

## Christian Healthy Lifestyle Episode: 181

David (00:00.92)

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 181.

David (00:20.174)

Before we get started today, 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 God's way. 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 annual membership. Getting on the wait list won't cost you anything. And to sweeten the pot a little bit, if you get on the wait list 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 of the type of content that's going to be available inside the community. Go to my website, [chlpodcast.com](http://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. This episode is part of my Best Of series, and it originally aired in July of 2023. This is part two of my conversation with Dr. Nathan Goodyear. He's a medical doctor and the director of Brio Medical, an integrative cancer clinic in Scottsdale, Arizona. When we wrapped up last week, Dr. Goodyear was just about to talk about the benefits to intermittent fasting.

So let's jump right into the conclusion of my conversation with Dr. Nathan Goodyear. What role does intermittent fasting or time-restricted eating play in a natural 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, 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 epidemiology studies published in Lancet Journal in 2019. And they showed that in high income countries, cancer is the number one cause of mortality in adult period. CDC data in 2016 shows that cancer is the number one cause of mortality in adults in 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 in cancer,

David (02:44.578)

we have to recognize that our current system isn't working and that we need a change in paradigm. So, a little sidetracked there, David, I forgot your question. Well, my question was intermittent fasting. What role does that play in the overall strategy here? Yeah. So if your brain's like mine, it's going.

you know, 90 to nothing. I have 50 questions I want to ask and we're not going to get to them all, but yeah. Okay. I'm trying to pull those questions out. It's like, Oh, there it goes. Get it. it. 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 on 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, this is our this is our foundation. Fasting was a regular part of their life. That's right. I just didn't just didn't say, yeah, I just didn't say if you fast, he said, when you fast 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. 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 maybe doesn't have experience there.

And it's a little bit scared to try that intermittent fasting is a great way to do that. Fasting augments chemotherapy, fasting augments 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.

David (04:59.791)

If you look at it from a combination and integrative treatment, it's fantastic. We use it with all of our patients, all of them, whether that's with vitamin C or whether that's with IPT. We are combining fasting with that. Now you don't want to take somebody that's dealing with weight loss, techsy and muscle loss and they're 98 pounds and say, we're going to fast you 72 out. 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 guides 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 is instrumental, but it's a focus that's different, not on what you put in, but hey, keeping things out. 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. Goodyear, you're gonna get this, this, this, and this. No, you're gonna look at that individual, you're gonna see where they're at in their journey, you're gonna see their body size and their history. And I would assume that you take a detailed intake when you get a new patient and customize a plan for them, which is very, very contrary to what conventional medicine does, correct? I mean, I'm not sure about this, but don't they use the same dosage for just about everybody?

Well, they'll use the same chemo regimens. They will change the doses based on weight. OK, so if you're talking about it from a chemo perspective, but you know, and patients intuitively know this, you know, you have one you have one patient that's five point two hundred and twenty five pounds sitting next to a patient at six foot six, three hundred thirty pounds. They go, why am I getting the same dose of this therapy? Right. And we have different cancers intuitively. They recognize this. Yet this.

move of medicine has been, well, that'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 here at 10 30, I got two patients I'm going to meet with basically at the same time because they're brother-in-law. They both have stage four prostate cancer. Interesting. Both have stage four prostate cancer. One's doing okay.

David (07:21.847)

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 or 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.

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, hypothermia. How do you use hypothermia in your practice? 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 them. OK, 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 it was found kind of back door, but it was known that the immune system inducing an infection can actually treat cancer. But this goes way, way, way back even into the middle ages.

where they discovered this process of infection. mean, even in Egypt, they would put a polstice 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 wanna do is create a controlled environment. And hyperthermia allows us to mimic that fever, heat the body up the core temperature to 105, 106, know, core temperature.

very safe, use medical cannabis to do that and it's very effective. A lot of people say, well, can I do the ozone sauna? Can I do infrared sauna? I say, well, you know, it's gonna raise the core temperature, but it's not gonna



raise it to the level required nor the time duration that you can do that without some form of relaxation or sedation. So hyperthermia and when the doc who I learned from about four years ago now, he told me, I asked him, said,

David (09:46.381)

What one treatment would hyperthermia really work great for? He said, easy. When cancer has spread to bone, bone metastasis, there is no better therapy than hyperthermia. And we also combine that with vitamin C or curcumin, melatonin. So we bring all of these together because guess what? Research has shown that heat plus vitamin C equals better effects. Heat plus curcumin equals better effects. And so again,

following the evidence, bringing it together to really promote that healing strategy. Yeah. Wow. That's fantastic. So you use a combination of, of, tools to, get the core body temperature up that high. Oh, absolutely. And we do, know, everybody's eyes always go back and are wow. 104, 106 and go, yeah. They go, well, what do people do? say, well, the vast majority them just sleep right through it. Yeah. Wow. And how long do you keep them there? I want to keep them there for about two hours. Yeah.

And then we do that weekly. Once a week? Mm-hmm. Wow. I mean, is a... The whole process of that treatment is 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 specifically designed to follow those patients. We hook them up to a cardiovascular monitor. You know, it's really interesting. I always tell our patients, I love to teach our staff and always tell them like, look, a treatment for heart arrhythmias is hyperthermia.

So they called me a couple of weeks ago and they said, you need to come down here. So I go running down there and I go down there and they said, look, one of our patients who has chronic a fib, they said, look, normal sinus rhythm. I told you. 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. always looking to what could happen so as to prevent. Yeah.

A lot of people use, along with sauna, they use niacin to stimulate capillary blood flow. Do you do that? 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 niacin before infrared sauna is great, metabolically, one of the things that really separates cancer from healthy cells, that environment,

David (12:10.62)

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's set up. And so when you look at niacin, it can support the NAD pathway and energy production. So when you look at vitamin C research, one of the effects that the different effects of vitamin C has cancer cells versus non-cancer cells

is the vitamin C depletes that cancer cell of 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 detox, excuse me, energy crisis in those cancer cells. So what they did is they said, okay, we proved 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 NAD, 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. Yeah. Okay. All right. 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 on your website is the mind, body, emotional wellness.

And of course I'm all about holistic health here. That's what Natural Health Matters is all about is treating the whole person, not just the body, but the spirit and the mental emotional component as well. So what does that look like in your office? What does mind, body, emotional wellness counseling look like for you? 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, kidney dysfunction. So all of these chronic disease 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. And the physical is just the byproduct of that. And everybody, you have to recognize this a little bit when they said, I always ask them,

David (14:38.406)

Well, what happened two to five years before you were diagnosed with cancer? They're always like, my gosh, 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 healing. You know, in the Bible, the woman that was bleeding, her faith healed her.

Yes, she reached out and touched Jesus's cloak. he said that power went out of him and turned around and said, who healed me? You know, who touched me? And she said, I did. He said, woman, your faith is huge. And in fact, throughout the scripture, people that he healed and said your faith has healed you. They were healed according to their faith. And then it actually touches on how he bypassed three towns because they had no faith. My experience, and this is not absolute, but my experience with patients is when they come in and they believe

they can be healed and it's that tapping into God, Jesus in that power, then they, do better. Doesn't mean they always do feel, but they do better. And so for us, I try to bring that healing capacity. It's like trying to heal. It's trying to watch a TV without plugging it into the power source. The power source is 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 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, if we want to see that movie, that show that's healing, we need to tap in the source to achieve. 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 broken hearted and set the captives free. So he was launching his healing ministry and the people reacted violently and they tried to kill him. They tried to throw him off.

David (17:06.172)

cliff. And then it goes on to say in Luke that Jesus was not able to do any more healing in that town, his hometown of Nazareth. And it says that he was amazed at their lack of faith and he moved on, went over to Capernaum after that. yeah, Jesus wants to make us whole. He wants to have us living in that abundant life that he promised. 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 intentions for you are good and he's trustworthy, then your spirit will be healthier. A healthy spirit will animate our minds, our thoughts, emotions, and will in healthy ways, and the mind directs the brain and organ, and the brain runs the body. So you cannot separate the three. There's so many practices, including in the natural health world.

that are focused almost exclusively on the physical. And by the way, I did that too when I had my practice. wasn't until later on that I learned this connection between spirit, mind and body and how powerful it really is. Especially if you're dealing with advanced cancer that you can't afford to ignore it. Yeah, I want to let me get my geek on again because I love words. I love to write. I'm just a nerd like that. People go, what are you doing 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 go to church on Saturday evening. But I write and I just love it. But, you know, hope, heal and teach those words integrated. Those words mean something. Hope means confidence and expectation for the future. Guess what? They call Jesus hope. is hope. Heal the word physician in Hebrew. Rofé means healer. Guess what? Jesus was healer. The word doctor in Latin, dossier.

teacher is what they call Jesus rabbi teacher is teacher is he and then that word integrated really interesting ties it in and you mention this that would integrate integration integrative scheme comes from the Latin



word integration which means to make so when you look at this hope he'll teach integrative Lee is to restore the whole but using Jesus to hope

David (19:30.838)

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. Yeah. Excellent. Thank you for that. That's, that's a good word. here's something else I wanted to talk about. And you've mentioned this at the top of the show, and it 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,

know, turbocharge their treatment. because fear will create stress and stress is obviously detrimental to the healing process. So what would you say to someone who's got a diagnosis recently and they're in that, that fear, almost shock state? What would you say to that person? I think 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 so sometimes I'll hear stories from patients who'll say, you know, I woke up and I was three months into chemo and my body was just torn and I'm like, what happened? They've actually done research on this, looking at 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, you know, 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. 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. 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 control us. Let hope control us.

David (21:53.338)

Real hope, not false hope now, but but allow hope to drive us. So that's what I would say is the best strategy. But unfortunately, strategy is right now is, you know, go, go, go, go, push, push, push, push. And there's no chance to really allow hope to reign. It's to allow fear to dominate. Yeah. Well, you know, there's there's a saying that says it 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 gotten through. And that can, that can bring a great deal of hope to a person in otherwise a dreadful situation.

Yeah, when you look at people that come in with 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, as 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 come in and they're in pain and it's difficult to walk and it's difficult to sit and sleep and they may be even wheelchair bound or using

you know, a walkie a walker, and then they see some of our patients who they've seen the videos on our website. They've heard them on a podcast where they came in in 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, confidence, and it allows them to obtain that confidence and expect.

patient 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 going to get is, you know, your terminal. It's like, yeah, guess what doc last time I checked you are too. Don't tell me something I don't know. Right. want you and I guess there's not none of that's in medical school. I don't think there's a naturopathic medical school either.

David (24:17.83)

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 give you hope and 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.

So you have to give them kind of side examples of, 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 them 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, I had to call the nephrologist or the nurse practitioner actually at 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 Hodgkin's free limb, you know, free for now. I don't know. I think it's three years. So you can you cannot necessarily have somebody that has that exact same situation, but you can connect pieces together. 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 from this conversation? Yeah, you know, for me, I'm you talked about taking deep dives. My new podcast just launched practicing with Dr. Nathan Goodyear. And 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, Dr. Goodyear.com.

You know, 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.

David (26:40.858)



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. It's engaged 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. 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'll 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. Jesus did that.

To heal people when there was none, he did that. To teach people, that's what I want to do. To lead, there's no better leader than him. I'm just following his footsteps. I love it. That is so great. know, one of the things I often tell people is that, you know, the doctor should be part of your team, but ultimately you're the one in charge, right? And 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 the wholism, 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.

David (29:01.998)

and make it easier for your body to heal. Yeah, what I what I tell I think that's, you know, we're so in line in how we approach our practices. But I tell patients, look, you're the star quarterback. I'm just the coach. What I want to do is the coach is actually put you in 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 helps your skill.

and you achieve success. And that's what it's all about. Yeah, love it. That that's a great place to wind up. So Dr. Goodyear, if if someone is resonating with this message and they'd like to get a hold of you, what's the best way to do that? Yes, several different places. Of course, they can go to the Brio dash medical [www.brio-medical](http://www.brio-medical) website, which is where I am the medical director. But they can also find me on the personal branding [Dr. Goodyear.com](http://Dr.Goodyear.com) and then also our new my new podcast.

to help lead and teach the practicing with [drnathangoodyear.com](http://drnathangoodyear.com), not practicing with [drnathangoodyear](http://drnathangoodyear), not [.com](http://.com). Yeah, can find that wherever you find your podcasts. I'll make sure to put links to all that in the show notes. Dr. Goodyear, I thank you so much for the time. God bless you. And I really appreciate what you're doing. Well, 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 here, David.

Hats off to you. The Lord will bless you for doing that. Thank you.

David (31:31.28)

We'll be doing community-wide health challenges. You'll also have access to a series of online courses that I'm in the process of creating and a whole lot more. Again, if you sign up for the wait list 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 of what the content inside the

membership's gonna look like. Go to my website [chlpodcast.com](http://chlpodcast.com) forward slash membership. Sign up today while it's still top of mind.

For those in 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 will 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. Go out there and live abundantly. I'll talk with you next time. Be blessed.