

117- Dr. Nathan Goodyear full ep.

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SPEAKERS

Dr. Nathan Goodyear, David Sandstrom

Dr. Nathan Goodyear 00:00

You know, that's where that old adage going to war on cancer. But guess what, when you go to war on cancer, you go to war essentially on the body because this cancer is not some, you know, your futuristic alien, Sigourney Weaver movie implant in you, it, these are your cells. And these cells, though, are a very abnormal form. So if you're going to war on cancer, you're going to war on the body. But what we need to recognize is going to war on the body destroys the immune system. And actually, research has shown especially since 2017, that when you destroy the immune system, you propagate and potentiate how that cancer spreads. So you can shrink a primary tumor. Yay, great, that's fantastic. But if you then set up the strategy for that cancer to spread, now, just putting it mildly, you're cutting off your nose to spite your face. Because now you're you're you're taking a localized contained situation in many cases, and you're spreading it all over. And the estimates are that 90% of morbidity, complications and all the poor quality of health and in mortality associated with cancer is when it spreads.

David Sandstrom 01:09

Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential, so that you can look and feel your best at any age. I'm your host, David Sandstrom, naturopathic doctor and biblical health coach. This is episode number 117. Today, we're gonna be talking about holistic integrative cancer care, and how that care differs from conventional oncology. We've got on the show, Dr. Nathan Goodyear, Dr. Goodyear is an MD and an MD homeopath. And he's the medical director of Brio medical, a holistic Integrative Cancer Clinic in Scottsdale, Arizona. Dr. Goodyear, Welcome to Natural Health Matters.

Dr. Nathan Goodyear 01:52

It is an honor and a pleasure to be here with you on natural health matters. It's

David Sandstrom 01:57

D David Sandstrom 01:57

awesome. Well, thank you for taking the time. I really appreciate it. I know you're a busy guy. And you're gonna love to do you run out of practice, and share this never ending to do list there. And you took the time to be with me. So I appreciate that.

D Dr. Nathan Goodyear 02:11

Well, you know, it falls into the principle of two things that I want to do heal and teach. And so helping to get the word out there falls into that ladder, so absolutely.

D David Sandstrom 02:19

All right, very good. Well, if you could just let's give the natural nation the audience a 35,000 foot view of what it is you do today.

D Dr. Nathan Goodyear 02:29

Yeah, so I, I'm the medical director at a natural, holistic Integrative Cancer Healing Center in here in Scottsdale, Arizona called Brio medical, as you, as you mentioned, natural meaning most of what we do is natural. Now, what I always tell people there is natural doesn't mean easy. And by sure natural doesn't imply there's no evidence. In fact, the more you're in the scientific evidence, the more I as a physician, and others realize we need to be more natural because it's more consistent with who we are. And the evidence supports that. Also, were holistic. And you know, I find it really interesting when you look throughout, let's look throughout God's creation through nature, where does the strategy exist, that we must destroy, to heal. And that's the way we take from a conventional standpoint, the practice of cancer treatment, we must destroy your body and on the other side, healing will be possible. That just that makes no sense. Healing begets healing. And so there needs to be a paradigm shift in that. And that's where that holistic comes in. We must recognize that if we destroy a tumor, which is obviously a primary goal, but we destroy the body destroy the immune system, in the process, we have really set ourselves back. Yeah, because we've set up a strategy that eventually could lead to the metastatic spread of it. And that's, that's not good. And then we're integrated by integrating these therapies together. And it's not just the therapies for physical healing, we have to bring in the psychology, the emotional and of course, foundationally, the spiritual aspect.

D David Sandstrom 04:02

Yes, absolutely. Well, you know, I say this a lot. If you're a regular listener, you've heard me say this before, but it's worth repeating. I believe that we maximize our health potential when we align our lives more fully with God's natural design for spirit, mind and body. And there's the holistic approach. You know, I've been a follower of Jesus Christ for about 30 years, and I've been a naturopath for about 15 years and when I started studying neuropathy, I said, you know, the Bible has a lot of consistency here with the naturopathic approach to health, you

know, we're going to not try to work against the body systems with with drugs where we block certain bodily processes, but we come alongside the natural processes and encourage the body to do what it already knows how to do and that is to thrive.

D Dr. Nathan Goodyear 04:48

Absolutely. He doesn't want us to destroy our bodies. Now we talked about this as it relates to gluttony and all the you know, excess drink all these things that destroy the body, and yet this socially acceptable aspect of medicine that destroys the body. Last three years aside, but, you know, we recognize that there are parts of things that destroy the body that's in our culture, but there's others that are more socially acceptable that we ignore. Now, what I tell people is, look, conventional medicine has a role. If you go out and you break a hip, I'm not going to tell you go take more vitamin D. Right? I mean, you know, you got to go surgically repaired that, likewise, you're retired pilot, you know, flying. We've God's given us this knowledge to be able to do great things. The question is, what do we do with it? And that's the key right now, what's happening in medicine, at least from a conventional standpoint, David is that medicine is forgotten whom it serves. Doctors are to serve patients only. Obviously, God is the central role there. But our role in that doctor patient relationship is with the patient. But when you look at what's happening medicine today, it's everything but the patient's profit and power over patients is what I say is, which is what's driving most of why we've lost our way in part.

D David Sandstrom 06:09

Yeah, yeah, I couldn't agree more. You know, I write about that, in my book, The Christians guide to holistic health. But you know, I don't I don't want to trash conventional medicine because it has a place. You know, I just told you earlier before we before we hit record is I had a really bad letter fall and shattered my calcaneus. I needed what foot surgery, and I'm glad I found a good MD in the area. I'm glad I found a good surgeon, but I didn't they literally put Humpty Dumpty back together again. And that surgery, you know,

D Dr. Nathan Goodyear 06:42

that's why I proudly say that I am an MD and an MD homeopath, I look at those as equal. I came out of that conventional world, you have to recognize just like I, you know, jokingly mentioned breaking a hip. You know, if you have a heart attack, you need that, er, Doc, you need that EMS to stabilize and focus on that acute setting, right. But in every team and every process, there is a time and a place for that service. And what has happened in medicine is that time and place bad service, basically is dominating everything, whether that be preventative, whether that be healing, etc. And now some aspects of what's happening in the conventional world, is it's really moving away again, from its founding purposes. And that is a that's a concern.

D David Sandstrom 07:32

Yeah, yeah, absolutely. So that kind of leads us into one of the questions I have for you. And that is, do you believe that traditional oncology or traditional medicine and holistic integrative cancer care can coexist? Or should somebody choose one side of the other and take a side?

cancer care can coexist. Or should somebody choose one side of the other and take a side.

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David Sandstrom 07:53

Yeah, boy, that's a great question. We could spend an hour just talking on that. Yeah. What I actually refer to traditional medicine, as you phrased it is conventional. Because when you actually look at traditional, it's the historical practice of medicine. And when you look at that, you know, Luke in the Bible, who was a doctor, he was, you know, he was practicing more of a naturopathic approach to medicine. So if you look at, you know, the use of traditional, well, that's traditional. And so what your practice was, and currently maybe is, is more traditional. And so what we have right now is more conventional. So let me get to the chase there. Can the two coexist? Absolutely. That's the integration. And in fact, it's when they coexist, I believe that patients actually get the better effect, patients get the better result. Because if you've got say for example, if you have somebody that comes to our clinic and they have breast cancer stage four recurrent and it is spread to the brain, okay. That is a life threatening spread, it must be addressed, it must be addressed quickly, and it must be addressed safely. So you come in, you do very stereotactic very targeted radiation, because if a tumor swells in that closed area, that is the brain, the skull, and that is life threatening. So you do that. But you bring in the integrative, the natural, the vitamin C, the Boswellia, these therapies that reduce inflammation that augment the vitamin C, that protect the healthy cells. That is where the beauty of this integrative combination really shot examples. Yeah, yeah,

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Dr. Nathan Goodyear 09:36

excellent. Well, what would you say to someone who says, Well, my oncologist told me that if I take, for instance, antioxidants during my chemotherapy, it's going to work against their approach to healing or their approach to attacking tumor. What would you say to that?

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Dr. Nathan Goodyear 09:56

Yeah, well, you know, there was an Institute of Medicine article from 2001 And that actually showed that physicians, conventional Doc's are practicing at a level that was 17 years behind the current published evidence. So the point is, Doc's don't read, and the way continuing medical education is set up. Doctors aren't reading beyond just what they're told to read. So to get to your question real quickly, I think it was important to lay that foundation. I hear that all the time, especially when it deals with radiation. So let's take vitamin C that is considered the flagship of integrative movement, and integrative medicine, especially in the treatment of cancer. Of course, there's many other things many other thing, that's just one small piece, right? What we do, but when you use vitamin C, let's use it in conjunction with radiation. When you use vitamin C, you're actually using it pro oxidative. So if we're going to follow the science, we're going to follow the evidence here and use vitamin C in a way that kills the cancer cells, cytotoxicly, metabolically, all of these different ways that vitamin C can, it must be used pro oxidative ly. So the way conventional medicine comes to this, they think Vitamin C is purely an antioxidant. Now, when given orally, research has shown we will never raise that above one millimolar. And at that route, absolutely. It's only anti oxidative, rarely does it achieve 200 micromolar. So getting a little evidence there. You know, I'm getting my geek on so to speak, but we have to

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David Sandstrom 11:27

feel free this this is a deep show.

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Dr. Nathan Goodyear 11:29

Yeah, that's I love to go deep. So if I go too deep, bring me back in, okay. We have to burn via the evidence achieve 20 to 30 millimol, okay, to actually achieve this pro oxidative, anti cancer effect where the vitamin C is achieving a blood vitamin C level that's appropriate. That's reaching the tumor site and the tumor microenvironment, which is very difficult to do, by the way, because of the rapid growth in the hypoxia and all the vessel issues associated with cancer. Not only do we have to reach the tumor, we must penetrate the tumor, and then saturate all aspects of it. So just saying, Well, I'm gonna take vitamin C by mouth and that's going to treat my cancer. Now that vitamin C by mouth in that role research clearly shows it's anti oxidative. But when we give vitamin C IV follow the evidence approach it plasma or blood ascorbic acid level, that's therapeutic, we will achieve a pro oxidative effect, which guess what augments radiation pro oxidatively, and actually protects healthy cells. That actually what recent research over the last couple years has shown take vitamin C, given with radiation, you will augment the two together pro oxidatively, but you will protect the healthy cells. That's the beauty of the dualistic effect that you see with natural therapies.

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David Sandstrom 12:53

That is that is just incredible. Well, let me summarize because what you said is a little counterintuitive, I'm sure to most people listening, and that is orally, low dose Vitamin C is an antioxidant. But when you do it IV The way you do it in the office at such high levels, it has a therapeutic value because it becomes an oxidant itself. And it will it will target the tumors, but actually be beneficial to healthy cells. Did I hear you right?

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Dr. Nathan Goodyear 13:23

That's right. It's what I call the dualistic principle, which is there's there's different environments. So when somebody gets diagnosed with cancer, when they hear that word, first of all, the first thing that overcomes him is fear. But second is there's this embodiment of that word. And so they think their entire body is cancer. And it's not, there are pockets. Now some people there's larger pockets, but in other areas of the body, completely normal function is occurring. So in those two environments, there is different genomics. There's different metabolomics there's different transcript omics, which is this kind of future of medicine of science that's actually coming to the front right now. And so when you introduce therapies, these two environments are going to have different responses. And it's not just vitamin C, that you see that effect. You see that effect with medical cannabis, you see that effect with hyperthermia. So you see that effect with curcumin. These different environments dictate different responses. And the more we're blessed to understand the difference in these environments, the more we can be precision based in our use of natural, holistic and integrative therapies.

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David Sandstrom 14:33

Yeah, very good. So just one more question on this topic, and then then we'll move on, but what percentage of your patients are working with a conventional oncologist along with you?

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Dr. Nathan Goodyear 14:46

I would say probably about 25% when they come to us, okay, the vast majority of our patients I would say 90% or slightly above that, have either an oncologist back home or have worked extensively With an oncologist mostly what happens, David? And this is unfortunate because it shouldn't happen is that patients, they say, look, I want to go try something, quote unquote, integrative and alternative though, that word alternative is just meant to marginalize. The oncologist says, Okay, well, right now I'm just going to step back and not do anything. And you go there, and we'll be here when you when you're done. Because they don't, they don't want to be involved at that point. And that's so sad. Because I love talking, I am an MD, I come out of that field. And I love talking to doctors. And so a lot of that is pressure in their own college or their own home association. So they just can't go there, unfortunately. But, yeah, so probably 25% have an active relationship. And the other they're either on hold or have had a recent prior relationship.

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David Sandstrom 15:59

All right, very good. So then there's another question I wanted to ask you. And that is, a lot of people when they hear about, well, I'm going to, I'm going to treat this cancer naturally and holistically, they they have visions of, you know, an eight hour yoga session, you know, singing Kumbaya, or, you know, rehearsing the, The Little Engine That Could I think I can I think I can, you know, think your way into hell. So there's a whole lot more, that's such a simplistic idea, or perception of what natural integrative holistic care looks like. So I'd like to dive into some of the therapies that you do in the office. Now, you already mentioned IV, vitamin C. And I would, I would guess, that you consider that one of the primary therapies that you use with people, is that correct?

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Dr. Nathan Goodyear 16:46

I'd say there's many primary therapies, it's one of the ones that we do use and David, what we do is we we look as much precision based as we can. So there's typically a general treatment program that we start with based on the type of cancer and the patient's history. But then as we are able to collect more information about how the cancer genomic Lee has changed how the environment has changed how the metabolomics are really affecting the cancer of the cancers affecting the body, we then become very precision based based on that. So we may start off say, high dose vitamin C, curcumin, quercetin, hyperthermia, and then as we get more precision based, we may go, wow, we need to come in here. And we need to bring photodynamic therapy, which is a light wavelength therapy to accompany actually a low dose form of chemo called insulin potentiation therapy, which lifts the immune system, it doesn't destroy it. And then we become more targeted, we may add in melatonin. So as we start to better understand this process, we don't only just start to add therapies and become more

precise and accurate in what we're doing. We actually start to become more sequential and better use in combination, because that's really, when I tell people the answer to cancer is never get it, of course, but it

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David Sandstrom 18:07

works every time. Right? Yeah. Just don't

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Dr. Nathan Goodyear 18:09

get it's like, don't break your car, you know, always change the you always do the right things. But the best answer beyond that is the immune system. And this concept of a magic bullet theory and what causes cancer, and then thus what treats cancer is completely wrong. We have to bring all forces to bear in a targeted and most accurate way to really heal the body. So it's it's much more of a sequential combination of these therapies that really provides the power of healing potential.

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David Sandstrom 18:41

Yeah, very good. So I went on your website. And by the way, your website is excellent. It's Brio dash medical.com. And you've got a lot of a lot of information there, videos, blog posts, it's a phenomenal website, encourage everybody to go check that out. And I found what I what I counted was 17 different therapies that you do in the office, we don't have time to go into all of them. But let's let's just hit a couple of highlights you and we already mentioned IV IVC. And you mentioned insulin potentiation therapy IPT can you get into what that actually looks like what what?

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Dr. Nathan Goodyear 19:15

is that? Yeah, you know, it's it's one of those things that I think so many people are confused about doctors primarily. It's simply saying you know, full dose chemo destroys everybody recognizes that right? Nobody's destroyed Yeah, no, it destroys the the tumor but it destroys the body as well. You know, that's where that old adage going to war on cancer but guess what, when you go to war on cancer, you go to war essentially on the body because this cancer is not some you know, your futuristic aliens Sigourney Weaver movie implant in you, it these are your cells. And these cells, though, are in very abnormal form. So if you're going to war on cancer, you're going to war on the body But what we need to recognize is going to war on the body destroys the immune system. And actually research has shown especially since 2017, that when you destroy the immune system, you propagate and potentiate how that cancer spreads. So you can shrink a primary tumor. Yay, great, that's fantastic. But if you then set up the strategy for that cancer to spread, now, just putting it mildly, you're cutting off your nose to spite your face. Because now you're you're you're taking a localized contained situation in many cases, and you're spreading it all over. And the estimates are that 90% of morbidity, complications and all the poor quality of health and in mortality associated with cancer is when it spreads. So what we need to do is take a lower dose here we're talking about five to 10%. Now from the quote unquote, integrative and natural and alternative perspective, we call it

insulin potentiation therapy from the conventional they actually have a different name for low dose metronomic chemotherapy. They may you know, your oncologist may say, oh, there's no science for it, is it? Yeah, it's called low dose metronomic chemotherapy. It's just taking a lower dose, giving it more frequently, and monitoring to make sure you're not getting all of that collateral damage. But what we also know about cancer, especially in the cancer types that are growing very fast, is they need to support that rapid growth and rapid metabolic rate. So they overexpressed insulin receptors, those insulin receptors are more receptive. So they're more sensitive, if you will think of it in terms of a bigger door. But then this insulin also can bind to other receptors, like, you know, IGF insulin growth factor receptor, so these receptors that are on the surface, we can utilize that with a hint of insulin. Yeah, and then target that with the low dose of chemotherapy. Couple that with say, CBD, couple that with some peptides like thymosin Alpha One couple that with photodynamic therapy there maybe a red light IV, then what we do is we're bringing a sequential powerful therapy together. But the great news about this insulin potentiation therapy is a research shows that you lower the dose of the chemotherapy, you can actually increase the stimulation to the immune system, you actually broadened its anti cancer effect, it becomes anti angiogenic still maintain some of its direct cytotoxic healing effects. But it then stimulates the immune system. So you lower the dose, you target it and you broaden its effect. It's just a beauty and then you don't destroy the immune system in the process.

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David Sandstrom 22:42

And, and it's just amazing that most MDS are just close minded about this kind of thing. It's just just amazing to me, is it sad, really. But thank you for sharing it. That's that's great stuff. So I know another another therapy that you do you have an hyperbaric oxygen chamber. So Well, let's talk about that getting more oxygen, it's

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Dr. Nathan Goodyear 23:03

blood. Yeah. So when you look at what we're really doing, especially as it relates to cancer from a conventional standpoint, hyperbaric oxygen is recognized as an insurance even pays for the use of hyperbaric oxygen in the healing of wounds of all sorts. And so it's because it's pushing oxygen into the tissue and the body's natural immunity, the body's natural healing strategy requires that oxygen, so the healing process really is augmented. Well, when you look at cancer, it's not that everybody talks about how cancer is a hypoxic situation. And it's not that the whole body is hypoxic is that there's pockets within the tumor in the tumor microenvironment are. And so when we flood oxygen into that tissue, force it in there, that's what hyperbaric does under pressure, then we're able to allow that those oxygen molecules to be present, that then when we add in therapies like vitamin C, like curcumin, like these pro oxidative therapies that require oxygen, we're now able to overwhelm the oxidative capacity of that cell. And that cell just gets overwhelmed and it dies.

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David Sandstrom 24:13

Yeah, yeah, very good. Yeah. Speaking of oxygen, I know that you do ozone therapy as well as ozone, sauna therapy. So let's talk about how that works.

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Dr. Nathan Goodyear 24:23

Yeah, so really, when you look at ozone therapy, we use it in a variety of different ways. A lot of people just focus on it from an IV perspective. But and they look at it from an anti cancer perspective, really from a pro oxidative delivery of oxygen because that oh three gets converted to two tubes. And so again, it's a it's a, it's a pro oxidative oxygenating therapy, but it's really interesting that you can give that IV you can give that topically so if we have somebody that comes in with a breast wound that's open from a tumor, that can really propagate the healing there and really I act as a treatment for that cancer. And that wound, which is very important because that's a source of infection. It's also a great treatment for pain. And there's no condition that's more contributing to chronic pain and severe pain that requires opiates, like cancer. So ozone therapy can come in, we can do that rectally. We can do it the tympanic membranes, many different ways that ozone can be delivered to improve symptoms, but also as a way to target the cancer, pro oxidatively, primarily through the delivery of oxygen, and the ozone sauna. And that's really to promote detoxification, because we have to really support the process of detoxification, which is a another term that gets completely misunderstood. Everybody thinks detoxification in a box, but every cell must be toxify. And that's the primary role of the liver is to detoxify, right? So as we're really pushing the body to destroy these cancer cells, there's gonna be a lot of cleanup that's necessary to clean up on our line, there's gonna be a lot of that required. And so we got to really support that body's cleanup mechanism and detoxification is part of that process.

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David Sandstrom 26:10

Very good. Yeah. You know, when I was dealing with my, my chronic Lyme disease, ozone therapy was one of the primary reasons I think I was able to overcome that naturally without drugs, and I did ozone inflation, anal insufflation. With with my ozone therapy, and it was it was quite powerful. And I also have an ozone sauna here at the house to and I agree with you, it's, it's a very effective detoxification agent for sure. Speaking of detoxification, and, and cleaning up the mess, what role does intermittent fasting or time restricted eating play in a natural

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Dr. Nathan Goodyear 26:46

cancer treatment? Wow. So you know, when you look at cancer, really, the evidence is pointing towards really cancer is a disease of lifestyle. So it's a disease of how we live now, not in just a year, but for a lifetime. And there was a study called the pure epidemic. It's called a pure study or prospective urban rural and epidemiology study was published in Lancet journal in 2019. And they showed that in high income countries, cancer is the number one cause of mortality and adults. CDC data in 2016 shows that cancer is the number one cause of mortality in adults and 23 states in these United States. So this is this is a growing growing problem. And so when we look at what we're after here, in in cancer, we have to recognize that our current system isn't working and that we need a change in paradigm. So gotten a little sidetrack there, David, I forgot your

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David Sandstrom 27:47

question was intermittent fasting. What role does that play in in the overall strategy here?

D Dr. Nathan Goodyear 27:53

Yeah. So if your brains like mine, it's going to, you know, 90 to

D David Sandstrom 27:59

50 questions I want to ask, and we're not going to get through them all. But yeah, try to pull those questions out as they Oh, there it goes. Good. Good.

D Dr. Nathan Goodyear 28:06

So but so lifestyle, and lifestyle begins with what we put in our bodies. And I think we all focus on what we put in our mouth. And sometimes the better focus is what we don't put in our mouth, or what we don't put in our body and fasting is a powerful therapy. And I tell people, it's so powerful that if you're going to water fast before beyond 24 hours, that needs to be under the guidance of a physician. And when you look back through the Bible, which is you know, this is our, this is our foundation. Fasting was a regular part of their life.

D David Sandstrom 28:40

That's right. Yeah, Jesus didn't say if you fast, he said, When you fast

D Dr. Nathan Goodyear 28:48

fasting, and it's really interesting. You know, my pastor says, you know, the Bible is always timely, because it's timeless. And when you look at that fasting principle throughout the Bible, research is showing that yes, that principle is timeless. And so what research has shown if you take fasting now, mostly, what they're doing here is prolonged fasting, so beyond 24 hours, but intermittent fasting is a great inroads for somebody who that maybe doesn't have experience there, and is a little bit scared to try that. Intermittent Fasting is a great way to do that. Fasting augments chemotherapy, fast in order with radiation. Fasting itself stimulates what's called autophagy. It stimulates this cleaning up of the body and guess what? Cancer is not a necessary thing. So cleaning up this unnecessary areas, in part does clean up some of the cancer. So if you're looking at it from a pure primary treatment, fasting is fantastic. If you look at it from a common combination and integrative treatment, it's fantastic. We use it with all of our patients, all of them, whether that's with vitamin C whether that's with IPT, we are calm combining fasting with that. Now you don't want to take somebody that's still dealing with weight loss and actually muscle loss. And they're 98 pounds, and they were gonna fast. You're 72 hours. Yeah. But if somebody comes in and they're 300 pounds, they're severely insulin resistant, they're diabetic, guess what, we can push that envelope under the guidance of our clinic, and push that for 72 hours, and then bring IPT or vitamin C behind that and really pack a anti cancer, Power Punch, if you will. So fasting, and instrumental, but it's it's a focus that's different. Not on what you put in, but hey, keeping things out.

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David Sandstrom 30:40

Yeah, what I hear you saying is that your approach really does need to be customized for the individual, there's not a, okay, come to Dr. Good year, you're going to get this, this, this and this? No, you're going to look at that individually, you're going to see where they're at in their journey, you're gonna see their body size, and you know, their history. And I would assume that you take a detailed intake when you when you get a new patient and customize a plan for them, which is very, very contrary to what conventional medicine does correct? If I mean, I'm not sure about this, but don't they use the same dosage for just about everybody?

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Dr. Nathan Goodyear 31:16

Well, they'll use the same chemo regimens, they will change the doses based on weight. So if you're talking about it from a chemo perspective, but you know, in patients intuitively know this, you know, you have one, you'll have one patient that's five foot 225 pounds sitting next to a patient that six foot six 330 pounds, and they go, why am I getting the same dose of this therapy? Right? We have different cancers. Intuitively, they recognize this yet, this move of medicine has been on it's one size fits all approach. You know, that kind of cookie cutter recipe medicine group thinking over critical thinking is what I call it, they try to treat everybody the same, and the body just doesn't, it doesn't work that way. I mean, I've got a year at 10:30. I got two patients I'm gonna meet with basically at the same time because the brother in law, they both had stage four prostate cancer interesting. Both have stage four prostate cancer, one's doing okay. And one is doing fabulous. Their treatments different. Yeah, different because of what their tumors are doing, how they're behaving, what testing is shown is different. And then how their bodies are responding. But yet, they're both stage four prostate cancer, they're both men. And yet, we're treating them actually very differently because of what we've discovered about how these tumors are responding, but then also how their body is responding.

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David Sandstrom 32:40

Right, how they're presenting clinically, and all that. Yeah, I get it. That's really good stuff. So let's move on to another therapy. Hyperthermia, how do you use hyperthermia in your practice?

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Dr. Nathan Goodyear 32:50

When I tell people if I was told that I was going to be shipwrecked on an island, of course, this is ridiculous. But and I had to take three therapies with me hyperthermia would be one of those. Okay, and the reason is because hyperthermia is a controlled mechanism to mimic what our inherent body does when threatened. It elevates the temperature, it stimulates the immune system. And so this has been known even in the 19th century, that the immune system was playing a role now was bound kind of backdoor. But it was known that the immune system inducing an infection can actually treat cancer. But this is goes way, way, way back, even into the Middle Ages, where they discovered this process of infection. I mean, even in Egypt, they would put a pulse dust over a tumor and cut through it into the tissue, so as to induce infection. So this goes way, way, way, way, way back. But what we want to do is create a controlled environment. And hyperthermia allows us to mimic that fever, eat the body up the core

temperature to 105 106. core temperature, very safe. We use medical cannabis to do that. And it's very effective. A lot of people say, Well, can I do the ozone sauna? And I do infrared sauna. I said, Well, you know, it's going to raise the core temperature, but it's not going to raise it to the level required nor the time duration that you can do that without some form of you know, relaxation or sedation. So hyperthermia, and when the doc who I learned from about four years ago now, he told me I asked him I said what one treatment would hyperthermia really work grateful. He said, Oh easy. When cancer spread to bone bone metastasis, there is no better therapy, then hyperthermia, and then we also combine that with vitamin C or curcumin, melatonin. So we bring all of these two together, because guess what research is know that he was vitamin C equals better effect t plus curcumin equals better effects. And so again, following the evidence, bringing it together to really promote that healing strategy.

D David Sandstrom 35:12

Yeah. Wow, that's fantastic. So you use a combination of of tools to get the core body temperature up that high. Oh, absolutely.

D Dr. Nathan Goodyear 35:21

We do. You know, everybody's eyes always go back our Wow 104 106 I go oh, yeah, they go, Well, what do people do? So the vast majority just sleep right through it?

D David Sandstrom 35:30

Yeah. Wow. And how long do you keep them there?

D Dr. Nathan Goodyear 35:33

I want to keep them there for about two hours. Yeah. And then within a week or once a week? Well, I mean, the whole process of that treatments, about seven hours. So I mean, it's a full day for that patient. That's all they do that day. We have one nurse yoke, specifically designed to follow those patients. We hook them up to a cardiovascular monitor. It was really interesting. Always tell our patients our I love to teach our staff. And I always tell them like, look, a treatment for our arrhythmias is hyperthermia. So they called me a couple of weeks ago, they said you need to come down here. So I got it. So I go running down there. And I go down there and they said, Look, one of our patients who has chronic AFib they said look, normal sinus rhythm, that dolger. So we monitor the cardiovascular system to ensure there's no surprises because what we want in this healing strategy is to make sure that we don't have surprises. We're always looking to what could happen so as to prevent.

D David Sandstrom 36:31

Yeah, a lot of people use along with sauna they use niacin to stimulate capillary blood flow. Do you do that?

D

Dr. Nathan Goodyear 36:39

Well, I don't and here's the reason why I think if you're looking at it from a detoxification perspective, so if somebody doesn't have cancer, and they just want to detox nice and before infrared sauna is great. I'm, you know, mitad metabolomicly, one of the things that really separates cancer from healthy cells, that environment, there's three things one is the detoxification capacity, the energy cycle, the metabolism, and then immunologically, those are three key, there's many others, but those are three key differences that set up. And so when you look at niacin, it is can support the NAD pathway and energy production. So when you look at vitamin C research, one of the effects that the different the different effects of vitamin C has cancer cells versus non cancer cells, is the vitamin C depletes that cancer cell on NAD. And this is a shuttling pathway between two pathways supporting rapid energy production that cancer utilizes. But vitamin C depletes it of NAD and that creates a detoxification, a energy crisis in those cancer cells. So what they did is they said, Okay, we prove that positive. Now let's come in and add NAD, or glutathione, NAD into that mix, and it completely countered that vitamin C cancer killing effect. So anything that can support that in a de I work to try to keep that out of that process. So that's why in cancer, I wouldn't add that niacin in but if somebody is just trying to detoxify infrared sauna, ozone sauna, I think it's a great strategy.

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David Sandstrom 38:18

Yeah. Okay, are very good. Thank you for that. So here's something I've been looking forward to, to going over with you. One of the one of the points that you have in your website is the mind body emotional wellness. And of course, I'm all about holistic health areas. What that's a National Health Matters is all about is treating the whole person, not just the body, but the spirit and the emotional, mental emotional component as well. So what does that look like in your office? What does bind body emotional wellness counseling look like for you.

D

Dr. Nathan Goodyear 38:50

But what I tell people is when you look at cancer, because that's mostly what we see, but understand that everybody with cancer has diabetes, hypertension, prior strokes, pacemakers, you know, kidney dysfunction. So all of these chronic diseases of aging we see coexist in our patient population. But the physical aspect of cancer is what everybody focuses on. I think the more foundational principles that need to be addressed are number one, the spiritual, and then the psychological and emotional, because and the physical is just a byproduct of that. And everybody has to recognize this a little bit when they said, You know, I always ask them, Well, what happened two to five years before you were diagnosed with cancer, they're always like, Oh my gosh, stress, stress, stress, stress, stress, stress, stress, stress, stress, stress, stress, stress. And so that ties into the emotional psychological, but the spiritual aspect, I think, is a very different one. Because I think it really ties into the foundational potential and principles in the healing you know, in the in the Bible that the woman that was believing her faith do yes, she He got in touch, Jesus is close. And he said the power went out of him turned around said, Who healed me, you know, who touched me. And she said I did. He's a woman, Your faith is huge. And in fact, throughout the Scripture, people that he healed and said, Your faith is huge. They were healed according to their faith. And that actually touches on how we bypass three rounds, because they had no faith. My experience, and this is not absolute, but my experience with patients is when they come in, they believe that they can be healed. And it's that tapping into

God Jesus in that power, then they they do better doesn't mean they always do heal, but they do better. And so for us, I try to bring that healing capacity. It's like trying to heal, trying to watch a TV without plugging it into the power source, the power sources, Jesus, and if we want to watch that healing, show that healing happen, we have to plug into that. And the better we do that, the more we're going to see that happen. And so for me, I love praying with my patients. I think it should be something that every physician that's a believer does, because I think it enables them to tap into that power source. And honestly brings, you know, everybody talks about marriage being one man, one woman, Jesus in the middle, guess what? doctor patient relationship, one patient, one doctor, Jesus in the middle, I think that same kind of strategy needs to exist. And we need to we want to see that movie that show that's healing we need to tap into source to achieve.

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David Sandstrom 41:33

Yeah, absolutely. You know, speaking of people's lack of faith, I was just reading in my devotion this morning, how, when Jesus opened his ministry, he asked to read from the scrolls in the synagogue, and he read Isaiah, He quoted from Isaiah 61, and said, I come to heal the brokenhearted and set the captives free. So he was launching his healing ministry. And the people have reacted violently, and they tried to kill him, they tried to throw Him off a cliff. And then it goes on to say, and Luke that and Jesus was not able to do any more healing in that town, his hometown of Nazareth. And he said, and it says that he was amazed at their lack of faith, and he moved on. But over to corinium after that, so yeah, Jesus wants to he wants to make us whole, he wants to have us living in that abundant life that He promised, right. And I believe that physical vitality is a part of that. And I just have to say this, when you're right with God, when you get right with God, and you believe that his his intentions for you are good, and he's trustworthy, than a healthy spirit, your spirit will be healthier and healthy spirit will animate our minds, our thoughts, emotions, and will in unhealthy ways. And the mind directs the brain and Oregon, and the brain runs the body. So you cannot separate the three. It is so many practitioners and including in the natural health world, that are focused almost exclusively on the physical. And by the way, I did that, too, when I have my practice. It wasn't late to later on that I learned this connection between spirit, mind and body and how powerful it really is it especially if you're dealing with advanced cancer that you just you can't afford to ignore it.

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Dr. Nathan Goodyear 43:12

Yeah, I want to get my kick on again, because I love words I love to write. I'm just, I'm just a nerd like that people were what do you do on Friday evening? Well, after I have my date with my wife, I'm going to read research and I'm going to write every Saturday morning, Sunday morning because we're going to church on Saturday evening, but I write and I just love it. But you know, hope keeland teach those words integrated. Those words mean something, you'll hope means confidence and expectation for a future. Guess what they call Jesus hope he is hope. He'll the word physician in Hebrew. Rofi means healer. Guess what? Jesus was healer. The word doctor in Latin dossier, teacher, guess what they call Jesus rabbi, teacher, he is teacher, you is healer. And then that word integrative really interesting ties it in and you mentioned this. Now we're integrating integration, integration and integrate, excuse me comes from the Latin word integration them which means to make. So when you look at this hope he'll

teach integratively it's to restore the whole but using Jesus through hope, using them through healing, using them through teaching and the principles of natural, holistic and integrative to restore the whole not to destroy it, but to restore.

D David Sandstrom 44:30

Yeah, excellent. Thank you for that. That's that's a good word. Here's something else I wanted to talk about. You've mentioned this at the top of the show, and that is when somebody gets the cancer diagnosis. It's scary. There's a lot of fear there. And this is a fear is an emotion that's going to have to be handled well in order to really you know turbocharge their treatment. So because fear will create stress and stress is obviously detrimental to the healing process. So What What would you say to someone who's gotten a diagnosis recently? And they're in that that fear, almost shock? State? What What would you say to that person?

D Dr. Nathan Goodyear 45:12

The best opportunity is, the best thing you can do in that moment, is to actually take some time. What happens from a conventional mindset is there's rush, rush, rush, rush. So you have diagnosis, we need to cut yesterday, we need to start chemo radiation yesterday. And, and so sometimes I'll hear stories from patients, they'll say, you know, I woke up and I was, you know, three months into chemo. And my body was just torn. And unlike what happened, they've actually done research on this looking at colo patients with colorectal cancer. And they found that patients that take 30 days to stop and think about what they do actually do better. So in that time, people can really push away fear can coalesce hopefully, with their creator here, their healer, their family, and make the decisions and the choices that are consistent with who they are, and what they're called to do. And so taking that time, to actually not let fear control you. But push fear aside, because fear comes on all of us, right? That's what my pastor said, fear comes on all of us. But we can choose to let fear control us. Yeah, and taking that time to not let fear control us, but actually turn to hope. The direct contrast, right fear, hope, direct contrast, spiritual and everything that can allow fear to just come on us, but not controllers, Let Hope control us real hope not false hope now. But But allow hope to drive us. So that's what I would say is the best strategy been informed. Unfortunately, the strategy is right now is, you know, go go, go, go, go push, push, push, push, push, and there's no chance to really allow hope, to rain. It's to allow fear to dominate.

D David Sandstrom 47:06

Yeah. Well, you know, there's, there's a saying that says that courage is not the absence of fear, but the ability to persevere in the face of fear. So I love the way you said there just to let let the fear push you towards hope. And I think one of the things that may be useful, I don't know, maybe you do this. And that is put that person in touch with someone who's had the same cancer they have, and has survived, and has and has gotten through and that can that can bring a bring a great deal of hope, to a person in an otherwise dreadful situation.

D Dr. Nathan Goodyear 47:40

Yeah, when you look at people that come in with, you know, terrible pain, and you know, so

Yeah, when you look at people that come in with, you know, terrible pain, and you know, so bone metastasis and pain associated with that is some of the worst pain that people can experience. But when some, because we see a lot of patients, women with breast cancer, be honest, I've seen a lot of men with breast cancer, strangely enough, but women with breast cancer when they when they come in, and they're in pain, and it's difficult to walk, and it's difficult to sit, sit and sleep and they may be even wheelchair bound or using, you know, a walking a walker. And then they see some of our patients who they've seen the videos on our website, they've heard him on a podcast, where they came in, and that same situation, and now they're pain free, and they're walking, and their cancer is either gone or on its way out. It shows them firsthand what they want the hope, the confidence, it allows them to obtain that confidence and expectation, because guess what? They see it in somebody else. Right? And that is what is best going to help them to see the potential because if you just stay in the conventional medicine, all you're gonna get is, you know, your terminal. Once like, Yeah, guess what, Doc? Last time I checked, you are two worlds. Don't tell me something? I don't know. Right? I watch. And I guess there's not none of that's in medical school. I don't think there's a naturopathic medical school either. There is nothing that says you play God with a little g and tell somebody how long they're going to live. Sorry, I don't know the number of sands of grain on the beach, and I don't know the number of hairs on your head. My job is to get you hoping to heal you to your fullest potential. That's it. Let's see how far your body will go. And so you're exactly right, that experience. But sometimes, you know, because we'll see some very, very rare tumors. And so in those cases, it's not like there's 20 people out there that they can go talk to. And so you have to give them your kind of side examples of you know, here's somebody with similar issues. Here's somebody with other issues. So maybe if somebody has renal cancer and their kidneys aren't working well, well, I can let him talk to one of my past patients, Eric, who actually was in renal failure when he came to me with Hodgkin's lymphoma, actually ended up in ICU for four weeks on dialysis. And then afterwards, I can remember three months afterwards. had to call the nephrologist or the natural, the nurse practitioner to actually get the nephrology office and said, Look, we need to taper this patient off of dialysis. And guess what? He's off of dialysis now for two years, and he's been Hodgkins free limb, free for now. I think it's three years. So you can not necessarily have somebody that has that exact same situation, but you can connect pieces together.

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David Sandstrom 50:25

Yeah. Yeah, that's great. That's, that's great stuff. So, so we're kind of pushing up against the clock here. But I want to give you the opportunity to just kind of summarize what you believe is the most important part of what we talked about today. What would you like people to take with them

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Dr. Nathan Goodyear 50:41

from this conversation? Yeah, you know, for me, um, you talked about taking deep dives, my new podcast just launched practicing with Dr. Nathan Goodyear. That's you can find it on all all the different places you find podcasts. And you can also find it on my personal website, DrGoodyear.com. You'll so I do deep dives there. I love deep dives. I think the evidence is God's signature. I'm here, this is mine. But I think we need to step back for that for a lot of people and say, Look, hope is possible, because healing is possible. And in this arena of cancer and other conditions or diseases, I think understanding that hope, healing, and teaching and leading a movement, a change in perspective, that restores the practice of medicine, to its original

purpose, which is that patient sitting in front of you, but really going to bring Jesus in that mix. But hope and healing are possible. But we must teach and lead to help people understand that geekness side, you know, that deep dive, it's there to support it. Not burn bridges, not call one side names. Because if you're in an argument, and you're calling people names, you've lost the grounds for the argument. Yeah, if they engage them and say, hey, look, conventionally you're doing this, this is great, we can come in and help this and reduce the side effects of that. And so it's about, it's about bridging that gap gap, and helping patients reach and achieve their fullest healing potential. But it's hope you teach, and lead. Those are the principles that I think patients, and people with cancer or other diseases need to take from this the deep dive, it shows you the evidence, but it's those principles that drive me, it's those principles that drive my spirit. Because that's like what you're called to do. That's my calling. That's my calling, it's taken many decades to achieve this time, and a lot of probably me not listening. But I finally recognize that that is my calling. And to give people hope, where there isn't any gap. Jesus did that. To heal people when there was none. He did that. To teach people, that's what I want to do. The lead Well, there's no better leader than am I'm just following his footsteps.

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David Sandstrom 53:03

I love it. That's, that is so great. You know, one of the things I often tell people is that, you know, the, the doctor should be part of your team. But ultimately, you're the one in charge, right? And, and we we should use everything at our disposal. When we use holistic methods, we can experience we take our health to the next level, we can experience a synergy from from the holism, the the integrative methods that could not be achieved otherwise, and the doctor is part of your team. And it's his job, or the nurse practitioner, whoever else, the nutritional counselor to help you identify the obstacles that are preventing your body from doing what it wants to do. And that is heal. So the doctor is just there to help you in that process. Point out some of those obstacles, get those logs off the path and make it easier for your body to heal.

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David Sandstrom 53:56

Yeah, when I, when I tell I think that's, you know, we're so enlightened in how we approach our practices. But I tell patients, look, you're the star quarterback. I'm just the coach, when I want to do as the coach is actually puts you and the team around you, but put you in the best position for success. Yeah, that's our goal. If I design a play, that doesn't fit your best skills, that doesn't help you achieve that victory. I have not done my job. And I need to recognize that it's not me that's the classical, you know, kind of conventional approach. But it's YOU the focus is you. You're the objective, your healing is the purpose. And so in that I've got to create a system a game plan, if you will. Sorry for all the sports analogies. I love college football, but I got to create a game plan that that helps your skills and you achieve success. And that's what it's all about. Yeah,

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David Sandstrom 54:56

love it. That that's a great place to wind up. So Doctor good year. If someone is resonating with this message and they'd like to get ahold you what's the best way to do that?



D

Dr. Nathan Goodyear 55:04

Yeah, several different places. Of course, they can go to the Brio dash medical WWW.Briomedical website, which is where I am the medical director, but they can also find me on the personal branding Drgoodyear.com. And then also our new my new pod podcast to help lead and teach the practicing with Dr. Nathan good. your.com. Practicing with Dr. Nathan goodyear. You're not .com you can find. Yeah, you can find that wherever you find your podcast,

D

David Sandstrom 55:35

I'll make sure to put links to all that in the show notes. Dr. Good Year, I thank you so much for the time, God bless you. And I really appreciate what you're doing.

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Dr. Nathan Goodyear 55:44

God bless you. And I appreciate people that are willing to get out there and actually speak truth. And that's really what you're doing your David. So hats off to you, Lord will bless you for doing that.

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David Sandstrom 55:55

Thank you. For more, go to the show notes page at davidsandstrom.com/117. There you can find a full transcript, as well as links to all the resources that we mentioned. And I always put a content upgrade to help you go deeper with that subject. Thank you for listening, if you're enjoying the show, which tell a friend about it, because this information from a holistic health from a faith based perspective is pretty hard to come by. And if you have a like minded friend who's a follower of Jesus Christ and is cares about their health in a holistic fashion, I'll bet they would appreciate you telling him about the show. Thank you in advance for doing that. I appreciate you. Thank you again for listening, and I'll talk with you next time. Be blessed.