Conquering Cancer 101

1. IMPROVE YOUR - FOCUS - CREATIVITY
   - 2.3% of

2. GENES VS. HABITS
   - STATISTICS:
     - Empowered mindset = More optimism
     - Lever
     - SEVAN: 56%
     - 1. Control: 56%
     - 2. Heredity: 23%
     - 3. Environment: 63%

3. TERRAIN: SUPPLY LINES
   - Cut off cancers
   - Cut off supply lines

4. NUTRITION
   - Sugar + Fruits
   - Omega-6s
   - Plant

5. MOVING + EXERCISE + SLEEP
   - Alchemize stress to serenity
   - Breathe = constant
   - Think = challenge

6. ENVIRONMENT
   - Toxic stuff + Willpower
   - Less exposure

7. THE TEAM:
   - Love + Gratitude/Envy
   - Acute vs. Chronic

8. CRISIS + RELATIONSHIP + LIFE FORCE
   - Dose - Effect
   - Executive force

9. ANTI-AGING:
   - Free radical vs. radical

10. NATURAL:
    - Natural vs. medical
    - Nature
    - Nutrition
    - Exercise
    - Meditation

11. ANTI-INFLAMMATORY
    - Nutrition + Exercise
O. IMRO

My brother

"This is my coach."

Your friend coach

Obviously not oncologist or cancer specialist

Although we haven't met (yet!) I consider you a friend
+ part of our extended family.
MYTH #1

1 GENES vs HABITS

DENMARK

1,000+ ADOPTED KIDS

IF PARENT GET CANCER < 50

BIOLOGICAL = 0

ADOPTED = 5X

RISK OF CANCER MOTHER

PASS DOWN HABITS NOT GENES

2-3/---CC
157. - DSS

GENETICS LEADS THE GUN
ENVIRONMENT Pulls TRIGGER
2. STATISTICS - TARGET: LONG-TAIL

INFORMATION vs. CONVECTION

INTERESTING FOR GEARS BUT... LESS INTERESTING FOR YOU

“KEEP DOING NORMAL STUFF”

STEPHEN JAY GARD

HARVARD, #1 PDP SCIENTIST

8 MONTHS -> 20 YEARS

30x

TARGET: LONG-TAIL

YOU ARE A UNIQUE CASE.

HOW MANY OF YOU ARE THERE...

GET OUT
3. Empowered Mindset - Pull Levers

Helplessness Fuels Cancer = Army Giving up

Seligman: 50%

1. Control: 54%
2. Helpless: 123%
3. Empowered: 63%

Same slack: Avoid extra

Antifracture/Literally got stronger

Levers

+240x
4. THE TERRAIN: SUPPLY LINES

WWII

F.M. NAZIS

BATTLE OF STALINGRAD

SUPPLY LINES

CUT!

RETREAT

THAT'S OUR STRATEGY

LEVERS

MORAL
STRESS
EMPLOYER
TOXIN
ER
5. Nutrition: Don't Feed The Enemy

1. Sugar + Fear
   - Cancer Loves Sugar
   - Metabolic Disorder
   - Insulin
   - Caffeine
   - Sugar
   - Inflammation

2. Omegas: 3 + 6
   - Anti-Inflammatory
   - Inflammation
   - 1 Veggie Oils
   - 2 Fatty Fruits
   - AMMA

3. Protein
   - MTorf
   - Promoters
   - vs.
   - Fighters

- Virtually all cancers are associated with Mudr activation.
- So! Turn off Mudr!
- "Adequate Protein" (0.5 Grams/Protein/Lean Body Mass)
- AMMA Protein: 4 oz/day
**NUTRITION (Cont'd)**

**PREMOTERS =**
- Sugar + Flour
- Vegetable Oil
- Animal Protein
- Zero
- Garlic
- Leeks
- Onions
- Beets
- Green Tea
- Raspberries (Limit)
- Romaine
- Red Leaf
- Green Leaf
- Escarole
- Radicchio

**CANCER FIGHTERS**

**CRUCIFERAS =**
- Brussels Sprout
- Cabbage
- Broccoli
- Cauliflower
- Kale
- Chard
- Collard Greens

**RULE #1**
- Eliminate Premoters

28 Servings of Veggies/week

3 Servings of Cruciferas = 1.417
6. Move + Exercise + Sleep

NASA Says

Move

Max 30 min of sitting

Exercise

Walk!

Train
g UNIQUE

Sleep

Super Important!

Circa 25 years

#1: Bright light

Morning

TV/Internet

Phone
7. Alchemize 

STRESS

COUPAGE

God, grant me the serenity

to accept the things I cannot change;

the courage to change the

things I can; and the wisdom
to know the difference.

SERENITY  \( \Rightarrow \) \( \text{BREATHE} \)

COHERENT \( \Rightarrow \) \( 5.1 \) \( \Rightarrow \) \( 5.1.6 \) \( \Rightarrow \) \( 6.2.8.1 \)

COURAGE \( \Rightarrow \) \( \text{Bring it on!} \) \( \Rightarrow \) \( \text{Try at your own risk!} \)
8. ENVIRONMENT

\[ \text{THE} \quad \downarrow \quad \text{TOXIC STUFF} \quad = \]

CLEANING SUPPLIES
DEODORANTS
COSMETICS
SHampoos / SEARS
PLASTIC \[ \rightarrow \text{DON'T COOK} \quad \text{W/ LE} \rightarrow \text{BPA-FREE} \]

\[ \text{WILLPOWER} \quad \downarrow \quad \text{Purge} \]

NEW WAY OF LIVING

\[ \text{TV} \]

OUT OF ROOM / OFFICE NIGHT

SMARTPHONE / DIGITAL SUNSET

\[ \text{1 VS. COCKTAIL} \]
9. THE TEAM

- OPTIMUM TERRAIN
- TERRAIN

12 QSF

1. INTEGRATIVE MD?
2. NUTRITIONAL # = ?

\[ \text{IV = SUGAR = %} \]

- LOVE 2.0 => CANCER
- GRATEFUL FLOW => APPRECIATE

- FOOD

- ACUTE / WESTERN SCIENCE = 3
- INTEGRATIVE / TERRAIN

- SUPPORT

- FAMILY
- DEATH
- MIRACLES

- LIVES DECLARED

- CRONY
- CHROME
10. CRISIS + RELATIONSHIP + FORCE

CRISIS = DANGER + OPPORTUNITY - "Wake up call - New way of life."

DOSE-EFFECT RELATIONSHIP  \[ \uparrow = \uparrow \] ENGAGEMENT \[ \text{RESULTS} \]

LIFE FORCE \[ \text{EMOTION} \]

Fires