

POPULAR DIETS PROVEN TO CAUSE CANCER

...Keto, Paleo, Carnivore, Atkins, Vegan, High Fat, Low Fat,
No Sugar, Low Sugar... Which Diets Are Helpful... And Which
Cause Tumors to Grow in Your Body?



Conquering Cancer PRESENTS
THE **MISSING LINK**

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Transcript

Popular Diets Proven to Cause Cancer

Nathan Crane:

There's so much hype and conflicting information about what you're "supposed" to eat.

A couple of the more popular and trendy diets these days include the keto and carnivore diets.

But is consuming a lot (or even a little) meat and dairy a safe choice if you're trying to prevent or heal from cancer?

Or are you unknowingly setting yourself up for poor health outcomes down the road?

Hello, I'm Nathan Crane. Host of Conquering Cancer: The Missing Link.

In my upcoming 9-part documentary series, you'll get straight facts from true experts in diet and nutrition.

Doctors who have actual hands-on experience REVERSING cancer and heart disease in thousands of patients over several decades.

We do a deep dive on the best anti-cancer diet in Episode 5 of the docuseries. But for now, enjoy these short previews from just 3 of the incredible doctors you'll meet and I'll see you on the other side.

Nathan Crane:

What were the biggest diet changes you made?

Dr. Kevin Connors:

Well, biggest dietary changes, I went off sugar for the most part, and I went off of meat. So, I went off of both red meat. So, chicken, turkey was out as well. So your white meat, your red meat, and pork I went off of. I followed what we usually tell our patients, you try to do this 95% of the time. So it wasn't that I would never eat meat, but it was a drastic lifestyle change for me. Not that I was this huge meat eater. It was not any big deal for me to go off meat. It was just cumbersome, because you have to make different choices when you go places. We have a lot of grandkids. We're going to have them over for supper. What are we going to choose? Well, I got to find something else for me to eat. It was just a pain. It wasn't so much of feeling like I'm

deprived, per se. And then, I went off dairy. So I went off those three things.

Nathan Crane:

Would you say your biggest reason for going off those was the pro-inflammatory effect that they have, especially on the colon in particular?

Dr. Kevin Connors:

You could say that. I mean, in our office, we test people. So, I got tested by my associate practitioner and that's what tested as a fuel source for my cancer at the time. That could change over time. I've laxed up on the meat now because that has changed. I still stay fairly dairy-free. If you're not going to test a person, why would you go off of those foods? Yes, so dairy first.

Dairy with any cancer can be a... That's probably the number one feeder of a cancer, because dairy has so many different growth factors in it. Think, what is dairy? It's a product to make a baby grow quickly. So it has growth factors in it. So, you're consuming all these growth factors, having a cell structure, a cancer that is in rapid replication, all you are doing is adding growth factors to that. Just think about that for a few minutes. It's not a good choice. So, most anybody with any type of cancer would be better going dairy-free. Well, how about raw dairy? The same thing. Doesn't make any difference. How about goat's dairy? It's the same thing.

Any dairy products, anything that's going to come out of an udder of an animal you want to eliminate. And then, with meat products, meat is not always a feeder of cancer. But when you look at cancers that are of the colon or of the digestive system, even the liver, it's very common that meat is a feeder of that cancer. It's really the methionine, really some of the amino acids in the meat, glutamine, methionine. So you also, sometimes that's missed, where people are like, "Okay, I'm off a meat." So, because I'm off a meat, you're taking this protein powder. Bad decision. That's what you're trying to stay off of. There can be other bad things in meat, like hormones and such, but it's really the amino acids that are really the feeder of the cancer. Even if you're getting good grass-fed meat, and you're getting non-hormone chicken, it still has that methionine and glutamine, because it is a protein source. An animal protein source tends to be a greater feeder of the cancer than a plant protein source versus like beans or something like that. So, you still could get your protein that way. But I would not take—

Nathan Crane:

Yeah. That's a big misinformation piece when it comes to protein. People think, "Well, where do you get your protein, if I don't eat my meat?" In this conversation... You still hear it today. The reality is, if you're eating a really diverse plant-based diet, you get more than enough protein. In fact, especially from beans, and soy products, and even vegetables are high in protein, especially if you're eating large amounts of them. But the problem is lack of protein in our society is not an issue for most people. And in fact, I saw a study of number of years back that, when people were tested, actually more people are tested for excess protein than deficient

protein. And so, that's more of an issue when it comes to cancer, having excess protein than deficient protein. Right?

Dr. Kevin Conners:

Oh, that's for sure. I'd say that. **[Clip end]**

Nathan Crane:

So let's talk about that, the keto diet compared to what you are teaching as a starch diet, what are the main differences? And what do people need to know about keto, especially when it comes to something like preventing cancer?

Dr. John McDougall:

Well, you're talking about polar differences. You're talking about a program, a low carb diet, which eliminates the foods that I recommend. The reason it works is twofold. People get excited, because they get immediate results, because they lose eight to 10 pounds of water weight the first week, because they go into ketosis, a long explanation that I'm happy to go into. But the reason for any long-term weight loss and not many people have long-term weight loss, because they're so sick and they hate the food, the main reason for long-term weight loss is when you're in ketosis, you produce ketones in the blood and ketones in the blood suppress the appetite.

Just like when you become sick with the flu, you lose your appetite, or say there wasn't any food available for months, or actually only it takes days, and you go into ketosis, you lose your appetite. Well the keto diet simulates sickness, and that's the reason they work. And that's the reason they fail. The keto diets also include the foods that every health organization I know of says are causally associated with our major diseases, heart disease, cancer, et cetera.

Nathan Crane:

I've thought a lot about keto from a biological evolutionary point of view or more of a biological design point of view, and I questioned, why can the body go into ketosis? Why can we switch from glycogen to ketones as energy? Why are we designed with that? And the answer to me was pretty simple.

In the past, before we had unlimited access to food 24/7, pretty much anywhere in the world now, for the most part, certainly industrialized nations, before then, which was for millions of years, we would go through periods of feast and famine. We would go through periods, maybe in the winter, certainly in colder areas, where you had to store everything, you had to store your food. And it might have been nuts and seeds for a lot of people that were eating meat and dried meat, maybe dried meats, things like that.

And eventually that food might run out. And when that food runs out, the body still wants to

survive. And so my theory is, we're designed to be able to go into ketosis as a survival mechanism to keep us alive, so that we burn from fat to ketones, that as you said, the appetite slows down and you could go for weeks or even months, potentially, fasting on very little food to get you through the famine months as a survival mechanism. But as a long-term, just like any other survival mechanism, like a sympathetic response in the nervous system fight or flight or freeze, those are meant for survival times only. To keep us alive. We're not supposed to be in a sympathetic state all the time. Just like I really believe we're not supposed to be in a ketosis state all the time.

And we're certainly starting to see that in the literature, that long-term ketosis actually can be, potentially, very damaging. And as you said, in all of the people I've interviewed, the research I've done, all the people who've reversed stage four cancer that I've ever come across, I'm not saying there's not others out there don't exist, but the ones I've met and have come to me and I've interviewed, and the research I've seen, is on a nutrient dense, plant-based, as you were talking about, high starch type of diet, and a whole foods diet, not a processed foods, but a living foods diet, for the most part, is the diet that they follow to get the healing results that everybody's really looking for. Do you have thoughts on that?

Dr. John McDougall:

I'll add a couple of points here, is the human being starves to death in an average of 61 days. That's how long it takes to die when you stop eating, on average, 61 days. So when you say long-term, we're talking about a survival mechanism that'll last you two months, to get through tough times, as you said. And ketosis helps, when you're starving to death, you don't want to be thinking about gathering and preparing food. You want to think about how you're going to get yourself out of trouble. And so the pain of hunger goes away. It's natural. It's normal.

One other area that I would like to address, that I think I heard from you, was the idea, or maybe you were going to go this direction, I was just interested in hearing it, and you didn't, but was the idea that, in the past, we were hunter/gatherers?

Well, I want to explain to you why I believe the myth of hunter/gatherers survived. It has to do with male dominance. It has to do with gender bias. What happened in the past, through all the tribes that I've studied, is the men would go out to hunt and they'd be gone a couple of weeks. And if they're lucky, they brought back a dead animal, and it didn't rot. And that provided some praise for the men. But while they were out hunting and brought back a small amount of food, in most situations who was gathering the calories for the village? Who was out working? It was the grandparents. It was the women. It was the children. This is a gender bias. This is a discrimination between men and women that's gone on forever. And that's why we have the myth of hunter/gatherers.

We were gatherers, we always have been. Hunting is just too inefficient. Which brings me to

another whole point about the Atkins diet. Those of you who want to lose weight and you will lose weight temporarily on the Atkins diet. That may be where you want to go, but you're not going to regain your health. And the means that you're going this by should be socially repulsive to you. The fact that you're killing our wildlife, or you're taking away the lands of our wildlife by eating grazed animals. You're killing.

The other thing is what you're doing to planet Earth. Now I think most people have come to the understanding that we're eating the planet to death. And the Atkins diet is an exaggeration of the diet that fuels global warming. It's just wrong, but people are desperate, and they haven't been told the truth. Why? Because of money. **[Clip end]**

Nathan Crane:

Now, have you seen... Have you looked into at all, some of these doctors, one doctor in particular on YouTube, who's putting out a lot of videos, a lot of information on the carnivore diet? What do they call it, the head to tail diet, right? Where they're eating the organs and the brains and the eyes and all the different things, and they're primarily avoiding plants except fruit. And they're saying that this is healing and repairing and things like that. And primarily from a ketogenic standpoint as well, right? So high protein, high fat, very low carbs. Like have you looked into much of that and what does the science tell us on that?

Dr. Michael Klaper:

Well, the science tells us that when you eat a diet high in animal flesh, when you eat a piece of animal muscle and all those amino acids flood up into your liver, your liver responds. It looks around and sees all these building blocks and it says, "Oh, let's build something." And it responds by putting out a surgical hormone called insulin-like growth factor 1, IGF-1. And this is a powerful growth-promoting hormone. This tells the cells of the body divide, divide. And more importantly, it tells them don't die. Normally cells have a programmed cell death in their apoptosis that when they reach the end of their life, they die off in a benign manner. Well, IGF-1 says, ignore that. You just keep growing and living and flourishing, even if you're a malignant cell. And IGF-1 is a good hormone to have if you're a growing child.

But if you are an adult, if you are a... Well, even a young person with an early cancer, this is like throwing gasoline on a fire. And the audacity of these people to say, "eat meat three times a day. Don't worry about your IGF-1 levels." I'll say, "Doctor, have you followed these people long? Cancer takes a while to develop. Have you followed thousands of people along following your diet for 10 years, 20 years, 30 years? What happens to them? What is their cancer risk? What's their cancer rate? Oh, we haven't done that yet. Studies haven't been done.

Well, how dare you?" The adage that we practice medicine by, do no harm, applies to dietary advice. You can hurt somebody badly with bad dietary advice. And I think this is a recipe for colon cancer. Pack your colon full of meat three times a day. This is a recipe for colon cancer.



It's a high-fat diet. It's a recipe for insulin resistance and diabetes. It's going to damage blood vessels, setting these folks up for heart attacks and strokes and dementia for what it does to the blood vessels in the brain. Now, this is a recipe for an epidemic of degenerative diseases.

And it's based on this myth, the mighty hunter in the caveman days, like every Neanderthal had a mastodon in the freezer and spent all day eating mammoth meat. "I'm a caveman, I eat meat all day." Well, it's simply not true. Most hunts were unsuccessful. Most times, the guys came back empty-handed. If they did drag a carcass back to camp, it rotted within days. There was no refrigeration. And when they look at the fossilized fecal droppings, the [inaudible] of the Neanderthals and the Pleistocene folks there or the folks back in primordial times there, they had huge bowel movements. They were eating 150 grams of fiber a day because most of the calories brought into the Paleolithic camps were gathered by the women who spent all day foraging, digging up roots and tubers and harvesting berries and grasses and nuts and seeds, et cetera. We were starchivores then. We were starch-eating creatures then. We are starch-eating creatures now.

And so this whole idea of eat flesh all day is bizarre. We are not carnivorous apes. No other primate does that. No gorilla does that. No bonobo does that. And they sure don't feed their young animal flesh three times a day. It's such a transgression of natural law that when the cancer starts showing up and the people who follow this diet, my left eyebrow isn't going to go up that much. I'll say, "Yep, that's kind of what we thought."

So I would urge people do not be seduced. Like my friend, John McDougall says, "People love to hear good news about bad habits. Ooh, they like that taste of steak in their mouths, "So go ahead, eat all the steak you want." But meanwhile, what's down the line and when that first bloody stool shows up in the toilet from that big old carcinoma you got in your sigmoid colon. Oops, gee, well, bad genes to luck of the draw. No, it's not. It's listening to spurious advice like this as far as I'm concerned. **[Clip end]**

Nathan Crane:

What you've seen is a just a small taste of what you'll experience when you join me for my upcoming documentary series Conquering Cancer: The Missing Link.

Over 9 episodes you'll learn from some of the world's top doctors, researchers, and healthcare practitioners.

You'll also hear from happy and thriving cancer conquerors who've overcome stage 3 and 4 cancer diagnoses and are thriving!

You'll discover the effective day-to-day strategies that prevent cancer and what these experts consider the "Missing Link" in overcoming cancer once and for all.



Once you understand the full picture of what causes cancer and how to treat it at the root cause (even before it starts)... you can confidently take back control of your health!

Whether your main interest is in prevention or healing, then you're absolutely going to want to watch this entire documentary series.

I can't wait for you to join me and my inspiring guests for this lifechanging... and perhaps even lifesaving event.

I'll see you soon.

Conquering Cancer. PRESENTS

THE **MISSING LINK**

Be sure to join me for all 9 episodes of my upcoming documentary series... Conquering Cancer: The Missing Link for a deep dive into a new paradigm in cancer treatment and prevention that almost no one is talking about.

You'll also learn from the top doctors and diet & nutrition experts about the best anti-cancer diet (Episode 5) and how to eliminate sugar and other hidden toxins from your life (Episode 6).

Plus, you'll hear inspiring stories from cancer conquerors (Episode 9)... get the inside scoop on what's broken in our current medical model (Episode 1)... learn key differences between men's and women's cancers... and so much more!

Once you understand the full picture of what causes cancer and how to treat it at the root cause (even before it starts)... you can confidently take back control of your health.

I can't wait for you to join me and my expert guests for this life-changing (and perhaps even life-saving) event!

Nathan

P.S. Feel free to share this event with anyone in your life who wants to prevent or heal from cancer.

Nathan Crane



Nathan Crane is a natural health researcher and holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 bestselling and 20x award-winning documentary filmmaker.

Nathan is the Director of the Health and Healing Club, President of the Holistic Leadership Council, Producer of the Conquering Cancer Summit, Host of the Conquering Cancer Documentary Series, and Director and Producer of the award-winning documentary film, *Cancer; The Integrative Perspective*.

Nathan discovered powerful holistic solutions to overcome years of trauma, homelessness, depression, and suicide attempts to find a life of meaning, purpose, health, and fulfillment.

He has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field as a researcher and advocate, Nathan has reached millions of people around the world with his inspiring messages of hope and healing.

His website is NathanCrane.com