Episode 169: From Advanced Stage Cancer to Remission in 7 Months on a Quest to Cure Cancer
Child: Welcome to my Mommy’s podcast.

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This episode is brought to you by Crunchy Betty. It's summer and where I am it is super hot and humid. I've always made my own deodorant and I still think that's an amazing option. It works well, but lately, I've been so busy that I've been turning to a pre-made natural deodorant, and I am loving it. It's called Kokomo Cream and it smells like a tropical vacation. Think coconut and lime in paradise and it works incredibly well. My husband uses it too, we both love the scent and we love how fresh we stay all day. My favorite part, it’s from a small family business and you could only find it right now on Etsy. So, you can find it by going to etsy.com/shop/crunchybetty.

Katie: Hello and welcome to "The Healthy Moms Podcast." I'm Katie from wellnessmama.com and you are gonna find today’s episode fascinating because it's with one the most fascinating people I have met in recent years. Eric has been practicing big law for over 30 years but for the last 20, his passion has been all things related to wellness. Prior to moving from New York to Los Angeles in 1995, probably two of the highest stressed places in the world he went from a work hard, play hard cigarette smoking Wall Street lawyer to a gym rat and then now a serious biohacker. The transition started at earnest in 1997 when he became the investor partner in a holistic center with a doctor of Chinese medicine.

His passion continued and he was so he thought the healthiest 59-year-old on the planet but all of that changed in June of 2016 when he was diagnosed with an advanced-stage prostate cancer. This pushed him even deeper into his passion for health and wellness. He did an incredible deep dive into all things related to cancer from the causes to therapies to the interventions. And his ability to take that big picture perspective of a complex disease and filter out all the noise is amazing. That's why I can't wait to talk to him today because while he doesn't like to use the word “cure” since his view is more of a matter of a healing state, we're gonna go into that a lot, but he was declared to be an into remission seven months after his first diagnosis, which is incredible, very rare, and super fascinating. I recently met Eric in an event and I knew I had to have him here. I think you will find his story and his insights incredibly fascinating. I know I did, so Eric, welcome and thanks for being here.

Katie: Thank you Katie. It's my pleasure. It was a pleasure meeting you and I'm so happy to be able to speak to you and your audience.

Katie: I think your story is truly gonna help thousands and thousands of people and I mentioned some of it in your bio. I know there's a lot more to it than that so I'd love to hear your story in your own words of your
journey and how you got to this point because it's not too often that I see someone who is a practicing lawyer with a super successful practice and also has like a health and wellness blog and career on the side and is helping people in two different areas. So how did you get here?

Eric: Well, yeah, it's been an interesting journey. You know, when I lived in New York, of course, you know, the lifestyle there is kind of very much dictated by your career path and so I kind of fell into that trap and, you know, worked very, very, hard and spent most of my time...my waking hours were spent either socializing with work colleagues or working and just doing everything you could possibly do to be unhealthy. I know you mentioned smoking, I was a heavy drinker, I was, you know, not getting enough sleep. I was a little overweight, I was full of stress, it just was a mess. And it really was I think I went through some sort of kind of midlife crisis and decided I need to try to be more healthy and I quit smoking and after moving to Los Angeles and taking the California Bar I discovered that I could take the time that I was using to study for the Bar everyday and use that to kind of really kind of change my physique and I became very obsessed with the whole men's health diet and working out and I was a gym rat for a long time going to the gym every single day. And, you know, I got to be, honestly, for the first time in my life I got to be toned and physically fit, which is wonderful but I was plagued with this chronic health conditions that just wouldn't go away and I had seen several doctors and they had run batteries of test and they literally told me, "You just have to go on and live with this," things like a chronic cough that went on for years and years and it was really kind of, you know, I got exposed to this doctor of Chinese medicine, an acupuncturist plus, and he did more than just acupuncture, through a class I was taking at the local YMCA and I was so taken.

I was so enamored by his treatment protocol and how he's able to address my chronic conditions effectively that when he asked if I would be interested in opening a center together I said yes, and I invested and we opened this holistic center and that's where I kind of started getting down this path. We're recognizing that there's a lot more to health than just, you know, pharmaceuticals and, you know, eating low fat, high protein, and exercise a lot which is kind of my lifestyle. And, you know, the further I went down that rabbit hole, I'm sure a lot of your listeners or your other guests probably have had similar experiences, the further I went down that rabbit hole, the more I wanted to learn. This has been kind of an obsessive...it's been unable to satisfy my obsessive-compulsive disorder and I just continued to go down that path and I just had a passion for it particularly on the nutrition side, because obviously, when it comes to kind of putting food together to eat it's very creative and it's immediate. You do it every day and you get to enjoy it and it's not like some of the longer-term things you get, benefits you get from meditation and some of these other wellness things.

And so that continued really for quite a period of time and I went through several different dietary regimes. I was vegan for a while. I went raw vegan for a while. I actually went into this kind of raw omnivore diet, which is crazy, that this guy Aajonus Vonderplanitz promoted and did that for a little while, which is kind of raw dairy, raw meat, raw honey, raw eggs. And then I kind of stumbled into the Paleo space and felt that that kind of was most suited to me and I really felt good and I evolved from my gym rat status into more of a yogi and I did some interval training and I just, you know, I just felt great and I looked great and I was healthy and, you know, I was a picture of perfect health.

And then when I was at the Paleo f(x) Conference in 2016, you know, as that conference was winding down I started having some difficulty urinating and some spasms in my bladder and I thought, this must be because I was kind of a little overzealous and there was an electrical stimulation device on the exhibition hall floor that I wanted to show off and I had mounted it to my lower abs and turn it on full blast and I was dying when I was standing there with the machine on but I thought I couldn't...I just was showing off and I thought, well, okay,
that's probably what the problem is." But when I got back to L.A. a week later it continued so I said, "I'd better see a doctor."

So I went to see a doctor really for the first time in 10 years because I was far too healthy to even need a doctor, and at the point it became apparent that there were some real issues with my prostate. And so the original doctor did a digital exam and PSA, and my PSA was very high, it was 21.1, and he suggested a urologist and so I saw a urologist and he did a whole battery of tests on me including bones scans and CT scans and MRIs and it really was the biopsy...all that time I was kind of convincing myself that what I had was BPH, benign prostate hyperplasia, because I just was too healthy a guy to have cancer. It just wasn't in the cards. And, of course, when I got the phone call and he said, "Not only do you have cancer, you have to an extremely aggressive form of cancer," which prostate cancer generally doesn't have this same level of aggression, it was Gleason score of nine.

And that just kind of was a real...it completely stopped my world. I just was completely shocked by that. And initially, I kind of went through a funk and "poor me" and cry and thought my world was ending, I just wasted all my time being healthy and I should have just continued smoking and enjoying pizza and hamburgers from fast food restaurants. And then I kind of recognized that this was an opportunity for me to take what has been my passion for the last, at that point, 18 years, and really do a deep dive. I mean my life was at stake and I was gonna not screw around and this is something that I could really sink my teeth into.

And I was fortunate in that, you know, I worked at a very big law firm and my partner said, "You know, Eric..." I told him my condition and he said, "...do whatever you need to do." So I took some time off from work and I just dove in, and I just really did as deep a dive as I could in as short a period of time as I could. You know, I read 17 books in the first 21 days. You know, my thought process was, I really need to come to an understanding of the nexus of the disease before I could decide on how best to address my condition. In other words, I need to understand what the causes were before I can understand, before I can really kind of jump into the treatments and protocols. And so that's kind of where I started, and it's kind of fortuitous because before I even got too deep down that rabbit hole I did a 10-day water fast and I didn't start off intending to do a 10-day water fast.

I started off intending to do the Master Cleanse for 10 days because I read a book on prostate health and in the book he recommends, if you want to have a healthy prostate...and at that time I didn't know I had cancer. I just knew I had problems with my prostate. And so I bought, you know, I'm sure you have heard of the Master Cleanse and you're well aware of it and most of your listeners might as well. You know, its lemon juice and cayenne pepper and maple syrup, and of course, the latter is what really kind of put it off for me because I tried it for half a day and I just went into sugar shock because I had been in ketosis at that point.

And so I decided rather than trying to do the Master Cleanse I really should just do water fast, that would just kind of reset everything. And so I did that and that's kind of how I got started. But anyway, so yeah, that's kind of the story in a nutshell. And, you know, I can talk a little bit if you like about kind of the causes or theories about cancer or kind of what I came to because that was, as I mentioned, the first part of this whole process was trying to kind of come to the determination where I thought how cancer got originated in the first place. And boy, oh boy, that was probably I thought the most interesting and challenging of this process because it required me to come to a determination as to whether or not I was going to side with the Tom Seyfried's cancer's a metabolic disease, that Otto Warburg theory, which we can talk about, or whether it was gonna be more the traditional, you know, it's a defect in the DNA or the nucleus of the cell. And so it could be addressed
through kind of more traditional therapies.

Katie: Yeah. I'd love to go deep on that, and basically kind of your theories because the night we met we talked about this for a really long time and I think it was the most logical and comprehensive explanation I've ever heard and I'd love for you to kind of go deep on your theories. I think you have a very unique perspective. But also before we move on I just want to say that that's amazing. I have so much respect for your mindset in both acknowledging that even though you are doing so many healthy things like acknowledging that obviously there was more to the picture because I think we can get so easily stuck in our dogma of what we think we're doing is right, and you overnight had to question everything and like reevaluate. But also just how you jumped into the research and didn't just decide that you were gonna roll over and take this, that you...I mean that's amazing, the amount of information you took in. So I'd love to go deep on that, like kind of explain to everyone what you explained to me about what your theories are about the true causes of cancer.

Eric: Sure. Okay. Just quickly, for those who are not familiar with the two alternative competing theories, and there's some kind of subsets to that. You know, that there's some fungal connections etc. but I view that kind the main field, you know, medical field theories of cancer to fall into two baskets or two camps. And the big one obviously is the standard of care allopathic, traditional MD approach, your oncologist has been trained in oncology practice to follow this path and that is that cancer is caused by a defect in the DNA, but somehow the DNA stops doing its job properly and that creates this kind of situation where the cancer cells start to proliferate and they no longer differentiate or dedifferentiate the way traditional cells should.

And the second theory was actually way before we even knew that DNA existed. The Nobel laureate Otto Warburg got the Nobel Prize back in the 1930s because he discovered then that all cancer cells had a very similar condition and that is they converted from the traditional form of energy production, which is respiration where, you know, ATP is created through kind of burning of oxygen in the creation of, I'm sorry, you know, it's...yeah, burning of oxygen but it creates water and CO2 in that process. And when it can no longer do that it reverts to kind of a prehistoric form of energy production, which is fermentation or the burning of glucose and the creation of lactic acid. Those are completely different methods of energy production. So the cells really kind of go from...if I can use an analogy, you know, it's like your car that suddenly stops burning gas and now wants to burn electricity, it's just completely different.

And so this was kind of the view until the DNA was discovered and when the discovery of the DNA occurred, of course, you know, all the money and all the...you know, that Nixon declared the "War on Cancer" in the 1970s and since then we've been spending hundreds and hundreds of billions of dollars trying to kind of chase down some sort of pattern within the defect in the DNA theory that would allow a cure to be found. And I've always kind of viewed that as being a little silly because cancer to me was more of a chronic condition than an acute condition, so the idea of there being some sort of magic bullet just didn't quite fit the paradigm. So I was always kind of, I think, inclined to view it more along the...it's a defect in respiration than it's something that you can just point a silver bullet at and fix.

So when I discovered kind of Warburg's theory it made sense to me, and then I read the work of Tom Seyfried and Travis Christofferson and others who have...I think Travis's book "Tripping Over the Truth" is probably where the best book to kind of do a general overview of the history of cancer in etymology and how the science has developed and evolved. But I think the most telling thing for me, and as an attorney I'm always looking at evidence and context and I looked at those too to try to decide what makes the most sense, is that studies were done where they took the nucleus up a cancer cell and they inserted that nucleus in the
cytoplasm of a normal cell that had its nucleus removed. And when this reconstituted cell was injected into mice, I think there were like 68 mice, only one of them over a one-year period had any cancer condition at all. In other words, the healthy mitochondria in those cells had effectively prevented the disease from recurring, and another university did the same study and none of the mice got cancer.

But then what they did was they run the exact same experiment in reverse where took the nucleus of a healthy cell and inserted it into the cytoplasm of a tumor cell that had its nucleus removed and almost a 100% of those mice got cancer. So to me that is pretty strong evidence. If you need strong evidence, which I was kind of looking for but that certainly hit me on the face that this was a metabolic problem and not a DNA...in other words, any evidence of DNA defect was really not the cause of cancer but kind of was caused by cancer. Okay. It was something that occurred after the initial condition occurred.

And so that made perfect sense to me. Of course, being an attorney, I didn't have to do a little bit of a deeper dive, which I mean I don't think there's many people who have kind of go down this path so it might sound a little bit crazy, but I think I wanted to ask the second question was just, okay, fine, so it's a respiratory issue, what caused the defect in respiration in the first place? I mean how did you go from healthy respiration to, you know, this fermentation process where the cells are no longer respiring properly but proliferating and generating energy through fermentation? And I think to kind of understand that I really had to rely a lot on my own...I don't know. There's not a lot of science in this space and the science that I did find is obviously not, it's not clinical science but I did find some pretty strong indicators.

Part of that I think, or my overlay on that, was from understanding of how the qi works within the tenets of traditional Chinese medicine. In other words, qi, which is Q-I but it's pronounced "chi" is really all life form. It's all the energy of all life, right? So the acupuncture meridians that get manipulated by an acupuncturist was just one area where there's qi flowing. And when the qi stops flowing you end up with stagnation and you can have blockages. We have an excess on one side of the blockage and a deficiency on the other, but that in and of itself could create a hypoxic environment and, you know, reduce the amount of oxygen available to the cells and then the cells would revert to this form of energy production.

And also, I think this is a footnote, and this I find fascinating, is that all forms of life on the planet that existed before there was oxygen produced energy through fermentation. That was just how it was done. And so what your cells are doing when you have this conversion from a healthy cell to a cancerous cell is they're basically just reverting to kind of a prehistoric form of energy production, which I find kind of...it's almost like the cells kind of, just to survive, if you deprive them, if you put them on a hypoxic condition then, you know, they'll revert that and, of course, now you have cancer, right? And we're gonna talk a little bit about, you know, the "cancering" that leads up to the condition of cancer. So there's that whole thing about qi but there's also the work of this guy named Wilhelm Reich, who I really did a lot of research on, he's written several books, and he was actually around about the same time as Otto Warburg and they actually knew each other.

And he found what he called...because he did a lot of studies into cancer too because he was interested in kind of the source of life. He's the guy who got in trouble because he created this concept of the organ, which comes from the word orgasm, which, of course, back in the '30s didn't win him any favors in the mainstream media of the establishment. But his view was that all life forms needed to go through this kind of redox or pulse, right, from the cell level to the heart level to the peristalsis level to the autonomic nervous system, and that whenever someone has cancer those are kind of biopathic shrinking. In other words, your autonomic nervous system is no longer ebbing and flowing.
And I don't want to get too off-track on this because we could probably do a whole podcast just on that. But sufficed to say that he did discover, you know, that there are two different kinds of forms of life, he called them T-bacilli, which is kind of the healthy form of life, and then there's, oh, boy, I can't think of the second life form right now. It slips my mind, oh, the PA bions. And, I'm sorry, the T-bacilli are the degenerative, the PA bions or the orgone energy vesicles he called them. And that's what you want in order to have life and you get that. He would actually be able to take pictures of it because he had this...he was a real techno geek but he said, "You can get the orgone from sun, food, water, and oxygen, these were all sources of orgone, which is this kind of life form that he said was in everything.

Anyway, so I took those two things as an overlay. I said, "Okay, so there is some sort of energetic blockage occurring that's causing my PA bions to kind of..." these very primordial protozoa formations to become T-bacilli and shrinking of the life pack, so I need to kind of address that. So with this entire overlay I then say, "Okay, now I can step back and decide what exactly should I be doing to address my condition?" And the first thing I think anybody needs to do, and I'm sure one of the questions that your listeners have because I get it all the time, is, you know, what's the first thing I should do, you know, what should I be doing? And obviously, there's no like one thing that I can say because everyone is different and they're coming from a different place.

But I spent, you know, the next phase of my process was then to interview doctors and try to get a team together that I could work with because I wanted to have a traditional oncologist in the team. I needed to have those options in my arsenal. I didn't want to exclude that but I also needed to have a good integrative doctor, and obviously, because I had prostate cancer, I needed urologist as well. And so once I got that team together, and of course, I did a lot of stuff on my own, based on my studies involving nutrition. You know, I was ketogenic for six months before I got diagnosed. So I mean I was really, I was totally clean. People who think they can just eat clean food and not get cancer I think are, at least in my experience, you know, there's no magic there. I think it does have a tendency to keep your health levels up, which is what help me overcome the cancer quickly so I'm not saying it's not a good idea to do to keep your healthy systems working as best as you can.

Katie: And I'm curious, so how did you go from I mean this amazing body of research and these theories of cancer to actually deciding what your own protocol was gonna be? I agree with you, it seems like, if anything, all the research in any aspect of health right now is pointing to how it needs to be personalized and varied and there are so many different aspects that go into that based on our genes and our lifestyle and all the inputs, but how did you decide what protocols to use when you started jumping into that?

Eric: Well, I kind of thought, okay, this is my thought process there. One of the things is I do think Western medicine is extremely effective at acute conditions. So the first thing anyone needs to do is say, "Do have an acute condition?" I mean if you have a tumor cell that's cutting off the oxygen supply to your brain and the blood supply to your brain or whatever, stopping your digestion, then you don't just go do a bunch of Chinese herbs. There's definitely a place for traditional medicine and I'm not saying, "No one should do chemotherapy, no one should do radiation." I'm not saying that. I'm not a doctor and I don't give medical advice when I tell people, "Talk to your doctor and see what your options are."

But my general kind of overlay in deciding what the right therapeutic interventions would be, and my lifestyle protocols would be, we're based on a few tenants. One is that I think oxygenation is it's kind of use of
oxidative therapy where I kind of create a high oxygen stress environment in my body would be a way of getting benefits similar to chemotherapy without doing chemotherapy. In other words, I was going to create a condition where it would put a stress on the cancer cells but at the same time it would strengthen and help my healthy cells and the mitochondria in my healthy cells. And I know when people think of oxidants they think it's negative and everything should be antioxidants. But I think if you're addressing cancer you really want to find the right balance, and obviously, the last thing you should be doing is a ton of antioxidants if you're doing any kind of oxidative stress therapies because it's kind of defeating the purpose.

So there were several different kind of therapies or therapeutic interventions that fell into that category of oxygenation or oxidation and one is hyperbaric, which you may or may not know that that's kind of...I think Dom D'Agostino and Tom Seyfried talked a lot about the use of hyperbaric oxygen in conjunction with a ketogenic diet mostly for the blastomas. But I think based on the anecdotal evidence from all the people that I've talked to, of course, there's been no clinical trial work on this so I have to base it solely on my own experience and those of others. If there are metastases involved, which I had because the cancer had spread outside the prostate into the bones and the lymph nodes, any time you have metastatic condition I think it's a good idea to get into a hyperbaric chamber to turn the table on that because otherwise you run the risk it'll continue to spread throughout your body because it's in your bloodstream and it's circulating. You want to get as much of that shutdown as quickly as possible, and to me one way to do that was to get into a hyperbaric chamber.

So I started doing hyperbaric three times a week and then I kind of phased it out and now I do it, you know, twice a month just as kind of a prophylactic. And so anytime I meet somebody who has metastatic issues I said, "You should at least try hyperbaric if you don't get claustrophobic." As a footnote, I don't think the soft-sided chambers do much. You gotta get into a hyperbaric center that has the hard-sided chambers so you can go the full 2.4 atmospheres, which you can't get close to that in the soft-sided chambers. And fortunately, I live in an area where we have a few centers that some areas, I know, of the country don't have very many, and so that was one.

Another is ozone. There's several ways you can get ozone into your system. There's two primary ways. One is through the blood where they take some blood out of your body and they inject ozone into it, ozone the gas. And then they put the blood back into your body and that kind of gets the ozone into your bloodstream. Because I had prostate cancer I was doing rectal insufflation ozone, which is, you know, it's gas that you put into a plastic bladder and you just squeeze it into your rectum and then you just hold it as long as you can and that's a way of getting ozone through the rectum and as close as you can through your prostate.

And the reason why I thought, I mean ozone obviously is similar to the other oxidative stresses, right, ozone is basically just a super-charged oxygen, that molecule has three atoms of oxygen instead of two. And, you know, that extra atom breaks off inside the body. And there was a study done in 1980 that showed that exposure to ozone really had a tremendous inhibitory effect on cancer cell growth because the cancer cell is fungus and Lyme disease and a lot of things there are, you know, ozone is very therapeutic for. So, I thought, okay, this is a good way for me to kind of get healthy without hurting myself.

High-dose vitamin C is another one that I kind of didn't stumble into initially because I had to do some more research before I really understood how it worked and what it did and how you would dose it. The Riordan Clinic, and in Japan it's very common to use as a therapy. But if you do vitamin C in high enough doses, a traditional dose of vitamin C, like a thousand milligrams, 2,000 milligrams, that's an antioxidant and we all
know that and that's why people take vitamin C, but if you do a very, very high doses intravenously, it turns into a very heavy oxidant. In other words, it interacts with the iron in your system to create hydrogen peroxide, which is obviously an extreme oxygen tension on any unhealthy cells, as you might know hydrogen peroxide, but your healthy cells are not harmed by it.

So it's kind of a master way of getting in there. And the dosing, which we can talk a little bit about if you want, it's tricky. It's got to be high enough to be therapeutic. And so I was doing at one point a 100 grams, which is a 100,000 milligrams, intravenously. I'm now down to 80 and I just monitor, you know, just making sure I'm in the therapeutic range. I was doing that once a week, I now do that once a month just as kind of a, you know, precautionary measure. So that was category one.

Category two was, okay, what supplements might I be taking? And there I had to rely on the studies of, you know, others and basically focusing of things that I didn't think would cause any harm to my healthy cells and that would be perhaps either cytotoxic to the cancer cells or supportive of the healthy mitochondria so that they don't decide to go offline and become cancer cells. And so there's several supplements that kind of fit into that category. And so that was another thing I did. Obviously, we talked about the ketosis, I went into nutritional ketosis initially and then when I got diagnosed I went into therapeutic ketosis, which is just a high level of ketones.

I think there's some real serious therapeutic benefits in that for two reasons, and I know that it's difficult to do if someone is plant-based but you can. You can be a plant-base ketogenic person but that probably would be the perfect diet, at least initially, because both plant sources and high fat, healthy high fat sources, not hydrogenated oils or anything unhealthy, we're talking saturated fats, are very kind of low-deuterium products and deuterium depletion is kind of the new frontier. Well, when I say new in the last year or two in the cancer research area, which is something I kind of stumbled upon because I was speaking to a doctor who studied in that space at a conference in Florida, the Metabolic Therapeutics Conference and I said, "How could it be that you have a bunch of folks that they're like Chris Wark and others who kind of follow this, you know, plant-based diet if you get diagnosed with cancer. And there's others who say, "No, you have to do the ketogenic diet." I mean, and they both seem to be equally effective and you say, well, they're both in deuterium-depletion diets.

I think the added benefit you get from the latter, which is why I adopted that instead of plant-based, is cancer loves glucose. And so the more you can do to get glucose out of the system the less you're gonna be feeding cancer cells. And I know there's some people that say, "We'll, all cancer cells are different." I get that, I totally get that, and I know there's...I mean there's Tom Seyfried even talks about it, there's other pathways. Glutamine is another source of energy if cancer cells can't get glucose. And it's impossible to take glutamine out of your diet. But if you can, at least, you know, it's a way of reducing the proliferation of the cells if you can really starve them. So effectively you're cutting back on the food supply by going very low glucose, so you kind of monitor that. And so that was my diet. My diet was kind of a high fiber, moderate protein, high fat, ketogenic diet.

And then there's also this whole concept of, you know, sunlight and grounding and making sure that you're getting kind of...and, boy, oh boy, that's an area where I'm just having fun right now because I'm in the process of putting a book together and so I'm doing a lot of research in that space and the more research I do the more fascinated I get by it. But for example, you know, grounding is something that people often talk about but I don't know that they really understand why it's so important. And so there's a couple of books that
I would point folks to. There's "The Body Electric" by Robert Becker and Gary Selden and there's another book called, "Healing Is Voltage" by...and I could send this to you, you can put it in the show note if you want...Jerry Tennant that talked a lot about this.

But, you know, cells can only replicate, heal themselves and function normally when they have the right bioimpedance and the right voltage, microvoltage in this case. And the PA to the body is very heavily tied into this. And so grounding is a way of kind of help facilitate the corrective...getting you into the right state when it comes down to kind of the voltage within your cells. And we know that there's voltage in the heart, we know there's voltage in the brain, we know there's voltage in the nerves, science doesn't really recognized it but I think what these guys have found is that there clearly is voltage in the cells, a lot of it coming through the nerves. And so those studies I think are just fascinating but that's one of the reasons why getting sunlight, grounding, fresh air, these things are always kind of increasing that cellular respiration and having the cells function the way they should.

And I also should mention too because this is probably an area that I think a lot of people are kind of...it seems to be the hot topic now, this whole idea of fasting, and intermittent fasting is very popular. I think, and this is, again, just based on my experience, I have no way to prove this, but I just firmly believe that one of the reasons why I got sick in the first place is because I was not allowing my body to go through the traditional redox or, you know, ebb and flow, going back to the Wilhelm Reich, you know, this respiratory, you got to breathe out not just keep breathing in, in that I was kind of feeding myself abundance of nutrients every single day without any break, without any fasting, without anything. And so now I do regular fasts to allow my body not only to kind of clean itself out through autophagy, which is, you know, I think necessarily for good cellular health both intercellular and intracellular on both bases. But I also think it just kind of, I don't know, it gives your system a chance to kind of rebalance itself and it's better able to kind of function the way it should. And so I think fasting is absolutely critical.

Not everyone can fast and there are ways of kind of doing around that. That's a prolonged five-day fast mimicking diet that Dr. Valter Longo has been a big contributor to. So I mean I do think fasting is one of the reasons why I was able to kind of get well quickly is because I incorporated fasting to get into autophagy, and it also obviously gets your ketone levels way up because anytime you're not eating you're burning ketones. So the only time I've gotten over like five millimolars, which is very high, is when I'm in the fasting state.

Katie: That is so fascinating. I have so many notes I want to follow up on. I'd love to know a little bit more on what your specific fasting protocol looked like after the initial 10-day. Because I've done now a 7-day water fast and it felt amazing afterwards. My labs improved afterwards. And you mentioned that you started with that. What did your fasting protocol look like through the progression of your recovery and also what does it look like now? And in conjunction with that I'd also love if you could go a little deeper and explain what redox is for someone who's not totally familiar with that term.

Eric: Sure. Okay. Yeah, my fasting protocol right now is...I mean there are people that would challenge me whether this in fact is a full 16 or 17-hour intermittent fast or sometimes 18 but it's usually 14 to 16 or 17, and that is, you know, I'll have dinner on Monday night and then I won't eat again until 2:00 on Tuesday, right? So I go to a period of time so I'm compressing the window in which I'm consuming calories. But I do, this is the part I referenced when I said people will challenge me on, is I quite often, because I'm a coffee addict and I know it's not the best thing to have, it's high caffeine, but I love coffee. So I do have my butter coffee. It's one of the vices that I continue. So I do have my bulletproof coffee with a little beta-hydroxyl butyrate butter in it as part
of that but then I also overlay on top of that like I do a three to five-day fast. I think five days is kind of the magic number if you follow the work of Valter Longo, I think that's kind of where you'd like to be. Three days is great for autophagy kind of get to where you want to be. So I think what you did is perfect.

The most recent one I did, I think was five days. And I do that, I was doing it every other month and I think I'm now due for one because it's been a little over, I'm going on two months now, so I've been so busy, I'm just traveling and everything else. I do 24-hour fasts quite often just because I can and it's easy and sometimes it's convenient, if I'm traveling for example, and I just, you know, I don't...or I'm too busy and not making food, I'll have dinner then I'll just wait until dinner again, and just make sure I'm well hydrated.

So that's my traditional, you know, 24-hour fast, let's say I do that three days a month. Intermittent fasting, I do every day except maybe one or two days a month or three days a months, I'll decide I'm gonna have some breakfast because I didn't have dinner last night. You know, for example, yesterday...was it yesterday? Yeah, yesterday I had a really heavy lunch and so I just decided, and it was late lunch too, I decided I'm just not gonna eat dinner, I just don't need it, and I didn't. So kind of intermittent fasting as part of it and then those more extended fasts.

And the second part of your question about redox, redox really ties in very closely with the Wilhelm Reich theories, which is all of life is based on movement and it also ties into Chinese medicine, say the same thing. If you don't have movement you don't have life. And to me that's one of the challenges that modern medicine or traditional medicine faces is because what modern medicine does in a clinical setting, well, clinical trials we can talk about the problems that I see with so called evidence-based medicine in clinical trials generally, but anytime you're doing something in a lab in vitro or in a Petri dish, you don't have any real redox, you're just looking at something in a very static environment, and that's not the way life works. Life is ever changing. You're either moving forward progressing, evolving, or you're devolving. That's just the way it is. There's no such thing as static.

And so any time something is static I think it necessarily is reverting to that from the PA bions to the T-bacilli that Wilhelm Reich talked about. So you want to keep the ebb and flow going as much as possible. And there's several ways you do that. Obviously, movement is a big part of that because movement is necessary for the functioning of the lymphatic system, and we didn't even touch on that but I'm a huge believer in the importance of the proper functioning of the lymphatic system in order for anybody to be healthy but certainly somebody who might have cancer or better yet if you're lucky enough to be destroying the cancer to have dead cancer cells in your body, you had better have a good functioning lymphatic system to clear that stuff out.

And so the best way to keep your lymphatic...the only way really to keep your lymphatic system working optimally is to make sure you have sufficient movement because it doesn't have its own circulatory mechanism. It relies upon your body's ability to move and willingness to move and actually moving to do its job, and rebounding and obviously, skin brushing and lymphatic massage and there are ways of kind of helping facilitate the functioning of the lymphatic system, but I think that's really, really important.

Katie: Great, I've written about both of those, rebounding and skin brushing and it's such a fascinating topic and so important when you're facing something more serious like that.
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This episode is brought to you by Crunchy Betty. It's summer and where I am it is super hot and humid. I've always made my own deodorant and I still think that's an amazing option. It works well, but lately, I've been so busy that I've been turning to a pre-made natural deodorant, and I am loving it. It's called Kokomo Cream and it smells like a tropical vacation. Think coconut and lime in paradise and it works incredibly well. My husband uses it too, we both love the scent and we love how fresh we stay all day. My favorite part, it's from a small family business and you could only find it right now on Etsy. So, you can find it by going to etsy.com/shop/crunchybetty.

Katie: You mentioned grounding too, and I'm with you. I don't think it's a fringe thing at all. I think it's something we're gonna come to understand more and more especially in the next few years. But I'm curious how you accomplish this, were you just simply spending time outside or were there ways you were kid of able to hack this and to do this on a more consistent basis?

Eric: Well, I'm just now trying some...that's a good question because I'm trying to figure out if there's a way to kind of biohack it. The way I was doing it initially when I got diagnosed is I would literally go down to the beach almost as much as I could, I tried to go there every day and during the weekends it got real crowded, and fortunately, I don't live too far from the beach and actually get into the ocean, even in the wintertime, it's super cold, because that really is...that kind of is your total grounding environment, your entire body is completely surrounded by these negative charges. The earth has a very slight negative millivolt charge, which is where your body wants to be healthy, which is kind of interesting. Our bodies are designed to kind of mirror exactly what the charge is. And you know, if I have too much positive energy in my system, okay, which means I have too many electron stealers in my system, i.e. free radicals, you know, molecules that are missing electrons, and I touch you and you have a healthier state, we kind of balance each other out.

So that's obviously a quick, easy way to do it, just walking barefoot, like when I go for a hike I'll take my shoes off at the end of the hike and just get on the ground as much as I can. You know, hugging a tree. There's several ways you can try to get negative energy from the earth directly but there are also kind of these PEMF devices, not the ones that are pulsing like the beamer, which I think is not the one I'm referring to, but there's another one that they had on demo at the conference, which I'm not gonna speak on because I'm still researching, but these are ways where you can kind at home try to create a healthier, you know, voltage state within your cells. So those that don't have the ability to just go to the beach, I say just take your shoes off and go stand in your yard, you can stand on a rock too, just don't stand on asphalt because asphalt is made with rubber and so it doesn't conduct electricity.

Katie: Absolutely. I think that's a good rule of thumb for moms too, send your kids outside barefoot because not only are they're grounding and hopefully getting vitamin D but they're also getting bacteria from the soil.
There are so many benefits there and I'm 100% with you on the sunlight thing as well because I think most people understand the vitamin D connection and how we actually do need vitamin D. It's vital for like so many reactions in the body and I've been saying that for years that I would actually say it's questionable the link between the sun and skin cancer but we do know for sure that vitamin D, like low vitamin D levels are linked to a lot of other types of very serious cancers. So I think in some ways we've cut off our nose despite our face avoiding the sun, but you mentioned the other benefits of it as well. I think that's also super important to keep in mind as the sun has so many properties that are beneficial just beyond vitamin D as far as the light itself and cellular energy and all of that, so I'll make sure I link to all the books you mentioned.

Eric: Yes. And I think it might be fun for people to also kind of think about, obviously, it's all fairly new science, but this whole "Fourth Phase of Water" by Gerald Pollack. You know, what causes fluid to move in our smaller capillaries is really not our heart, it's the same thing that causes sap to move up trees, and it's infrared light. And so getting infrared light, not that the sun is a good source of that, but you get infrared all the time...for folks who are dealing with cancer because without vitamin D you have no GCMAF. GCMAF is the regulatory protein that supports the immune system by activating macrophages and so its binding proteins and receptors require vitamin D in order to be activated. So you really, really need to make sure your vitamin D levels are healthy.

So if you can't do it through getting sun for whatever reasons, because you live in Northern latitudes, you can supplement. And I'm also recommending if you're supplementing make sure you're getting vitamin K2 with the vitamin D and there are several supplements that will put them both together because if you do vitamin D without K2 you don't get the full benefit and it also helps keep the calcium from forming in your arteries, which vitamin D also helps facilitate. We want to make sure that calcium is going where it belongs, in your bones and the calcium receptors in your cells.

Katie: Yeah, definitely. And another thing we talked about that night we met that I'd love for you to go into if you're okay with it is the emotional side because I think that's the one that gets overlooked even by people who are very well researched and understand the science, and I think it's an easy one especially if you're type A or a researcher like me to try to ignore. I haven't ever faced like the serious conditions that you have but I know in the last year that's something I've had to face in my own life is realizing just how much emotions and our mental health impact our daily life in so many ways and that you can't just kind of push past those. You have to actually work through things and take that into account, but I'd love for you to explain basically how you got to that, what you realized about the emotional connection and then how you integrated that in your therapy.

Eric: Yes. Well, let me give a shout out to my partner, the doctor of Chinese medicine, he's no longer my partner so I won't mention his name, but he's the one who kind of really pointed me to the emotion, the crucial of the emotional fact for health generally, and so that kind of really helped me understand that that was absolutely...I mean if you just think about it, the impact that your...when I say your mental state, I mean not just your mind, I'm talking how you feel about yourself and your relation to those around you in the world. The impact that that has in your health, I think anyone can recognize just intuitively, right, you don't need some doctor to tell you that. And what I discovered just based on my experience that, you know, one of the biggest challenges that we have today is the stressors in our life and there are several stressors and we all...everyone talks about stress as being the cause of disease and I think there's some truth to that.

But I think there's kind of a misunderstanding as to how insidious different kind of stresses can be and there's
different kinds of stress, right? There's, again, acute stress situations, like a divorce or losing your job or getting in a car accident. And those can actually always have a hermetic effect. In other words, if you approach them with the right mindset, they can actually make you stronger coming out to that end just like your muscles get stronger when you tear them down by exercising. And I think that the stressors that I think are more impactful when it comes to...or I should say detrimental to your health are the ones that kind of operate just under your conscious awareness, things that are, you're kind of...the stressors that when you're doing something and you know you should be doing something else.

It's not having congruity between what you really would love to be doing and your passions and how you're living your life. You know, it's being in a relationship, you're just not too happy with it, or staying in your job, you're not...but you do it anyway. Those are the stressors that I think have a much bigger impact on your health because they're constant, and so I think the emotional detoxification side of this whole process, you know, there's...I refer to detoxification on three levels, right, there's the internal physical detoxification, which we all know about, which is, you know, getting the detoxes out of your body to proper sleep and hydration, lymphatic system etc. Then there's, you know, getting the chemicals and EMFs out of your system, or your external detoxification.

But this emotional detox is, I think, the most challenging, certainly for me it was, and I think for a lot of people it is. And it requires...that's the most important thing. To me, that's the linchpin for health. I mean all the nutrition, I call the foundational element, but emotional health or, you know, waking up in the morning feeling good about yourself and feeling that you're really kind of living in congruity and you're being true to yourself and just being able to speak your mind with people, all these things I think are really important. And the analogy that I like to use is...and I really firmly believe this because based on me alone, I'm an example of this...is you can eat all the healthy food in the world, you can do everything right.

You can be, you know, grounding everyday, and drinking spring water, have a glass bottle, and getting all your electrolytes, and breathing clean air, and eating nothing but, you know, grass-fed meat or organic, whatever and still get sick where someone else is, you know, going to McDonalds and eating fast food and, you know, they may not look great, you know, that there may be prices to pay because they're not as fit and trim as they might be if they're eating Kentucky Fried Chicken, but that person is just really happy about their life and really, you know, feels passionate about what they're doing and they're gonna have, I think, fewer really serious chronic health conditions.

So I know that's kind of hard for people to swallow because most of the people that are kind of trying to be well are really focused on nutrition and that sort of thing. But I'm not saying nutrition isn't important by all means, that's not what I'm suggesting at all. I think it's the foundation for health. But what I am suggesting is that you have to focus on emotional side too.

And this is also, I think, one of the things that I find was probably, I mean I know it's difficult for me to say this to other people who are going through what I went through because not everyone kind of can see the world this way, and that is my life is actually better now than it was before I was diagnosed with cancer. And the reason that it's better now than it was is because my priorities are lined up and, you know, I'm much better at not putting up with crap. I don't know what I can say on the show. You know, if something is not right, I get rid of it. If I want to do something, I do it. There's no more kicking the can down the road because I'm facing mortality and it's that facing of your mortality that causes you to be less tolerant of things you otherwise
would tolerate that then create these underlying stressors, this incongruity in your life. And so I think if I could sell a pill that gave people that perspective, you know, it would be a very valuable thing for the world because it really made a huge difference for me.

Katie: I agree. And I think that's why you hear of those occasional cases of people who find out they're terminally ill and they don't think there's anything they can do so they don't change their lifestyles much other than they change their mindset and their emotions and they have to wrestle with their mortality and they maybe forgive people in their life who they have been holding grudges for and they like live each day in a more impactful, meaningful way and then they magically go in spontaneous remission and so like that doesn't happen every time but things like that really illuminate that emotional connection.

Eric: Yes, yes, yes, yes, I completely agree. And anytime somebody says there was a spontaneous remission the first thing that pops in my head is what you just said, Katie, is that they must have really had like enough of an "oh, me" moment that just kind of completely changes all that. And so that emotional detox part of the equation got cleaned up very quickly and effectively.

Katie: Absolutely. And another point that you made about what when we spoke was about the community aspect and having solid relationships and friendships and support and I know that's something as I've gotten older I've realized the importance of as well. It's easy, I think, when you're young to think you can go it alone and be that lone ranger that just bites through everything, and I think as we get older and especially as we face health challenges we realize we truly do need other people and we need relationships and space to be vulnerable and people who can support us. And if it's okay for me to share, you talked about having a group that you get together with occasionally that's that support system for you and I've done that in my life as well. Are you comfortable sharing any of the details of that? Because I know from...

Eric: Yeah. I'd be happy to, because this is another passion project of mine. But before I do that, quickly I'll just say that, you know, one of the interesting anecdotal elements of having had cancer in the prostate region is, for those that know Ayurvedic medicine, is that the root chakra is the source of procreative and protocreative energy, and that's where the prostate is obviously. Procreative energy is, you know, reproduction, and protocreative is getting out, you know, and doing things you really want, creating things in the world, right. It's creative but it's creative in the difference, it's not reproduction, it's kind of producing in your environment and doing creative things. And I have for a long time wanted to kind of start a men's group because I just felt like it was so lacking in my life.

And I read an article in I forget what magazine, it was either "Men's Health" or "Men's Fitness," this is going way back and I wish I saved a copy of it, and I didn't, but the conclusion that was reached in that article is that...and it's interesting because they talked about how they're used to be men's group, so they had the Lions Club and the Elks Club and the Knights of Columbus and all these men's groups but that was my grandfather's generation, right, so that's quite a while ago and those groups don't exist anymore. And I think it's important for men to spend time with other men, and so that's kind of something I was very, very interested in and never really did anything with. I just kind of thought about it and I toyed with it. And finally, this is, I don't know, seven months ago now...I had a friend of mine who had a similar passion and we met at a men's group up in Seattle that I went to where there was eight of us in a room and we kind of got to really get to know each other over a weekend.

You now, he was coming into L.A. from Canada where he lives and I said, "Look, I'm just gonna invite a group
of guys and we're gonna talk about...you know, there's a book called "No More Mr. Nice Guy" by Dr. Glover and that's kind of the nexus of a lot of the stuff that he and I were working on in Seattle. And so I invited a group of guys and it had traction almost immediately from folks that I didn't even think would be interested, you know, in a men's group and we've been meeting once a month for two hours at my house. And, you know, it's just an opportunity for...and I keep it small, we keep at six, maybe seven because sometimes we have no shows. We keep it small and it's just an opportunity for us to just sit down in a room together ad just talk about what's important to you and just share with others. And again, I'm not a woman so I can't speak for you, Katie, or woman but I think women are more naturally inclined to be open and talk about these things, men are not.

And so if your only source of feedback, if you will, from whatever you're struggling with emotionally is your significant other in your life, you know, I don't think you can necessarily bring the healthiest masculine dynamic to that relationship. You need to be able to spend time with other men that will get you your balance and then you can come back with a more healthy masculine perspective. So that's kind of...and I just love it. And, you know, now I'm an open book. I used to have a lot of secrets. There's a great saying in 12 Step, "You're only as sick as your secrets," and I was the guy, certainly back when I was in New York, I had tons of them, and now I have none, I'm a complete open book. So you know, I just lay everything out, and I'll tell you, it's so liberating and I feel so much better. And again, that was another source of stress.

Katie: I think you're so, so right and I agree with you that it's easier for women, or maybe we're just slightly more wired to build that community and to get together and talk, or maybe it's just the way society is right now, I don't know, but I think it's harder for men. But I also fully agree with you, I think men need it just as much. We all do, we're human. So for all the women listening, I would say I encourage you for your significant others to make space for that and to encourage that because, like you said, you're gonna have a better spouse at the end of the day when they have strong relationship with other guys and they have a support system and it takes so much pressure off when we're not the only support for our spouse and vice versa.


Katie: So I know we're also gonna get questions. I want to make sure I touch on this, did you do any of the chemo or conventional cancer treatment in conjunction? You mentioned that you worked with an oncologist, did you do any of that or was he mainly overseeing and checking levels and watching the progression?

Eric: Well, the only thing that I...well, there's a new treatment program that's...well, I don't know how new it is but it's new to my clinic, like the hospital that I go to here, which is kind of an immune therapy treatment which I did. I don't know. I have no idea whether it has any impact. Unfortunately, in the Western medical space there's not very good ways of monitoring the progression of your disease other than through the traditional CT scan, MRI. So, you know, I have done the MRI just to check on things but the problem with that is it only indicates the late stage of the condition. And I'll answer your question in a second, but before I do that, by the time something shows up on a CT scan or an MRI it's really the symptom of a disease. To me, I call the disease "cancering," like a verb, like your body has been cancering for a long period of time to the point where these cells have accumulated enough to be able to show up on one of the scans.

But the only thing that I've done, and this is specific to prostate cancer, is androgen deprivation treatments, which are, I mean they're not pleasant, and they're not awful. The nice thing about them and the reason why I didn't have any hesitancy doing them aside from the fact that I needed to do it to get my prostate to go back
to its normal size, which it's been ever since, thank god, and I could urinate well, have healthy urine flow, but is it shuts down the production of testosterone and your sex hormones. They also call it chemical castration. So that's the only standard of care I did.

For those of you listeners who might know someone, or their father or their husband or folks that they know are struggling with prostate cancer, you should talk to your oncologist about this because...I'm not a doctor, but you can cycle on and off of that. You don't have to stay on it. I know they tell you, you should just take it for the rest of your life. That's not true. I've done a lot of research on PubMed and there's several clinical studies that have been done by major pharmaceutical companies and they came to the conclusion in the studies that there is no real adverse impact in doing it, there's no benefit to doing it, but no adverse impact at doing it.

And I beg to differ with them because I think if you really understand how the body functions, that sex hormone and testosterone in particular is necessary for the, you know, regeneration of your bones. And so, you know, you don't want to be in a situation later in life where you're gonna suffer from osteoporosis. You want to be able to cycle on and off, plus it affects your sexual energy, your sexual drive, and other things too. So that's the only thing I did in the standard of care category. Obviously, if I talked to a radiologist they would want you to do radiation treatment and that was and continues to be recommended to me by...or not anymore but during the course of my disease, addressing the disease, it was constantly recommended to me was radiation treatment. The oncologist will typically recommend chemotherapy but I just...that's the only thing I did was ADT.

Katie: Good to know. And I love your perspective on this so much because I feel like just as in business it's one thing to learn from someone who's a professor of business who's researched business. It's another thing entirely to learn from someone who actually owns a business and does the day-to-day. I feel like its one thing and we should learn from the people who research this and who have the scientific knowledge, but it's such a unique perspective that you bring to the table having actually been through it and now on the other side and being able to test on yourself what works and what doesn't work. You mentioned a couple of things for people who maybe are struggling with this and I actually have gotten email, even from people on my team who have a relative who is going through this right now. So I'd love as we start to wrap up, what kind of advice would you give to someone who is just diagnosed with the disease to begin with?

Eric: Well, the first thing I would say is, you know, talk to your doctor. First of all, find a doctor that you can work with and then speak to your doctor about...you know, get a sense yourself because the problem with the medical system, and this is true for both traditional medicine and alternative medicine, is the amount of attention you're gonna get is very, very minimal and with the condition you're facing is gonna require a tremendous amount of focus and dedication and lifestyle change. And so you're not gonna be able to sit down with any one doctor who maybe the most well-intentioned, best doctor in the world and really be able to decide what's right for you. So it's really, I think, incumbent on each of us who are going through this to kind of decide that we're gonna take the bull by the horns and really, you know, decide what's gonna make the most sense.

And I think if you approach it with that perspective and also with, "No matter what I'm gonna do whatever it takes," I think you need...the next thing I would say is you need to kind of get yourself in the right headspace, which is, "I can beat this. This is nothing more than my normal cells have been converted to an abnormal form of energy production in a certain segment of my body that my body is really designed to address, but for
whatever reason it hasn't been." Because, you know, everyone's body is producing cancer cells all the time, the question is are those cancer cells being addressed by the immune system or not? And so I think if you can kind of get your head around that and kind of understand that healing is possible, it's gonna make the journey that much more effective because the placebo effect is very, very strong just like a nocebo effect is. Like if the doctor tells you, "Look, you're gonna die in a year," and you really believe it, and you do everything the doctor says, and then you end up dying in a year, he just basically put that in your head.

So I'd say kind of getting a good doctor that you can work and then assessing whether or not you need to jump, because you will be pushed into immediate treatment therapies whether it's surgery or radiation or chemotherapy, whatever it is. And I'm not saying don't do it immediately, because I'm not a doctor and it's not my place and that might be indicated. What I am saying is that it's up to each individual to decipher for himself or herself whether or not it makes more sense to kind of take a breath, step back and decide, "Okay, I can beat this. Let me take a more measured approach." I'll keep those things in my arsenal and if I need them I'll do them but I'm gonna do them in a very kind of...you know, I'm gonna do them in a fashion where I really feel like I've done my homework. I mean, for example, if you have to do chemotherapy and you do a fast before you do chemotherapy you will have extremely better result. Not only will the chemotherapy work better, but you'll have less impact on your healthy cells.

You know, there's insulin potentiation treatments where they give you insulin and then they reduce your blood glucose level to such a low level that you can hardly function and then they inject low-dose chemotherapy into your body with glucose and it's like a Trojan horse and the cancer cells basically suck it up and so it has less of an adverse impact than the rest of your cells. So there are ways you can...I mean if step back and say, "Look, doc, these are the things I want you to consider," you know, I find that my doctor has been great because, you know, he knows that I'm all over this thing like a cheap suit and he's willing to work with me. So find a doctor that you can work with and then do your own homework. And I'm hoping the value that I bring to the conversation is, you know, allowing you to kind of get your bearings and providing an overview that would help facilitate kind of that doing your own homework side of the equation.

And then, of course, when I say fasting, if you can do it, if you're not...if you're diabetic or you have...hang on, I got an email. I get emails almost daily. I got one yesterday from London and the gentleman's mother had just been diagnosed with colon and bladder cancer, or stomach cancer, I mean really aggressive stuff and I thought, "Oh, my goodness, this is not a good situation." And she's a diabetic and he said he wants her to do a 20-day fast and I wrote him back. I said, "Look, first of all, talk to your doctor before you do anything. I'm not gonna give you any advice at all. I don't think she can do a fast. I don't think she can do any kind of a fast if she's got that condition, you know, she's taking insulin and she's got diabetes, but you know, you might consider doing the Mimicking Fast or something else until you can get your balance or your blood sugar to the point where you can maybe, you know, try some of the other dietary protocols." I mean there's just so many moving pieces, there's just so many, and they all kind of, I think, you know, there's some consistency to them. You know, there's some that would apply regardless of whether it's a hard tumor cancer or a blastoma or lymphoma or other cancer but a lot of them are specific to the individual and their lifestyle, and what's your compliance gonna be? Are you actually gonna be able to do it, right? Be realistic. Am I gonna be able to do hyperbaric? If I'm not, okay, I'm gonna try something else. What else can I do?

Katie: Yeah, such a good perspective and I could literally talk to you all day. We'll have to do a round two one day but I want to respect your time. So I have a few wrap up questions that are quick questions I always love
to ask. One is what book has had the biggest impact on your life?

Eric: I would say, oh, boy, I've read so many great books. I knew you're gonna ask me that question and I still struggle with what I should say. I would say I'm a big fan of David Hawkins and his "Power vs. Force." He's written several books, a lot of his are just lectures that have been put into books. But I thought his "Power vs. Force" book was I thought and still remains to be a book that I can read over and over and over again and every time I read it I get something out of it. But for folks that are struggling with cancer I would say hands down, no question, is Travis Christofferson's book, "Tripping over the Truth." That's just such a great book. He does such a good job and he's not a doctor, he's a medical journalist, and he just...I mean his perspective is not siding with...you know, he's more, I think, a traditional medicine guy.

You know, he's not like a big guy who's pushing, proposing kind of alternative medical stuff but he just does such a good job of giving a perspective on kind of the history of the science, and where we are, and how we end up where we are, and it really helps you kind of see through it all and say, "Okay, this doesn't make any sense because I can see now where there's economic incentives, etc. for doing it." So I would say, you know, but if I had to just pick one book, you say, "Eric, you're gonna be living on an island and you can only bring one book with you," it probably be "Power vs. Force" by David Hawkins.

Katie: I love it. Both of those will be in the show notes at wellnessmama.fm. And if you could magically infuse a piece of advice into everyone in the world, what would it be?

Eric: I would say in order to be a healthy person, I mean do all the other things that people talk about regarding sleep and diet, but if you can find some means of getting congruity between your inner desires and passions and how you live your life, that is gonna be the most healing thing you can do.

Katie: I'm with you on that one. What's next for you, Eric? I mean you've already conquered law, you've cured cancer in your own body, what's next for you?

Eric: Well, again, I don't like to use the word cure, I mean, you know, I'm in remission. I'm in a healing state and I want to stay there, and I monitor myself regularly. I am hoping to actually, because I spent a lot of time talking, I'm not an expert in any one of these areas, right, I just kind of synthesize, I get the word out, a lot of information, that's what I'm good at. So for example, I would love to get someone for the Riordan Clinic to talk specifically about high dose vitamin C and what it means and why you do it and really kind of get into the weeds on that. So my goal is to see if I can do a podcast that's tailored to each of the treatment protocols. I would obviously have Travis and Tom Seyfried and others on the podcast but that's my goal to do that in the next three or four months, to get that launched, because I have, you know, a lot of information I get from these people and it would be great to be able to put that out for others who want to kind of hear it themselves.

And then I'm in the process of writing a book and the book is gonna really be what we just talked about as far as helping people get their bearings and kind of give them the right perspective so that when they come to it, and also discuss to the extent I can, I know that I don't want it to be 800-pages, but to kind of discuss some of the general...how you overlay...once you come to the theories, how you then address the protocols and come to the right therapeutic interventions.

Katie: I love it, and keep me in the loop. I want to make sure we share your podcast and your book as they
come out, that's amazing that you're doing that. But thank you so much for your time. I'm sure you're an incredibly busy person with everything you have on your plate and I really appreciate you taking the time to be here and to share your story and your wisdom today.

Eric: Katie, the pleasure is all mine and I would love it if people who are interested in following the progress of both the book and the podcast, if they would just go to my website. Could I do a plug for that?

Katie: Absolutely.

Eric: Okay, it's questtocurecancer.com. It's www.questtocurecancer.com. So you can subscribe there. I'm collecting emails and I will be sending out announcements when I do postings and obviously keep people up to speed as to what's going on but I'm reachable there.

Katie: Perfect. And I'll make sure that's linked in the show notes as well. If any of you are driving you don't have to write it down and those will be under your episode at wellnessmama.fm. And definitely, we'll have to plan a round two for when the book and the podcast launch and make sure we share you with the world some more, but thank you so much for being here.

Eric: Katie, thank you so much, I appreciate it.

Katie: And thanks to all of you for listening, and I hope to see you next time on "The Healthy Moms Podcast."

If you're enjoying these interviews, would you please take two minutes to leave a rating or review on iTunes for me? Doing this helps more people to find the podcast, which means even more moms and families could benefit from the information. I really appreciate your time, and thanks as always for listening.