

3 HIDDEN TOXINS THAT CAUSE CANCER

Many People Have These Toxins Hiding in Their Cabinets,
Bathrooms, or Kitchens... And They Don't Even
Know That They're Proven to Cause Cancer



Conquering Cancer PRESENTS
THE **MISSING LINK**

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Conquering Cancer. PRESENTS

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3 Hidden Toxins That Cause Cancer



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3 Hidden Toxins That Cause Cancer

Nathan Crane:

Would you be surprised to learn that less than ONE percent of disease is connected to your genes? Less than 1%!

That means that 99% of disease must be caused by something else... and the latest science tells us that a big part of that is TOXINS we're all exposed to.

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

In my upcoming 9-part documentary series we devote an entire episode to the most common toxins you must avoid to slash your cancer risk and help your body heal.

You'll get all the details in the series. But for now, keep watching to discover 3 of the biggest areas you can take action on immediately.

Dr. Dana Flavin:

And this is something where I tell people you must filter your water, you've got to filter out a lot of these things in the water because our water, unfortunately, is not as safe as it used to be and we're getting more and more. The laws—

And I was at FDA in toxicology, the laws for water were that you can have so many parts per million of a particular chemical but when you have this chemical and this chemical and this chemical and this chemical and this chemical and, pretty soon, you have a soup kitchen full of chemicals coming out of your tap water. And so, this is why it has to be filtered and some people use different filters. Some people have a house filter. It depends, but the main thing is to make sure that it's checked and that the water is safe because the children are drinking that.

When my daughter was in kindergarten and they weren't filtering the water and I was living in a farm area, well, guess what? Nitrates are everywhere and all of the pesticides and so on that were leaching down into the water. So, I said we have to filter the water for these children. They only weigh 20 pounds or 25 pounds and, if they're drinking a liter of this every day with all of these chemicals in it, it's cumulative. It's adding up in their little bodies.

And so, I finally convinced them that they should filter the water when they have drinks for the children in the afternoon of water and whenever they mix it with apple juice or whatever it was.

So, they finally listened to me. But as a toxicologist also, I am appalled at the toxins that are in our foods and in our waters and where do you begin? And if people are watering their vegetables with a hose and I was doing this about some time ago and I remember I'm watering it and I'm thinking to myself, "Wait a minute. There's fluoride in this water, there's all sorts of other chemicals in this water. What am I putting in my plants?" And I keep thinking, "Please, I hope they transmutate into something healthy so that I can eat my own vegetables." But these are the problems that we have nowadays in general. Just safe food and safe water. That alone is the basics of our health, the basics.

So, we deplete everything in our body or we have all these extra hormones coming in and I thought, "Well, Mr. Jones's Viagra and Mrs. Smith's antidepressants, combined with Mrs. Miller's hormone replacement therapy and all of this stuff's getting into the water and they only have to filter out X amount and the laws are no bacteria." Okay? So, the bacteria has to be under a certain level but bacteria isn't the only problem in there if you have thousands of chemicals.

We figured there's over 6,000 chemicals in the water and I'm like, "What? You're kidding me," and it's just coming in from all over the place. So, we have to really, really filter our water and make sure that we do not drink out of soft plastic bottles that we make sure that our water is filtered and we're not getting those BPA estrogen mimetics. See, that's what one of the big problems is for women. **[Clip end]**

Paul Barattiero:

Now with that being said, the least expensive and most effective method of filtration is reverse osmosis. And it's inexpensive, it's effective. You're removing radiation. You're removing pesticides, pharmaceuticals, people that want fluoride out of the water, heavy metals, it's removing to a 95 to 99% level, which is amazing. So then you have pure water and it tastes good and it's healthy for you and you're not putting a burden.

Now there are other systems out there like Berkey filters, for example, that a lot of people use. Nothing wrong with those. That's equivalent to the filtration we have in our machines if you get the ones with the built-in filter. Again, I have an RO system that we did for people that want deeper filtration. But I think you really should have the highest and best filtration possible because taking in chemicals, I don't think people understand how many pesticides are in water. And there's the people out there who say, "Well, I have a well, Paul. That's got to be the cleanest water." An when I tell them that, "Any farm within a 300 mile radius of your well that's spraying pesticides on their plants, that pesticide gets into the groundwater and right into your well." And they look at me with big eyes and they're like, "What?" I'm like, "Yeah. 300 mile radius." So I don't know—

Nathan Crane:

We know glyphosate now is one of the most prolific agricultural toxins on the planet. And now with the lawsuits that'll probably be going away in the coming years, but replace with other worse chemicals.

Paul Barattiero:

Yes. Worse.

Nathan Crane:

Yeah. Because they're unregulated, really. I mean, you don't have long-term safety studies on them and so they get approved and then it's only 10, 15, 20 years later, they get pulled because of cancer. Right. And then they come out the next one, the next one, the next one. They keep convincing us that, "Oh, the next chemical will be safe." Next \$82 billion in profits later, "Oh, you pay a \$2 billion fine, settle your lawsuit. We will come out with the next chemical."

It's like it's this never-ending hamster wheel of ridiculousness. But to your point, "Yeah, I'm safe. I'm on a well," the problem is they actually found, and I don't remember this exactly. I saw this quite some time ago. They found glyphosate in jungles, like where there's no glyphosate sprayed for hundreds and hundreds of miles, maybe thousands of miles.

Paul Barattiero:

That's right.

Nathan Crane:

The only way that they have determined that it got there is through the rain because it is so prolific and it gets into the rivers and into the oceans, the clouds soak this up and then spread it all over the world. So unfortunately now we have these chemicals and toxins and herbicides and insecticides, fungicides, pesticides in unfortunately every source of water. It's very sickening actually.

Paul Barattiero:

No, you're 100% correct. And this is what I try to teach. I was lecturing, just a couple weeks ago. And in my lecture, I showed them that there are new studies out now on your microbiome and the terrain of your gut. That environmental toxins from air, water, lotions, food, you have toxins or chemicals coming into your body from every possible place. When you breathe, when you drink anything, when you're putting lotion on your skins, anything, it all has chemicals.

And in the final bullet point in my lecture on that was, there's on average, every human being walking around that does not eat 100% organic, non-GMO and even organic sometimes as being adulterated. But let's just take that off the table for now. If you are eating 100% organic, non-GMO, if you're not doing that. And that's very rare for people to be able to do that. It's

definitely a disciplined lifestyle and it's very difficult for most. So the average human being walking around has 29 pesticides in their body, in their urine, and that's what's in their system. And so, you're constantly having 29 chemicals. I mean, this is going to cause a difference in your system. **[Clip end]**

Jenn Edden:

And the beauty is women know how to get on and off it because of, a) the tools we're talking about, but something I have to mention, and that is that chemicals cause cravings. Chemicals cause cravings.

Nathan Crane:

Yeah.

Jenn Edden:

So, Module Two of the Sugar Freedom Method is getting chemicals out of your food. You're not on a diet, but I am teaching you what chemicals that are sneaky in everything that you're eating, that you think you're eating healthy. I get that all the time. "I'm healthy, Jenn, but I can't not have the wine, or the cookies or the chips before or after dinner." And it's because many things, but one of them is chemicals cause cravings.

Chemicals, all the things when you read a label and you go, "Huh, how do I pronounce that mom?" Because it's a chemical. And so, we're not taught because we're over-marketed. I don't know, Snickers, for lack of a better thing and, kills your cravings, or give in to your craving without... I'll make up like a Taco Bell, or these commercials that actually say, "Here's how to give into them." And it's not true. And all these bars and things that they give you, they're loaded with chemicals.

And until you understand what chemicals affect your body personally, I find you'll never be free. And the beauty what Nathan was saying is, by being this incredible vegan and to each his own, right? And so, that wouldn't work for everyone.

My husband just to throw in there, I've tried doing things and he's like, "I can't function." I'm like, "Fine, go back to eating grass-fed, clean versions," because he couldn't function, the poor man, after two weeks. And so, I want to honor that everyone's body is different. At the same time, they can took out all these chemicals I'm hearing and was cooking from home and being really mindful. And so, naturally, chemicals came out, and you didn't have the same cravings, not to mention your taste bud's change.

Nathan Crane:

Oh, yeah, yeah.

Jenn Edden:

You don't even want it.

Nathan Crane:

No, no.

Jenn Edden:

What do you mean that bar? You taste chemicals now, right?

Nathan Crane:

It's so true. It's so true. Because like, that was 11 years ago, 12 years ago. Since then, it's like my diet... We're not 100% raw anymore. We are plant-based, but we do 50%, 60%, 70% cooked, it just depends the day. But we cook at home most of the time, because I know what's going in the food. And my body craves broccoli and carrots and nuts and seeds and berries and kale, and the body wants it.

Whereas, before, it was like, "Oh God, I got to eat some of this green crap again, or whatever, right? That's like, as you get cleaner and cleaner and cleaner, your body wants the things that helped it thrive.

Jenn Edden:

That is such a good point that I want to just add to and accent again and highlight that when we're addicted to this stuff, you have to know things we're addicted to it's because we're highly sensitive to them.

Nathan Crane:

Yeah.

Jenn Edden:

And so, I say "Just know you're having an allergic reaction." When I tell people that, they feel no shame, no guilt. They go, "Oh, wow. I'm highly allergic to the sugar. I'm highly allergic to the dairy. I'm highly allergic to the nut butter that I just literally ate an entire jar of"... because palm oil and I don't know some other sugars are in there.

And so, or God bless us with JIF, and oh, my gosh, all these other things. Of course, you want to eat all the peanut butter, see what's in it. And so, when I teach women that, could you see it as your body's allergic to it? It's like, mind blowing. And then, when we give them the future of where they're headed, that don't worry that you don't love the broccoli, yet. Let's upgrade, get chemicals out, and then your body will actually crave that stuff.

No one knows that because we're so inflamed that we think that's our natural state, right? We think waking up achy in our 40s and not finding our abs, I mean, I'm almost 50. I don't really do anything special. I mean, I am committed in my life, but I eat food, food, food, food 95% of the time. And I always say it, people can talk all they want, but your body, your body will tell people what's really going on. **[Clip end]**

Brian Vaszily:

So as I dug into the research here, a lot of folks have covered well and continue to cover well the foods and the toxins in those, right, Nathan? We talked some about others, about emotional toxins, I guess we'll call them, and then others cover well breath and taking in toxins through the air. So I really, as I researched all these areas, realized, "Holy cow! When it comes to products..."

Now, when we're talking about products, I mean cosmetics and personal care products, things that feel innocent, but what they really are is food, food. People don't think about them that way. We don't push our grocery cart down the cosmetics aisle and think about soaps and antiaging creams and moisturizers and toothpaste. We don't think about them as food, but they are food. This to me is an area that deserves the biggest spotlight of all the toxin potential areas because it currently has the least spotlight. However, it's monumentally impactful on our health. Why? Because on average, a woman uses 12 personal care products a day of which they contain 168 different chemicals on average.

Next "whoa" statistic. In the European Union and elsewhere, actually, I think it's 40 countries, they've banned over 1,300 chemicals from their cosmetics and their personal care products. Here in the United States, they have banned 11. Just 11 chemicals banned here.

Now, think about this. So your skin, which we often think about as this thing to experiment on and play with, it's an organ. It's the biggest organ in your body. It's key to your immune system. It's the frontline of your immune system. Folks have heard of the microbiome inside our gut. You've got one on your skin. You abuse it. You break down your ability to absorb nutrients through your skin, which a lot of people don't even realize occurs, but it occurs every day. Your skin's pulling in nutrition. It's defending you against all kinds of bad guys out there, all kinds of pathogens out there, bacteria, viruses, on and on. Its job in a normal world, normal equaling without this bombardment of toxins, is already tough enough.

Now, when you apply your moisturizing cream loaded, unbeknownst to you, with toxins or potential toxins, you are taxing a system, an immune system, an organ that is already taxed enough without that. All right? So there's so many reasons. Long story short, you're eating what you apply to your skin. Never ever forget that. 68% plus of anything applied to the skin is consumed into your body. These products, these cosmetics, typical, we'll call them cosmetics,



typical personal care products are, by design, meant to penetrate. In other words, they are food and they are being consumed into your body, into your skin.

Guess what? There's nothing in the way. There's no gastric system with juices that can destroy some of the toxins like what you put in your mouth. There's nothing in the way. It goes in your bloodstream, and then it shoots around your body, Nathan, and it's stored oftentimes in different organs throughout your body. Some of these, if you take the right steps, you can get rid of pretty quickly. They have short half-lives. Others take a long time.

The problem is this. If you put deodorant on one single day in your life, well, sure, no worries because it is in small minute quantities, like you said, these carcinogens and potential carcinogens. But we put deodorant on, most people, every single day of our life. Again, 12 products a day for the average woman applied in one way or another to her body, and sometimes in some of the most sensitive areas like the skin around the eyes, the skin under the arms, these super sensitive areas. It doesn't matter where really, anywhere on the skin. That's the problem.

So to answer your question, wait a minute, wait a minute. Aren't... somebody has to be watching out for us to some extent, right? Nope. Wrong. Wrong. 100% wrong. I have heard it said, it's hard to verify this, but I know it's close to the truth if not the truth that the cosmetic and personal care industry is the most unregulated industry in the United States. **[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