

Christian Healthy Lifestyle Episode: 180

David (00:00.802)

Welcome to the Christian Healthy Lifestyle Podcast, where I help people cut through the noise in natural health so they can age gracefully and live abundantly. I'm your host, David Sandstrom, and this is episode number 180. This episode was originally published in July of 2023. Back then, I called the show Natural Health Matters. With almost 200 episodes published, sometimes some great content gets lost in the archives.

So I've decided to publish this interview with Dr. Nathan Goodyear. Dr. Goodyear is a medical doctor and the director of Brio Medical, a holistic and integrative medical clinic specializing in cancer treatment in Scottsdale, Arizona. Now, you may not be dealing with cancer, but I encourage you to not tune out. Even if you did listen back in 2023, this conversation is worth a second listen. Dr. Goodyear is super knowledgeable and his approach to health

is a shining example of what integrative holistic health should look like. I used to do a lot of interviews and this is really a standout interview. This is one of the best interviews I ever did. So I encourage you to listen. We can all learn something from this conversation. Back in 2023, my episodes were much longer. So this conversation lasts about an hour. So to make it more manageable, I'm going to split it up over the next two episodes. So grab a cup of organic coffee, sit back and relax.

and enjoy my conversation with Dr. Nathan Goodyear. Now, before we get started, I have an announcement. The Christian Healthy Lifestyle Community will be launching on May 8th. This podcast is great, but inside the community, you'll really be on the fast track to embracing a natural health lifestyle and resolving your stubborn health challenges. On May 1st, 2025, we're going to have our first live event for the community at 8 p.m. Eastern.

After that meeting on May 2nd, the waitlist will be closed and the only way to get involved with the community will be to sign up for a monthly or an annual membership. Getting on the waitlist won't cost you anything and to sweeten the pot a little bit, if you get on the waitlist now, you'll get immediate access to my Opt Out of the Medical Matrix mini course. When

you watch that course, you'll have a good taste, good flavor of the type of content that's going to be available inside the community.

David (02:23.417)

Go to my website chlpodcast.com forward slash membership. Do it right now. Pause this episode. I promise I'll be waiting here for you when you get back. You know, that's where that old adage going to war on cancer. Well, guess what? When you go to war on cancer, you go to war essentially on the body. Cause this cancer is not some, you know, futuristic alien Sigourney Weaver movie implant in you. 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. 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, 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. 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, and this is episode number 117.

David (04:03.375)

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 BrioMedical, a holistic integrative cancer clinic in Scottsdale, Arizona. Dr. Goodyear, welcome to Natural Health Matters. It is an honor and a pleasure to be here with you on Natural Health Matters. It's awesome.

Well, thank you for taking the time. really appreciate it. I know you're a busy guy and you got a lot to do. You run out of practice and I'm sure there's never any to do list there and you took the time to be with me. So I appreciate that. 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. 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.

Yeah, so I'm the medical director at a natural holistic, integrative cancer healing center here in Scottsdale, Arizona, called Brio Medical, 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, we're 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, 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.

David (06:30.32)

We have to bring in the psychology, the emotional and of course, foundationally the spiritual aspect. 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 naturopathy,

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. Absolutely. He doesn't want us to destroy our bodies. 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, okay, 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. I mean, you you got to go surgically repair that. And likewise, you're a retired pilot, you know, flying. We've got 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. And 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. 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 in medicine today, it's everything but the patient. Profit and power over patients is what I say, which is what's driving most of why we've lost our way in part. Yeah, yeah, I couldn't agree more. You I write about that in my book, *The Christian's Guide to Holistic Health*, but you know, don't want to trash conventional medicine because it has a place.

David (08:54.82)

You know, I just told you earlier before we, before we hit record is I had a, really bad ladder fall and shattered my calcaneus. needed foot foot surgery and I'm glad I found a good MD in the area. I'm glad I found a good surgeon. They literally put Humpty Dumpty back together again. And

without that surgery, you know, I'd be in a lot of That's why I proudly say that I am an MD and an MD homeopath. I look at those as, you know, I came out of that conventional world.

You have to recognize, just like I jokingly mentioned breaking a hip, if you have a heart attack, you need that ER doc, you need that EMS to stabilize and focus on that acute setting. 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 for that service.

basically is dominating everything, whether that be preventative, whether that be healing, et cetera. 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, you know, that's a concern. 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? 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 Luke in the Bible, who was a doctor, he was, you know, he was practicing more of an anthropopathic approach.

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, you know, 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 results.

David (11:17.614)

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 skull, then 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 shines. Examples like that. Yeah. Yeah. 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 the tumor. What would you say to that? Yeah, well, you know, there was an Institute of Medicine article from 2001 that actually showed that physicians, conventional docs, were practicing at a level that was 17 years behind the current published evidence. So the point is docs don't weed 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 things. That's just one small piece of 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-oxidatively. 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, cytotoxically, metabolically, all of these different ways that vitamin C can. It must be used pro-oxidatively. So the way conventional medicine comes to this, they think vitamin C is purely an antioxidant. Now, when given orally,

David (13:45.296)

Research has shown we will never raise that above one millimolar. And at that route, absolutely, it's only antioxidative. Rarely does it achieve 200 micromolars. So getting a little evidence there. You know, I'm getting my geek on, so to speak. we have to achieve free. Feel free. This is a deep show. Yeah, I love to go deep. So if I go too deep, bring me back in. OK. We have to, via the evidence, achieve 20 to 30 millimolar. OK?

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 and 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 going to 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 antioxidative. But when we give vitamin C IV, follow the evidence approach at 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's

actually what recent research over the last couple years has shown. Take vitamin C, give it 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. That is just incredible. 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 target the tumors, but actually be beneficial to healthy cells. Did I hear you right? That's right. It's what I call the dualistic principle, which is there's different environments. So when somebody gets diagnosed with cancer, when they hear that word, first of all, the first thing that overcomes them is fear.

David (16:06.564)

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 transcriptomics, 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. It, 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 integrated therapy. Yeah, very good. So just one more question on this topic and then we'll move on. But what percentage of your patients are working with a conventional oncologist along with you? I would say probably about 25 % when they come to us. OK. 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 wanna 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 gonna step back and not do anything and you go there and we'll be here when you're done. Because they don't want to be involved at that

And that's so sad. So sad because I love talking. I am an M.D. 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 own association. And so they they just can't go there, unfortunately. But yeah, so probably 25 percent have an active relationship and the other they're either on hold or have had a recent prior.

David (18:31.015)

relationship. All right. All right. Very good. So, um, and there's another question I wanted to ask you and that is, uh, a lot of people when they hear about, I'm going to, I'm going to treat this cancer naturally and holistically. They, have visions of, uh, you know, an eight hour yoga session, you know, singing kumbaya or, you know, uh, rehearsing the, uh, the, the little engine that could, I think I can, I think I can, you know, I think your way into health. Um, so there's a whole lot,

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 guess that you consider that one of the primary therapies that you use with people. Is that correct? 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 look as much precision based as we can. So those

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 genomically has changed, how the environment has changed, how the metabolomics are really affecting the cancer, the cancer is affecting the body. We then become very precision based on that. So we may start off, say, high dose vitamin C, curcumin,

porsitin, 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 potentiated 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 beyond that, it works every time, Yeah, just don't get it. 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 that's what treats cancer is

David (20:57.072)

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 much more the sequential combination of these therapies that really provides the power of healing potential. Yeah, very good. So I went on your website and by the way, your website is excellent. It's brio-medical.com and you've got a lot of information there, videos.

blog posts. It's a phenomenal website. I 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 have, we already mentioned IV, IVC, and you mentioned insulin potentiation therapy, IPT. Can you get into what that actually looks like? What, 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. it destroys the tumor, but it destroys the body as well. You know, that's where that old adage, going to war on cancer. Well, 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, futuristic alien Sigourney Weaver movie implant in you.

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. 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 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 then 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%.

David (23:25.912)

Now, from the quote unquote integrative and natural and alternative perspective, we call it insulin, instantiated therapy from the conventional. They actually have a different name for low dose metronomic chemotherapy. They may, you your oncologist may say, there's no science for 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, that rapid metabolic rate. So they overexpress 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 IGF, insulin growth factor receptors. So these receptors that are on the surface, we can utilize that with just 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 thymus and alpha one, couple that with photodynamic therapy, there may be a red light IV. Then what we do is we're bringing a sequential powerful therapy together. But the great news about this insulin-potentiated 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 broaden its anti-cancer effect. It becomes anti-angiogenic, still maintains 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. And it's just amazing that most MDs are just close-minded about this kind of thing. It's just amazing to me. It's sad, really.

But thank you for sharing that. That's great stuff. So I know another therapy that you do, you have a hyperbaric oxygen chamber. So let's talk about that, getting more oxygen into the 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, I mean, insurance even pays for it. The use of hyperbaric oxygen in the healing of wounds of ulcers.

David (25:53.261)

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. It's that there's pockets within the tumor and 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 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. 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. 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 O₃ gets converted to two O₂s. And so again, it's a it's 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 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 with the empanic 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 sonin, that's really to promote detoxification because we have to really support the process of detoxification, which is another term that gets completely misunderstood.

David (28:17.877)

Everybody thinks detoxification in a box, every cell must be toxified. That's the primary role of the liver is to detoxify. So as we're really pushing the body to destroy these cancer cells, there's going to be a lot of cleanup that's necessary. Cleanup on aisle nine. There's going to 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. 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 and 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 too. And I agree with you. It's, it's a very effective detoxification agent for sure. speaking of detoxification and, and, and cleaning up the mess,

What role does intermittent fasting or time-restricted eating play in a natural cancer treatment? I think that's a good place to pause this episode. And next week, we'll pick it up where Dr. Goodyear will be explaining the benefits of intermittent fasting. If this message is resonating with you, you're going to love it inside the community. Inside the Christian Healthy Lifestyle community, I'll be having other guests like Dr. Goodyear.

to be on live calls and you can ask us anything you want about health and wellness. In the community, we're going to be surrounded by a group of like-minded believers who are pursuing aging gracefully and living abundantly through vitality and spirit, mind and body. Again, if you sign up for the waitlist now, you'll get immediate access to my Opt Out of the Medical Matrix mini course. I think you'll enjoy watching it and you'll get a taste or a flavor of what the content inside the membership is going to look like.

Go to my website chlpodcast.com forward slash membership, sign up today while it's still top of mind. For those of on the wait list, I'll be in touch with details about the launch and you'll also have a chance to attend my first live event, which will be on May 1st at 8 p.m. Eastern. After that meeting, the wait list will be closed and the only way to get involved with the community would be to sign up for a monthly or an annual membership. I look forward to hearing from you. That's it for now. Thank you for listening. I appreciate you.

David (30:41.113)

Go out there and live a bonded life. I'll talk with you next time. Be blessed.