

**Dr. Todd Pesek:** Hi, I'm Dr. Todd Pesek. I'm a holistic medical doctor. I tell people that I'm an Appalachian root doctor who went to medical school with good reason. I was raised on a self-sustaining farm in rural Appalachia--

**Julie Tyler:** Kind of like Dr. Esselstyn?

**Dr. Todd Pesek:** Yes, growing our own food, living sustainably off the land, the whole nine yards and in addition to that, I'm a fourth generation Appalachian herbalist and root doctor and I follow those traditional practices of my ancestors with my current paradigm in practice and let's see here. So I went to Northeastern University for my bachelor's of science in biochemistry, graduated with honors. Went to Ohio State for medical school and I was one of a small cohort of students at Ohio State to be selected to train full time at the Cleveland Clinic which I did and graduated in 2004 with my MD and completed my training in medicine at Case Western Reserve University School of Medicine St. Vincent's Hospital here in Cleveland. I am currently a holistic physician in private practice in Lyndhurst, Ohio. I'm the cofounder of the Great Lakes Health Institute. They're a leading alternative medicine practice in the northeastern Ohio. I'm a tenured health sciences professor at Cleveland State University and I founded a number of organic herbals/super foods companies including Dr. Todd's Super Foods and Earth Healers and recently I am the author of "Eat Yourself Super: A Super Foods Journey for the Happy, Healthy, and Hungry," which really just teaches people how to prevent and reverse disease and disease states by healthy eating choices.

**Julie Tyler:** And kind of live by Hippocrates' rule and let food be thy medicine, I would say.

**Dr. Todd Pesek:** Yeah, yeah. So right. Some 2400 years ago the great Greek physician Hippocrates said, "Let food be the medicine and medicine be the food." Everybody knows that. They've heard that, but the other-- his quote that I really like a lot is "Keep the drugs in the chemist's pot if thou cannot heal the patient with food." I always liked that one because imagine if you were-- and he's hailed as the father of modern medicine by many, modern medicine itself. Imagine what he would be saying if he saw the over-reliance on pharmaceutical interventions.

**Julie Tyler:** Synthetic drugs.

**Dr. Todd Pesek:** Things could be really easily remedied with food.

**Julie Tyler:** True. How important do you think is the bowel in maintaining homeostasis? And can you comment on what type of focus was placed on the bowel, the guts, in your training? In your schooling?

**Dr. Todd Pesek:** Yeah. Let me go on a little tangent here first, though. For the better part of the last decade I've been traveling the world interviewing elders and elders' elders, centenarians, even super-centenarians on what are the secrets of long life and what I learned is that they aren't secrets. There are a relatively simple set of practices that are followed cross-culturally among these long-lived elders and over the course of that decade or so, we grouped all of those data into three categories: philosophy and outlook, lifestyle, and diet/nutritional practices. In the philosophy and outlook, it's optimistic, glass is half full as opposed to half empty, positive thinking, positive influence to the community, community support, community milestones, but this concept emerged that's fascinating and it's resilience and they say that you always and we know this of course-- you always have the ups and the downs, but the trick is to not let the ups get you too up or the downs get you too down. That balance is something that can be applied across the whole gamut of human health whether it's the mind-body unity-- mind-body is a false dichotomy with the spirit even or the whole construct of health is resilience, right? So the physiology for example, physiologic resilience is homeostasis. Our body is challenged with the task of maintaining a relatively stable internal environment, very narrow internal environment that is capable of holding life, outside of which life wouldn't be possible and that homeostasis, there's all types of things that fall into that whether it's pH or oxygen concentrations, carbon dioxide gradients. You name it, there's really just this whole series of things that the body regulates including temperature and it does so collectively in a holistic fashion that maintains our homeostasis and so that's the first tangent. The next tangent is the fact that really all disease-- let's see here. Let me qualify this. For the greater than 95 percent of humanity that's born with a good set of genes, the majority of morbidity and mortality simply need not exist and that morbidity or disease is driven by conscious choice and those conscious choices have everything to do with what we do and how we interact with our environment and our food choices. The diseases that exist are really of two flavors. Toxicity and trauma drive all of those. Right? So in a sense, toxicity and trauma are responsible for pretty much the bulk of morbidity and mortality, right? Toxicity is of a couple flavors. There's environmental toxicity. For example, heavy metals, plastics, endocrine disruptors, neurotoxins. You name it, it's out there. It's unfortunate. And the other kind of toxicity is food toxicity. What types of foods do we eat in toxic amounts? Fat, which drives arterial disease and the majority of morbidity and heart disease and stroke and heart attacks and whatnot. And then also sugar toxicity, which is diabetes, drives diabetes. So by minimizing and avoiding toxicities, one can prevent and reverse disease.

**Julie Tyler:** You have major organs that are responsible for releasing those toxicities, toxins, one of which is the bowel.

**Dr. Todd Pesek:** Right. That's correct. I mean our bodies, they work to maintain homeostasis by releasing toxins that are both internally produced and toxins that come into us through our environment and the major organs of elimination really are the lungs. We basically breathe out toxins, metabolic toxins like carbon dioxide. Our skin. We, believe it or not, lose quite a lot of toxins through our skin and in fact since time immemorial our ancestors have used sauna and those types of thermal baths to detoxify. So the lungs, skin, kidneys are another one that clear a lot of internal metabolic toxins and whatnot and of course the bowel. Of course the bowel. We spend so much time talking about what goes in, but very rarely do we talk about what's coming out.

**Julie Tyler:** Or not coming out.

**Dr. Todd Pesek:** Or not coming out and I think the--

**Julie Tyler:** You are what you eat, but you are also what you do not eliminate. What toxins are not eliminated from the body, those are playing a role in your health.

**Dr. Todd Pesek:** That's correct. A part of the way I look at it is that you're kind of like a tube, right? And when you pass food through the tube, it's not in you. It's going through you. Your body's physiology is challenged with taking that food, the nutrients from it into you and that process is the process that sustains life and that process is also disturbed on a number of levels as well. So for example, if one isn't eliminating correctly or they're chronically dehydrated which drives constipation, they're not eating enough fruits and veggies and fiber very similar to the standard American diet, refined white flour, refined white sugar, not enough fruits and veggies and fiber, there's a tendency for people to become constipated, even chronically constipated and you combine that with the fact that there's a widespread epidemic of kind of sluggish thyroid glands because of a number of different environmental toxicants and other reasons including the fact that we don't eat the same kind of foods that our ancestors ate. For example, our ancestors ate tons of seaweed. They ate a lot of it and there are a lot of different things in there that supported thyroid health, glandular health, and our fundamental health.

**Julie Tyler:** So since the bowel is one of those organs of elimination and it contains the food that is not assimilated, what role does the bowel play in terms of if it is impacted and it's not functioning properly? How do you think that affects health in terms of toxicity entering the body? Is it your opinion that toxins can reenter the body through the bowel?

**Dr. Todd Pesek:** There's no question. There's absolutely no question that an improperly eliminating bowel basically causes a growing toxic burden to that person. There's

absolutely no question. Not only does that cause a growing toxic burden, but it also causes issues with the immune system because of the mucosa associated lymphoid tissue that drives inflammatory responses and also immunity in our body in a number of different capacities. There are even just physical disruptions. For example, pretty much when you eat something, the body is challenged to bring the nutrients which it does through portal circulation which is then filtered through the liver. If there's any blockage in that, the liver isn't given the opportunity it needs to do its job in filtering the blood and filtering the toxins and I think the root of the issue really right now is just the fact that people aren't eating healthfully. There's no food in their food. They're not eating the tremendous amounts of fiber, the tremendous amounts of green leaves and rainbow-colored vegetables and balanced proteins in the forms of legumes and seeds and nuts and whatnot and there's no question that a plant-based diet is more conducive to that regularly eliminating stool.

**Julie Tyler:** Because it promotes bulk inside of the bowel which then creates the peristalsis that is necessary to actually eliminate and remove the contents.

**Dr. Todd Pesek:** Right. Think of it like this. The bulk of your green leaves, they're a good percentage of them is indigestible carbohydrate. It's basically, if that's the fiber and so the body will digest what it can, leach out the nutrients, take the nutrients inside and then leave that bottle brush of insoluble fiber to kind of scrape through the colon and come out and you deposit it whether you're in the woods or in your potty.

**Julie Tyler:** A lot of experts in that GI field do not think though that fiber does play that role. They don't think that it has that mechanism, that it provides that mechanism as you described it like that scraping of the walls of the colon, for example, or that bulk is even really required. They seem to think that plant-based diet, fiber, high-fiber diet is more important as it relates to heart disease and not so much for chronic constipation and they don't place much importance or find constipation to be really that problematic. I mean how often do you suppose that somebody should be eliminating? What would you consider healthy?

**Dr. Todd Pesek:** Well, let me kind of briefly focus on your prior comment and I would tell you that there's a division of opinion on a lot of things. I tend to advocate for what our longest-lived elders the world over do as illustrated by my research published in peer-reviewed journals and I think the real utility here is that that is a plant-based diet and it does support longevity and so to comment then on your specific question-- repeat it again?

**Julie Tyler:** What would you say is the standard for eliminating? In other words, a person should eliminate how often?

**Dr. Todd Pesek:** People should eliminate at least once minimum daily. A daily bowel movement.

**Julie Tyler:** If not--

**Dr. Todd Pesek:** If not, once per meal, if you can.

**Julie Tyler:** But the minimum should be once a day.

**Dr. Todd Pesek:** The minimum should be once a day. That's correct.

**Julie Tyler:** So what would you say to doctors who, when asked by their patients, "How often should I be going? I'm only going maybe twice a week," and the doctor says, "That's normal for you," what would your response be for them?

**Dr. Todd Pesek:** Well, that's definitely a complex question because I would have to look at the patient and look at what they're eating. If they're eating enough, but--

**Julie Tyler:** And physiologically maybe the actual construct of their anatomy as well. That's probably--

**Dr. Todd Pesek:** Yeah, but there's no question that a daily bowel movement is important for health. There's no question and the sages the world over whether they're the Vedic sages, the ancient Maya, I think the major Far Eastern cultures are the Vedic sages and because Ayurveda actually gave rise to traditional Chinese medicine but then you had the Unani and the Chimoral systems and things like that. They all talk about the same thing and it's regular elimination and they've been doing pretty much enemas and colon irrigation in rivers even since time immemorial to facilitate regular bowel movements. I mean everybody talks about what's going in, but few people talk about what's coming out.

**Julie Tyler:** Do you recommend colon hydrotherapy to some of your patients? What types of patients do you see that might benefit from colon hydrotherapy?

**Dr. Todd Pesek:** I do recommend colon hydrotherapy for certain patients and pretty much across the board I recommend that people cleanse twice a year and by cleanse I mean a dietary cleanse that helps them to kind of reset the physiology and you can view the need for that ancestrally really by our physiologies. For example, here in the northeast for our ancestors pretty much winter is the time of water. It's cold. Time things slow down. A time for introspection, more rest, more dreams, and it's also a time of eating more rich and warming foods, right? And then you run out of those toward the end of winter and then you are in spring and springing forth is first the sap starts to run and then you have the explosion of life on the forest floor with the alliums, which are wild garlics and ramps and rich in sulfur compounds that are highly detoxifying. So you picture that coming out of those rich foods in the winter into the spring where you have this natural cadence to the cycle of life that's subjecting people a feast/famine kind of scenario to cleansing and nowadays there's an overabundance of food and there's no question that people eat too much of the no-nos that kind of throw a wrench in the natural cadence of life. So the daily bowel movements especially on the levels of food that people eat is essential for health.

**Julie Tyler:** Since the ecology of the bowel as it relates to the flora and the proper bacteria that should exist there in the balance, since that's so important, why do you suppose some doctors are so quick to prescribe antibiotics which sort of eradicate all of that good flora that should be there to keep the body's immune system strong?

**Dr. Todd Pesek:** That's a really great question. In fact, I think colonic microflora is certainly one of the huge up and coming frontiers in medicine. There's absolutely-- it's irrefutable the import of the mutually beneficial symbiosis that's established in our guts. Not only do the microflora and various bacteria and whatnot that live in our bowel, not only do they help us digest our food better, but they also help our immune systems. They help our blood. They help our even mentation. There are all types of different things that they do that are so crucial. For example, we now know that a plant-based diet shifts one's colonic microflora to a more optimal health scenario. For example, there is the raging B12 debate, right? Cyanocobalamin vitamin B12 comes ultimately from microorganisms in the soil, that complex cobalt, right? B12 and these microorganisms, they live in the ground. So we get that from eating vegetables that aren't obsessively cleaned and scraped and even the skin cut off.

**Julie Tyler:** So pesticides really are not conducive to B12 intake assimilation.

**Dr. Todd Pesek:** No and the same thing is right. So this is historically people have been misinformed that B12 comes only from animal products. The animals get the B12 from the microorganisms on foods and the grass they eat. We get it from the same thing and

there's kind of a question. It's like well really? Well, if B12 comes from only animal products then how come people that eat lots of them on the standard American diet are B12 deficient? And the answer is because the soils are imbalanced. They're deficient of cobalt. There aren't a sufficient number of the microorganisms in the soil.

**Julie Tyler:** Have you seen that documentary "Dirt"?

**Dr. Todd Pesek:** No.

**Julie Tyler:** I think it's called "Dirt." I caught part of it on TV or whatever. So interesting. Cool. So yes, you were talking about the cobalt, the amount of dirt that the animals ingest basically from the vegetables and then we in turn are eating the animals, but we're not getting the amounts that we should.

**Dr. Todd Pesek:** Right. We need to eat healthy dirt. We need to eat soil. It's where-- we don't live in an aseptic bubble. Our ancestors thrived in harmony with the natural world and that's something that we're really devastated by on subtle levels. So earlier I said that all disease for those of us that greater than 95 percent of us that have a healthy set of genes really all disease can be ascribed to two categories, toxicity or trauma, and the obvious traumas are rushing here, rushing there, lack of present awareness, something happens, so be careful, right? The other obvious trauma is far more rampant and not really talked about and that's the trauma of being removed from our natural world. We don't belong in here. We belong out there. Everything from sun exposure, Vitamin D synthesis, breathing in forest compounds that stimulate our immune systems, eating food from the land.

**Julie Tyler:** Oxygen.

**Dr. Todd Pesek:** Oxygen, right. All of this stuff, so that widespread trauma really drives disease. So what happens when you eat a vegetable with a little bit of that colonic microflora that synthesizes B12, it transiently inhabits your bowel. So maybe who knows? A few weeks, right? And then it goes, so you have to keep reinoculating it. That isn't happening. That's why both people and animals are Vitamin B12 deficient more and more and it's necessary for healthy neurologic function.

**Julie Tyler:** There's obviously a huge correlation between the bowel and the brain, hence why they deemed the bowel the second brain because you might have these stressful thoughts or what have you experiences and that directly affects the bowel. I mean there's that gut reaction and it really is a physiological response. I wonder if you

might comment about...go back to some of your patients that you see on a regular basis or who come to you for kind of acute problems and maybe what specifically would lead you to recommend colon hydrotherapy to them.

**Dr. Todd Pesek:** Well, I think the typical patient that colon hydrotherapy in my experience has been a benefit for is middle-aged, overweight, chronically dehydrated, chronically constipated, sluggish thyroid, beginning to develop all these chronic inflammation type conditions and when they go through a series of colon hydrotherapy sessions, it's not uncommon for them to weigh 10 to 15 pounds less and that to me is pretty convincing evidence for the utility of something like that even on just a practical level. The bowel stasis and constipation and resident physicians nationwide have had experience doing digital disimpactions. Why not refer to a colonic? I think one of the concerns is rupture of the bowel or those various different types of complications, but it's my contention that the gravity fed warm water has less of a chance rupturing a bowel than impacted fecal matter over months.

**Julie Tyler:** Or years.

**Dr. Todd Pesek:** Or years even, right.

**Julie Tyler:** Do you think that since becoming a licensed therapist who performs colon hydrotherapy is still a ways off in terms of the legal culture that they have to operate under, as a result of not having these peer-reviewed randomized highly costly studies done through an organization like the Cleveland Clinic, do you think that the Cleveland Clinic would be a good starting point for something like that since they do have the wellness institute and the integrated medicine department?

**Dr. Todd Pesek:** Well, you'd have to talk to the Cleveland Clinic about what they want to do, but I definitely think that colon hydrotherapy could definitely benefit a lot of people and I feel that there's a tremendous change afoot in the medical establishment and inclusive of clinical trials, randomized clinical trials, and double blinded studies and whatnot and it's really that the randomized double blind clinical trial, although a good tool, isn't necessarily the only tool and there is a great study published in the "New England Journal of Medicine" recently by a physician by the name of Cochran, I believe, and what they show is that carefully controlled observational studies do not overestimate the efficacy of a treatment and so what that means is that holistic approaches to problems can actually be studied with as much scientific validity as a randomized double blind clinical trial. Remember, a randomized double blind clinical trial is a trial that eliminates all the variables but one and that one variable, by eliminating all these variables, that one variable kind of exists in a system that isn't quite realistic.

**Julie Tyler:** Not from a holistic standpoint anyway.

**Dr. Todd Pesek:** Correct. A holistic perspective, somebody that comes in with chronic constipation, we're going to do a lot of different things inclusive of dietary overhaul, support of the glands, support of the thyroid, support of the adrenal glands, digestive enzymes.

**Julie Tyler:** The lymph system.

**Dr. Todd Pesek:** All of this.

**Julie Tyler:** Lymphatic system.

**Dr. Todd Pesek:** Right. You have to look at it collectively and there's no way to systematically randomize control trial investigate every one of those interventions independently and then connect them. You have to do them together.

**Julie Tyler:** Why do you think that traditional medicine has become so specialized in that way and so sort of myopic? That's my word, but why have they gotten away from a holistic approach?

**Dr. Todd Pesek:** A lot of it has to do with I think-- well, let's see here.

**Julie Tyler:** It's kind of a broad question, I guess. It's too broad.

**Dr. Todd Pesek:** It is. I'm thinking of-- no, no. It's not too broad. Let me think here for a second. Let me put it this way. I believe that interested business plays way too prominent a role in standard of care medicine. That's my belief and I see it regularly in my practice and it's quite sad actually because people are overmedicated and they are-- for the first time in the history of humanity, people are eating plenty but starving and not only are they eating plenty but starving, but they're also toxic because of that.

**Julie Tyler:** They're deficient and toxic.

**Dr. Todd Pesek:** Right.

**Julie Tyler:** What role did you see? I'm just curious what role did you see the pharmaceutical industry playing when you were studying? When you were going through med school?

**Dr. Todd Pesek:** It was terrible. It was absolutely terrible. For my lunches I would be outside sitting on the bench or on a grassy hill or while most of my colleagues were at the pharmaceutical-sponsored lunch and I think that's sad. It's sad that-- I think the whole educational infrastructure is the next documentary maybe.

**Julie Tyler:** There's so many to be done. Yeah. Yeah, so basically it was your experience that the pharmaceutical influence was kind of there in the beginning from day one as far as--

**Dr. Todd Pesek:** Oh, there's no question. There's no question.

**Julie Tyler:** Do you get visits from companies offering prescriptions that you're able to prescribe to your patients?

**Dr. Todd Pesek:** Not here. I don't use any drugs in my practice. I use only super foods, dietary overhaul, herbs, plant-based interventions here only.

**Julie Tyler:** How is your practice doing? Do you get a lot of word of mouth? How do people find you? What's been your experience as far as the growth and success of your practice over the past since 2004?

**Dr. Todd Pesek:** Our practice is thriving and it grows predominantly by word of mouth. Patient success stories drive our new patients.

**Julie Tyler:** Do you see patients coming in who say "I've gone to this doctor, I've gone to that doctor. I'm on these medications. My symptoms are worse. I have new symptoms."

**Dr. Todd Pesek:** Absolutely.

**Julie Tyler:** You have those people coming in and they kind of reach a threshold where they just want off of the medication?

**Dr. Todd Pesek:** Yes.

**Julie Tyler:** Is it from a biological discomfort perspective or is it monetary concern or both?

**Dr. Todd Pesek:** All of the above and then some.

**Julie Tyler:** When it comes to colon cancer, this question's really for the GIs, you know what I mean? But there's some... whether it's 80 percent or 90 percent of all colon cancer can be prevented. You know what I mean? Does chronic constipation actually-- are people at risk for colon cancer if they suffer from that?

**Dr. Todd Pesek:** I tried to give you something unique because you can get the other stuff from other docs.

**Julie Tyler:** Because you do come from the plant-based dietary holistic practitioner's point of view and I like that. I want you to be that voice because there is a big overlap. You can't get away from colon hydrotherapy and the bowel and ingestion. You're ingesting and you're eliminating and those two things are basically the root of ill health or good health. So that perspective is just fine. Let's see what else.

**Dr. Todd Pesek:** I could give you a couple of what do they call them? Like elevator statements like that if you want.

**Julie Tyler:** Okay, yeah. I always find this fascinating. Maybe you could comment on the finding in 1911 by Dr. Alexis Carroll who won the Nobel Prize for proving that a cell, if kept in the proper oxygenated environment and if the waste were eliminated on a regular basis, the cell can basically live forever. I think that's fascinating. Can you comment on that and kind of link it to the human body as far as a giant organism? In terms of waste elimination?

**Dr. Todd Pesek:** Well, let me put it to you this way. Our body's elimination of toxins, metabolic wastes, and also toxins that we take in from our environment is crucial to our health for a number of different reasons. First and foremost, the toxins, they interact with exogenous toxins from the environment interact with our physiologies in diverse ways. They disrupt our endocrine system. They interact with our nervous system. And oftentimes--

**Julie Tyler:** Reproductive system.

**Dr. Todd Pesek:** Our reproductive system which is a part of the endocrine, but really what our bodies do is they haven't been exposed to these things for millennia so they don't know how to get rid of them, so they store them in fat and it's unfortunate that the higher concentrations of fat in organs for example breasts and you see this incidence and prevalence of breast cancers and we advocate for breastfeeding, but we don't know what concentrations of exogenous toxins are in the breast or in breast milk. There's a pretty cool-- it's called the experimental man in your neck of the woods I think that's basically a guy who's been tested for all these different toxins and they look at how it interacts with his genes and all this other kind of stuff, but so anyway, so the degree to which we eliminate those exogenous toxins in addition to the degree which we eliminate our internally produced toxins is directly correlated to our health. Our internally produced toxins must be eliminated regularly. They must be--

**Julie Tyler:** I think people don't realize ... they think of toxins as coming from the outside into their body. They don't realize that the body's own physiological processes can create too much alcohol, let's say, or elements in the body that are disruptive because they're not in balance. They're not eliminating properly or things aren't assimilated properly and so your body can create toxins.

**Dr. Todd Pesek:** That's correct.

**Julie Tyler:** What other comments do you want to make about you were saying maybe you have some elevator comments or things like that that...kind of stand by--

**Dr. Todd Pesek:** Yeah.

**Julie Tyler:** -- as far as symptoms or bowel-related things.

**Dr. Todd Pesek:** All right, yeah. There's absolutely no question that a low-fat plant-based diet is the gold standard in health and that promotes health both inside and out and there's absolutely no question that the majority of morbidity and mortality simply need not exist from arterial disease which drives heart attacks and brain attacks to--

**Julie Tyler:** Colon cancer possibly.

**Dr. Todd Pesek:** -- to autoimmune diseases. The gamut of inflammatory conditions that drive cancers--

**Julie Tyler:** Such as--

**Dr. Todd Pesek:** -- they simply need not exist--

**Julie Tyler:** -- besides rheumatoid arthritis.

**Dr. Todd Pesek:** Well, so inflammation is a physiologic process and it's a natural process that we need. We need inflammation, but we also need it in balance with anti-inflammation kind of and you twist an ankle, you get the flu, whatever. You need inflammation to heal you, but you also need that anti-inflammatory balance. People are walking around now in perpetually pro-inflammatory states, which drives chronic disease, drives arterial disease and stroke and brain attacks and heart attacks and even diabetes. Inflammation really it's almost like they drive one another. So inflammation will drive inflammation from fat toxicity and sugar toxicity will drive heart disease and diabetes respectively, just as diabetes and heart disease drive inflammation. It's a never-ending cycle of inflammation and inflammation is basically an overactive immune system that then begins to exact its opportunities on the loss of tolerance in your body. So your body starts starts to view--

**Julie Tyler:** Starts to exhibit--

**Dr. Todd Pesek:** It starts to view components of you as being foreign organisms for whatever reason and a part of that reason is because of the fact that people have a tendency to develop food sensitivities because of their inability to eliminate wastes and the formation of basically autoantibodies against certain foods that they eat because of that and it just goes on down the line. Cancer is an end result of myriad of a cacophony of variables that result in inflammation and physiologic change--

**Julie Tyler:** Over a period of time.

**Dr. Todd Pesek:** Over a period of time in the context of and finally the change turns into a dysplastic change which leads to neoplastic cancer and I think it's all a logical progression in physiology trying to maintain that homeostasis or balance, but the tools that we give it on the standard American diet unfortunately are not the right tools.

**Julie Tyler:** Would you say then by and large with the exception of maybe congenital rare types of cancer that are found in children that cancer can be sort of unraveled, albeit a very complicated as you said cacophony of symptomatic breakdown, but that it can be unraveled through dietary changes and cleansing and detoxification?

**Dr. Todd Pesek:** Absolutely. Absolutely.

**Julie Tyler:** Because most people seem to think that cancer, they're just stricken out of nowhere and it's an evil-- something that infiltrated the body and has taken over now and you have to just target that one thing and eradicate it, just remove it via surgery or radiation or chemotherapy. If somebody came to you with cancer, what would your recommendation be? I mean they would probably have an oncologist as well, but--

**Dr. Todd Pesek:** Well, cancer is the endpoint of all of this and my role in that is to educate them on all of their options and--

**Julie Tyler:** Are those options that... would you recommend chemotherapy and radiation? Obviously it depends on the case and the progression of the disease.

**Dr. Todd Pesek:** With advanced illness like that, I leave it up to the patient. I advise them as best I can on all of the different strategies that I have and work with them to put together a comprehensive, very unique treatment program for that person and I always say that everything is treatable even if not curable. I think again the majority of morbidity and mortality simply need not exist. That's heart disease, diabetes, inflammatory conditions that give rise to cancer. They're all a manifestation of our conscious choice that we make on a daily basis both in how we interact with our environment and the food that we take into our body to process and how we eliminate the metabolic wastes and also environmental wastes that we take in.