

BEAT Cancer & Win the Fight by how you live



Leigh Erin Connealy, M.D.





“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

-Thomas Edison

“Taking the world by storm.”

Integrative Cancer Care



Healing is:

Caring for the **whole person**: body, soul and spirit;

Sharing the **healing power of faith, hope and love**;

Advancing science and medicine to put an end to cancer one person at a time.

Our Mission



☞ The mission is to provide integrative and complementary cancer treatments to improve the quality of the physical, mental, and spiritual lives of our patients through our “Whole-Being Health Platform”.



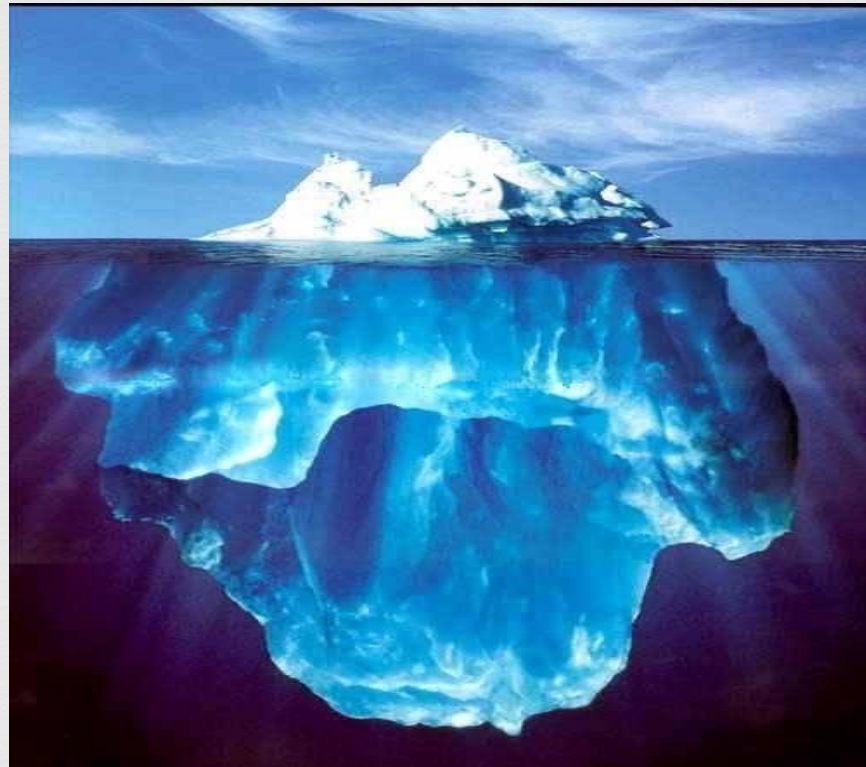
Our Commitment



☞ We will love you as we love ourselves.

☞ We will only prescribe what we would be willing to take ourselves.

It is not always about the lump or bump
but, what lies beneath



What is Cancer?



- ❧ Cancer is not a new disease
 - ❧ Earliest known tumor appeared in Egyptian papyri.
 - ❧ Edwin Smith papyrus (surgical document from the 16-17 Dynasties) were written about 1600 BC & are believed to date from sources as early as 2500 B.C.

The word cancer was originally coined by Hippocrates calling it Karkinos or crab in the Greek language- which means swelling mass that penetrates into tissue.

Later the Roman encyclopedist Celsus, in *De Medicina* translated Karkinos into the Latin word "Cancer"

Cancer Definition



- ❧ Cancer is a multi-factorial disease but particularly a cellular disease caused by a number of aggressive exogenous and endogenous factors and a deficient defense and cellular mechanism that sometimes comes with heredity risk.
- ❧ One particularity of cancer cells is their refusal to die, thus escaping from apoptosis because of the failure of tumor suppressor genes controlling cell cycle apoptosis.
- ❧ P53 is guardian of the Genome and mutation occurs in more than 50% of all cancer and appears necessary in many types of cancer.
- ❧ P53 regulates cell cycle and functions as a tumor suppression.

Cancer Definition continued



- ❧ Cancer is a term used for diseases in which **abnormal cells divide without control** and are able to **invade** other **tissues**.
- ❧ Every cell has the capacity to become a cancer cell under the “right conditions”.
- ❧ Cancer cells can **spread** to other parts of the body through the **blood** and **lymph systems**.
- ❧ Cancer is fundamentally connected to **mitochondrial** dysfunction.

5 Leading Causes of Death in the United States



☞ Stress

- ☞ Western Medicine
- ☞ Heart Disease

☞ Cancer

- ☞ Stroke

Stress causes cancer, it promotes cancer and it prevents true healing.

Stress is multi-factorial. It is created by many physical imbalances and it is originated in unhealthy beliefs that drive unhealthy emotions.

Science Daily



❧ No clear evidence that most cancer drugs extend or improve life.

❧ October 4, 2017

❧ Source: BMJ

❧ Summary: the majority of cancer drugs approved in Europe between 2009 & 2013 entered the market without clear evidence that they improved survival or quality of life for patients, finds the study.

Cancer is the #1 Killer of People 1 to 85



- In the year 1900, 1 person out of 100 developed the risk of cancer, today we have reached 1 person out of 3 and very soon we will be 1 out of every 2.
- 1,647 die from cancer every day or 601,000 cases in the United States alone.
- 14 million new cases per year
- 8.2 million deaths every year (12% of deaths)
- Estimated number of new cancer cases and deaths in the U.S. reported by American Cancer Society for 2017
 - 1,688,780 **new cancer cases** diagnosed
 - 600,920 cancer **deaths**

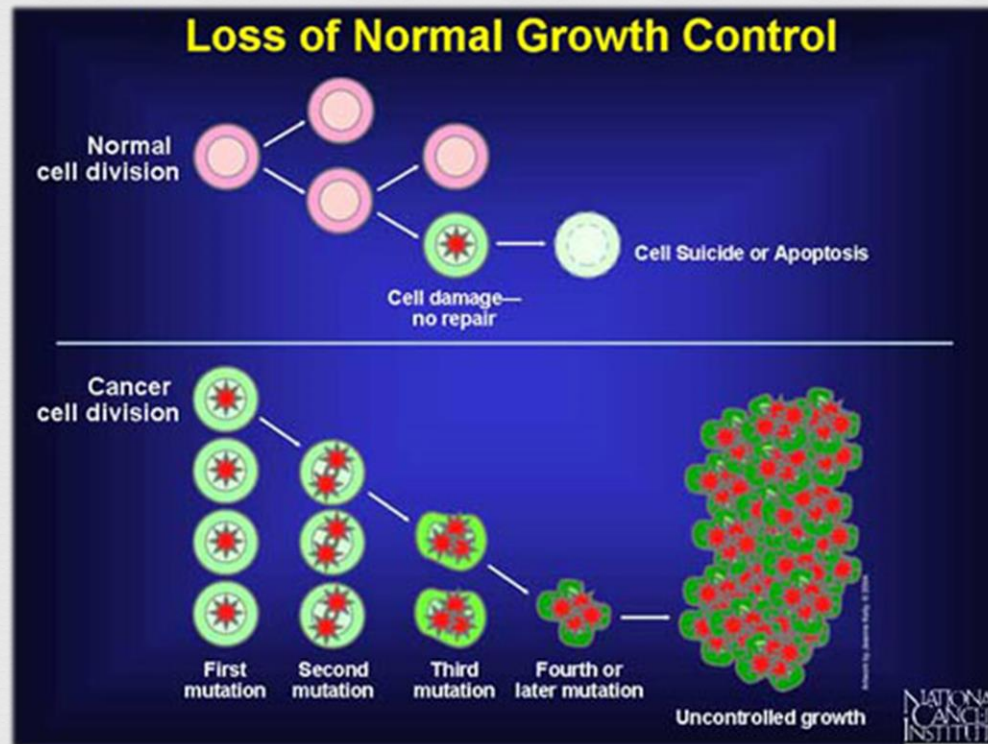
Where are we today with Cancer ?



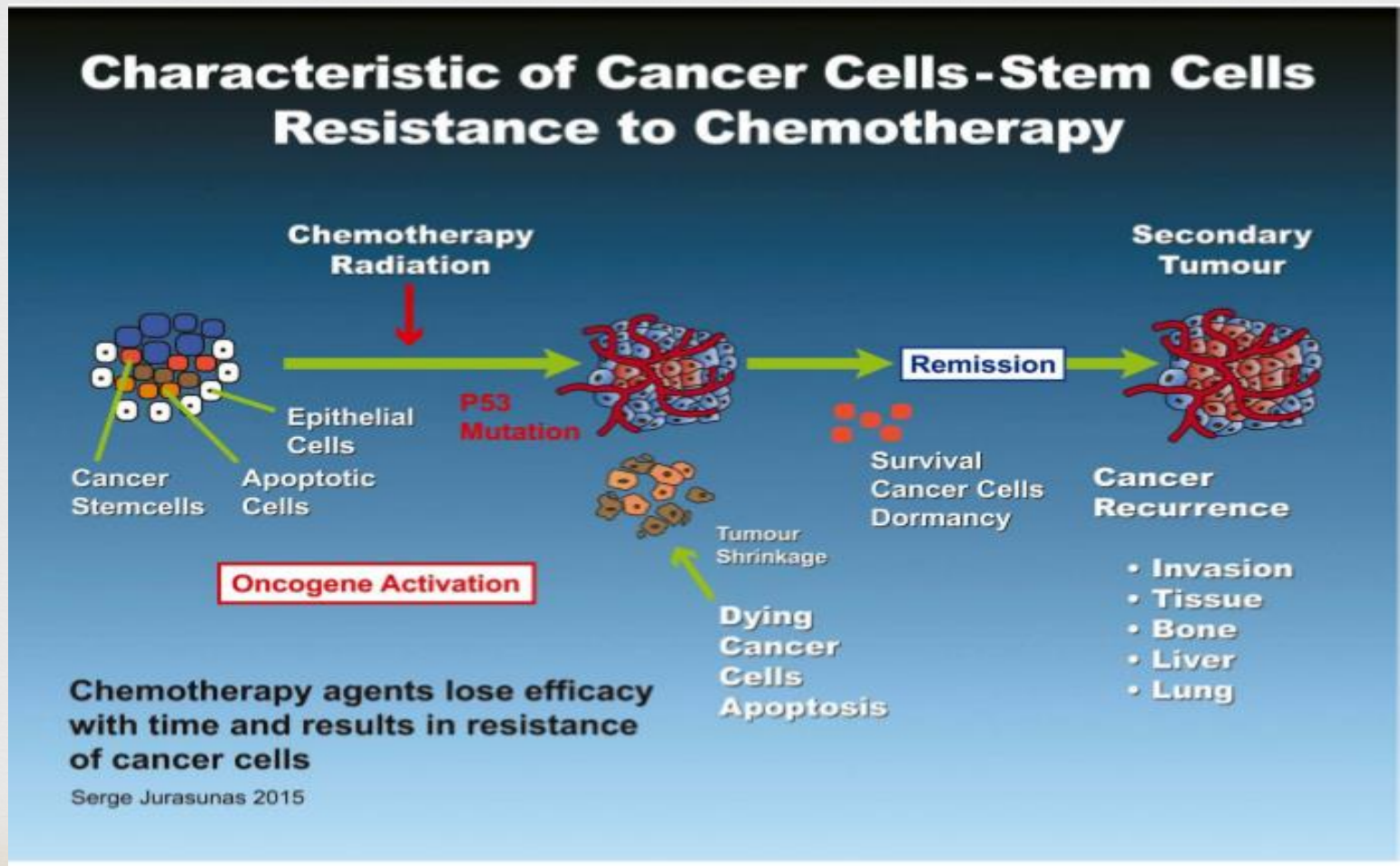
- ❧ Despite continuing improvement in conventional diagnosis, local management and some progress in chemotherapy.....
- ❧ There has been no significant increase in survival rate over the past 35 years.
- ❧ Resistance to chemotherapeutic drugs is considered the greatest obstacle to the successful management of cancer patients.
- ❧ Cancer recurrence is still too high.

Estimated Numbers of New Cases and Deaths - 2017		
Cancer Type	Estimated New Cases	Estimated Deaths
Bladder	74,690	15,580
Breast (Female – Male)	232,670	40,000
Colon and Rectal (Combined)	136,830	50,310
Endometrial	52,630	8,590
Kidney (Renal Cell and Renal Pelvis) Cancer	63,920	13,860
Leukemia (All Types)	52,380	24,090
Lung (Including Bronchus)	224,210	159,260
Melanoma	76,100	9,710
Non-Hodgkin Lymphoma	70,800	18,990
Pancreatic	46,420	39,590
Prostate	233,000	29,480
Thyroid	62,980	1,890
Total	1,326,630	411,350
<i>References: American Cancer Society – Cancer Facts and Figures 2014</i>		

What causes mutation that results in Cancer?



Cancer Resistant to Chemotherapy



Conventional Diagnostics



- ❧ Inefficient in cancer prevention. Mind, Body, & Spirit are not important. Lifestyle is not important.
- ❧ Many cancer and pre-malignant forms go undetected, asymptomatic for many years.
- ❧ Inefficient to monitor cancer cell resistance to chemo/radiation
- ❧ Does not select the best adapted treatment.
- ❧ Inefficient to predict disease recurrence.

Oncogenesis



- A multistep process comprised of
 - Initiation
 - Promotion
 - Progression

Oncogenesis has a layered effect on the cells and the immune response or signaling of the cells to alter their function

Initiation



- ⌘ An alteration to target cells or tissues caused by exposure to a carcinogen
- ⌘ Requires carcinogen to interact with DNA
- ⌘ Fixation occurs whereby the alteration is proliferated in at least one generation of cells (one round of proliferation)
- ⌘ Altered cells develop focal proliferations that lead to progressive malignancy

Promotion



- ❧ Overlaps the initiation phase during the fixation of focal proliferation which manifest as lesions when influenced by a promoter
- ❧ Promotion is a long-term process that causes alterations to tissue such as:
 - ❧ Inflammation
 - ❧ Cellular hyperplasia
 - ❧ Differentiation
 - ❧ Biochemical changes
 - ❧ *Only ongoing influences by a promoter on initiated tissue will cause the development of a tumor, thus promotion can be interrupted before a tumor is formed.*

Progression



- ∞ Arises as a result of the subtle changes that have occurred during initiation and promotion
- ∞ Cells become more anaplastic showing more malignant behavior
- ∞ Some cells turn into latent tumors
- ∞ Importance of micro-environment in this phase
- ∞ When tissue develops malignancy and benign tumors can become malignant

Neoplasms



- ❧ **“Who, What, Where and When”**
- ❧ A neoplasm, in the most general terms, is categorized as an abnormal growth of cells that leads to a formation of a tumor
- ❧ Neoplasm cells compete with normal cells for nutrients
- ❧ Neoplasm can be considered a synonym for tumor
- ❧ The **FOUR** main groups of neoplasms:
 - ❧ Benign neoplasms
 - ❧ In situ neoplasms
 - ❧ Malignant neoplasms
 - ❧ Unknown

Who...



- ❧ **Who is capable of developing neoplasms during their lifetime?**
- ❧ Anyone who is not taking control of his or her health
 - ❧ Poor diet, Lack of exercise, High blood pressure, lack of oxygenation to the cells
- ❧ Anyone who is living a high inflammatory lifestyle:
 - ❧ Smoking, Drinking, Excessive Stress, Overexposure to radiation, etc...

What...



- ❧ Neoplasms are classified according to their histogenic origin and the biological behavior of their cells...patterns of growth
- ❧ But neoplastic cells may not resemble their histogenic origin in morphology, function, or in behavior
- ❧ Benign tumors are usually well differentiated
- ❧ Failure or loss of differentiation is a signature of malignancy behavior

Benign Neoplasms



- ❧ Common characteristics of benign neoplasms:
 - ❧ Slow growth rate
 - ❧ Resembles tissue of origin and is well differentiated
 - ❧ Usually does not invade surrounding tissue or blood stream (metastasis)

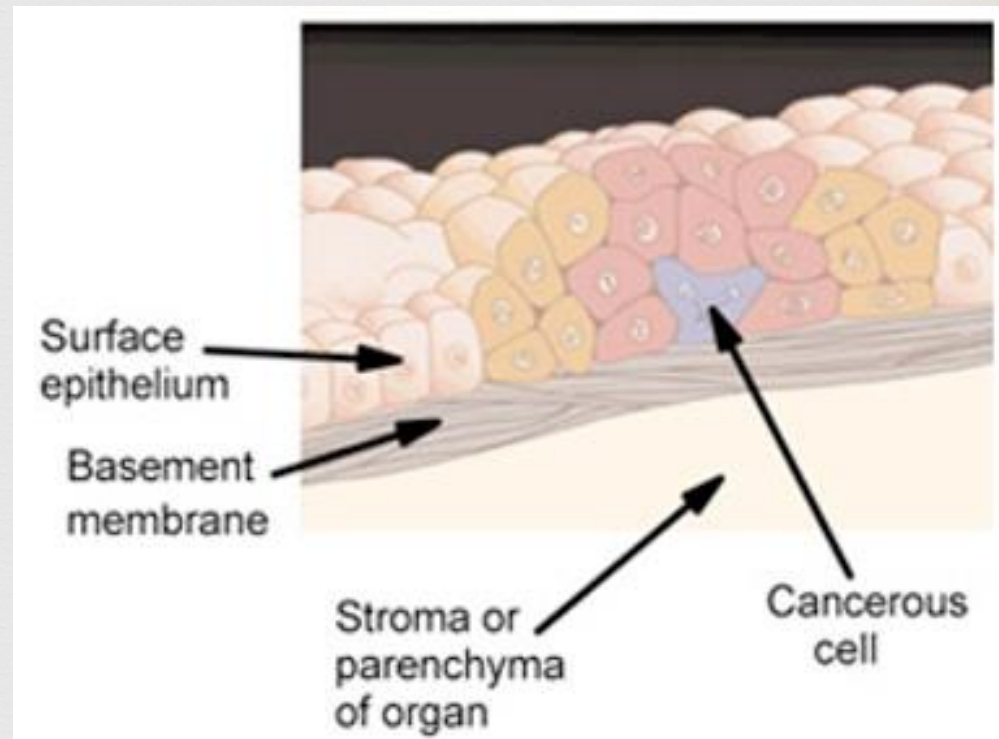
- ❧ Hamartoma: a benign focal malfunction that resembles a neoplasm

- ❧ Choristoma: forms of heterotopia. Tumors that are found in abnormal areas but resemble the tissue of their progenitors

In Situ Neoplasms



- ❧ Considered “potentially malignant” neoplasms
- ❧ Do not invade surrounding tissue and blood vessels but in time can become cancerous
- ❧ Bowen’s Disease- is the accumulation of dysplastic epidermal cells that remain within the epidermis only. The abnormal cell growth does not penetrate into the deeper epidermis and does not result in the formation of tumors



Malignant Neoplasms



- ❧ Primarily caused by DNA damage
 - ❧ Cellular metabolism malfunction
 - ❧ Exposure to exogenous agents
 - ❧ Overexposure to UV light
 - ❧ DNA damage can be linked to any lifestyle habits that have an impact on your health
- ❧ Most malignant neoplasms have NO hereditary components
- ❧ The common misconception of DNA mutation
 - ❧ DNA mutation is common in all individuals, it is each individual's ability to repair the mutated DNA segments that varies

Malignant Neoplasms

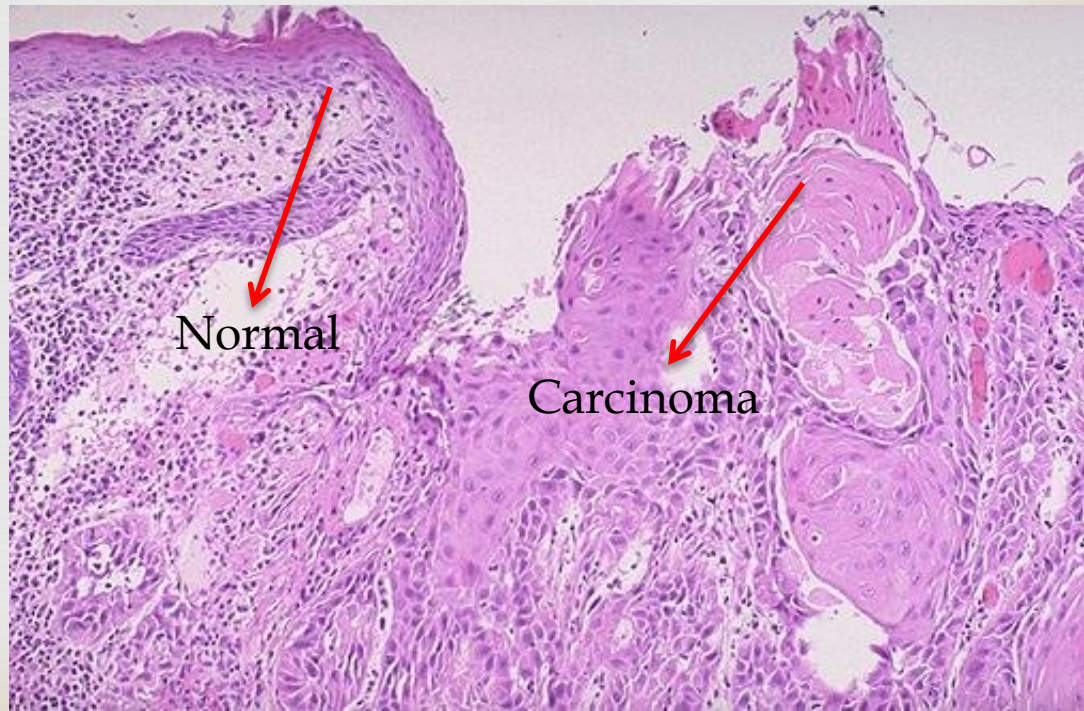


Malignancy in the bronchi of the lungs



Lymph
nodes

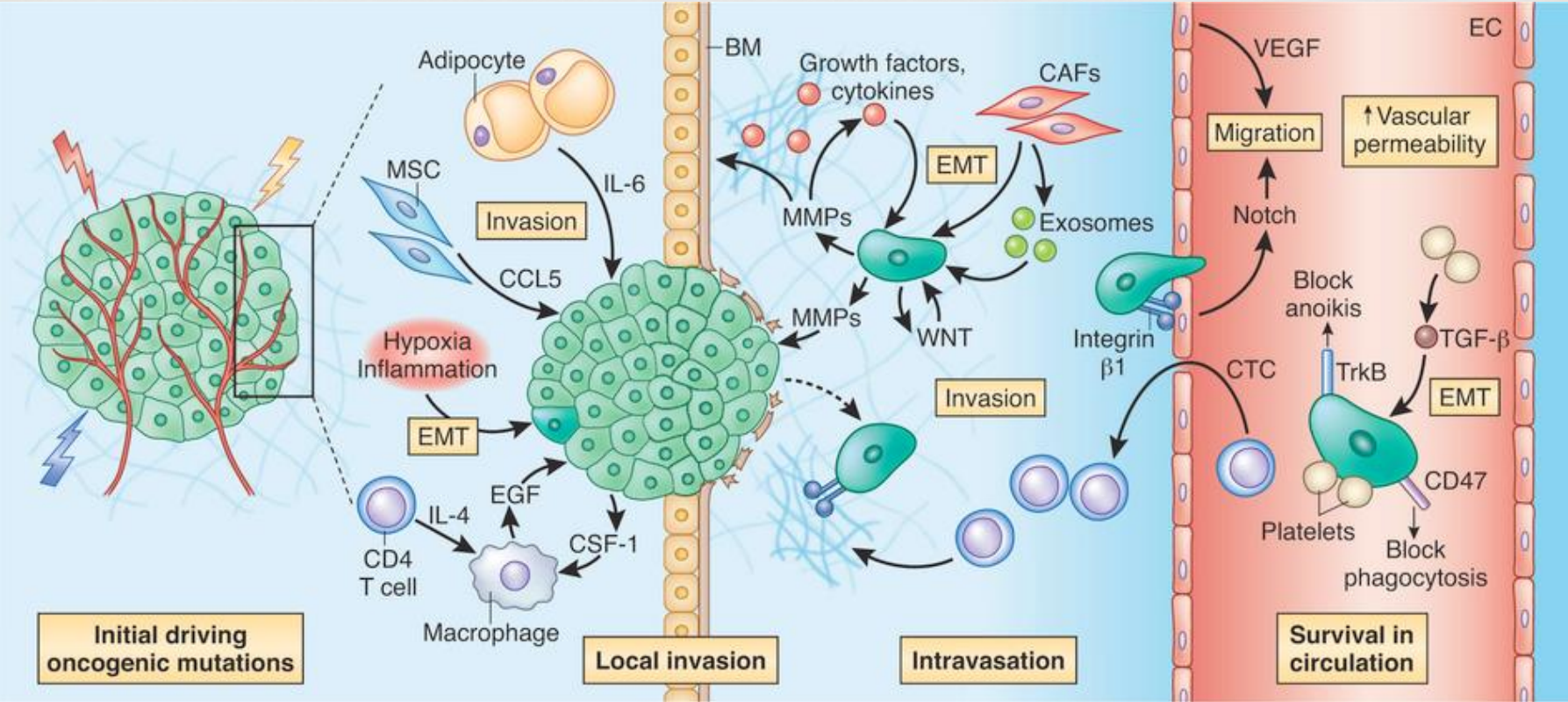
Normal squamous epithelium merging with squamous cell carcinoma



Normal

Carcinoma

Stages of Tumor Formation



Source: <http://www.nature.com/nm/journal/v19/n11/images>

Stages of Cancer



☞ Stage 0: “in situ” cancer

- ☞ Cells may produce a tumor in a tissue that is often highly curable

☞ Stage 1: Localized cancer

- ☞ Cancer cells may begin to invade neighboring tissue
- ☞ Cancer may remain as a single cluster or lump in the tissue where it began and has not spread to the lymph nodes or other parts of the body

☞ Stages 2 & 3: Regional spread

- ☞ A Regional spread is when the cancer divides and forms a lump in the lymph node and maintains itself within the general region where it formed
- ☞ Cancer may invade a lymph vessel which will carry the cancer into the blood stream
- ☞ While in lymph node, an immune response may develop which may destroy it and other cancer cells that are circulating

☞ Stage 4: Distant Spread

- ☞ Cancer cells may spread from one lymph node to another via lymph vessels or a capillary
- ☞ Once in the blood stream, cancer cells may travel anywhere in the body

The Causes of Cancer



- ∞ Lack of digestive enzymes
- ∞ Stress
- ∞ Over-acidic environment & Diet
- ∞ Toxins
- ∞ Bugs
- ∞ Biological Factors
- ∞ DNA Methylation irregularities

Enzyme Deficiency



- ⌘ During pregnancy, hundreds of new blood vessels are formed in the placenta to support the growing fetus.
- ⌘ The mechanism of the development of these new blood vessels is analogous to the formation and sustainability of tumors.
- ⌘ However, the the maternal and newly developing fetal pancreases are able to combine to form an incredible amount of pancreatic enzymes, which stops rapid cell division (the mechanism that is not controlled in tumor formation).
- ⌘ The pancreatic enzymes from both the mother and offspring are able to regulate the rate of growth in the placenta.

Enzyme Deficiency



- ❧ Digestive enzymes break down food particles, which allows the nutrients to be reabsorbed through the bloodstream.
- ❧ However, the body's supply of digestive enzymes is limited.
- ❧ These enzymes are replenished in the body through the nutrients supplied by whole foods.
- ❧ Pasteurized and microwaved foods are full of pesticides and contain "empty nutrients".
- ❧ These foods create an inflammatory environment in your body, which can become a breeding ground for cancer.

Toxins



- ❧ Irradiated Food
- ❧ Additives
- ❧ Mercury Toxicity
- ❧ Dental Factors
- ❧ Sunlight
- ❧ Electromagnetic Fields (EMFs)
- ❧ Sick Building Syndrome
- ❧ Ionizing Radiation
- ❧ Nuclear Radiation
- ❧ Pesticides
- ❧ Industrial Toxins
- ❧ Heavy Metals
- ❧ Xenoestrogens
- ❧ Phthalates
- ❧ Polluted Water
- ❧ Chlorinated Water
- ❧ Fluoridated Water
- ❧ Tobacco and Smoking
- ❧ Immunosuppressive Drugs
- ❧ All Drugs

Bugs

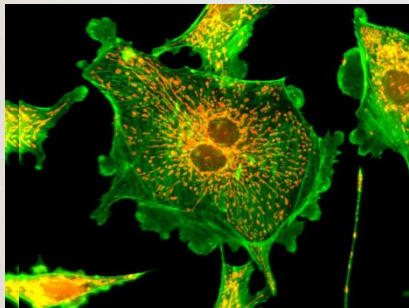


☞ Bacteria

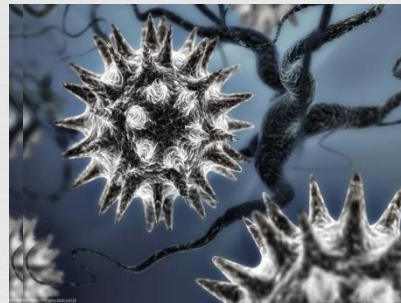
☞ Fungus: Molds, Mildews, and Candida

☞ Parasites

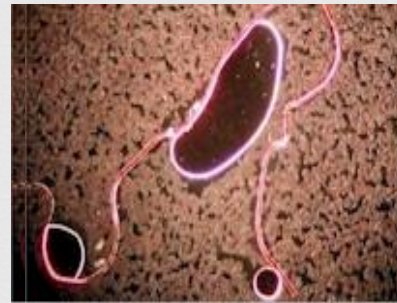
☞ Viruses



BACTERIA



VIRUSES



PARASITES

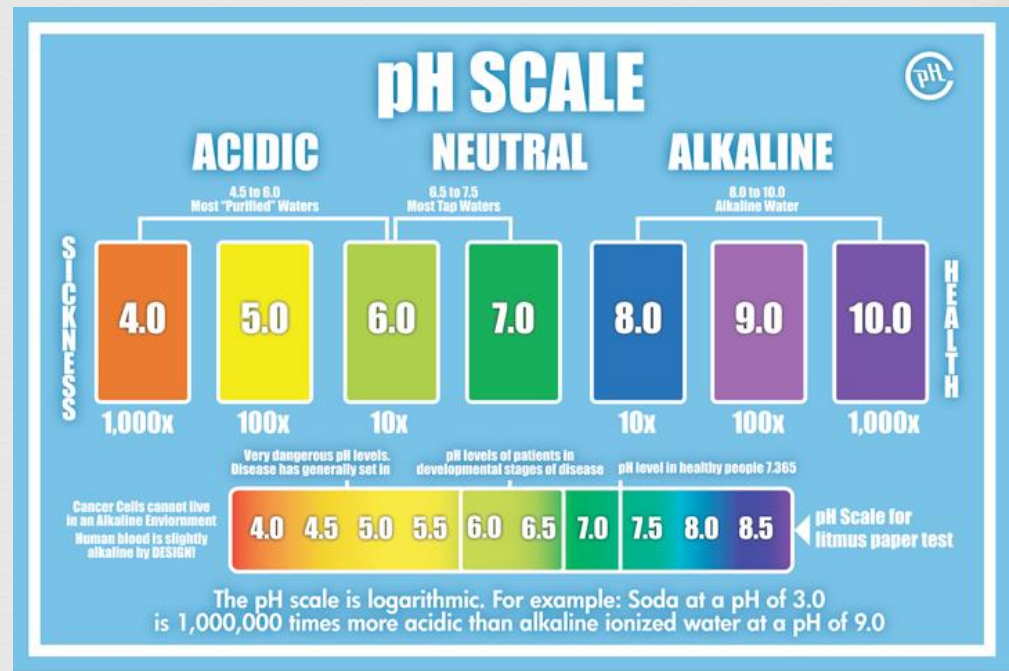


FUNGI

Acidity



- Stress lowers the pH levels in the body
- Normal cells in the body thrive in an alkaline environment
- Liquid blood serum should stay within the pH range of ~7.36 (around 7.0)
- If the body is in a constant acidic state, it is in a state of constant compensation
- If the condition persists and the body is unable to remove excess acidity, these conditions provide a stable breeding ground for neoplasms or cancer.



Emotional Triggers

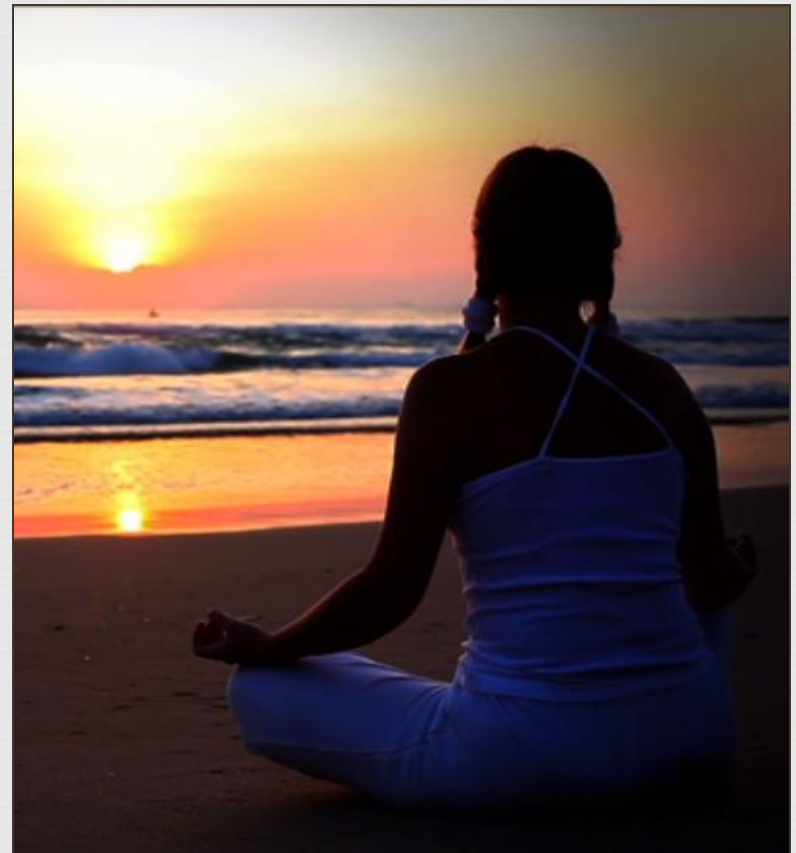


- ❧ Emotional stress plays a large role in immune system health.
- ❧ Individuals who are depressed are more likely to have weakened immune systems, which inhibits their ability to combat illness and disease.
- ❧ Recognition in the importance of mental health is still on the rise.
- ❧ Practitioners must recognize the importance of mental health in the wellbeing platform.

Reduce Emotional Stress



- ❧ You must value the importance of mental health
- ❧ You must encourage patients to partake in activities that can decrease emotional stress
- ❧ Studies have shown the reduction in stress can decrease the onset of various diseases, including cancer
- ❧ Some of these activities include:
 - ❧ Evox treatments
 - ❧ Meditation
 - ❧ Yoga
 - ❧ Deep Breathing exercises



The effects of stress on neoplasm formation



☞ Good Stress: Eustress

- ☞ Increase in β -endorphins
- ☞ Enhances immune system function
- ☞ Helps individuals meet daily challenges and obstacles
- ☞ This type of stress increases immune response and decreases an individuals susceptibility towards infections and diseases

☞ Bad Stress: Distress

- ☞ Decrease in β -endorphins
- ☞ Decrease immune system function
- ☞ Depression, fatigue, anxiety are all examples of bad "emotional stress"
- ☞ These increase inflammation in the body and increase chances of developing illnesses and infections

Biological Factors



- ❧ Diet and Nutritional Deficiency
- ❧ Toxic Emotions (Chronic **Stress**)
- ❧ Depressed Thyroid (Gluten Allergy, Heavy Metal Toxins)
- ❧ Intestinal Toxicity
- ❧ Hormone Therapies (Birth Control, Synthetic Estrogens, Hormone Blockades, RBSt)
- ❧ Blocked Detoxification (Bad Circulation, Scars, Calluses)
- ❧ Cellular Oxygen Deficiency (Acidity, Lack of Exercise, Pollution, Lack of CO2)
- ❧ Cellular Terrain
- ❧ Free Radicals
- ❧ Vaccines

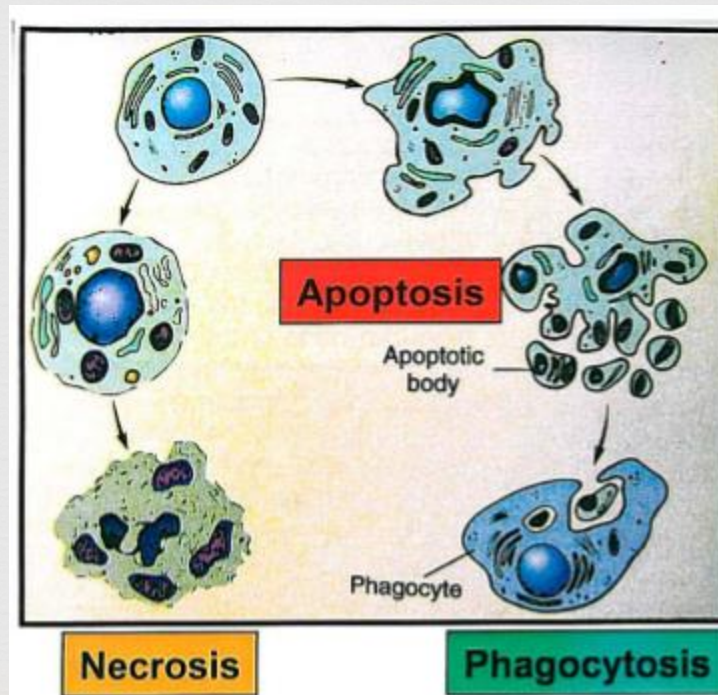
The new solutions to Cancer

Prevention, Diagnosis & Treatment

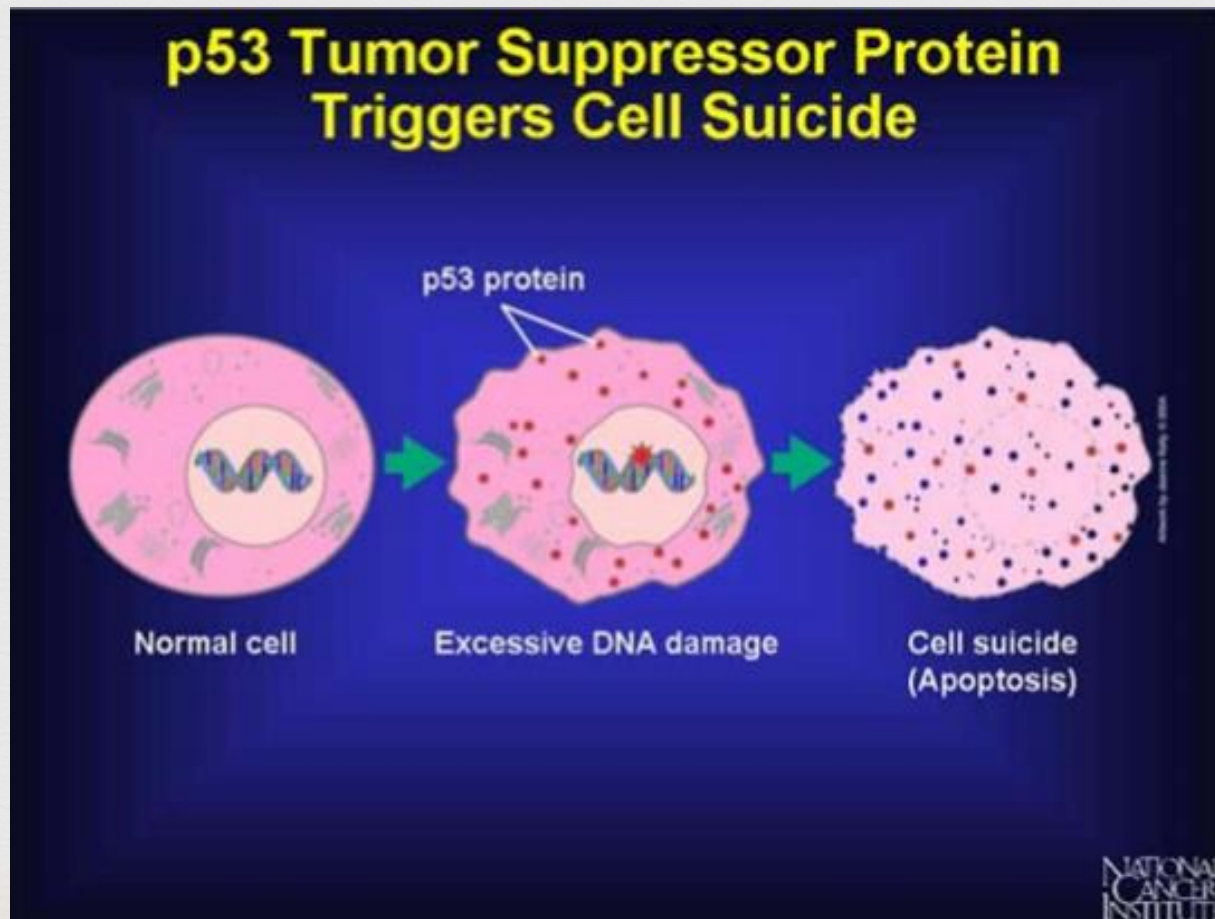


- ☞ Activate the tumor suppressor genes own apoptotic body to destroy cancer cells through a natural programmed mechanism called apoptosis.
- ☞ Apoptosis induction is recognized as the most potent defense in our body against:

- ☞ Cancer Initiation
- ☞ Tumor Growth
- ☞ Metastatic Spread



Each of Our Cells is Genetically Equipped with
a Mechanism of Cellular Suicide
when Cells are Damaged

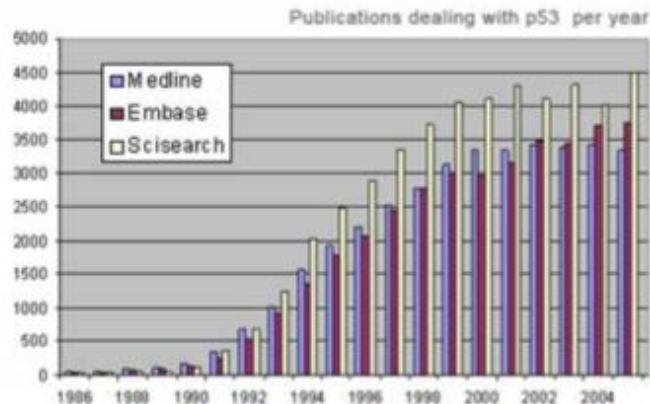


In 1993 P53 Appeared on the Cover of the Journal, Science as the Molecule of the Year

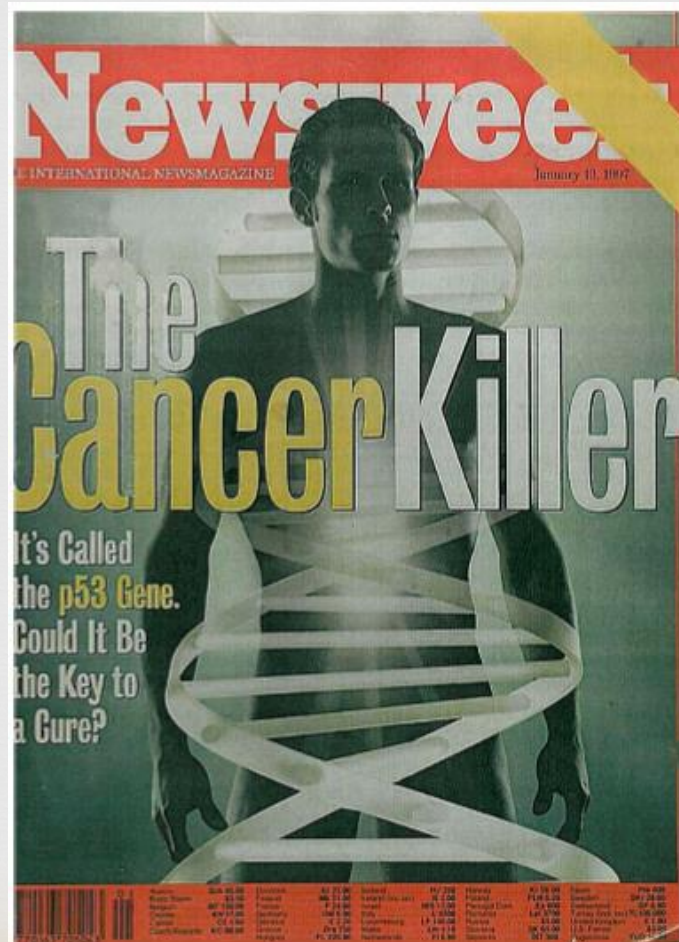


In 1993 p53 appeared at the cover of the journal SCIENCE as molecule of the year.

P53 – Tumor Suppressor Gene
the Guardian of Our Genome

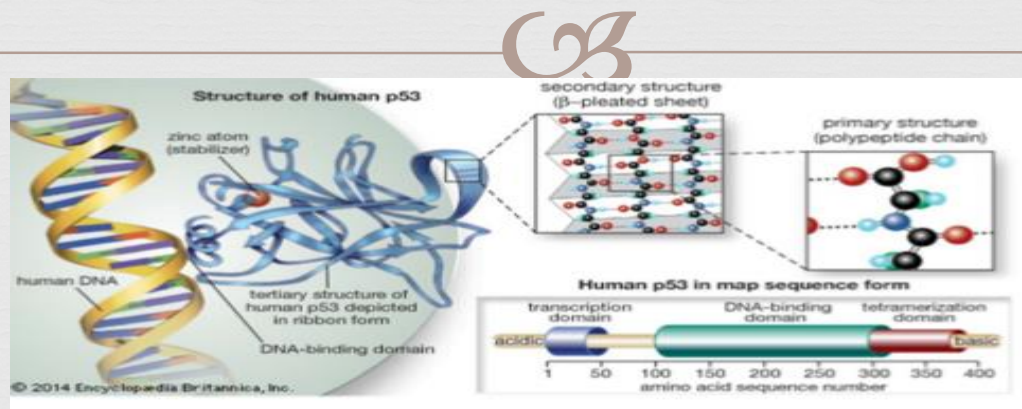


The Cancer Killer P53



January 13, 1997

P53 - Regulates the Cell Cycle and all Cell Division

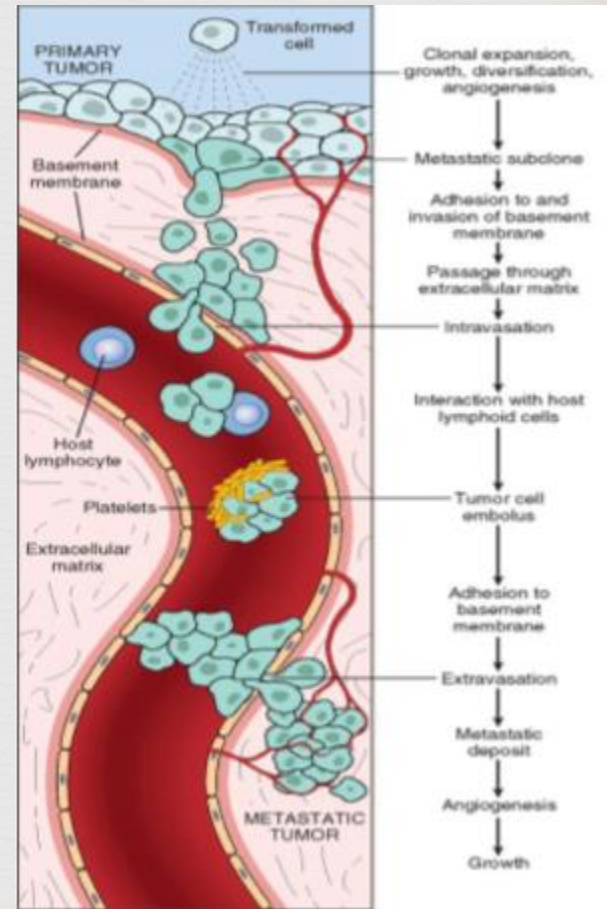


- ❧ P53 is a tumor suppressor protein that regulates the cell cycle and is involved in the expression of a wide variety of genes, involved in Apoptosis such as Bax, Puma, Noxa, BCL-2.
- ❧ P53 normally functions to arrest the cell cycle and division when a cell is damaged by external stimuli (radiation, stress, chemotherapy) or P53 trigger apoptosis.
- ❧ P53 prevents the proliferation of cells with a potential for neoplastic transformation.
- ❧ Under stress stimuli the P53 gene expression is activated and P53 protein level is increased.

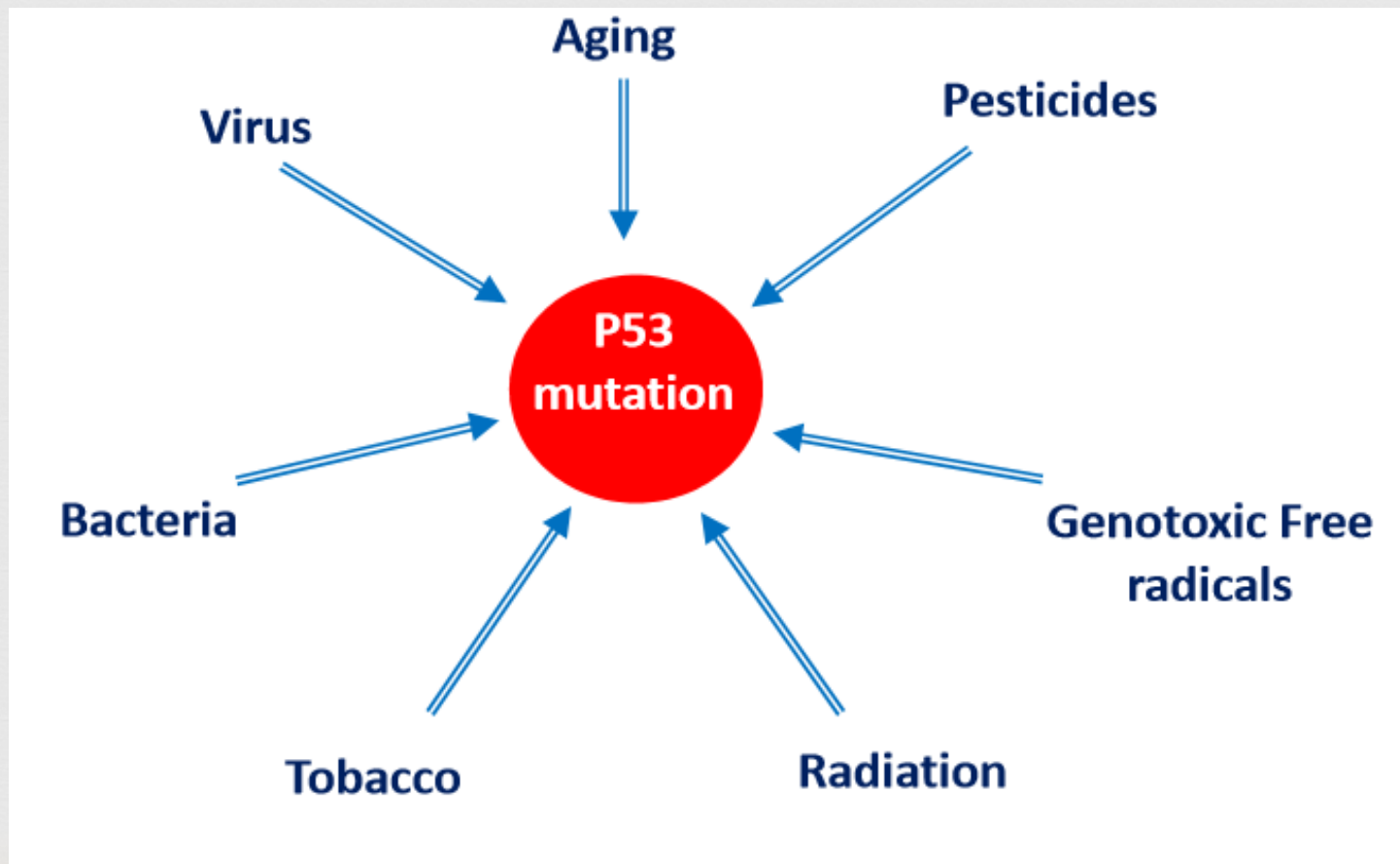
P53 Mutation is Associated with Every Step of Tumor Growth, Metastases and Invasion



- Aggressive Cancer
- Angiogenesis
- Resistance of cancer cells to chemotherapy/radiation.
- Breast glioma, pancreatic, colon cancer.
- Responsible for the transmission of cancer in the same family.



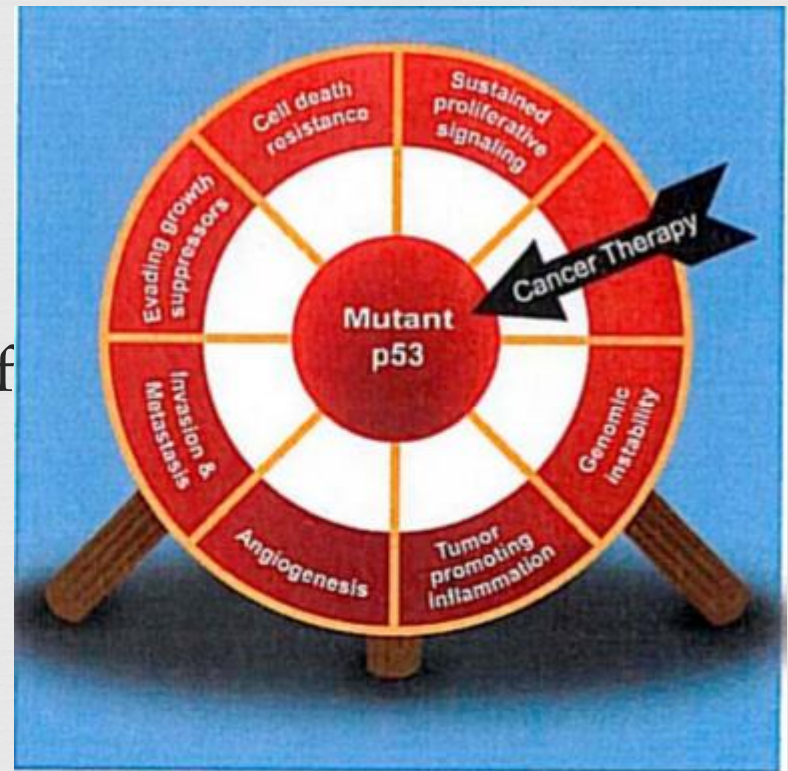
Causes of P53 Mutation



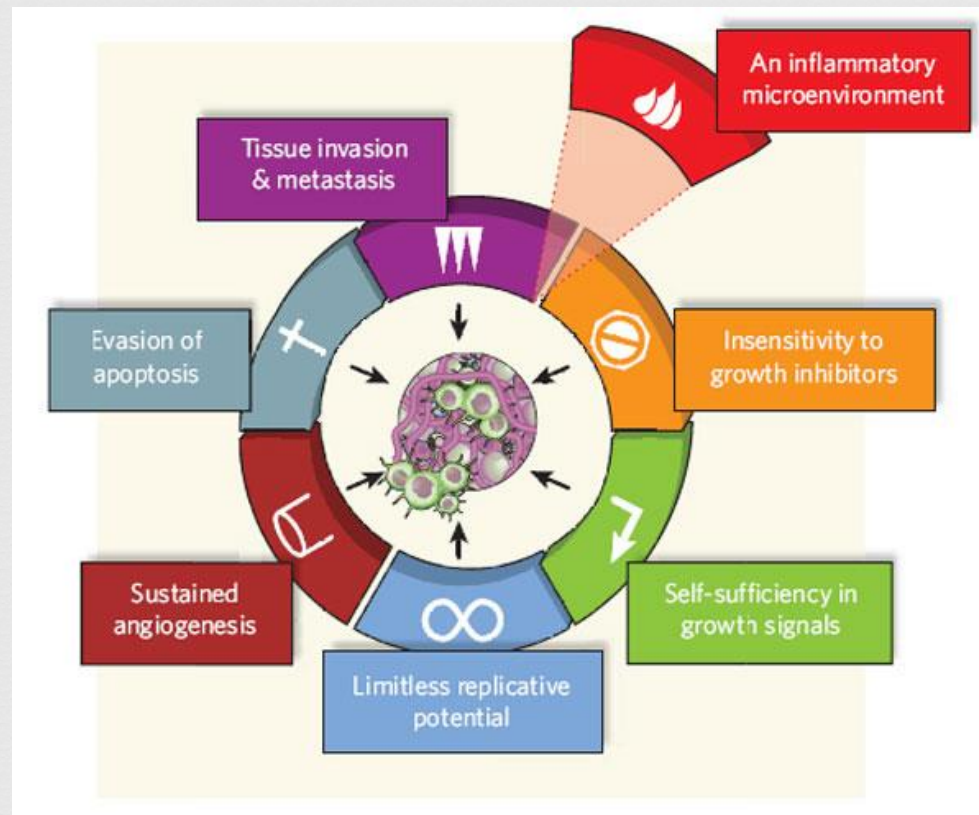
Novel Approach to Cancer Therapy

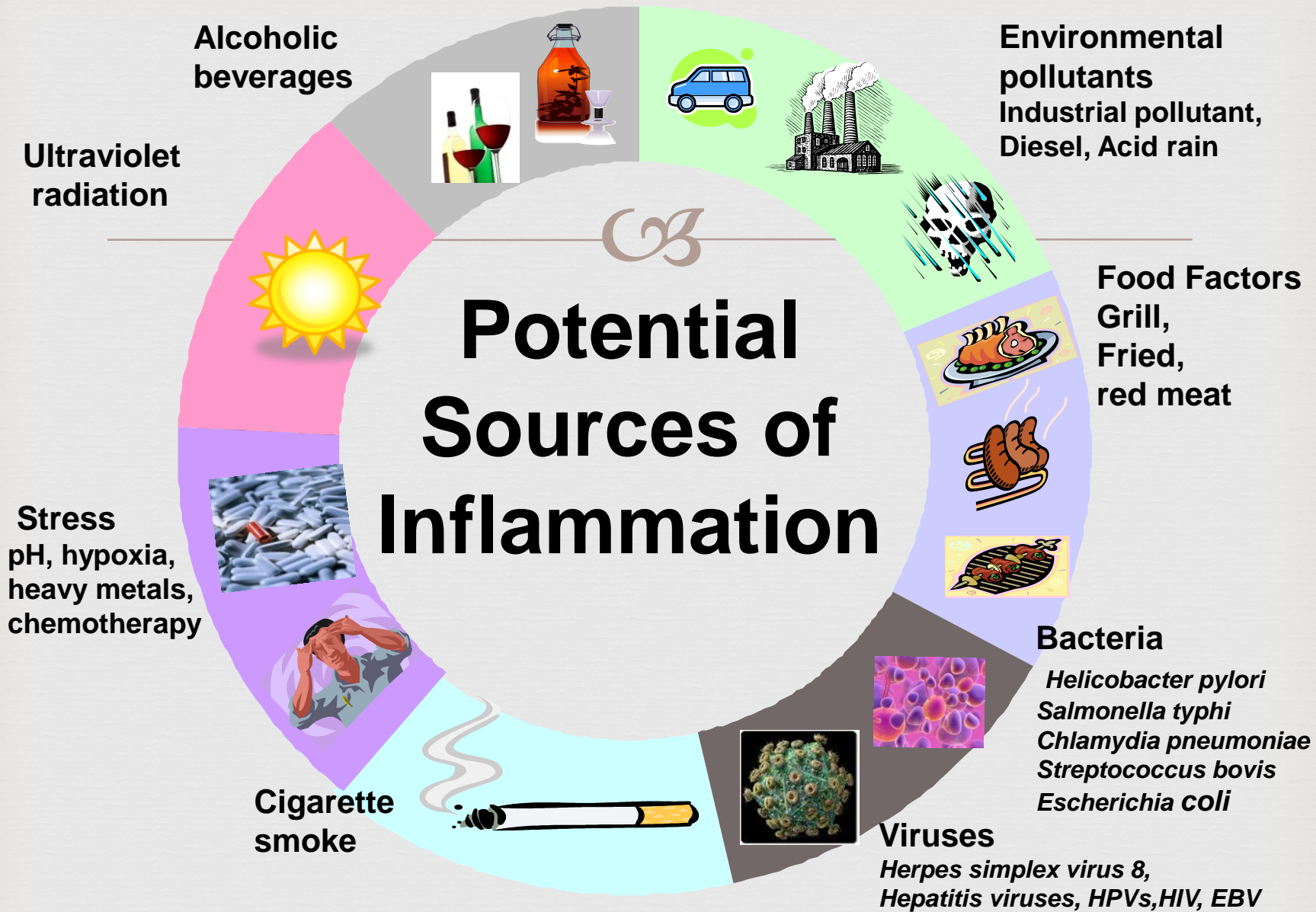


- Targeting mutant P53 to reactive normal (wild type) function by using small molecules.
- Increased apoptosis and self-destruction of cancer cells-
Reactivation of P53 tumor suppressor gene is now considered new anticancer treatment.

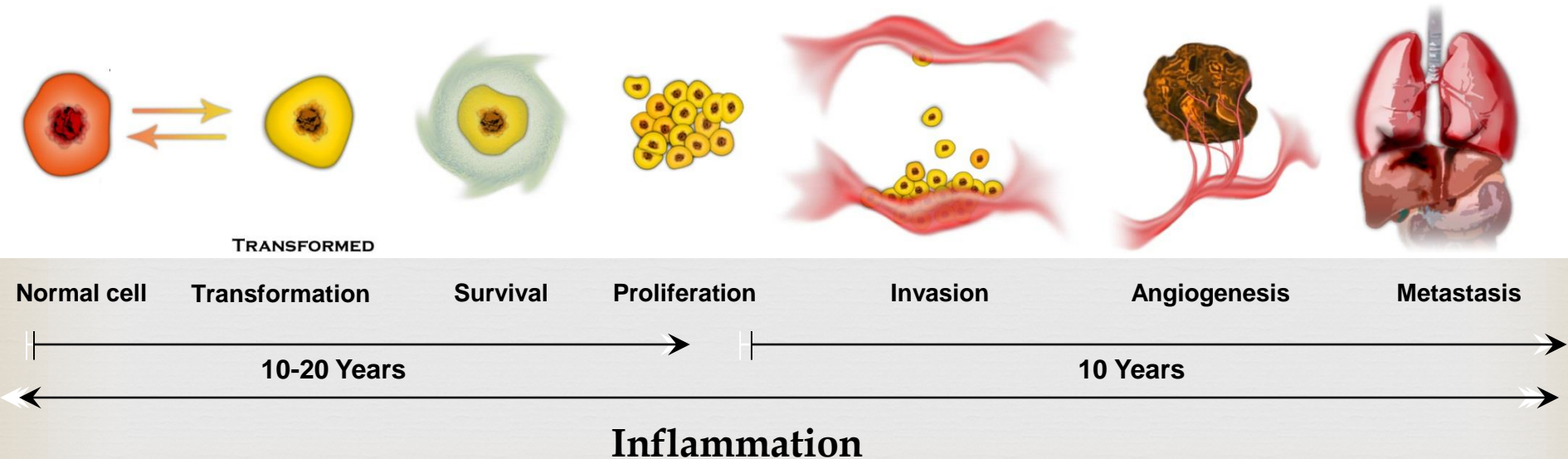
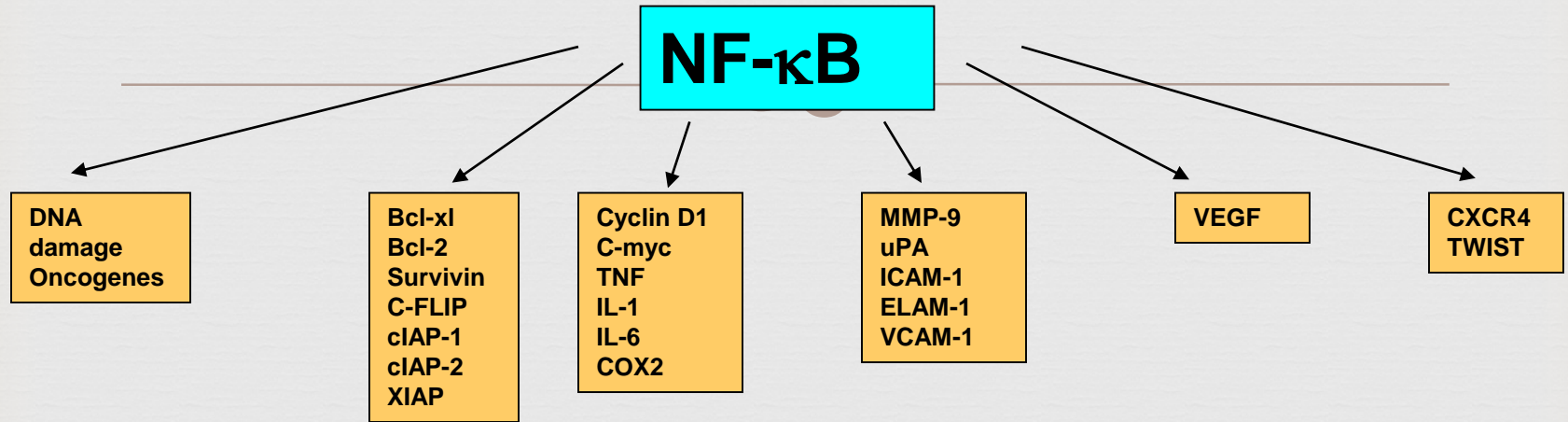


Hallmarks of Cancer





Role of inflammation in Tumorigenesis



Inflammation is a Risk For Most Cancers



<u>Inducer</u>	<u>Inflammation</u>	<u>Cancers</u>	<u>% predisposed progress to cancer</u>
<i>Tobacco smoke</i>	<i>Bronchitis</i>	<i>Lung Cancer</i>	<i>11-24</i>
<i>Helicobacter pylori</i>	<i>Gastritis</i>	<i>Gastric Cancer</i>	<i>1 - 3</i>
<i>Human papilloma virus</i>	<i>Cervicitis</i>	<i>Cervical cancer</i>	<i><1</i>
<i>Hepatitis B & C virus</i>	<i>Hepatitis</i>	<i>HCC</i>	<i>10</i>
<i>Bacteria, GBS</i>	<i>Cholecystitis</i>	<i>Gall bladder cancer</i>	<i>1 – 2%</i>
<i>Gram- uropathogens</i>	<i>Cystitis</i>	<i>Bladder cancer</i>	<i><1</i>
<i>Tobacco, genetics</i>	<i>Pancreatitis</i>	<i>Pancreatic cancer</i>	<i>≤ 10%</i>
<i>GA, alcohol, tobacco</i>	<i>Esophagitis</i>	<i>Esophageal cancer</i>	<i>15</i>
<i>Asbestos fibers</i>	<i>Asbestosis</i>	<i>Mesothelioma</i>	<i>10–15</i>
<i>Epstein-Barr virus</i>	<i>Mononucleosis</i>	<i>Burkitt's lymphoma</i>	<i><1</i>
	<i>Hodgkin's disease</i>		
<i>Gut pathogens</i>	<i>IBD</i>	<i>Colorectal cancer</i>	<i>1*</i>
<i>Ultraviolet light</i>	<i>Sunburn</i>	<i>Melanoma</i>	<i>≤ 9%</i>
<i>Infections, STD</i>	<i>PIA</i>	<i>Prostate cancer</i>	<i>?</i>

How do you know your patient has Cancer?



Dr. William Kelly's Cancer Signs Doctor's Often Miss



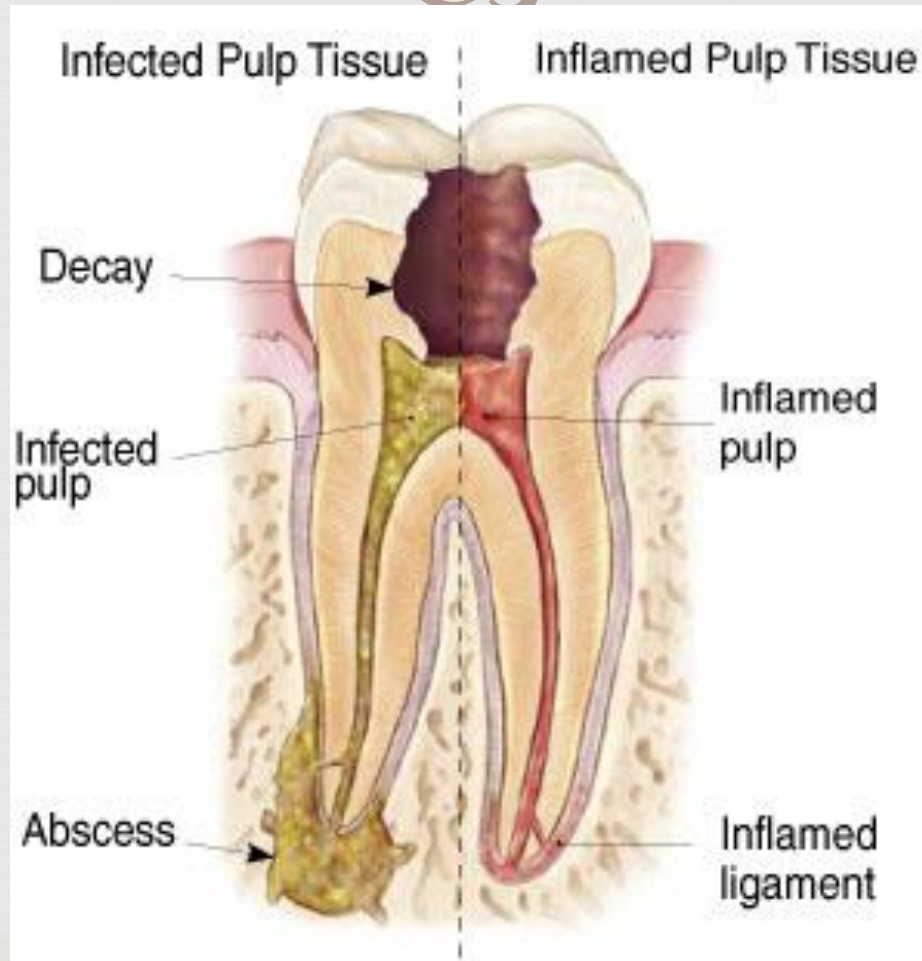
- **Failing eyesight** (together with other signs, and not just as a symptom of aging)
- An attack of serious **indigestion** can be the first sign of cancer, caused by a blood clot in the pancreas that disables from 10% to 75% of its function, leading to a short supply of pancreatic enzymes that in turn allow the growth of tumors.
- **Chronic fatigue**--a characteristic shared by most cancer patients.
- **Brain fog**--fuzzy-thinking: lost clarity of thought
- **Hair**--brittle and coarse, balding and graying
- **Hernia**--a symptom of many malignancies, as protein is "stolen" from large muscle masses.
- A peculiar **odor**--comes from cancer that doesn't wash away. Others may think of it as a "sickroom smell," or just "death."
- **Muscle pains** – particularly in the back and shoulders.
- **Depression**

The Common Misconception of Root Canals



- ❧ Over 40,000,000 Americans receive root canals every year
- ❧ A root canal is the portion of the tooth that extends into the roots
- ❧ 98% of breast cancer patients have had 1 or more root canals
- ❧ When doing a root canal procedure, the central nerve and surrounding pulp is removed from the tooth and the gap between the crown of the tooth and the roots in the jaw is sealed with an inert substance.
- ❧ The intentions of a root canal procedure is to remove the excess bacteria that resides in the area surrounding the filling can be extremely dangerous
- ❧ The bacteria release toxins that can travel in the blood stream and cause cancer, among many other diseases

Infected Root Canal



How Do I Know If I Have Cancer? (Females)



1. Postmenopausal bleeding
2. Breast discoloration, or other changes
3. Bloating after cycle
4. Abnormal periods or pelvic pain
5. Chronic coughing
6. Stomach pain or nausea
7. Infection
8. Difficult swallowing
9. Bruising
10. Sudden or unexplained weight loss
11. Fatigue - persistent
12. Headaches - chronic
13. Blood in the stool
14. Skin changes
15. Sores or pain in mouth

How Do I Know If I Have Cancer? (Males)



1. Rectal bleeding
2. Changes in bowel movement
3. Urinary changes
4. Blood in urine
5. Testicular lumps
6. Persistent back pain
7. Difficult swallowing
8. Unusual coughing
9. Unexplained weight loss
10. Extreme fatigue

Leigh Erin Connealy, MD

What are the Cancer Biomarkers?



∞ In routine Blood Test

∞ CRP - marker of inflammation in the body

∞ hCG - hormone of malignancy

∞ HbA1c - average level of blood sugar over the previous 3 months

Cancer Profile



- ❧ HCG (Human Chorionic Gonadotropin)
- ❧ HCG Urine – hormone of pregnancy and/or malignancy
- ❧ PHI – autocrine motility factor
- ❧ CEA – carcinoembryonic antigen
- ❧ GGTP – most sensitive test for the liver
- ❧ TSH (Thyroid Stimulated Hormone) – regulates basic metabolic rate
- ❧ DHEA-S – adrenal anti-stress, pro-immunity, longevity hormone
- ❧ American Metabolic Laboratory
- ❧ Worldwide analysis not available in the U.S.

How Do I Know If I Have Cancer



- ❧ MRI, biopsy, mammography and CT and PET scans & Ultra Sound
- ❧ Bio Immune Survey – American Nutraceuticals (Natura)
- ❧ Circulating Tumor Cells Blood Test - RGCC
- ❧ Thermography
 - ❧ An alternative to mammograms
 - ❧ Measures infrared heat from the body
 - ❧ It can detect 86% of non palpable breast cancers
 - ❧ It can detect a pathologic state of the breast up to ten years before a cancerous tumor can be found
- ❧ Serum Ferritin
- ❧ Thyroid function
- ❧ CRP

Bio Immune Survey



- ❧ The Cascade is how cancer works and the steps you can take to either return your body to health or prevent your body from being a good “host” for cancer to develop.
- ❧ Since **most cancers take 8-10 years to develop into a tumor** that can be detected by traditional means, the EDS bio survey is a critical aspect of determining where in The Cascade your body currently is.

Ivy Gene test



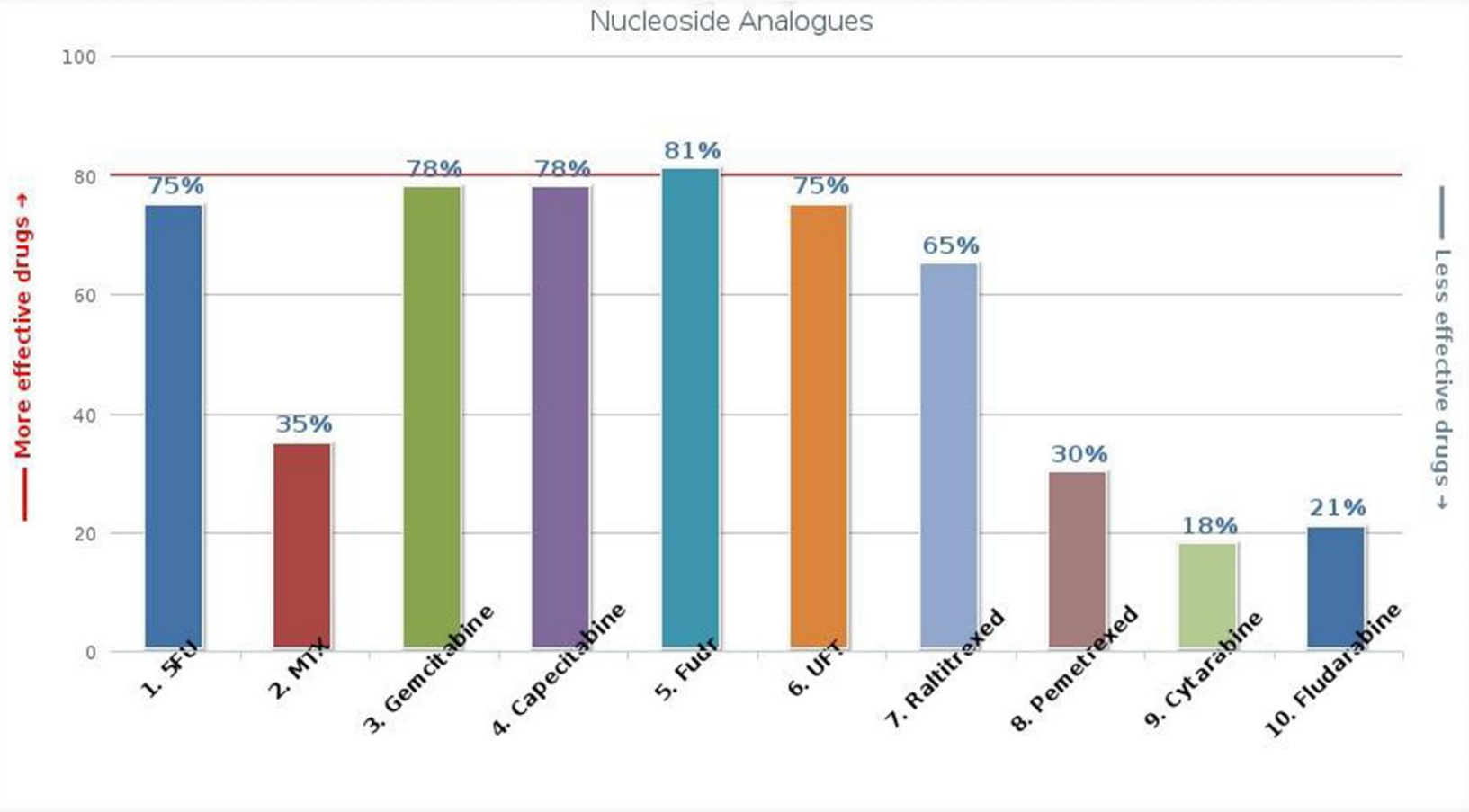
- ❧ Ivy Gene is a blood test for the presence of cancer & quantification of cancer presence. Ivy Gene uses advanced DNA sequencing methods to detect DNA methylation pattern of cell free DNA in blood. The sequence along with the pattern of methylated DNA are consistent with cancer presence.
- ❧ Unlike many genetic tests that use DNA to determine the propensity or possibility of developing cancer over time, the Ivy Gene test identifies DNA methylation pattern consistent with actual disease presence of quantification of cancer presence at the time of testing.

R.G.C.C.



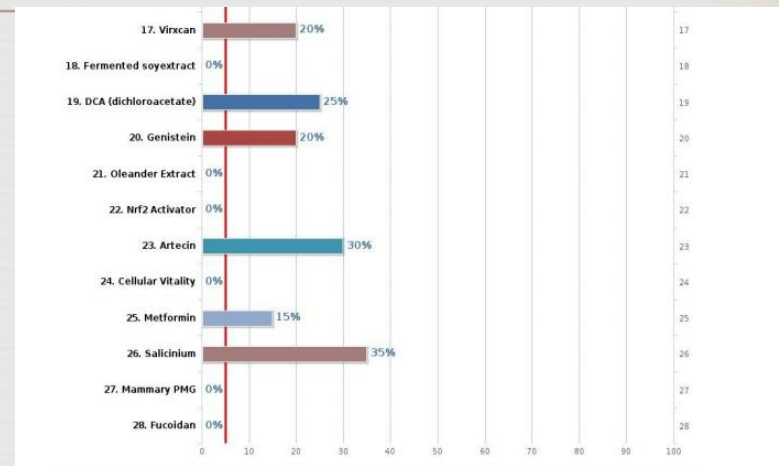
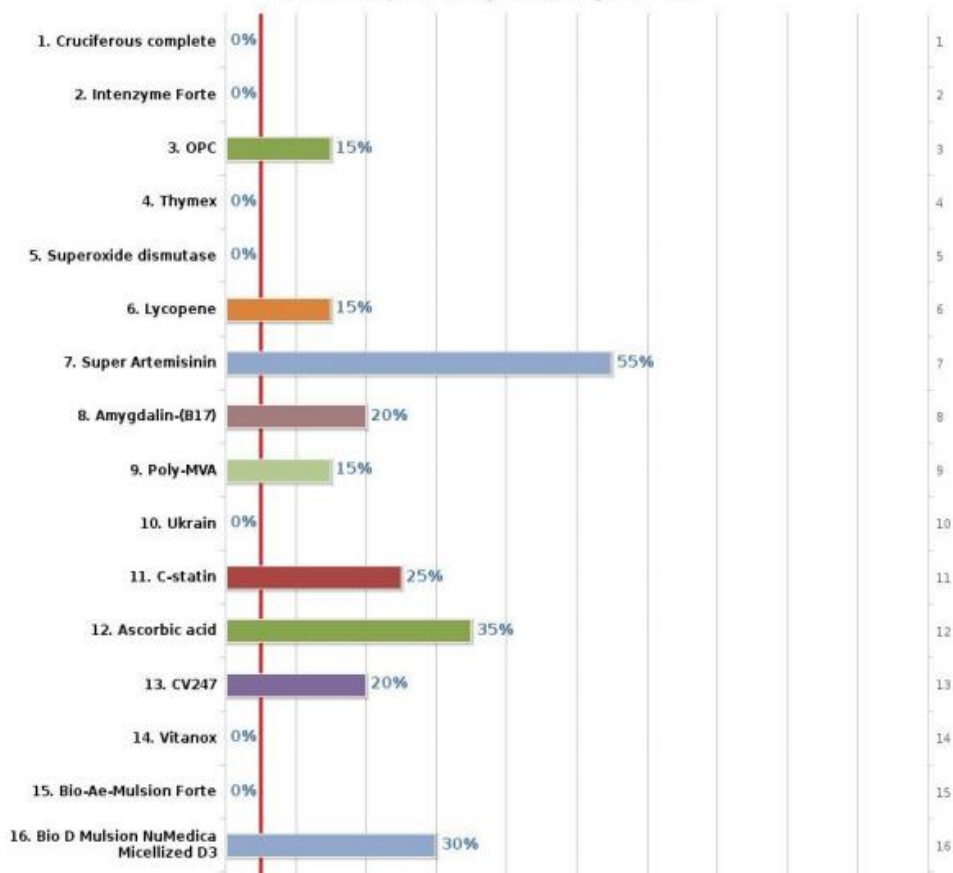
- ❧ **As much as 90% of all cancer cell deaths are caused by metastasis, these metastases are a result of the circulating tumor and/or cancer cells.**
- ❧ **It is well accepted that tumors larger than 1-2mm have likely migrated into the circulatory system, to allow metastases.**
- ❧ **Circulating Tumor Cells (CTCs) - cells that have shed into the vasculature from a primary tumor and circulate in the bloodstream. CTCs constitute seeds for subsequent growth of additional tumors (metastasis) in vital distant organs.**
- ❧ **Cancer Stem Cells - cells within a tumor that can self-renew and drive tumorigenesis**
- ❧ **Provides the clinician with the details about the potentials of specific anti-cancer agents (chemo and natural)**
- ❧ **Cancer therapy should be targeted for CTC/CSC's to obtain remission-cure.**

R.G.C.C.



Class I - Cytotoxic agents

Activation of Caspase (especially 3 and 9) and cytochrom C re.

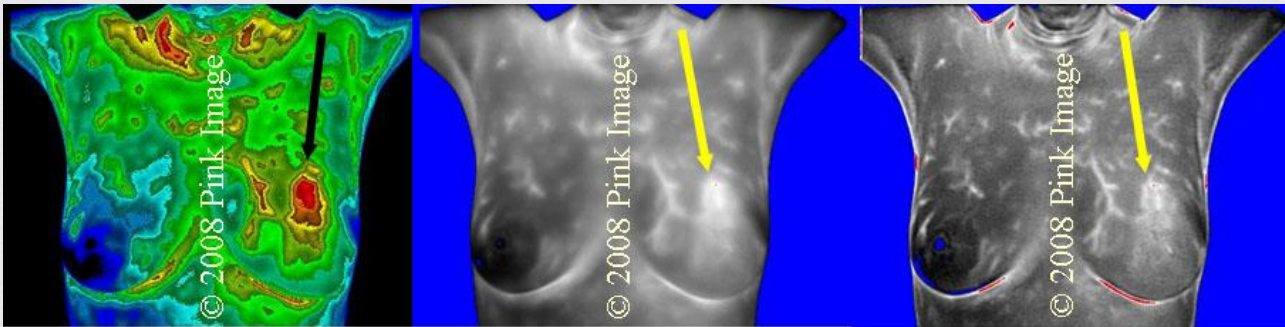


Thermography



- ❧ Has the ability to pick up thermal findings, heat patterns that are due to **early breast cancer, that can be found years before it is visible on a mammogram.**
- ❧ Some tumors can be cold tumors which will have no blood flow to them, and are difficult to detect.
- ❧ **Uses infrared imaging** technology to detect heat and vascular activity.
- ❧ It is through these vascular patterns that a certified interpreter is able to **differentiate cancer from other breast diseases.**
- ❧ **Completely safe, non-contact, and pain and radiation free.**

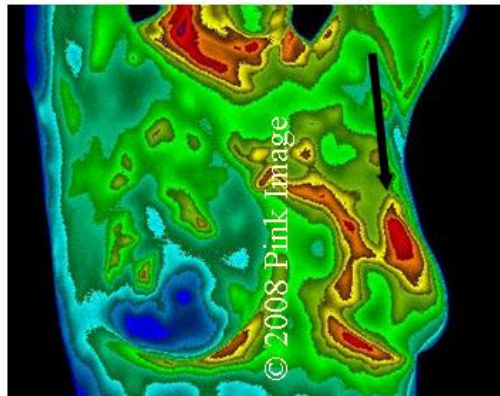
Cancerous Tumor



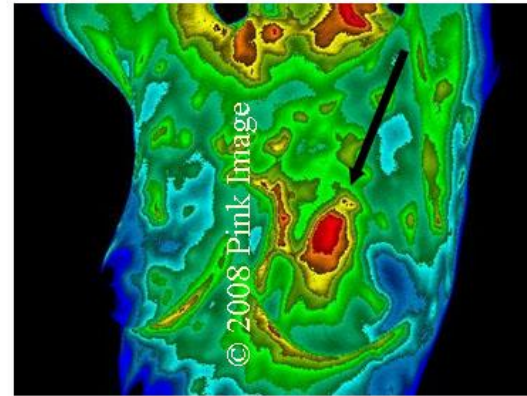
Front View, color

Front View, gray scale

Front View, processed



Right Breast View



Left Breast View

Patient with Breast Cancer



☞ Bloodwork:

☞ RGCC

☞ HCG

Quantitate

☞ CA 27-29

☞ CA15-3

☞ CBC

☞ CMP

☞ Iron

☞ CRP

☞ DHEA

☞ Vit D

☞ A1C

☞ G6PD

☞ Estrodiol

☞ Total Estrogen

☞ Progesterone

☞ Pregnenolone

☞ Thyroid+TSH

☞ FSH

☞ D-Dimer

☞ Galectin-3

☞ NK cell function

☞ PHI

☞ NutrEval

☞ HCG

☞ CTC + Naturals

☞ Proper Imaging

☞ Emotional Therapy

☞ Nutritionist

☞ Oxygen chamber

☞ IV Vitamin C

☞ Detox

☞ Infrared Sauna

☞ Coffee Enema

☞ Supplements

☞ Nagalase

☞ SOT

☞ Testosterone

Stage IV

Breast Cancer Patient



- ❧ Order appropriate bloodwork
- ❧ Emotional Evaluation - EVOX
- ❧ Nutritional Consult
- ❧ Treatments:
 - ❧ Hemosonic
 - ❧ Infrared Sauna - daily
 - ❧ Hyperbaric Treatments 3x weekly
 - ❧ Nano bath 2x weekly
 - ❧ LBG 3x weekly
 - ❧ PEMF daily
 - ❧ IV Vitamin C
 - ❧ Vitality C, 1 tsp, twice daily
 - ❧ Pancreatic enzyme, 5, 3 times a day, on empty stomach
 - ❧ Liver Flush, once per month.
 - ❧ Coffee enema, 3-5 times per week

Current Cancer Treatments

- ☞ Currently, if you are diagnosed with cancer you are given three options:
 - ☞ SURGERY
 - ☞ CHEMOTHERAPY
 - ☞ RADIATION
- ☞ In the Journal of Clinical Oncology, 2004, ...” Chemotherapy has an average five year survival success rate of just over 2% for all cancers.”
- ☞ Dr. Allen Levine, M.D. (The Healing of Cancer), “The majority of cancer patients in this country, die because of chemo-therapy which has been documented for over a decade.?”

We Need to Overcome the Toxicity of Anticancer agents, radio therapy, etc.



Integrative



A clinically validated system bringing and uniting botanical, nutritional, and conventional medicine together in a new, enlightened, and individualized system that can offer the profoundly therapeutic model so many are searching for.

Functional Medicine

Personalized Cancer Therapies



- ❧ Each human being has their own (unique) bio-energetic structure. You as a practitioner must evaluate their lifestyle.
- ❧ Bio-organisms incorporate into our DNA – which makes every treatment/program unique for each patient.
- ❧ The Genome Institute: The latest research involves DNA sequencing of tumor cells. This is based upon the genetic makeup and comparison of tumor cells to healthy cells from the same patient...along with the location of the tumor in the body.
- ❧ Cancer Treatment today involves the whole person: From “deep digital sequencing” which provides a read-out of the frequency of each mutation...to diet, inflammatory markers, lifestyle factors and blood chemistry panels; Integrative Practitioners must provide a holistic guidance to each and every patient.

Therapies and Treatments



- **SOT /RGCC**
- **Dendritic Vaccination**
- **Insulin Potentiation Therapy (IPT)**
 - **Low Dose Chemotherapy pre/post conditioning**
 - **High dose Vitamin C with K3 +**
- **Hyperbaric Oxygen**
- **Nanovated Bath Therapies**
- **EVOX – Emotional Therapies**
- **Targeted nutritional supplements**
- **PEMF**
- **Far Infrared Sauna Therapy**
- **Total Body Ozone**
- **Cryotherapy (may be combined with chemo embolization).**
- **Hyperthermia**
- **Light Beam with Ozone**
- **IV Therapies**
 - **Vitamin C**
 - **Salicinium**
 - **Poly MVA**
 - **Artemisinin**
 - **DCA**
 - **Sodium Bi-carbonate**
 - **Mistletoe**
 - **Dendritic Cell Vaccine**
 - **Curcumin**
- **DETOX therapies**
- **Personalized Nutritional Counseling**
- **Emotional therapy & support**
- **Health Coach**
- **Supplementation**

EVOX

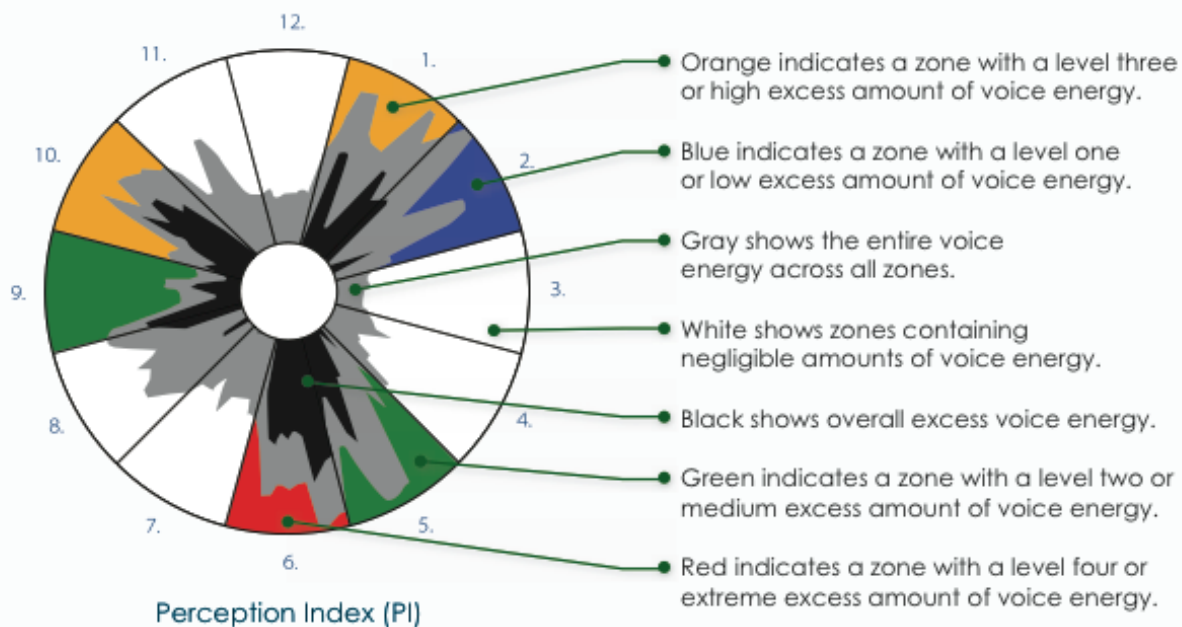


- ❧ EVOX is a form of Perception Reframing, it reworks an individuals negative perceptions of life into positive ones
- ❧ 90% of all illness is related to stress and unresolved negative emotions.
 - ❧ Most individuals do not recognize that depression is a cancer stimulus
 - ❧ Negative feelings and emotions not only inhibit our bodies from being able to heal ourselves but it also causes the onset of many different types of diseases
- ❧ Using your voice energy, maladaptive perceptions are identified and charted on a graph as stress zones. Each zone corresponds to a certain underlying, subconscious belief system.
- ❧ The appropriate frequencies to counteract the negative emotions are derived, and sent through a medical device hand cradle to painlessly shift your perception to become more balanced.
- ❧ EVOX has been likened to emotional acupuncture, as it realigns the energy flow of our emotions. It induces a more positive outlook on life, and helps gets us unstuck from our negative patterns and ways of thinking



EVOX

Every Perception Index (PI) is topic specific. Excess voice energy indicates personal perception of the topic.



Perception Index Zones

- | | | |
|-----------------------------|----------------------------|----------------------------|
| 1. Unacknowledged | 5. Self Critical | 9. Suppressed Emotions |
| 2. Repetitive Thinking | 6. Conditional Love | 10. Unworthy / Undeserving |
| 3. Depression | 7. Anger | 11. Rigid Beliefs |
| 4. Emotionally Disconnected | 8. Fearful and Overwhelmed | 12. Conflicting Beliefs |

ZYTO™

Food & Cancer

You are what you eat!



- ∞ There are a wide range of bioactive agents such as curcumin, resveratrol, apigenin, green propolis, maitake, cannabis, ginseng & fish peptides that target most of the genes and may reactivate mutant P53 to normal function.
- ∞ P53 mutation occurs in more than 50% of all cancer and appears necessary in many types of cancer.
- ∞ Rice bran arabinoxylan (RBAC) can act as a strong biological response modifier activating NK cells, dendritic cells and stimulation macrophages.

Healing Meals



The Ketogenic Diet



1. The **ketogenic diet** was discovered by the German Nobel laureate Otto Warburg in 1924
2. The ketogenic diet is **high in fat**, supplies **adequate protein** and is **low in carbohydrates**.
 1. This combination changes the way energy is used in the body
 2. Fat is converted in the liver into fatty acids and ketone bodies
 3. Reduces inflammation
 4. Reduces Cancer risk
 5. Increases Muscle Mass
 6. Lowers Insulin levels
 7. Provides Mental Clarity
 8. Increases Longevity
 9. Improved weight management



Natural Supplements



- ❧ Vitamin C: Bio-C Plus
- ❧ CoQ10: CoQ100
- ❧ Omega 3s: Bio-Omega, Optimal EFA
- ❧ Melatonin: Melatonin-B6/Mg
- ❧ Curcumin: CurcumRx/KappArest
- ❧ Genistein
- ❧ Lycopene
- ❧ PME (poly mannose extract from aloe vera)
- ❧ Poly-MVA®
- ❧ Modified Citrus Pectin
- ❧ Fucoidan
- ❧ Quercetin: Bio-FCTS
- ❧ Resveratrol: Kapparest
- ❧ Super Artemisinin
- ❧ Selenium: Se-Zyme Forte
- ❧ Browallia: KappArest
- ❧ Green Tea: ECGC-200mg & Lipid-Sirt
- ❧ Aloe
- ❧ Milk Thistle: Livotrit Plus
- ❧ Magnesium: Mg-Orotate
- ❧ Vitamin D3: Bio-D-Mulsion Forte
- ❧ Pancreatic Enzymes: Intenzyme Forte, Bromelain Plus & Bio-6-Plus

7 Channels of Detoxification



☞ Where do you need to detox?

- ☞ Bowel
- ☞ Blood
- ☞ Skin
- ☞ Kidneys
- ☞ Lymphatic System
- ☞ Lung
- ☞ Liver

☞ How do you detox?

- ☞ Coffee Enema - Reduces toxicity by 700%. Cleanse and heal the colon & digestive tract, improve peristalsis & boost energy. Repair liver.
- ☞ Lymphatic Therapy -Light Beam Generator - LBG effects a swift, safe and natural method of **eliminating excess lymphatic fluid**. Assists the body to achieve a free-flow of proteins within the lymph system and to release bonded protein blockages in the interstitium of the connective tissue.
- ☞ Hemosonic - Hemo-sonic Lymph and Tissue Light speeds or provokes a significant change of detoxification of the fluid mass in the body. The light emissions are translated into the sonic range of frequency so that the head transmits its energy and information in the same way that dolphins communicate under the water. The fluid mass of the body is identical to the water mass of the ocean.

Resveratrol and NF-kB Activation



Aggarwal *et al.*: Resveratrol Inhibits Tumorigenesis

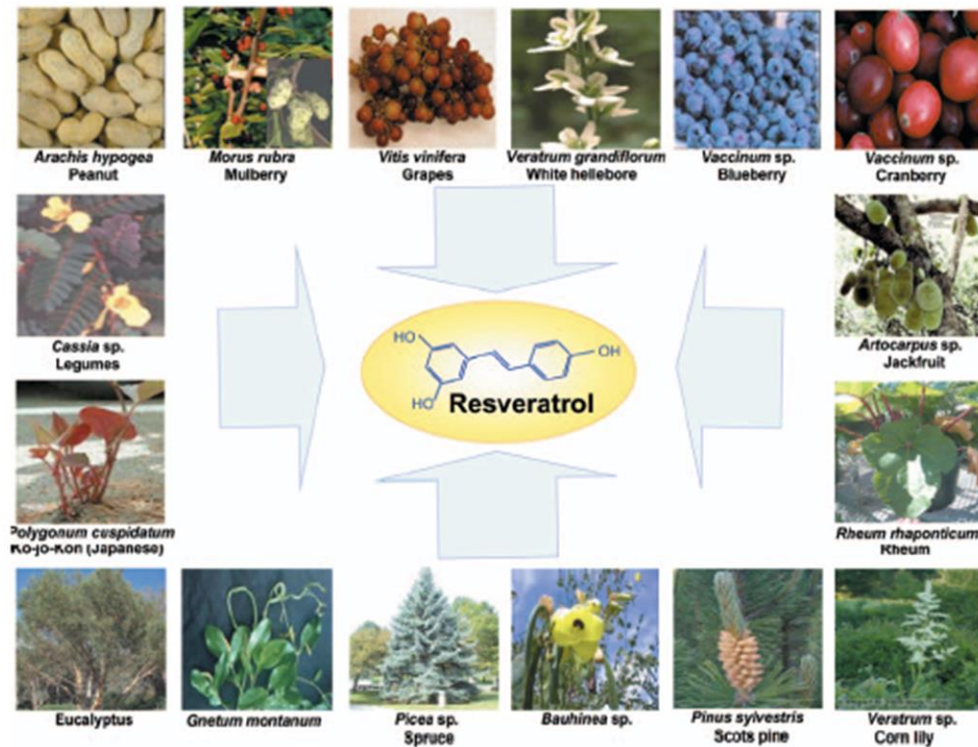


Figure 1. Sources of resveratrol from different plants.

Silibinin



- ❧ Decreases the activation of NF- κ B
- ❧ Increases the sensitivity of cancers to certain chemotherapy drugs
- ❧ Shown to exert significant anti-neoplastic effects in a variety of cancers including skin, breast, lung, colon, bladder, prostate and kidney carcinomas

Change in Paradigm



- ∞ Most diseases including cancer is due to dysregulation of multiple genes
- ∞ Mono-targeted drugs are unlikely to be an effective therapy
- ∞ Multi-targeted drugs are needed
- ∞ Most natural products are designed for multi-targeting, naturally.

Cryoablation



- ❧ Cryotherapy can be used in place of open surgery to ablate tumors.
- ❧ The tumor because of its location would have been challenging to reach surgically & radiation would have caused considerable collateral damage to surrounding organs.
- ❧ Cryotherapy is use of extreme cold to destroy abnormal tissue.
Cryosurgery can be used to treat both external & internal tumors.
- ❧ To treat internal tumors, argon gas is delivered into the tumor through a cryoprobe. Ultrasound or MRI is used to guide the probe's placement. A ball of ice forms, freezing nearby cells. Cells die as they thaw.
- ❧ Sometimes cryotherapy must be combined with chemotherapy.

Targeted Low Dose Therapy



- ❧ Developed in 1930, used on cancer since 1946.
- ❧ Targeted Low Dose Therapy is a procedure for targeting chemotherapeutic drugs **directly to cancer cells**, making the **drugs tougher on the disease and easier on the rest of the body**.
- ❧ A simple medical procedure that uses the hormone insulin, followed by glucose, to deliver drugs better, and to make them work more effectively, in smaller doses, with **reduced or no side effects**.
- ❧ Cancer treatment with Targeted Low Dose Therapy is reported to be gentler, safer (1/10 dose), more effective, and less expensive, with no surgery, no radiation, and usually no side effects.

Pulsed Electromagnetic Field Therapy



- ❧ Provides pulsed electromagnetic fields
- ❧ Reduces pain
- ❧ Diminishes inflammatory ailments
- ❧ Accelerates wound and injury healing
- ❧ Grows bone and neurons
- ❧ Improves gene and protein expression
- ❧ **Restores cellular electrical systems**
- ❧ Re-establishes cell function and **cellular metabolism**
- ❧ Increase and restores the abnormally low transmembrane potential (TMP) in cancer cells so oxygen cannot enter



Gc protein-derived macrophage activating factor



- ❧ **Acts as a “Director” of your immune system**, and instructs macrophages in your bloodstream to kill malignancies.
- ❧ **Rebuilds the immune system**, and then, the **immune system eradicates early stage cancer and other diseases**.
- ❧ It can reverse diseases that attack the immune system like chronic inflammation.
- ❧ Nagalase is an extracellular matrix-degrading enzyme that is secreted by cancerous cells in the process of tumor invasion. Nagalase activity is directly proportional to viable tumor burden.
- ❧ Nagalase Test – measures the activity of alpha-acetylgalactosaminidase in the blood. Patients should have their blood tested before treatment, after 3 weeks of treatment, and after 8 weeks of treatment. After 8 weeks there should be a significant drop in nagalase level (a level below .65 indicates the body will be able to begin to produce its own Gc protein-derived macrophage activating factor).

Vitamin C IV



- ❧ Dr. Mark Levine, led a team of researchers to analyze the cancer-killing effect of high-dose vitamin C treatment. They discovered that after a high dose and rapid intravenous infusion of vitamin C, large concentrations of vitamin C can be reached in the extracellular space. There, **vitamin C reacts spontaneously with the molecular oxygen within tumors and generates large amounts of hydrogen peroxide, which is lethal to tumor cells** that produce only small amounts of catalase.
- ❧ Vitamin C given in high doses intravenously to a group of human subjects found that it **effectively eradicated cancer cells while leaving healthy cells intact.** (University of Kansas)
- ❧ High-dose IV Vitamin C can stop new blood vessels from growing in cancer by creating an inhospitable, highly oxygenated environment.

Hyperbaric Oxygen Therapy



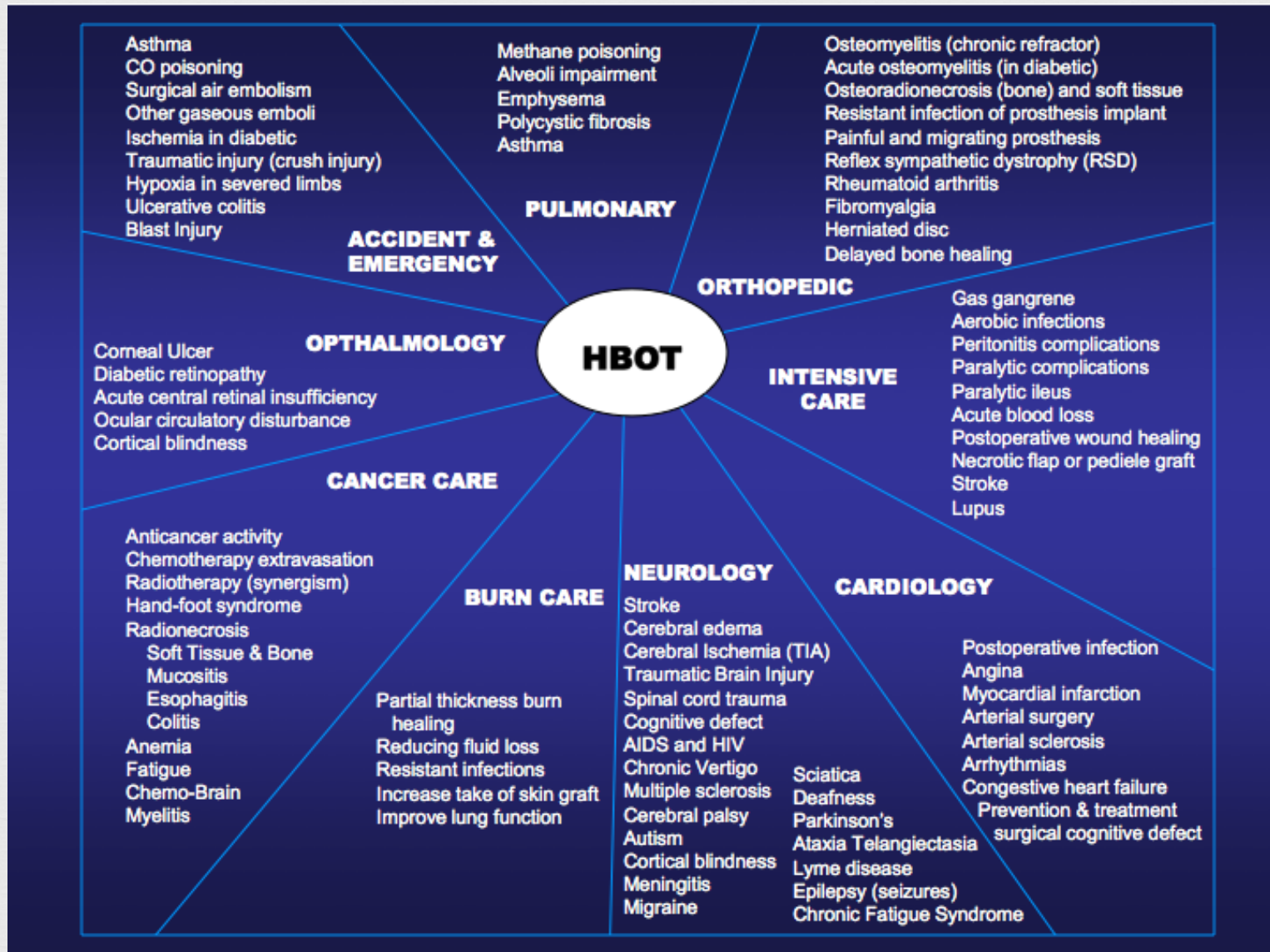
- ❧ Hyperbaric oxygen therapy (HBOT) involves the breathing of pure oxygen in a sealed chamber that has been pressurized at 1.5 – 3 times normal atmospheric pressure. Increased oxygen means that the blood is carrying more oxygen to the cells which leads to substantial cell repair.
- ❧ Oxygen therapy is capable of destroying anaerobic cancerous growths....
- ❧ **Dr. Otto Warburg:** “Cancerous and normal cells both derive energy from glucose. Cancer cells break down glucose without oxygen, yielding 1/15 the energy per glucose molecule that a normal cell produces. This is why cancer cells have a huge appetite for sugar and also why people who consume excessive quantities of sugar tend to get cancer more often”.
- ❧ Dr. Terry McGrath states that oxygen tension in living tissue can reach nearly 400 mm Hg – resulting in numerous physiological effects.

Hyperbaric Oxygen Therapy



- ❧ HBOT has shown to significantly reduce inflammation in the body and is currently used with cancer patients to reduce inflammation in bones and adjacent tissues where radiotherapy may cause damage.
- ❧ Researchers also suggest that HBOT will overcome one of the main influences of cancer – oxygen. The idea is cancer exists in a low-oxygen environment and plentiful oxygen can kill it off.
- ❧ Effects of 90 minute HBOT lasts about 4-5 hours, typically followed by PEMF treatment to drive oxygen into cancer cells.





Total Body Ozone Therapy

- Ozone is three atoms of oxygen attached together, or O₃.
- The addition of the third oxygen molecule is what makes the oxygen “supercharged” and provides it with exceptional healing benefits
- Ozone has been used in Germany since 1950 and is considered one of the main treatments for a variety of diseases

Ozone Therapy for Tumor Oxygenation: A Pilot Study; Kelleher DK Hummel M, Lack of tumor oxygenation improvement upon ozone therapy in experimental tumors. 2000; 176:115

The Benefits of Total Body Ozone Treatment

- 1) Ozone is a potent regulator of the immune system
- 2) Ozone increases oxygenation to the tissues
- 3) Ozone improves circulation
- 4) Ozone increases antioxidant production
- 5) Ozone is an anti-microbial
- 6) Ozone is a powerful stimulant to the mitochondria
- 7) Ozone is helpful for those detoxing from ETOH
- 8) Ozone improves microcirculation
- 9) Ozone is very helpful to the diabetic patient and the pre-diabetic patient

Dimethylsulfoxide DMSO



- ∞ The well-known “alternative” therapy as the unusual ability to help other small molecules pass through the cell membranes and also relieves pain. Many people use it for joint pain and other similar issues.
- ∞ For decades we have used IV DMSO clinically to help in pain and inflammatory conditions and help deliver IV therapies in the nervous system (including brain). It can also control pain.
- ∞ Research has shown immune system modulation, improve healing, and improved drug delivery to the brain and tissues.
- ∞ DMSO has been safely used with magnesium and sodium bicarbonate for palliative care to help control pain and improve quality of life.

IV Treatments



- ❧ Curcumin –a compound found in the popular spice turmeric.
- ❧ Silymarin IV Compounds (such as Silibinin) are a component of the milk thistle plant and common oral supplement.
- ❧ Resveratrol - a type of resveratrol, the constituent in red wine that produced by many plants when they are stressed or under attack, has a range of effects that fight cancer when used intravenously.
- ❧ Mistletoe - is a true immunotherapy and has multiple actions on many aspects of your immune system. It strongly affects natural killer cells which help promote tumor cell death and reduce cancer recurrence.
- ❧ Salicinium - a natural plant-based extract, is a complex sugar molecule that is harmless to normal cells in the body but has unique anticancer properties.
- ❧ Amygdalin - (also known as Laetrile or Vitamin B17) is found in raw nuts and the pips of many fruits, particularly apricot kernels.

Treatments



- ❧ Artesunate - has a similar effect to gemcitabine (a potent chemotherapy drug), causing significant tumor regression in human pancreatic cancer cells. It also has anti-inflammatory and immune-calming properties, which may block triggers of cancer Metastasis.
- ❧ Hydrogen Peroxide - very specific diluted version of H₂O₂ can be used for infusion under highly controlled conditions. H₂O₂ has similar activity to high-dose of IV-Vitamin C.
- ❧ Glycyrrhizin - is derived from the roots of the licorice plant. Researches from the University of Illinois concluded that glycyrrhizin “has therapeutic potential against prostate cancer.
- ❧ Glutathione - is one of the body's chief antioxidants, the molecules that normally take a free electron or radical away from a substance and stop it from becoming a damaging ‘free radical’. Levels of GSH are lower in cancer patients, especially in those using conventional therapies like chemotherapy, radiation and surgery which can lead to cell damage and negative health effects.

EDTA Chelation Therapy



- EthyleneDiamineTetraAcetic Acid (EDTA) is a synthetic amino acid related to vinegar.
- EDTA is taken intravenously.
- Benefits include **removing toxins, improve cardiovascular disease, diabetes, bone loss, and osteoporosis.**
- Numerous studies show that chelation therapy removes not just plaque and heavy metals, but some of the key causes and signs of aging and a long list of degenerative disease.
- TACT Study showed positive outcomes for individuals with coronary artery disease and prior myocardial infarction.
- A study published in the *Journal of Advancement in Medicine* found a **90% reduction in mortality** in 59 cancer patients during the 18 years follow-up when treated with EDTA.

Patient with Prostate Cancer



☞ Bloodwork:

☞ PAP

☞ DHT

☞ PSA

☞ CBC

☞ CMP

☞ Iron

☞ CRP

☞ DHEA

☞ Vit D

☞ A1C

☞ G6PD

☞ Testosterone

☞ Estrodiol

☞ Total Estrogen

☞ Progesterone

☞ Pregnenolone

☞ Thyroid+TSH

☞ FSH

☞ D-Dimer

☞ Galectin-3

☞ NK cell function

☞ PHI

☞ NutrEval

☞ CTC + Naturals

☞ RGCC

☞ Proper Imaging

☞ Emotional Therapy

☞ Nutritionist

☞ Oxygen chamber

☞ IV Vitamin C

☞ Detox

☞ Infrared Sauna

☞ Coffee Enema/Liver
Cleanse

☞ Supplements

☞ Nagalase

☞ SOT

☞ LBG

☞ PEMF

☞ Nanobath

Circulating Tumor Cells

RESEARCH DIVISION, CANCER CENTRE

Assessment of the results:

Patient Name: ██████████	Type of cancer: breast
Physician: Dr Leigh Erin Connealy	Stage: N/A

Risk of relapse:

CTC concentration

Measured: **isolated 5.4cells/7.5ml, SD +/- 0.3cells**

Cut off point <= 5cells/7.5ml

Resistance markers:

MDR1: 65%

MRP: 55%

LRP: 2%

GST: 20%

Metastases/angiogenesis risk related markers

FUNCTION	CLINICAL RISK	MARKERS	RESULTS	OUTCOME
Migration-invasion	HIGH RISK	MMPs	40%	HIGH RISK
		KISS-1-r	normal	LOW RISK
		Nm23	normal	LOW RISK
Angiogenesis	HIGH RISK	VEGFr	35%	HIGH RISK
		FGFr	30%	HIGH RISK
		PDGFr	40%	HIGH RISK

Proliferation related markers:

MECHANISM	CLINICAL RISK	MARKERS	RESULTS	OUTCOME
Signal transduction pathways	HIGH PROLIFERATIVE SIGNAL	Ras/raf/MEK/Erk1-2	40%	HIGH RISK
		mTOR	30%	HIGH RISK
Growth factor receptors	HIGH PROLIFERATIVE SIGNAL	EGFr	50%	HIGH RISK
		TGF-β1/2	30%	HIGH RISK
		c-erb-B2	20%	HIGH RISK
Hormone receptors	HORMONE INDEPENDENT	Estrogen Receptor	normal	LOW RISK
		Progesterone Receptor	normal	LOW RISK
		NC3R4-A	normal	LOW RISK
		NC3R4-B	normal	LOW RISK
Cell cycle rate	RAPID	P27	10%	LOW RISK
		P16	25%	HIGH RISK
		P53	30%	HIGH RISK

Resistance phenotype markers:

MARKERS	RESULTS	OUTCOME	PHENOTYPE
Dnmt1	normal	LOW RISK	NON RESISTANT
06-methyl-DNA-tran.	normal	LOW RISK	
HAT	normal	LOW RISK	
Histone deacetylase	normal	LOW RISK	

Dendritic Cell Therapy



- ❧ Dendritic Cell Therapy is an immune therapy which harnesses the body's own immune system to fight cancer. The Dendritic cell (DC) is an immune cell whose role is the recognition, processing and presentation of foreign antigens to the T-cells in the effector arm of the immune system.
- ❧ The creation of an individualized DC vaccine involves the harvesting of patient's own blood cells to be processed in a Lab to:
 - ❧ isolate cancer cells and identify the most frequently expressed "epitope" (Protein) on the surface of cancer cells and imprint dendritic cells with that "epitope". The new DC population is augmented (increase in numbers) in preparation to be introduced back into your body on the day of administration.
- ❧ **Goal of DC:** educate T and B cells to identify your own cancer cells and mark them for destruction for macrophage clean-up. If the vaccine "takes" it will give long term immunity to your cancer cells.

What is the Patient process?



Step 1: Complete Medical Questionnaire

- Pertinent questions and overview

Step 2 : Set up Personal Consultation with Integrative Cancer Specialist

- Specific needs identified
- Guidance throughout the Integrative process (Phone Consults available)
- Review of Treatments Dates
- Review of Insurance or Medicare policy and a clear explanation of costs
- Admission date will be scheduled

Patient Process continued...



Step 3:

- Comprehensive Evaluation with physical Exam
- Bloodwork
- RGCC Testing
- PET-CT or MRI & Lab Work
- Review of your Treatment Program
- Emotional evaluation & support
- Advanced Evidence Based treatment programs
- Healing foods
- Lifestyle Education
- Health Coach
- Exercise regime review
- Follow up programs and integration with healing modalities
- Education highlights
- Create a plan individualized to each patient

Steps to Tackling Cancer



- ❧ **Practitioners must help their patients:**
- ❧ **Embrace Change** – see cancer as a wake-up call and be willing to discard old diets, habits, and thoughts.
- ❧ **Find Joy** – Take time to do what they love, whether it's listening to music, gardening, or walking the dog.
- ❧ **Patients should ask questions**– Patients who ask questions should be welcomed as they want to be fully involved in decisions.
- ❧ **Trust in the Treatment** – Once they have chosen a treatment that's right for them, they must have faith in it. You must have faith in it.
- ❧ **Let Go** – Address stress and don't ignore the emotional aspects of your patients cancer.
- ❧ **Rise Up and Take the Reins** – see cancer as a challenge rather than a threat, and focus on what you can do to make a difference for your patient.

Whole-Being Healing Platform*



- ∞ Spirituality – deepest values and meanings by which people live
- ∞ Mind-Body – thoughts and emotions to influence physical health
- ∞ Immunity – boost, strengthen, and balance the immune system
- ∞ Nourishment – anti-cancer/disease diet
- ∞ Detox – rid the body of toxic overload
- ∞ Lifestyle – recreate your lifestyle
- ∞ Targeted Cancer Therapies – choose a targeted therapy with your practitioner



Putting It All Together



- ∞ Nutritional
- ∞ Hormonal
- ∞ Inflammation
- ∞ Genetic
- ∞ Immune
- ∞ Toxicity
- ∞ Energy Balancing
- ∞ Oxidative Stress
- ∞ Mind/Body & Spirit



“Peace begins with each of us taking care of our bodies and minds everyday.”

- *Thich Nhat Hanh*

Thank you!



Leigh Erin Connealy, M.D. & Team