for long distances until ultimately it precipitates into rivers, lakes and the oceans. This is why you find mercury in a lot of fish that's tested today. There may even be mercury in your drinking water, and if you have silver amalgams, **you have mercury in your mouth right now**. Would you agree it's probably a good idea to get the mercury out of our lives and our bodies?

<https://www.annalsofglobalhealth.org/articles/10.5334/aogh.2831/>



NATHAN CRANE

Aluminum

Another heavy metal we're often exposed to every day is aluminum.



According to an Aluminum Toxicosis review:

Intake of Al by inhalation of aerosols or particles, ingestion of food, water and medical treatments, skin contact, vaccination, dialysis and infusions... may lead to oxidative stress, immunologic alterations, genotoxicity, pro-inflammatory effects, peptide denaturation, enzymatic dysfunction, metabolic derangement, necrosis and dysplasia - and can cause interstitial pneumonia, granulomas, fibrosis...

<https://pubmed.ncbi.nlm.nih.gov/32206026/>



NATHAN CRANE

Aluminum



...toxic myocarditis, thrombosis, ischemic stroke, Crohn's disease, inflammatory bowel diseases, anemia, Alzheimer's disease, dementia, sclerosis, autism, macrophagic myofasciitis, infertility, breast cancer and cyst, pancreatitis, pancreatic necrosis and diabetes mellitus.

BTW - How many of you have or know someone who has, at least 1 or more of these **diseases**?

<https://pubmed.ncbi.nlm.nih.gov/32206026/>



NATHAN CRANE

Aluminum

You are exposed to aluminum from your cookware, your drinking water, your food and more.



Our bodies can handle small amounts of heavy metals, but at certain points of chronic exposure, they become toxic. We need to avoid and detox aluminum if we **want our bodies to thrive**.

There's more heavy metals we're exposed to but the detoxification and solutions, are very similar, so let's look at one of the other toxins known as **phthalates**.



NATHAN CRANE

Phthalates / Plastics

Plastic products are filled with toxic chemicals. One group of those chemicals is called Phthalates. According to the CDC, Phthalates are a group of chemicals used to make plastics more durable. They are often called plasticizers. Some phthalates are used to help dissolve other materials. Phthalates are in hundreds of products, such as vinyl flooring, lubricating oils, and personal-care products (soaps, shampoos, and hair sprays).



https://www.cdc.gov/biomonitoring/Phthalates_FactSheet.html



NATHAN CRANE

Phthalates / Plastics



Construction



Wires



Packaging



Automotive



Toys



Medical

The manufacture, use and disposal of various plastics can pose numerous health risks, including the risk of cancer. A common type of plastic is PVC. The P stands for Poly, and the VC stands for vinyl chloride (**VC**) Vinyl Chloride is classified as a known human carcinogen – meaning it causes cancer. (PVC) is one of the most commonly manufactured plastics in the world, used in a wide variety of products we use today.

https://www.cdc.gov/biomonitoring/Phthalates_FactSheet.html



NATHAN CRANE

Phthalates / Plastics

Phthalate exposure is associated with adverse developmental effects in terms of **increased prenatal mortality, reduced growth and birth weight, skeletal, visceral, and external malformations in rodents.**

Chronic exposure to phthalates will adversely influence the endocrine system and functioning of multiple organs, which has negative long-term impacts on the success of pregnancy, child growth and development, and overall hormonal and immune health of adults.

If we want to help our bodies **prevent or fight off cancer and chronic disease, we have to reduce the amount of plastics and the plastic chemicals from our lives and our bodies.**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3327051/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8157593/>



NATHAN CRANE

Pesticides, Herbicides and Fungicides



https://www.nature.com/scitable/blog/green-science/the_dangers_of_pesticides/

Next, let's talk about another toxin we're all exposed to every day; Pesticides. Even though pesticides are sprayed on land, many times, they can make their way into a water source, such as a river, ocean, or pond. If a body of water becomes contaminated with the chemicals, many fish and other animals may die and get sick. This **throws the whole ecosystem off balance**. Pesticides can also affect groundwater by a process known as leeching, and end up in our drinking water.



NATHAN CRANE

Pesticides, Herbicides and Fungicides



Not only are pesticides dangerous to the environment, but they are also hazardous to a person's health. Pesticides are stored in your colon, where they slowly poison the body. You may not realize this, but when you are eating a non-organic pear, **you can also be eating over 30 different pesticides** that have been sprayed on the pear. Even if you wash a piece of fruit, there are still many pesticides lingering on it and they could have seeped into the fruit or vegetable.

https://www.nature.com/scitable/blog/green-science/the_dangers_of_pesticides/



NATHAN CRANE

Pesticides



After countless studies, pesticides have been linked to cancer, Alzheimer's Disease, ADHD, and even birth defects. Pesticides also have the potential to harm the nervous system, the reproductive system, and the endocrine system. Pesticides can even be very harmful to fetuses because the chemicals can pass from the mother during pregnancy and nursing. Although one piece of fruit with pesticides won't kill you, if they build up in your body, they can be potentially detrimental to your health and should be avoided as much as possible. I recommend getting pesticides out of your life and your body if you want to heal and thrive.

https://www.nature.com/scitable/blog/green-science/the_dangers_of_pesticides/



NATHAN CRANE

Processed Sugar



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9471313/>

Let's talk quickly about sugar. We all know processed sugar is not good for us, and can lead to all kinds of health problems. And while we can't yet say sugar directly causes cancer, it's more clear now than ever that it's a major contributor. Excessive intake of dietary sugars can cause metabolic disorders and increase inflammatory mediators and certain pro-inflammatory cytokines in various tissues, which leads to insulin resistance and low-grade chronic **inflammation** – and we know that chronic inflammation **causes** cancer.



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Not All Sugar is Equal



But remember, not all sugar is equal. Our bodies and brains need sugar (glucose) to survive and thrive. And the processed sugar that comes in packets and sweetened meals is not the same as the sugar that's in **fruits, berries, vegetables and other** healthy carbohydrates.

What else comes with fruits, veggies and complex carbs aside from sugar? Water, fiber, vitamins, minerals, amino acids, and thousands of phytonutrients and **anti-cancer nutrients** such as polyphenols like phenolic acids, stilbenes, lignans, and flavonoids which includes things like quercetin, anthocyanins, resveratrol, and catechins shown to massively protect the body against cancer.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5187535/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5037537/>



NATHAN CRANE

EMFs



Next up we have EMFs. And while I forgot to bring my tinfoil hat today, this is actually a very real concern. Now we all appreciate our cell phones, computers, and internet connections, right? Imagine not having internet for a month, *what would you do?* But did you know it may be causing mitochondrial damage and potentially leading to cancer?

Several studies have reported that exposure to EMF results in oxidative stress in many tissues of the body and is known to increase free radical concentrations, and free radicals can damage DNA, proteins, and cell membranes, and directly impair mitochondrial structure and function.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6025786/>
<https://www.intechopen.com/chapters/39565>



NATHAN CRANE

EMFs



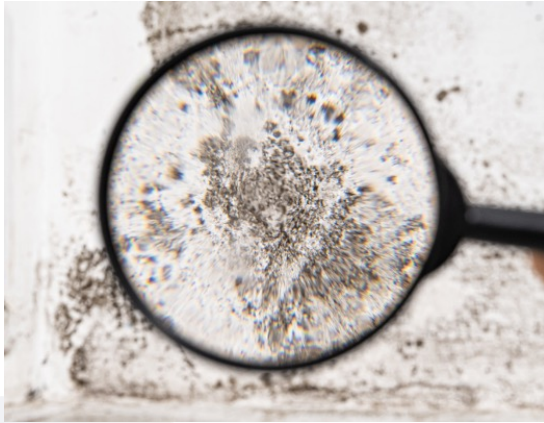
“The results of the recent studies not only clearly demonstrate that EMF exposure triggers oxidative stress in various tissues, but also that it causes significant changes in levels of blood antioxidant markers. **Fatigue, headache, decreased learning ability, and cognitive impairment** are among the symptoms caused by EMFs.” Additionally, studies show that EMFs can damage mitochondrial function, and as Otto Warburg determined, mitochondrial dysfunction can lead to cancer. But don’t worry, I’ll share with you a **simple solution** for reducing EMF exposure.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6025786/>
https://ec.europa.eu/health/scientific_committees/emerging/docs/emf_3.pdf



NATHAN CRANE

Candidalysin, Mycotoxins, Viruses, and Parasites



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8004694/>
<https://pubmed.ncbi.nlm.nih.gov/30180298/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10458073/>

#6 on the list are Candidalysin, Mycotoxins, Viruses, and Parasites. Our bodies require a delicate balance between fungi, bacteria and viruses to perform many functions that lead to health such as help digest food, destroy disease-causing cells, produce vitamins, enhance the immune system, and fight off bad bacteria.

But, certain yeasts, mycotoxins, bacteria and viruses (*and no, I'm not talking about your husband*) can damage our mitochondria, cause inflammation, and lead to a whole host of metabolic and immunological dysfunction in the body. Some of these include aflatoxins, hepatitis, *M. tuberculosis*, *E. coli*, and many others. So I'll share with you how to balance your gut microbiota to reduce and detox the bad ones.



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Fillers, Additives, and Preservatives



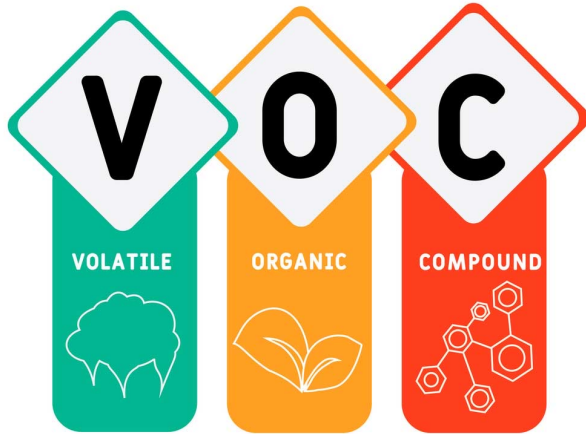
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6384600/>
<https://www.frontiersin.org/articles/10.3389/fimmu.2017.01478/full>

Another major category we need to reduce and remove are fillers, additives and preservatives. We are exposed to so many of these in processed food and cosmetics today. While an individual preservative may not cause immediate damage, when you combine dozens of these put on our bodies for years on end, the effects could be disastrous. Studies have shown that **mixing multiple chemicals together** in products may cause DNA damage, mitochondrial damage, can contribute to immune-mediated metabolic dysregulation and even cause large amounts of healthy cells to die off early. We're supposed to be using these for our health and beauty, and yet they may be leading to disease instead as I've already shown.



NATHAN CRANE

VOCs



<https://www.epa.gov/indoor-air-quality-iaq/volatile-organic-compounds-impact-indoor-air-quality>
Image from: <https://www.ourpcb.com/voc-sensors.html>

#8 on the list is VOCs. VOCs are Volatile Organic Compounds. VOCs include a variety of chemicals, some of which may have short and long-term adverse health effects. Concentrations of many VOCs are consistently higher indoors (up to ten times higher) than outdoors.

VOCs are emitted by a wide array of products numbering in the thousands such as; carpets, flooring, cabinets, blankets, clothing, gasoline, paint, cleaning chemicals, and other common household items. That cute shiny and glittery blanket you bought for your grandchild might be contributing to their respiratory illness. Don't you think we should at least know about these toxic items being sold to us and our children?



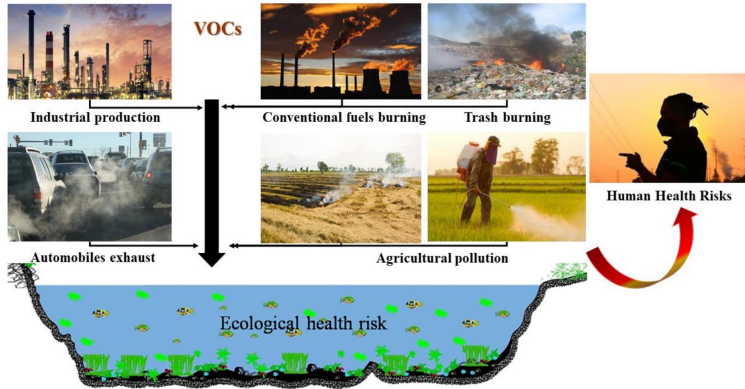
NATHAN CRANE

VOCs

Did you know that health effects from chronic exposure to VOCs may include:

- Eye, nose and throat irritation
- Headaches, loss of coordination and nausea
- Damage to liver, kidney and central nervous system
- Some VOCs can cause cancer in animals, and some are suspected or known to cause cancer in humans.

But don't worry, I'll share with you how to reduce your VOCs substantially with one simple solution.



<https://www.epa.gov/indoor-air-quality-iaq/volatile-organic-compounds-impact-indoor-air-quality>
Image from: <https://www.mdpi.com/1660-4601/18/24/13147>



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PTSD / Chronic Stress / Trauma



And finally, let's talk about toxin #9. This is a little less known toxin, that if left unhealed, can prevent your body from healing from cancer, and can actually contribute to cancer and other chronic diseases.

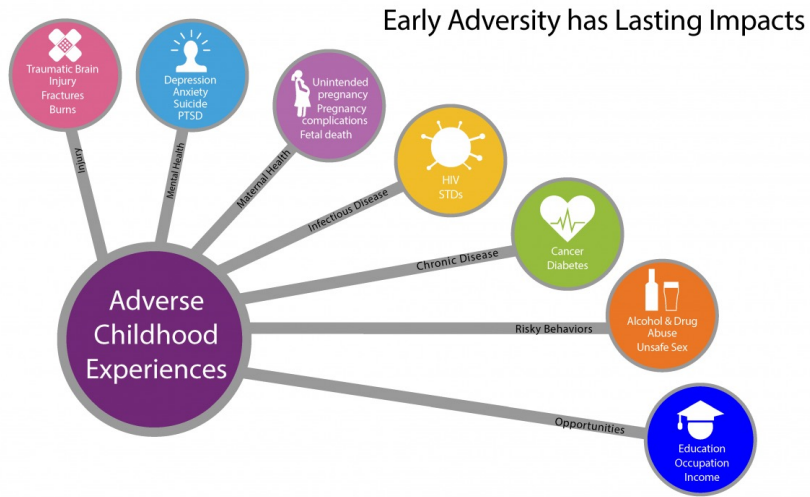
This toxin is not a physical toxin, **but an emotional toxin** – known as PTSD / Trauma / Chronic Stress / and Childhood Adverse Events.

Let's take a deeper look at this Toxin.



NATHAN CRANE

ACEs and Chronic Toxic Stress



So What are ACEs:

The term “ACEs” is an acronym for **Adverse Childhood Experiences**. It originated in a groundbreaking study conducted by the Centers for Disease Control and Kaiser Permanente. In that study, “ACEs” referred to **three specific kinds of adversity** that children faced in the home environment, including; various forms of physical and emotional abuse, neglect, and household dysfunction. How many of you can **relate**?



Childhood Adverse Events

ACEs = Adverse
Childhood
Experiences

The 3 types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Abuse toward Parent



Substance Abuse



Divorce

From 1995 to 1997 they conducted the largest studies ever on negative health and social consequences from childhood experiences including: neglect, sexual abuse, witnessing violence, exposure to substance abuse, mental illness, suicidal behavior, imprisonment of a family member, family member's mental health and physical health and disease and health-related behaviors like alcoholism, drug abuse, smoking, high numbers of sexual partners and poor self-rated health. Each of these experiences is considered 1 ACE. And to simplify it, the 3 main types of ACEs include **Abuse, Neglect, and Household Dysfunction**. How many of you experienced abuse, neglect, or household dysfunction?

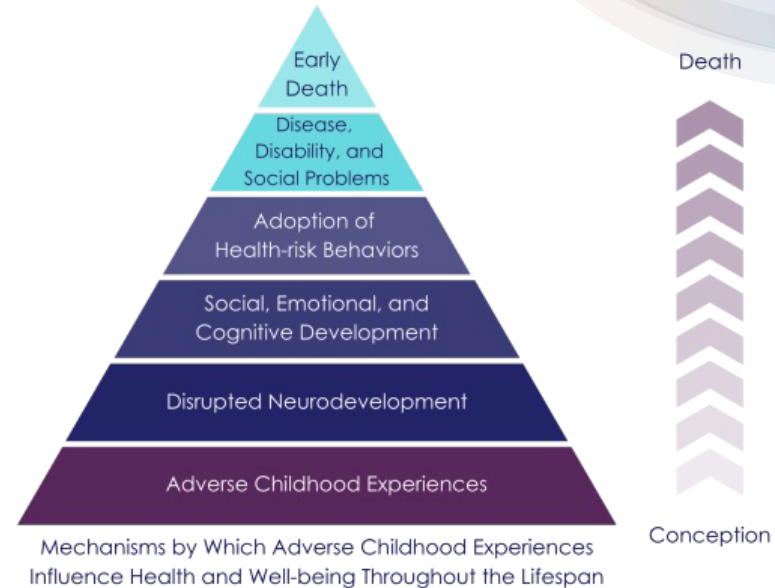


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Childhood Adverse Events

The ACE survey data was collected from 17,000 adult members. They found that the adverse childhood events negatively shaped future social and physical health outcomes, including life expectancy.

The more negative events a child experienced, the higher the likelihood they had as an adult of suffering an array of health and behavior problems including alcoholism, chronic pulmonary disease, depression, illicit drug use, liver disease, adolescent pregnancy, cancer, and more.



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Childhood Adverse Events

This is the most shocking part!

Adults who had 6 or more ACEs by the age of 18, had a life expectancy **20 years less** than those without high levels of ACEs.

<https://advokids.org/adverse-childhood-experience-study-aces>



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Increase in Cancer

In one study they found that the odds of having cancer before 50 among women **increased twofold** for those who had 2 or more ACEs versus those with no ACEs.

[BMC Public Health](#), 2013; 13: 767.

Published online 2013 Aug 19. doi: [10.1186/1471-2458-13-767](https://doi.org/10.1186/1471-2458-13-767)

PMCID: PMC3765119

PMID: [23957659](https://pubmed.ncbi.nlm.nih.gov/23957659/)

Childhood adversity as a risk for cancer: findings from the 1958 British birth cohort study

[Michelle Kelly-Irving](#)^{1,2}, [Benoit Lepage](#)^{2,3}, [Dominique Dedieu](#)^{1,2}, [Rebecca Lacey](#)⁴, [Noriko Cable](#)⁴, [Melanie Bartley](#)⁴, [David Blane](#)⁵, [Pascale Grosclaude](#)^{1,2,6}, [Thierry Lang](#)^{1,2,3} and [Cyrille Delpierre](#)^{1,2}

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[Abstract](#)

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[Background](#)

To analyse whether Adverse Childhood Experiences (ACE) are associated with an increased risk of cancer.



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Increase in Cancer

Across 12 studies, ACE summary scores were associated with an increased risk of cancer in adulthood for both men and women. Of the different types of ACEs examined, physical and psychological abuse victimization was more frequently associated with adult cancer risk.

[Pediatrics](#). Author manuscript; available in PMC 2018 Apr 10.

Published in final edited form as:

[Pediatrics](#). 2016 Nov; 138(Suppl 1): S81–S91.

doi: [10.1542/peds.2015-4268L](https://doi.org/10.1542/peds.2015-4268L)

PMCID: PMC5892430

NIHMSID: NIHMS955548

PMID: [27940981](https://pubmed.ncbi.nlm.nih.gov/27940981/)

The Association Between Adverse Childhood Experiences and Risk of Cancer in Adulthood: A Systematic Review of the Literature

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The publisher's final edited version of this article is available free at [Pediatrics](#)

See other articles in PMC that [cite](#) the published article.

Associated Data

▶ Supplementary Materials

Abstract

Go to: ☺

CONTEXT

Adverse childhood experiences (ACEs) can affect health and well-being across the life course.

OBJECTIVE

This systematic review summarizes the literature on associations between ACEs and risk of cancer in adulthood.



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Why?

So why do ACEs lead to disease and early death? Aside from the poor behavior patterns we adopt as emulation and coping mechanisms, very often we're never given time or guidance on how to properly grieve the trauma we experience.

That **trauma** creates negative beliefs that remain in the subconscious mind sabotaging our lives. Additionally, when we experience trauma our bodies generate neuropeptides. If we don't release those neuropeptides because we have contracted and constricted our **emotions** through our physiology, they can lodge themselves in tissues in your body and may stimulate Mast Cells that secrete inflammatory cytokines.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4767394/>

<https://www.sciencedirect.com/topics/medicine-and-dentistry/neurogenic-inflammation>



NATHAN CRANE

Dr. Candace Pert



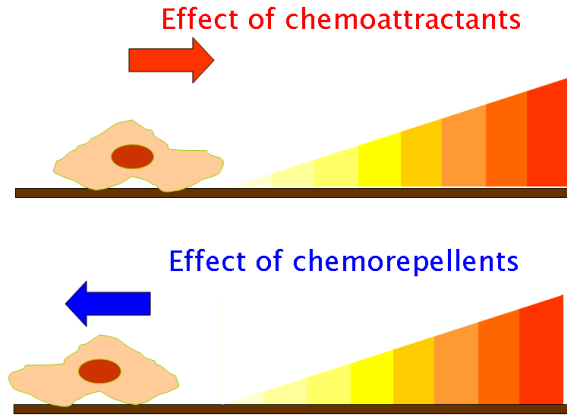
Candace Pert was a pioneer in mind-body science as early as the 1970's, who was the *Chief of Brain Biochemistry in the Clinical Neuroscience Branch at the National Institute of Mental Health*, and helped further determine the function of neuropeptides in the body, making breakthroughs in how the mind and body communicates with itself. **Neuropeptides are produced by nerve cells in the brain**, and when they lock into their receptors, which are attached to other cells in the body, they make something happen (or prevent it from happening). Candace states that, “neuropeptides and their receptors are a key to understanding how mind and body are interconnected and how emotions can be manifested throughout the body.”

<http://candacepert.com/articles/the-wisdom-of-the-receptors-neuropeptides-the-emotions-and-the-bodymind/>



NATHAN CRANE

Chemoattractants



She also published papers on neuropeptides and cancer cells specifically showing that some neuropeptides are chemoattractant to some cancer cells, meaning they attract cancer cells to them, and the tumor cells, in response to neuropeptide chemical gradients, may become localized at specific body sites. Meaning the neuropeptides, when not released, can be helping attract and contribute towards cancer growth.

<https://www.sciencedirect.com/science/article/abs/pii/S0090122985901084>



NATHAN CRANE

We Need to Heal



Neuropeptides have many functions, mostly good, but in this case, if not released, they can lead to chronic inflammation, AND chronic inflammation **causes** cancer.

Until you **heal these childhood experiences**, or any traumatic experiences, these ACEs are like a virus living in your subconscious working against you 24/7. They're leading to stress, downregulating your immune system, and may be causing diseases like cancer and early death.

So would you agree that it's essential to heal our emotional bodies, if we want to help our physical bodies heal?



NATHAN CRANE

It's Too Late to Leave!



I know a lot of this can be scary, and even overwhelming! But, just remember that I gave you all the chance to leave the room before I started. Remember my warning?! So don't blame the messenger, ok?! ;-)

But seriously, I know it might even seem impossible to remove these toxins from our lives and our bodies.

But I wouldn't only show you the problems if there weren't very real and practical **solutions**, ones that I personally do every day. So that's what we're going to do next. So get ready!

Because it's not only possible to eliminate these toxins from your body and your life, but it's absolutely necessary, and **easy**, when following the right steps.



NATHAN CRANE

3 Secrets...



Before we get into specific steps, let me share with you the 3 secrets about toxins most people don't know so you can learn why most people fail when trying to remove toxins from their lives and their bodies.

Once you understand these 3 secrets, you'll be more empowered to choose the right products for your health.



NATHAN CRANE

“3 Secrets of Why these 9 Major Toxins Are Preventing You From Healing!”

3 Secrets...

Secret #1: Toxins are easily disguised as “healthy”

Secret #2: Toxins are relentless: They latch onto your body and brain even when you’re living a “healthy life”

Secret #3: Toxins take a multipronged approach to eliminate - One spray or supplement won't do the trick, you need a multipronged approach



Secret #1: Toxins are easily disguised as “healthy”

“How To spot them instantly even when disguised”



NATHAN CRANE

I used to think “natural” products were healthy.

I used to think words like **Natural**, Clean, Kosher, Vegan and **Plant based** would eliminate the toxins, but I found out that’s not true at all!

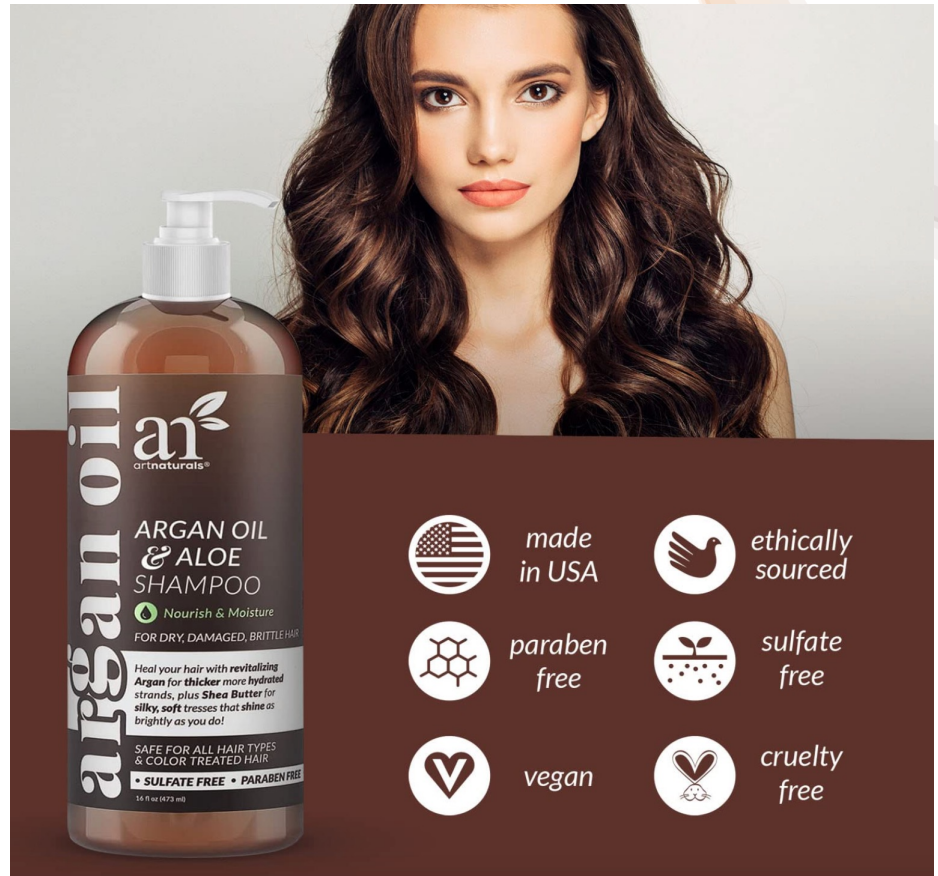
Lets look at some items that you use daily that most people don’t realize are loaded with toxins.

Shampoos, soaps, anti aging cream and more that say natural, sulfate free and ethically sourced for example...



NATHAN CRANE







On the front, look at all the good things



ar.naturals
ARGAN OIL & ALOE SHAMPOO
Nourish & Moisture
FOR DRY, DAMAGED, BRITTLE HAIR

Heal your hair with revitalizing Argan for thicker more hydrated strands, plus Shea Butter for silky, soft tresses that shine as brightly as you do!

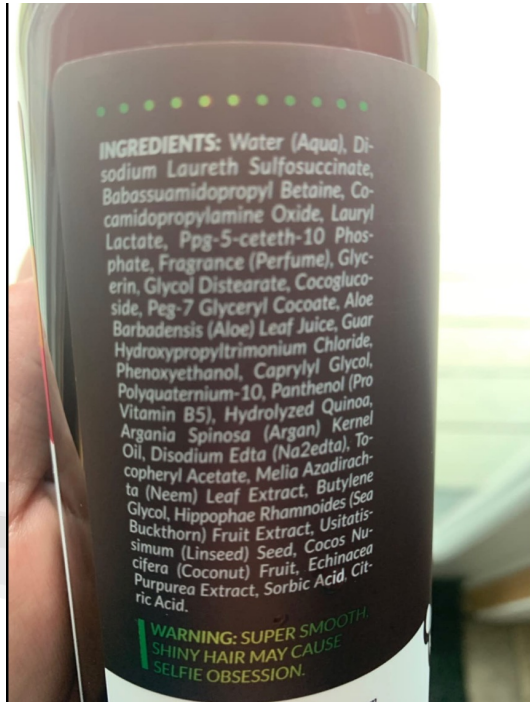
SAFE FOR ALL HAIR TYPES & COLOR TREATED HAIR
SULFATE FREE • PARABEN FREE
16 fl oz (473 ml)

-  made in USA
-  ethically sourced
-  paraben free
-  sulfate free
-  vegan
-  cruelty free



NATHAN CRANE

Then Turn it Over and See What's in it



Look at a long list of synthetic, chemically derived ingredients.

Some of these are **known endocrine disruptors**, others have very few, if any, long term studies and don't have any studies done on them when they're all **combined together for years on end.**



NATHAN CRANE

Then Turn it Over and See What's in it



Think of being in a lab and adding a bunch of man-made chemicals together and thinking that's supposed to be safe for our bodies?

We're just supposed to believe these profit-centric companies who have no real long-term studies of mixing dozens of chemicals together over years of putting them in and on our bodies, that they're **safe**?! Come on! Give me a break! But that's what's expected of us today! It's unbelievable they expect us to believe their products are safe and healthy just so they can make a buck, when we have many examples and case studies showing they very well could be damaging long term.



NATHAN CRANE

What Else is Hiding in Your Bodycare Products?



Here's some of the ingredients and their potential damaging effects that are often found in things like soap, shampoo, toothpaste, lotion, makeup, makeup remover, shaving cream, perfume, cologne, face wash, hair spray and gel, and anti-aging creams.

Are you ready?



NATHAN CRANE

- **Thimerosal:** may cause neurotoxicity, respiratory issues and organ damage
- **Retinyl Palmitate:** potential hormone disruptor, may disrupt reproductive development and may speed tumor development
- **Quaternium-15:** Formaldehyde releaser, skin allergen, may cause organ damage
- **Lilial:** inflames allergies, can cause contact dermatitis, may cause organ damage.
- **Fragrance:** mix of thousands of chemicals. May cause respiratory problems and organ damage.
- **BHT:** immune allergen, potential carcinogen
- **Retinol:** potential carcinogen, potential hormone disruptor, can interfere with cell signaling.
- **Butylaraben:** mimics estrogen, potential hormone disruptor, known skin toxicant
- **PEG Compounds:** considered “likely” cancer-causing by the EPA
- **Cocamide Dea:** chemically modified from coconut oil, possible human carcinogen and skin toxicant
- **Methylisothiazolinone:** potential neurotoxin
- **Octinoxate:** May harm reproduction and cause liver damage
- And the list goes on and on into the thousands of possibilities!



So Who's Responsible?



For the past century, there was very little **actual** regulation of the cosmetic industry. The FDA website still says, “The FDA regulates cosmetics in the United States. The FDA requires cosmetics to be safe when the consumer uses them according to the directions on the product label - BUT - **The FDA does not have guidelines for pre-market testing for safe cosmetics.** FDA does not have a list of tests required for any particular cosmetic product or ingredient, but YOU (as in the company) are responsible for ensuring that your product is safe when it is used according to labeled directions, or in the way it is customarily used.”



New Regulation



That's crazy, right?! We're supposed to trust these companies who cut corners and get caught lying on safety data? But, for the first time in 80 years, a new law empowers the FDA with regulatory oversight of the cosmetic products industry. It's called the Modernization of Cosmetics Regulation Act (MoCRA). Some of these new rules are being implemented starting in 2023 and will continue to roll out through 2025. Now this sounds like it might be a good thing, right? Well, Think again!

<https://www.loeb.com/en/insights/publications/2023/03/mocra-increases-fda-oversight-of-the-cosmetics-industry>
#AdverseEvents—RecordkeepingandReporting



NATHAN CRANE

Helpful?



While some regulation might be helpful, the problem with the FDA, is that they still allow thousands of potentially toxic ingredients in our food, and will continue to allow thousands of toxic chemicals in our cosmetics. They are captured by industry, “Of the FDA's total US\$5.9 billion annual budget, 45% of that comes from user fees” meaning they receive almost half of their annual revenue **from the corporations they are supposed to regulate.** The FDA is unreliable to look after our health. That means it’s up to us!



NATHAN CRANE

Do They Really Care for Our Bodies?



So we buy these products because we're told they are **good** for our bodies, but are they really caring for our bodies, or are they slowly making us sicker and sicker?

The FDA is captured by industry and unreliable, these massive companies often care about profit over people, so in the end, it comes down to educating ourselves and making the right decisions for our health.



NATHAN CRANE

Secret #2 – Toxins Are Relentless



Moving onto the 2nd secret, you have to know that toxins are relentless. Once they're in your body, they latch onto your **brain and your fat cells** and can continuously cause inflammation and mitochondrial damage and contribute to cancer, other diseases, and early death.



NATHAN CRANE

Toxins Get Stuck in Our Bodies

Many toxins are fat soluble and end up stored in fatty tissues in our bodies like our brains, nerves, glands and the fat or adipose tissue all around our bodies. This is why losing weight and getting rid of excess bodyfat is super important.

This study published in the National Library of Medicine shows how many of the toxic chemicals not only are stored in the fat tissue around the body, but how they create dysregulation in our hormones, in our **genetic expression**, exosomes, inflammatory cytokines, peptide hormones, glucose uptake, and our lipid triglycerides.

The screenshot shows the NLM PubMed Central interface. At the top, it identifies the National Library of Medicine and the National Center for Biotechnology Information. Below this is a search bar for PMC Full-Text Archive. The article title is "Adipose Tissue as a Site of Toxin Accumulation" by Erin Jackson, Robin Shoemaker, Nika Larian, and Lisa Cassis. The article is from "Compr Physiol" and was published in 2017. A yellow box highlights that the publisher's final edited version is available at "Compr Physiol" and that this article has been corrected. The abstract begins by discussing the role of adipose tissue as an energy storage site and a potential site of toxicant accumulation, mentioning persistent organic pollutants (POPs) and their resistance to biodegradation.



NATHAN CRANE

Secret #3 – Toxins Take a Multipronged Approach

And finally, Secret #3 about toxins is that Toxins take a multipronged approach to eliminate from your brain and body.



“One spray or one magic supplement won't do the trick, you **need a multipronged approach**”

A lot of supplement companies just want to sell you a supplement or a cleanse and say it will remove all your toxins. But that's simply not true. They can be helpful, but not a cure-all by themselves.



NATHAN CRANE

A Single Supplement



I could just create a pill or a single cleanse and say hey, buy this, it will solve all your problems, and people would buy millions of dollars of it and **I would be rich** because we all want that magic pill, right?

But to actually mitigate and remove these major toxins from your life takes more than a single supplement. It requires multiple ingredients and lifestyle changes.

The good news is, it's totally possible, anybody can do it, and you can do it, and I'm about to show exactly what I do.



NATHAN CRANE

My Own Example



Of course I have many case studies, stories and people who have shared with me how they've gotten the toxins out of their lives and their bodies and how their health has drastically improved. But I might as well share my own example with you of what's possible.



NATHAN CRANE

Toxic

Here's my own case study with detoxing. When I was sick as a teenager, I didn't know if I would survive to 18 years old.

I had addiction issues, gut issues, multiple traumas and ACEs, depression and chronic fatigue.

I was really toxic and near death by 17 years old.

I was sick all the time, in and out of the doctors office continuously on antibiotics, fatigued, and on a path towards cancer and an early death.



NATHAN CRANE

Healing



This is me after a few years into my health journey. I began researching and experimenting with different detoxes and cleanses in 2007, learned how to improve my diet, reduced **some of the toxins** in my life, but was still researching and experimenting and figuring all this stuff out the hard way.

Some detoxes worked, and others left me feeling terrible. I've spent the past near-2 decades experimenting with dozens of detoxes until I figured out what worked and what didn't. My energy improved, my mental clarity improved, my gut improved, I was healing ACEs, and overall I was **feeling much better, healthier and happier.**



NATHAN CRANE

Healed

Now I'm healthier and stronger than I've ever been, my toxic exposure is 10X lower than it used to be, my body is now equipped to fight off toxins, and I know how to detox easily and safely.

I have more energy, I sleep better, I get sick far less often, and I'm able to live a healthy and meaningful life.

And that's why it's so essential we [get these toxins out of our bodies](#), and I will show you what I do.



NATHAN CRANE

Are You Ready?!

1. Are you ready to learn my strategies for getting these chemicals out of your life and your body once and for all?
2. Are you ready to **empower** your body to heal and thrive?
3. Do you want to prevent a cancer diagnosis, or help your body fight against cancer?
4. And are you willing to **commit** a little bit of time every day to make it happen?

Remember, the FDA nor the government, big pharma or corporations are coming to save us. We have to do this ourselves. **And WE CAN! If you agree, say YES!**



NATHAN CRANE

1st - Reduce

So step one is very simple: We have to reduce our exposure to toxins by eliminating them from our lives.

In other words: you need to eliminate as many products as possible from your life that have toxins in them.



2nd - Remove

Then, step #2 We have to detoxify and remove the toxins from our bodies.

Seems simple right?

Well it is simple, but it's not necessarily easy.

But anything worth while takes some work, yes?! Are you willing to do **a little work for a massive payoff?**



NATHAN CRANE

Food



So how do we reduce our exposure to toxins?
Ok let's start with the 7 Foundations First.
Everyone should be doing these every day. If you're not, then you're exposed to an exponential amount of toxins every day.

Step 1: Buy Certified Organic with majority of your food. This eliminates majority (not all) but majority of the pesticides, herbicides, and fungicides you're exposed to. And guess what, the more you buy, the cheaper it gets for everyone. Got it?! Can you do that?



Bodycare



Step 2: Replace all bodycare products, soaps, lotions, toothpastes, deodorants, etc.. With products that are “Certified Organic”. This eliminates nearly every single toxic chemical from your bodycare products. Simple, right? Can you do that?



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Filter Your Water

Step 3: Filter water in your home for drinking, cooking, and bathing. This is essential. Many of the toxins we discussed may be in your tap water. You drink it, shower in it, and cook with it. It often contains pharmaceuticals, heavy metals like arsenic and lead, PFAS forever chemicals and more. I personally use Reverse Osmosis and Hydrogen Systems. I'll recommend some brands to check out later.



<https://www.usgs.gov/news/national-news-release/tap-water-study-detects-pfas-forever-chemicals-across-us>



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Filter Your Air



Step 4: Filter the air in your home. This is essential. Many of the toxins we spoke about come from the VOCs in your house. Of course there's a million options. But I like fresh plants and Air Doctor for cleaning the air. There was a study by Nasa on cleaning up VOCs in your home. *(Nasa Study) 1 Plant per 100sqft of living space. Either get an air purifier or get plants, but we all need to breathe clean air, would you agree?*

<https://ntrs.nasa.gov/api/citations/19930073077/downloads/19930073077.pdf>



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Cookware



Step 5: Get rid of nonstick and aluminum core pans, and replace them with cast iron, stainless steel, or 100% ceramic. This is essential. Remember the toxic heavy metals we discussed? Many of them are in your nonstick cookware. **This is a one time investment for a lifetime of health.** Can you make that investment for your health?



Plastic



Step 6: Get rid of all plastic water and food containers and replace them with glass or stainless steel, and reduce buying drinks that come in plastic. Remember the toxic phthalates in plastic? We might not be able to reduce all plastic, but reduce any liquids that you drink and store in plastic to reduce your phthalate exposure substantially. That means no more bottled water, or at least significantly reducing it. Ok, can you do that?



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Emotional Detox



Step 7: We know the importance of emotional healing and emotional detox? Studies have shown that a daily meditation practice can help with cardiovascular health, anxiety, stress, immune system function, blood pressure, memory, addiction and sleep. Start with 15 mins guided meditation per day and work up to 30 minutes 1-2x per day.

<https://www.sciencedaily.com/releases/2014/07/140702122535.htm>
<https://www.forbes.com/health/mind/benefits-of-meditation/>



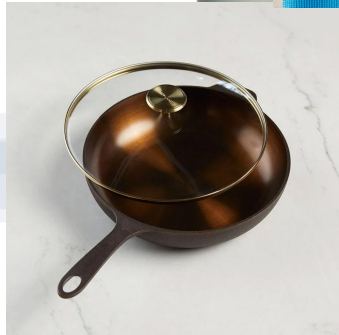
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Top 7 Foundations

Raise your hands if you are doing #1 daily? Keep your hand up if #2? Etc...

1. Eat 80%+ organic?
2. Have only organic bodycare products, soaps, shampoos, lotions, etc..?
3. Filter your water?
4. Filter your air in your home?
5. Only cook on stainless steel, ceramic, or cast iron?
6. Replaced plastic with glass and stainless steel?
7. Meditate for 15-30 minutes daily?

(Potentially an 80%-90% reduction to most toxins!)



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Advanced Detox

Look, we're not looking for perfection, just improvement. And I know you can make improvements. And those are the basics, and I wouldn't even recommend doing advanced detox until you get the basics down because you're just continuing to pour gasoline on the fire by putting those toxins in your body everyday, but here's some more **advanced** detox protocols I do on a regular basis to help my body eliminate toxins, rejuvenate and repair. So I have a lot that I do, but here's my top 11 list of advanced detox.

(Of course, please consult with your doctor before making any major supplemental or lifestyle changes, and make sure you check any contra-indications with supplements and pharmaceuticals you take, but here's what I do)



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My Top 11 Advanced Detox

1. **Zeolite Clinoptilolite Spray** – Daily Detox Heavy Metals
2. **Cracked Cell Chlorella** – Daily Detox Heavy Metals and Toxins
3. **Fermented Foods** – Build Healthy Microflora
4. **Sauna** – Detox Heavy Metals and Toxins
5. **Fulvic Acid** – Repair the Gut Lining
6. **Daily Detox Smoothie** – Detox and Nutrition
7. **Strength Training** – Daily Detox and Longevity
8. **Drain the Glymph** – Detox the Brain
9. **Reduce EMF Exposure** – Limit Mitochondrial Damage
10. **Healing ACEs** – Evidence Based Solutions
11. **Remove Mercury Fillings** – Biological Dentist



Zeolite Clinoptilolite Spray

Zeolite has been widely studied to:

- Flush heavy metals from the body, including toxic lead
- Provide alkalizing minerals to support a healthy pH
- Protect kidney function by detoxing heavy metals
- Strengthen the immune system through removing toxins
- Protect against leaky gut by strengthening the intestinal wall

Must be 3rd party tested for heavy metals as they bind to heavy metals.

My dosage: 5 Sprays 3 x per day for 3 weeks then 5 Sprays 1 x per day for maintenance



<https://pubmed.ncbi.nlm.nih.gov/22147334/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4427717/>
<https://pubmed.ncbi.nlm.nih.gov/11885921/>
<https://link.springer.com/article/10.1186/s12970-015-0101-z>



NATHAN CRANE

Cracked Cell Chlorella



<https://www.healthline.com/nutrition/benefits-of-chlorella>

Chlorella is a very nutritious algae. Full of nutrients, it is also a powerhouse detoxifier. Animal studies indicate that it's effective at helping remove heavy metals and other harmful compounds from the body.

It has been shown to help lower the amount of other harmful chemicals that are sometimes found in food including dioxin.

Chlorella contains several compounds that are considered **antioxidants**, including chlorophyll, vitamin C, beta-carotene, lycopene and lutein.

My dosage: 5 grams 3x per day for 3 weeks, then down to 5 grams 1 x per day for maintenance



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Fermented Foods

Fermented foods like kimchi, sauerkraut, kefir, yogurt and even pickles all help feed healthy gut bacteria that play a major role in keeping our gut healthy and help detoxify our bodies and may help fight candida, fungal infections and gut diseases. In a RCT, kefir led to a significantly greater increase in stool *Lactobacillus* concentration in patients with Crohn's disease.

Another double-blind RCT showed *H. pylori* eradication was significantly higher in the kefir group (78%) than the milk group and the occurrence of diarrhea, abdominal pain and nausea were also significantly lower in the kefir group, though more studies are needed.

My dosage: 2 large forkfuls Daily

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723656/>



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Sauna



Consistent sauna use has been shown to increase lifespan, health-span and reduce all cause mortality. They've also been shown to sweat out heavy metals. One study showed about 40mcgms reduction of lead sweat out of the body in a 200-degree dry sauna for 15 minutes. In addition to lead, other studies have shown the detoxification of mercury and cadmium after using sauna, and multiple studies showed sweat had the highest levels of mercury removed compared to urine or blood.

My dosage: Start with 10 Min. twice weekly at 130-150°F, then work up to higher temp. and duration over time. Currently I sauna 2x / week at 2x25 minute sessions at 170°F with a 5 minute cold plunge break in between sessions.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312275/>



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Fulvic Acid



Fulvic acid is created by natural biological processes on the earth such as the composting process of plants. Test-tube and animal studies show that fulvic acid may improve disease resistance, increase your immune defenses, fight inflammation, and enhance antioxidant activity — all of which may bolster immune health. Animal research demonstrates that shilajit (a natural substance with high amounts of fulvic acid) **may preserve the function of mitochondria**, the energy-producing organelle of cells. And other studies show it may help support gut health and fight cancer. One RCT in humans showed a massive reduction in eczema when applied topically with a carbohydrate-derived fulvic acid.

My dosage: 3x per day for 3 weeks then 1x per day for maintenance

<https://www.healthline.com/nutrition/fulvic-acid#benefits>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3173016/>



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Daily Detox Smoothie

Food is our best medicine when it comes to detoxing (As long as it's organic!)
An easy thing to do is drink a smoothie every day filled with naturally detoxifying fruits, herbs and veggies.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5037537/>

My Recipe:

- 1 Cup Blueberries**
- 2-3 Large Kale Leaves**
- Large Handful Lettuce**
- 2 Stalks Celery**
- ½ Cucumber**
- ½ Cup Cilantro or Parsley**
- 1 Green Apple**
- 2 TBS Hemp Seeds**
- 1 TBS Flax Seeds**
- 1 Cup Strawberries**

Filtered Water to Desired Consistency
(1 Cup Orange Juice Added if Desired)



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Strength Training

We all know the benefits of cardio, it increases our cardiovascular function and leads to greater health outcomes, and helps keep us youthful. But as we age, many people forget about the importance of strength training, or resistance training. Muscle atrophy as you age can compromise physical function and impair vital metabolic processes. The loss of muscle mass as you age contributes significantly to weakness, disability, increased hospitalization, immobility, and loss of independence, not to mention excess body fat which leads to more tissue for toxins to store in.

Several studies have shown that **muscular strength reduces the risk of many chronic diseases** such as cardiovascular disease and stroke, hypertension, metabolic syndrome or hyperinsulinemia, and type 2 diabetes.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5772850>



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Strength Training

But you don't have to be a bodybuilder! The **minimum** American guidelines are 2.5 hours per week of moderate-intensity physical activity (ie; running, swimming, tennis, etc...) and 2 days of muscle strengthening activity. That's if you just barely want to be alive! Now you're not **minimum** people, otherwise you wouldn't be here, right?!

So what I recommend is **4 days per week of strength training and 4 days per week of cardiovascular training**. (No, that's not 8 days ;-). You do them together, you can do your strength training for 30-45 minutes followed by 30-45 minutes of cardio. (Get a physical trainer to start)

Sample Schedule:

Monday = Upper Body Strength + Cardio

Tuesday = Lower Body Strength + Cardio

Wednesday = Rest

Thursday = Upper Body Strength + Cardio

Friday = Lower Body Strength + Cardio

Saturday = Rest

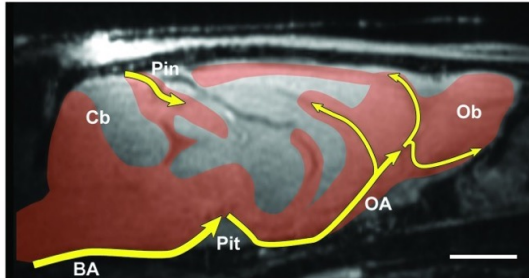
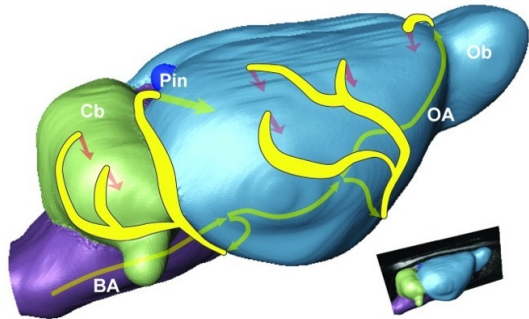
Sunday = Rest

<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>



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Drain the Glymph



→ Paravascular CSF pathways ■ CSF-IF exchange

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4636982/>

You've probably heard of the lymphatic system, but have you heard of the Glymphatic System – the detox system of our brain? Research has shown that when we sleep, the lymphatic system of our brain called the Glymph system, is activated, so toxins can be removed from the brain.

Intriguingly, the glymphatic system functions mainly during sleep and is mostly disengaged when we're awake.

These studies show that when we sleep, the *glymphatic system* opens and drains neurotoxins from the brain and cerebral spinal fluid back into the general lymphatic circulation, and that it **can take up to 8 hours of sleep to complete the brain-drain-plumbing process.**



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In Bed 9 Hours Per Night

Multiple studies show that people who consistently get less than 7 hours of sleep per night, have a higher risk of nearly every disease on the planet. So how do you get at least 8 hours of sleep?

When you're in bed for 8 hours, you don't actually get 8 hours of sleep. Generally, in healthy sleepers, 25% is REM, 25% is DEEP, 40% is LIGHT, and 10% is Awake. (Give or take)

So to get 8 hours of sleep and detox your brain, you generally need to **be in bed for 9 hours** (phone off, pitch black, eyes closed, sleeping) ie; In bed at 10pm if you get up at 7am, or in bed at 9pm if you get up at 6am. (And the Glymph system generally gets less effective as you age, so sleep is even more essential) which may decrease Alzheimer's and Parkinson's risk.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4434546/>



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Reduce EMF Exposure



EMFs are ubiquitous. While there are EMF protecting devices, necklaces, and phone cases out there, some of which actually work, and others don't, we're never going to eliminate our full exposure to them, so the best we can do is mitigate and reduce our exposure.

My Recommendation: Use speaker phone as often as possible, don't hold the phone up to your head. Keep the phone off your body as much as possible. Keep Wifi router 10+ feet away from your body in the house. Put phone on airplane mode at night and turn off WIFI at night. Sleep on a "grounded" earthing sheet on your bed to reduce inflammation while you sleep.



Healing Our ACEs



<http://candacepert.com/articles/where-do-you-store-your-emotions/>

So going back to our late friend, Dr. Candace Pert, in her book *Molecules of Emotion*, she states, *“A feeling sparked in our mind or body will translate as a peptide being released somewhere in our [Organs, tissues, skin, muscle and endocrine glands], they all have peptide receptors on them and can access and store emotional information.*

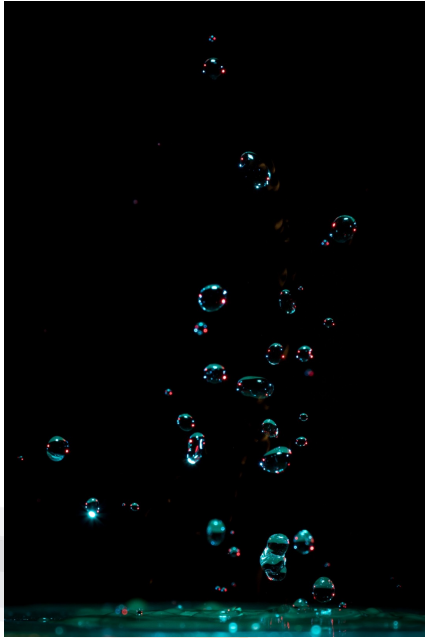
This means the emotional memory is stored in many places in the body, not just (or even primarily) in the brain. You can access emotional memory anywhere in the peptide/receptor network, in any number of ways. I think unexpressed emotions are literally lodged in the body.

The real true emotions that need to be expressed are in the body, trying to move up and be expressed and thereby integrated, made whole, and healed.”



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Let Emotions Bubble Up



She says, “Let the emotions bubble up. Let the chips fall where they may...the process of catharsis is not complete without saying things as the first step to experiencing things...To feel and understand means you have worked it all the way through. It has bubbled all the way to the surface. You’re integrating at higher and higher levels in the body, bringing emotions into consciousness. Once integrated, the natural wisdom of the receptors will release interrupted healing and restorative and regenerative processes can take over.

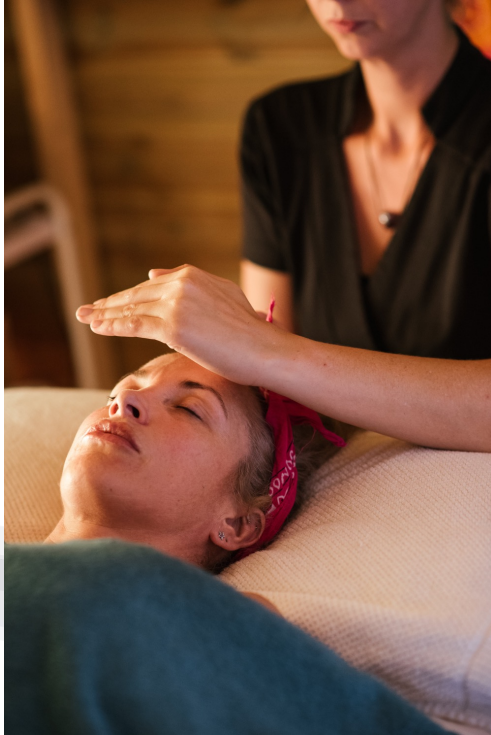
By simply acknowledging emotions, they are expressed. In being expressed, emotions can be released, even old emotions stored in body memory.”

<http://candacepert.com/articles/where-do-you-store-your-emotions/>



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Evidence Based Solutions



Some of my favorite evidence based solutions for healing our emotions and releasing stored traumas are:

EMDR, EFT, Hypnotherapy, RTT, Qigong, And Reiki.

These practices have been shown scientifically to decrease depression and anxiety, relieve pain, increase brain function, and improve overall health.

My dosage: Find a teacher or therapist and start with 1 session every 2 weeks and see how you like it. Experiment with different modalities every few months and see what you like the most. They all have tremendous benefit.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9326483/>

<https://www.sciencedirect.com/science/article/abs/pii/S1744388117303626>



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Remove Mercury Based Fillings

And #11, last but not least, how many of you have silver fillings in your mouth? Unfortunately those are made with around 50% mercury. Mercury is one of the most toxic ingredients on the planet as we discussed, and dentists are still being told they're safe, even with the incredible amount of data showing **that they leach mercury into your mouth, your brain and your bloodstream.** But to get them out safely, it's best to find a biologic dentist who knows how to remove them safely.

Find a certified biologic dentist from The International Academy of Biological Dentistry & Medicine (IABDM) near you and get a consult. You can visit <https://iabdm.org> to find one near you. Also for safe non toxic fillings, you can get a porcelain filling instead of mercury.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6466133/>

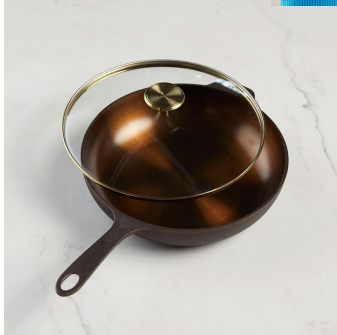


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Ok, Let's Recap the Top 7 Foundations

1. Eat 80%+ organic?
2. Have only organic bodycare products, soaps, shampoos, lotions, etc..?
3. Filter your water?
4. Filter your air in your home?
5. Only cook on stainless steel, ceramic, or cast iron?
6. Replace plastic with glass and stainless steel?
7. Meditate for 15-30 minutes daily?

How many of you are going to do these 7 steps first thing you get home?



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Recap My Top 11 Advanced Detox

1. **Zeolite Clinoptilolite Spray** – Daily Detox Heavy Metals
2. **Cracked Cell Chlorella** – Daily Detox Heavy Metals and Toxins
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8. **Drain the Glymph** – Detox the Brain
9. **Reduce EMF Exposure** – Limit Mitochondrial Damage
10. **Healing ACEs** – Evidence Based Solutions
11. **Remove Mercury Fillings** – Biological Dentist



Next Steps...

Great, so you've got the top 7 foundational things to do when you get home, and you've got my top 11 advanced detox list. And if you need help implementing it and supporting you in achieving your goals, I can help you further if you'd like.

I have multiple coaches in my health, life and business, and they have helped me achieve things way faster than doing it all by myself, which is why I'm going to give you this gift.

The Gift is, if you'd like nutritional coaching from me personally, I am going to give you **\$100 discount** off my normal price of monthly coaching because you attended this presentation, which brings it down to only \$395/month, with a 6-month commitment, and money back guaranteed results.

The bad news is, I'm only taking on **10 new clients right now**.

Whether it's for weight loss, detox, fat burning, building muscle, or just getting healthier overall, I can help you. If you're interested, head over to www.NathanCrane.com/coaching for all the details.



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My Gift to You



Additionally, just for attending and making it to the end of this presentation, I'm going to give all of you this free gift! I'm going to give you the entire presentation, with step by step solutions and resources, along with links and discount codes to my favorite detox products I use personally, (including all the ones I mentioned.) Just go to:

www.NathanCrane.com/detox



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THANK YOU!



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