

# Katrina Foe Full ep. multicam

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## SPEAKERS

Katrina Foe, David Sandstrom

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**K** Katrina Foe 00:00

And I looked at I said, so you know, it sounds like this might be helpful for cancer, is that true? And he looks at me and he, well, pregnancy cures cancer. I was just like, I'm a fairly talkative person, I had nothing to say I just started crying. And I I talked to him later and realized, and found out that he was a specialist and had seen this happen before. But like the way he directly it was just like, wow, but I just felt like God was "I've got this." Fast forward, a month before the birth of the baby. The lump was gone. Couldn't find it couldn't feel it. A golfball sized lump. Yes, the body had detox the whole thing.

**D** David Sandstrom 00:47

Welcome to the Natural Health Matters podcast where I want to help you look and feel your best at any age. I'm your host, David Sandstrom. And this is episode number 126. And before we get started today, I'd like you to know that I want to get to know my audience better. And I would enjoy having a one on one conversation with you about 10 minutes over zoom. If you'd be interested in that, go to my website, [DavidSandstrom.com/CoffeeTalk](https://DavidSandstrom.com/CoffeeTalk). And you could pick a date and a time and schedule a 10 minute zoom call with me one on one. I look forward to hearing from you. Today. We have in the show Katrina fo Katrina is board certified in holistic nutrition, and is the founder of designed for health. She's also the author of the book nutritional Pilates after overcoming her own cancer 100% Naturally, she now specializes in teaching people to take control of their health by helping their bodies to heal themselves. Katrina, Welcome to Natural Health Matters.

**K** Katrina Foe 01:39

Oh, thank you, David, I'm so glad to be here.

**D** David Sandstrom 01:42

Well, it's a pleasure to have you on. I was doing some homework on you and listening to some of the podcasts you did. And I can tell that we're very like minded. And I know that you're a follower of Jesus Christ, and you believe in treating the whole person, spirit, mind and body. So I think we're going to have a lot to talk about. But what I really want to do today is address the idea of, well, if I'm going to embrace health, I'm going to take more control of my health. It's good to ask a few questions. So I want the listeners natural nation to know that when you're when you're making that transition from the medical model of the medical paradigm, and you're trying to learn more about about natural and holistic health, it's a great thing to ask questions. Would you agree with that?

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Katrina Foe 02:23

I do. I am passionate about asking questions. And this was a key part of my cancer journey. I actually got in trouble for asking too many questions. But you know, whether you're you're just talking to an MD or a natural minded practitioner, like he wants you to really own your health. And the only way to do that is to really start asking questions specifically, so that you understand why you're doing what you're doing, and what are the implications, what are the consequences and such. So that you know, what you're getting into, and you know, what you're responsible for?

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David Sandstrom 02:59

Yeah, absolutely. You know, ultimately, we're responsible for our health, right? It's not the practitioner. It's not the doctor. It's us. Awesome. God, right. And, of course, God designed our bodies with the ability to heal. But you know, before we get into that, I'd like to know what was it like to get a cancer diagnosis? I mean, you're young, you're young girl. And that must have been, you know, a scary time. I'd love to hear what that was like for you.

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Katrina Foe 03:25

Absolutely. So, I was 37. At the time, I had just had my fifth baby and was nursing him. He was about a year old at that point. And I had a mastitis now, with five babies, I had had several plug ducts and such and knew what to do. I had my routine. And as that resolved, I noticed that the golf ball sized lump didn't go away. And honestly, I didn't think much of it. I'm like, whatever my you know, I'm nursing the breast tissue shifts and changes and such. But my mom out of the blue just pops out with this, like really obsessive, like what's going on, you have to figure this out. And I'm like, and she starts telling me how my grandmother had had a double mastectomy. When she was in college, my when my mother was in college. Now I had never met my grandmother because she passed away when my mom was pregnant with me, but I had never heard about this. And I asked my mom like, so did she have cancer? And she didn't know. This is so strange. Wow. How do you not know if your mother had cancer? We didn't talk about that. Then, she's like, but I have to assume she did because why else would they do a double mastectomy? Yeah, so yeah, so she was very concerned about it. And when I got things checked out, it did come back as cancerous. And, you know, I mean, it was scary. Very much. So it was confusing. It was overwhelming. I didn't have the emotional support. Maybe I thought I would have had um, and of course you know, my children were They're young, they didn't, they had no idea what was going on with mom, they, they didn't know. And we didn't want to

scare them or anything. But right, going through the process of like, we had already been on some health journeys and done a lot of work, where, you know, we were doing all the right things, you know, eating healthy, clean, organic from scratch, like we had literally gone to the extreme of moving up to Idaho, so that we could raise our own cattle and chickens and have clean source meat. I mean, that's,

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David Sandstrom 05:31

that's awesome. You know, so I think that's great. But,

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Katrina Foe 05:38

But on that note, you know, it's kind of a weird thing. Like when you're you look at somebody that's doing all that stuff. You don't think, oh, that's the person that's going to get cancer at 37 years old. Yeah, so this just flipped everything that I was thinking I was doing the right things on its head. And I just started out asking questions like, What am I doing? Because something is not right, what am I doing? That's not right, and let's put everything back on the table. I'm not going to assume that, you know, this sacred cow, so to speak is okay, I'm going to put it all out there. And so it took a lot of reading a lot of questioning, to really start to come back around to figure out what was what was not right for me. And that was a hard, hard journey. But it took a lot of questions like you were talking about.

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Katrina Foe 06:23

Yeah, yeah, I want to get into some of those questions, though. I know that you went to a cancer clinic, and you got thrown out. So can you tell us about that?

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Katrina Foe 06:33

I know. So shocking. So we were doing more of a Western price gaps kind of a diet when I got cancer. Yeah. And it's pretty clean, pretty good. And I'm like, well, meat, you know, all this stuff I was looking at on the internet was saying that meat was bad and evil, and I need to go plant based raw vegan. And so I'm like, Okay, I will be open, even though I have my prejudices. And I've already done some of this research. Maybe I didn't look at both sides of the argument well enough. And a friend had told me about Gearson clinics. So I'm like, let's do that. Even though I wasn't doing standard care, I felt an urgency like I have to do something yesterday. So I rushed down there, my mom went with me. And you know, I read the books about Gearson. But I had a lot of questions. There were a lot of things that didn't jive with what I had already learned on our health stuff. No. Why can't you be any salt? Like none? Why can't you be any fat? Like fat and salt are kind of important? You know, why is the list of supplements the same for everybody? And why aren't you testing my thyroid before you give me thyroid supplements and supports? And I started asking the people there and either they couldn't speak enough English to help me or they told me to read the books, which I had already done. Went in there, but they they couldn't answer my questions. Yeah. So yeah, right. I mean, how am I supposed to get healing if I don't even know what I'm doing? I need to make sure that if I'm gonna go do these weird stuff that I'm putting all my eggs in the right basket. So by the third day, the

director of the facility comes and sits me down and wants to have a private conversation with me, which immediately, I feel like I'm in trouble. And he tells me, you know, he's looking at me all Stern, like, my staff has been telling me that you've been asking a lot of questions, Katrina, I think you just need to trust in the process. I mean, I could yield myself just like the adrenaline pumping of like, so misunderstood, so confused, right. And, you know, I asked him like, how am I supposed to just trust in the process of I don't know that this is the right process for me. And if you can't answer my questions, yeah. And so he said, This is not the right place for you, you need to leave. Wow.

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David Sandstrom 08:51

Man that is so surprising. I really thought that, you know, an alternative cancer clinic would be a little bit more open minded than that. But well, as some of you left,

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Katrina Foe 09:00

I did. Here's the funny part. So they were actually that weekend while I was there, filming a documentary, a very well known cancer documentary at the facility. And he was actually I found several months later when it aired talking about me on the documentary hours before he kicked me out. Wow. I mean, it was just the whole thing was insane. I'm like, wait a second. Where's the love? Where's the I want to help you from my heart?

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David Sandstrom 09:30

The compassion, yeah, the individualized care. Yeah, all the things that you needed at that point in time? Yeah. Well, you know, that kind of brings up the first question that I that I wanted the audience to, to be aware of this, if you're dealing with a serious health challenge. The first question you really asked is, Do I need a doctor or do I need a health advocate? So you you had to go through that. So I'm sure you talked with some medical doctors, they made your diagnosis correct. So you asked yourself that Question, how did that go?

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Katrina Foe 10:02

Yeah, I saw lots of different practitioners. But at the end of the day, you know, I was the one that had to kind of piecemeal things together, which is why I do the work I do now, because that was not easy. It was not fun. And now, you know, fast forward to today, there's even more information out there that makes it more overwhelming and confusing for people that are trying to figure things out. Yeah, I think you need all of those. You need medical doctors, you need natural practitioners, you need health advocates and coaches, you need you need a team of people. And most importantly, I think you really need good family support that is just super essential.

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David Sandstrom 10:42

Yeah, well, you know, I often say this on the podcast and regular listeners will know this. But allopathic medicine, what you get the western style medical care that you get from a doctor, an

allopathic medicine, what you get the western style medical care that you get from a doctor, an MD or DO that style of healthcare is great for acute conditions and emergencies. They're fantastic with that get busted up in a car accident, man, roll me into the nearest emergency room, give me all the drugs and surgery, you need to save my life, perfectly appropriate use of that style of healthcare. But with chronic health challenges, that style just that style of healthcare kind of loses its luster. And that's when we have to start looking more at the natural and holistic approaches. And we're cooperating with God's design, or hopefully, spirit, mind and body, the whole the whole person. And that has been my experience has been far more effective in dealing with long term or chronic health conditions.

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Katrina Foe 11:31

You are speaking my language Absolutely. Like with the chronic disease. Unfortunately, the majority of our western practitioners the allopathic model, they're looking to symptom treat, and just put a bandaid on it. And that does not prevent or stop anything. So yeah, you may have shut down yourself from feeling that symptom, but the disease process is still going on. And you're just gonna see something bigger later that's linked, that you could have prevented if you listen to your body at the beginning.

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David Sandstrom 12:03

Yeah, absolutely. Well, that kind of leads us right into the second question that I would recommend people ask, and that is, why do I have this health challenge? What's the root cause? of what was going on? What was that like for you? You know, what did you What did you discover during that process?

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Katrina Foe 12:21

So for me, I had never heard of functional medicine at that point. I had never done any testing. And I found a functional practitioner. And we started testing all the stuff that I didn't even know you could test. And I was just blown away by the amazing tests we have. And you know, fast forward today, we have even more amazing test that, you know, I would have expanded out into, but this just really drew my attention into the fact that even though I didn't really feel what was going on, a lot of the things that were offered my body, you could see really clearly in the lab testing. And as soon as I knew I could start to understand like, oh, that's what that you know, brain fog is. And that's what the you know, it start started to connect in, but I was so disconnected from understanding what was going on with my body that it took the lab test to really show me what I couldn't hear.

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David Sandstrom 13:20

Yeah, yeah, very good. So you got with a functional practitioner. And that's when you started connecting the dots, so to speak on the path that you you believe you should be going on going down.



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Katrina Foe 13:31

Absolutely. And this is where it gets a little weird. So I had, you know, insulin resistance, estrogen dominance hypothyroid, like, my vitamin D levels, were in the toilet, I, you know, had super high levels of toxic mold, had a very toxic relationship, like, all these different things together created this perfect storm to throw my body out. And a lot of people when they're looking for why did this disease and cancer in this area happen to me, they're looking for one thing. And it's not going to be one thing when we're talking about chronic diseases like cancer, it's going to be like six to eight out of the 10 terrain buckets that are going to be off and so you want to make sure my preference is to make sure I get all the smoking guns on the table at the beginning. I want to know what I'm dealing with so we can prioritize and make it a little softer, gentler process to you know, work on some of these areas.

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David Sandstrom 14:30

Yeah, for sure. But you know, you're you're it's like you've read my notes here, I You're reading my mind, but my next question was the question number three would be what health blocking factors do I need to eliminate? So you just name a few, you know, you had vitamins, vitamin D deficiency you had hypothyroid so you you identified some of these things that were impeding your health and and of course then question four would be what health enhancing factors can I work into my life? Right and you know, if we can Do more of getting getting outdoors getting some sunlight on our skin, natural vitamin D production, you know, maybe it's exercise, maybe it's relationships, you know. So that's really the natural approach to health and the natural practitioner, their job is to help you identify those health blocking factors and, and help you eliminate them, hopefully, and then identify the health enhancing factors that are boiled apply to you, that you need to do. And then we let these magnificent bodies that God gave us do their thing, right. And I call that vitalism. And that is that the body knows how to heal, it knows how to thrive. Could you speak to that a little bit?

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Katrina Foe 15:37

Yes, yes. Oh, yes, absolutely. I love how you put that because, you know, I tell my clients all the time, like I don't cure cancer, we are going to help figure out what is blocking you, what are you deficient in and is not working, and supply that to your body and unblock you, and then your body can do it itself, your body is going to heal the cancer. And then that's such a different mindset. And if you don't have God in your life, I think it sounds maybe a little crazy. But the body is so beautifully designed with its backup systems. And it's just instinctive understanding of what needs to be prioritized. I have to explain to my clients all the time you okay, I'm gonna give you this magnesium, and you're gonna put it in your mouth, and you're taking it. But, you know, I may be giving you the magnesium to help support your detox processes, your body knows what's going on better than I ever could. And it's going to prioritize No, no, I don't really need the magnesium for that as much as I need it for this,

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David Sandstrom 16:33

It knows what to do with the magnesium.

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Katrina Foe 16:37

It's a beautiful thing. And it makes our job as practitioners so much easier. In terms of how I look at, you know, the whole body health, I love how you picked up on the, for the individual, what they need, because that's the key thing, when you're talking about addressing a chronic disease naturally, it's very important to realize and understand that there's like a million things you can do. You know, and you listed a couple good ones, but there's so many and you ate literally can be a full time job and cost you a fortune, and still not be what you need if it's not zoomed in. And so this is where I really am excited about the functional testing to see what is it for you that way the client can prioritize like, this is important for me. Like I have genetic issues, I don't absorb the light well. And it took me several different forms of vitamin D to actually find one that my body could absorb and utilize, you know, so being outside, it's great. Is that the best use of my time? If I'm not gonna absorb it anyways, not really. Now, you know, but that's not the same for everybody. Absolutely. Yep, stress was a big driver for me, I needed to get that under control. And until that got under control, that wasn't gonna be something that really shifted a lot. So you can determine what are going to be the areas that can move things faster, with less effort and less cost and less time and all that kind of thing.

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David Sandstrom 18:05

And that usually involves Well, obviously lately conversation, but usually involves some lab work.

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Katrina Foe 18:10

Yeah, it involves the health history, the discussion, the lab work, like all the stuff.

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David Sandstrom 18:15

Yeah, for sure. And hopefully, considering the whole person, you know, I addressed this in my book, The Christians guide to Holistic Health, and that is, if you have a problem with anger, and that is chronically activating your stress response, you can switch to 100% organic food tomorrow, and it's not gonna make any, you're not gonna move the needle on your health, right, you're gonna deal with the anger, right? Because we're more than human beings and more than just a body, we are spirit, we have a mind. And we live in a body. And I love this verse here that kind of speaks to this Genesis to chapter two, verse seven, it's right there in the beginning of the Bible, and the Lord God formed the man from the dust of the ground. So there's our bodies, and he breathed into his nostrils the breath of life. And that word for breath is spirit. And the man became a living being in that word for being his mind. So God created us body and spirit. And then he gives us a mind that connects the two together, and now you have a whole human being. And if we have a serious health challenge as you did, and if we don't address all three parts to what we are, we might be really missing the mark, we might see very minimal progress if we address the physical alone, which by the way, is very common in the medical community, but also in the natural health community as well. There are people that believe they're holistic, but what they really are as natural, and they're not holistic, because they all but ignore the spiritual and mental emotional aspects to a human being.

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Katrina Foe 19:40

Oh, yes. And that is that is one of the areas that I'm so passionate about, because that's one of the 10 root cause drivers is the mental emotional component. And that's the area that always you know, beat the drum of like this is something you need to not ignore. Because, you know, usually in the year prior Prior to a cancer diagnosis, there's something that has deeply hurt the cancer clients heart, some kind of trauma, that could be loss of a job, it could be loss of a child relationship. It could be anything. And I've seen quite the spectrum of that. But it's something specific to them. And it's very easy to be like, No, let's look at the chemical, you know, let's look at the, you know, mechanical issues, and not look at the spiritual aspect. And that gets brushed aside and most of our medical models no matter what they are, and while I'm not a counselor, that's not like my treatment aspect. I think it's very important to flush it out, bring it to the client's attention, and give them options and tools to deal with that so that they can you know, whether they want to journal pray, you know, talk therapy, some different energetic work, there's a lot of different things that are very effective. And they can work out. And this is, again, an example of how great God is that he's given us, different modalities, to work at it. And to address the issues that are all effective, you just have to make sure you do something, you can't ignore it, because it will come back. And I've seen that with clients, they just ignore that one piece. And then they don't really fully get in remission, or they don't, you know, stay in remission, because they're not acknowledging that they are body, mind and spirit.

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David Sandstrom 21:26

Yeah, you know, my wife and I have been leading marriage groups for the last 11 years. And one of the things we go kind of deep into is, you know, what was going on in your home, when you were 12 13 14 years old? And we've heard some really horrific stories about what people have been through. But most adults will say, Well, that was long time ago, you know, I'm over that. Are you really? No, this might be worth a topic worth exploring, especially, I mean, very relational connectedness, for sure. But especially for dealing with a serious health challenge. These things are worth talking about. You know, it's you can't separate those things from from your physical outcomes there. It's all interconnected. And all three parts are interdependent. And that's just the way God made us. You know, I'm curious, Katrina, you mentioned prayer. I'm assuming that you spent some time in prayer after your diagnosis. Can you talk to us about that?

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Katrina Foe 22:18

Yeah, I did. I was I was angry and frustrated. Yeah. But But I was grounded enough at that point. Sorry, thinking about that frustration, just brings it all back. I was grounded enough in my relationship with the Lord at that point that it wasn't like I was walking away. I was just like, What the heck. Here's, here's where the story gets kind of interesting. So I had been kicked out of the cancer clinic, I found my functional path. And I was I was feeling pretty good. Like, I got this. And it's almost like God was like, no, no, no, I have got something different. I, this is not you, this is me. And I went to a marriage retreat, which is so funny. You bring that Oh, I'm sorry. It wasn't a marriage retreat. It was just a women's retreat. But marriage was on my mind, because we were having problems. And I I went there, even though I was thinking like, it was a huge spiritual struggle, because I'm like, they're gonna be eating crappy food. Like, I'm not gonna get good sleep, like all this stuff. Like, no, I really felt like I needed to go. And the whole



time at every breakout session. You know, when they gave us quiet time, it was just like, heavy on my heart. That I needed to go home and on Sunday night, and be with my husband in the biblical sense. Wow. Yeah, yeah. Who does that happen to? It was so strange. And I kind of argued with God. And I, you know, I'm gonna keep by the way, you know, I just did my hormone test. Like, I know what time of the month that is. I don't think that's a good idea. And I by the way, did you know I have cancer guy like this? This is, this is not the time to get pregnant. You know, How about Monday, we do it on Monday, you know, and it was like, No, Sunday night. So long story short. I was obedient and got pregnant with my sixth child. Wow. Which let me just tell you people were pissed when I told them I was doing cancer, you know, dressing it naturally. When I told them I was pregnant, like it's a whole nother level. Yeah, I am. I'm super grateful that at that point, I had already kind of shut out and guarded myself from the negativity but it was it was hard. And I was just kind of freefalling like, what what are you doing? So we went to a conference, a health conference, just to you know, as our it was actually, our anniversary, like I just need to get out of here and just and I was waiting for my husband after a session and I was talking to this guy and he had these magnetic bed pads on like, so how would this work with pregnancy is a safe during pregnancy and he He's like, Yeah, this is totally safe. It's kind of our at home model. It's very, you know, mild. And, and I looked at I said, so, you know, it sounds like this might be helpful for cancer, is that true? And he looks at me and he, well, pregnancy cures cancer. I was just like, I'm a fairly talkative person, I had nothing to say I just started crying. And I talked to him later and realize, and found out that he was a specialist. And had seen this happen before, but like the way he directly it was just like, wow, but I just felt like God was "I've got this".

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David Sandstrom 25:40

I got chills. That's a great story.

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Katrina Foe 25:43

It was crazy. But I've seen I've heard from several other alternative cancer practitioners that they have seen this, I felt like okay, okay, this isn't insane. Fast forward, a month before the birth of the baby. The lump was gone. Couldn't find it couldn't feel it

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David Sandstrom 26:00

A golfball sized lump.

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Katrina Foe 26:02

Yes, the body had detox the whole thing. And I just have to tell you, this was not for my clean eating. Because I have hyperemesis gravidarum with every pregnancy and get nothing good in. It was not from the supplements, because there are only like three of the supplements I was able to still take while I was pregnant. You know, I wasn't doing the detox work. I wasn't doing the stuff I should be doing. And it was very interesting to me. I feel like I kind of cheated there in a way. But here's where it gets really, really interesting, in my opinion. So fast forward again. A year later, I nursed the baby for a year and I decided to wean him and I circled back to my

funk functional practitioner and said, okay, like, I didn't finish the work that I was doing. I'm ready to finish it. I you know, nurse, the baby helped me out what should and she said, read the book Fat For Fuel by Mercola. And she also pointed me towards Dr. Nisha Winters book, The Metabolic Approach to Cancer. Well, I looked at that I'm like, Okay, no, no ketogenic that's like dangerous. You're eliminating whole food groups like this is not the right way, which is like Katrina read it. So I read it and the science was there. This like resonated with me. It made sense. And so before I even finished fat for fuel, I was on the ketogenic diet. And what I didn't mention was that when I was a teenager, I was diagnosed with bipolar. I was on heavy meds for many years, and did not like the way they made me feel it didn't fix the problem. And I had weaned myself off and had been white knuckling it for about two decades. So the ketogenic diet, I started feeling better, mentally. And it was really interesting, because it was around Thanksgiving, and my husband was doing like a family worship, about like joyful and all circumstances. And he was talking about giving the example of some neighbors who had lost their house in the fire, and how the community had gathered around and rebuilt their house and how had been like such a blessing and drawn them close to the Lord and all this stuff. And my little daughter had popped in, she was like mom's cancer dad. And we looked at her and he goes, what, what do you mean, honey? And she goes, Well, if mom hadn't had cancer, she wouldn't have tried keto, and now she's happy.

D

David Sandstrom 28:19

Wow. Wow, that's really cool.

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Katrina Foe 28:23

So like the whole thing, the whole process. It sucked. It wasn't fun, but it was answering a prayer request of over 20 years. Wow. I wouldn't change it for the world.

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David Sandstrom 28:37

You know, when you first told me about getting pregnant when you had the cancer diagnosis, the first thing that came to my mind was my we're four children. And my wife did great pregnant she was so she was glowing. Her skin was literally Her eyes were brighter, her skin was glowing. Her hair was so shiny, and everything about her physically was just great. And I was thinking to myself, as you were sharing that story is that I'll bet pregnancy was probably beneficial. I was exactly what I was thinking. Because it can be that way. Now there's, there's women who have a hard time with breaks. Let's face it there, that does happen. But apparently you weren't one of them. And that's great. God bless that. And that is just really cool. It

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Katrina Foe 29:16

was pretty extreme. I had to like we were cooking food outside in the crock pot because the smells and like I literally would go days without eating. But looking back in hindsight, it was very interesting because I also get anemic and I was at a really all time low, like single digits ferritin and iron and such. With famous doctors telling me I still wasn't anemic, but I understand more the ferroptosis You know, so there might have been something going on with that.

Definitely with all the not eating I was in a ketogenic state, you know, so there were some interesting things that might have been happening as my brain my questioning brain tries to figure out like what happened there, but either which way I think God was just giving me the perfectionistic tendencies. Like, this was not you. This was me and I have a bigger, bigger plan.

**D** David Sandstrom 30:09

Wow, that's really great. That is so cool. You know, I want to say a couple other things too. And that is Mercola's book Fat For Fuel. I read it, too. It's not an easy read. That's not a light read. And you got through it. That's fantastic. And it's very, it's very scientific. It's actually not pure keto, is it he? Because he recommends cycling in and out of the ketogenic state, right?

**K** Katrina Foe 30:31

Well, yes. And the cycling in and out would be post cancer when you're in remission. So I was not cycling in and out at that point. I now, you know, quite a few years later have other tools. I've seen so much that ketogenic is amazing for mental health. So I've seen it in lots of other segments. And I've also got some other tools with some lithium orotate and stuff so that I can cycle out. And I haven't had, I mean, I've been in remission with the bipolar for, you know, a very long time now, which is such a blessing. And I just, I would love to get that out there. Because honestly, like, I would rather die of cancer than then suffer with the bipolar.

**D** David Sandstrom 31:11

Wow, that's really cool. Well, praise God that you're doing so well. That's really great. Yeah, I was going to mention that as well as that. The ketogenic diet has been used many years ago, long time before Atkins and before any of that's like back, and I think it was like, the 1940s and 50s. I think they were using it for schizophrenia, and also for seizures, and epilepsy. Yep. And, you know, and then now, it's, it's, you know, it's gained popularity over the last, you know, decade or 15 years or so. But it's been around for a long, long time. It's not so out there as people might think, you know, it really isn't, because

**K** Katrina Foe 31:45

No, it's not at all, but it's very counter to what a lot of people are saying is good for cancer, in terms of like what I mentioned at the beginning with the Gearson with the raw vegan stuff, and especially in terms of the juicing, the obsessive juicing with cancer, like that is the worst idea for blood sugar dysregulation that you could have. And with cancer, we know and again, this is this is Otto Warburg Nobel Prize winning work from the 1931. I think that cancer is a metabolic disease, that's the hallmark indicator that a cancer cell is a cancer cell is that there's a shift metabolically that it needs insane amounts of glucose and burn things differently. But yet, why are they not talking about that in oncology? Why do they not tell people like, hey, it's no more carbs, I don't know,

D

David Sandstrom 32:35

It's hard to figure out, you know, when they when they are doing a PET scan to detect cancer, they give you a high sugar drink that gives you a high glucose drink. And then it goes through your body and the cancer cells light up because they're feeding on that sugar. And that's how they they detect cancer. But, you know, I, my my mother in law died from breast cancer. And her doctors told her they literally told her, make sure you eat plenty of chocolate chip cookies and cake because you need to keep your weight on.

K

Katrina Foe 33:05

Oh, I'm so glad you mentioned this day because this is the worst part. You hear that all the time because they're worried about could cachexia because most cancer clients don't actually die the cancer they die of cachexia where they waste away and they have that skeleton ending which is just horrible. Well, here's the thing, carbs will speed that process up. And you know what will actually slow it down and stop it. It's ketogenic diet. Oh, yeah. And it seems so bizarre that eating lots of fat and no carbs is going to make you you know, not lose weight because so often today we hear about ketogenic for weight loss, but it's not just for weight loss, it's for stability and bringing people back into that center place. So, you know, I have clients that were underweight that we got their way up with ketogenic too. And on that note, I just want to throw this out there. I know, you know this, but for listeners, you guys probably know, too, but I'm not talking about the Velveeta ketogenic version. I'm talking about like clean ketogenic.

D

David Sandstrom 34:07

Right. Yeah, you know, I don't know if I've really talked a whole lot about keto on the podcast. I'm gonna be doing some more episodes on nutrition, but for those that don't know, ketogenic is about getting a lot more fat, good, good quality fats in your diet, low to no sugar, low to no carbohydrate, and moderate protein. That's a ketogenic diet, and it has just really, really powerful dramatic effects on some people. Probably not going to work for everyone. There is no such thing as one size fits all. But it's something worth exploring if you're dealing with a health challenge for sure. Um

K

Katrina Foe 34:44

I'm gonna say I wanted to jump on that. I totally agree with you. There is no one size fits all. But what I have found because I have a lot of clients that come to me that have already done the reading, you know, and they've tried ketogenic and a lot of times there's easy tweaks of I'm to help it really take off for them. So I'm just going to give you some tips here. So one, the electrolytes in the transition the body when they don't have the insulin, it's going to dump the salt. And you need to make sure you replenish that. Otherwise you just feel awful. And that's what people talk about the Keto flu. The other thing is that so many people, which I'm sure you're aware of, like, they can't digest their fat, they have gallbladder issues and, and just not good at it because they've eaten low fat for so many years. Like, yeah, and so when they don't digest their fat well, and you're eating 80% fat, this is becomes an even bigger problem. Right? So you know, the doctors say, just don't eat a lot of fat, eat low fat diet. Well, yeah, that kind of

fixes that problem. But then you don't get all the fat and you can't do a ketogenic diet like that. So shoring the fat digestion up can alleviate the nausea and discomfort that usually is what people are saying that like, I know it doesn't work for me.

D

David Sandstrom 35:55

I got you. Yeah. So they're not getting through that phase very well, because they're primarily lacking electrolytes. And it's also metabolic and individuality that go comes into play there. We're running out of time, that's going to have to be in a me, I'm going to have you back on. We'll talk about that on the other episode. But so we're coming up on the end of today's conversation, but I'd love to know what is what's the thing that you would like people to remember most about what we talked about today?

K

Katrina Foe 36:24

Oh, that's a great one, I would say test, don't guess. So many people that are out there doing natural stuff, and being totally vague on purpose. You know, there's, there's all the cool stuff, the IV, vitamin C, and hyperbaric oxygen, and, you know, it sounds sexy, and people are selling it really well. But it depends on your drivers. And what is specifically an issue for you as to what is going to be a good investment of your time and your money and energy. And there's actually periods where people will go in and out of being to oxidative or and such where like things like IV vitamin C, are actually working against them. So that's a very oxidative therapy, which sounds counter because you know, you think of you know, vitamin C being antioxidant. But in those high doses, it's oxidative. And there's a simple G six PD that you can test. And if it's elevated, like do not give that person IV, vitamin C, but people aren't doing this testing. And it's really important to make sure that we're focused with the testing to make sure we get what you need.

D

David Sandstrom 37:27

Very good. Yeah, I have i Episode 117. I interviewed Dr. Nathan Goodyear. And he does IV, vitamin C, and a lot of other things as well. So if you're interested in learning more about how to treat cancer, naturally, that might be a good episode, check out episode 117. So do you have any other low hanging fruit for the audience that they can implement, quick and easy.

K

Katrina Foe 37:48

I think the quick and easy would be you know, to get somebody on your team. Like I said, have a whole team that are working together, make sure you address everything because those things that you don't address are what's going to come back around to haunt you. And like he said earlier, a lot of times, it's that emotional component. So making sure you know, you get somebody to help you with that, whether it's you know, some a marriage counselor, or whatever you need is really important.

D

David Sandstrom 38:18

DAVID SANDSTROM 38:10

You know, I know a lot about this, we don't have time to go into it. But one of the ways you can identify one of those toxic thoughts or unprocessed emotions is, if there's an event that happens when it happens to you that you kind of have a hair trigger, you know, it kind of sends you off, it pushes your buttons, right, that's worth exploring, that's worth having a look under the hood, so to speak, because that's probably going to reveal something that you need to deal with on a mental emotional level. So, you know, I've got some tools for that. But we're running out of time today. But we'll we'll cover that in another episode. So Katrina, as we close out, I know you have a generous gift for the audience. Could you tell us about that?

K

Katrina Foe 38:59

Yeah, I would love to give you all anyone that's interested, my free ebook, The roadmap to prevent cancer recurrence. And I dive into there, all the different areas that you want to check out and specific tests so that you have the tools to actually do that testing and, and what to look for.

D

David Sandstrom 39:16

Very good. And what's the website? Or how do they get that?

K

Katrina Foe 39:19

Yeah, I'll give you the link. But it's [cancerfreedom.com/roadmap-opt-in](https://cancerfreedom.com/roadmap-opt-in)

D

David Sandstrom 39:26

Alright, very good. I'll make sure to put that in the show notes as well. And if someone just wants to reach out to you, it's what's the best way to get a hold of you?

K

Katrina Foe 39:35

Yeah, [CancerFreedom.com](https://CancerFreedom.com) is my website. And I'm on Instagram @KatrinaFoe, just my name.

D

David Sandstrom 39:42

Very good. Katrina. Thank you for sharing your wisdom with the Natural Nation. Thank you. For this episode is resources and show notes go to my website [DavidSandstrom.com/126](https://DavidSandstrom.com/126). And don't forget that I'd love to get to know you better. If you'd like to have a one on one conversation with me. Go to my Our Website [DavidSandstrom.com forward/CoffeeTalk](https://DavidSandstrom.com/forward/CoffeeTalk) all one word and you can schedule a 10 minute zoom call with me pick a time and a date and we'll chat for a few minutes I would love to hear from you that's it for now thank you for listening I'll talk with you next time be blessed

