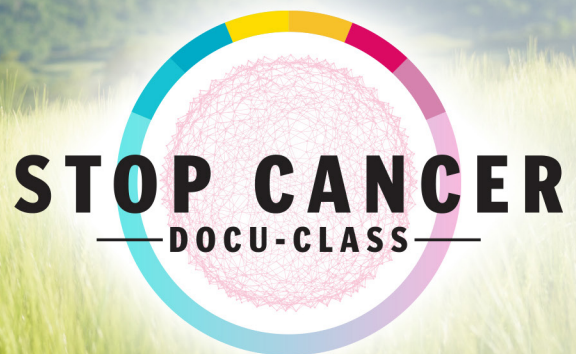


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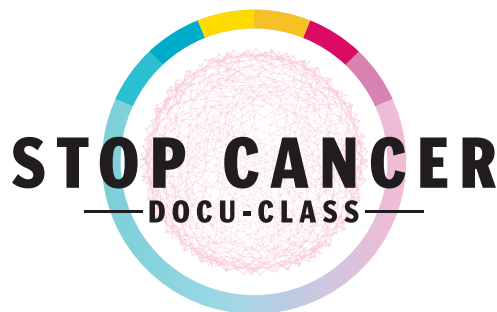
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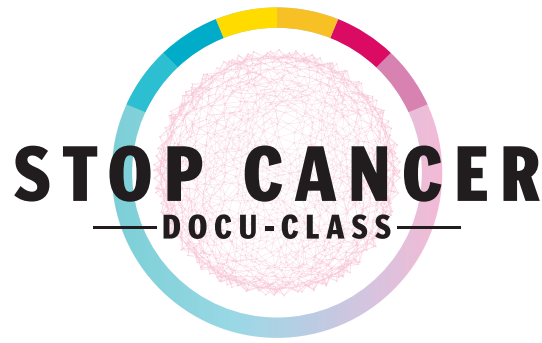
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ABOUT JONATHAN LANDSMAN

As the creator of NaturalHealth365 Programs, I've worked with some of the brightest minds in natural health and science. Having been in the health and fitness industry for over 35 years, I've produced over 500 health programs with over 300 of the finest integrative healthcare providers in the world.



Reaching millions of people, worldwide, I am committed to educating the public about the importance of eating a healthy, organic (non-GMO) diet; consuming high-quality nutritional supplements, as needed and participating in healthy lifestyle habits like, exercise, detoxification protocols and mind/body work, on a regular basis.



BEATING TERMINAL CANCER: AN OVERLOOKED SOLUTION

Guest: Dr. Robert Kleinwaks

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JONATHAN LANDSMAN

Hi, I'm Jonathan Landsman, your host for the Stop Cancer Docu-Class. I hope you enjoy this very special gift transcript, "Beating Terminal Cancer: An Overlooked Solution."

Our guest for the past decade has been a sought-after motivational speaker and performance coach, both nationally and internationally. He regularly shares his expert knowledge on nutrition, peak performance, and natural health with sports groups, schools, and professional leadership organizations worldwide. His book, *The Sports Triad*, is a focus on maximizing health and performance naturally unleashing your maximum potential by changing the way you think and eat.

We all know that cancer affects millions of people worldwide and often ends with tragic results. Once diagnosed with cancer, western medicine wants us to believe that the best course of action is to chemically poison the body with chemotherapy, at times burn the body with radiation, and in many cases subject the body to ineffective, risky surgical procedures. Yet,

we know of many cases where people don't use these methods and fully recover using natural therapies.

Today, we'll talk about one of the most overlooked causes of cancer, an incredible story of recovery, and, more importantly, reveal a huge warning for anyone looking to avoid the unwanted pain associated with this disease.

Please join me in welcoming Dr. Robert Kleinwaks to our show. Dr. Robert, welcome!

DR. KLEINWAKS

Hello! Welcome.

JONATHAN LANDSMAN

This show is for educational purposes only. Always consult a trusted healthcare provider for medical issues that concern you and make an informed decision. For more information about Dr. Robert Kleinwaks, you can visit EatAndThink2Win.com.

Dr. Robert, how and when did you first notice that something was really wrong with your health? Talk to us about it.

DR. KLEINWAKS

Well, it's funny, back in like 2004, and 5, and actually even 2003, I had a couple of root canals. And after them, I never really felt right. But I just played it off. I didn't know why. And I was playing in a tennis tournament; I think it was in 2006. And during the tournament, my leg started swelling up. And after my leg was pretty swollen and I noticed I couldn't run as much, I called up a friend of mine who is a medical doctor. And basically they told me to come in. I came in. They told me it was a virus, my leg, and that it should go away in a few weeks.

So waited a few weeks. Nothing really happened. And I was thinking to myself, Geez, this is kind of crazy. My left leg is probably four inches fatter than my right leg. And I couldn't play tennis, which is my love. And I just got to the point where I was like, "Something's got to be really wrong."

And got an MRI of my pelvis because I really felt like it was coming from somewhere in my abdomen. And being in the health field myself, I have a little advantage of some of the knowledge of anatomy.

And sure enough, after the MRI came back, I had a very large mass in my abdomen that was pressing up on the arteries and veins going down my left leg. And that's where it all started. And that's where I realized that I'm in for a big one here because this mass was the size of a small football.

They didn't know what the mass was. And I had to go through a bunch of different tests and needle biopsies and bone biopsies. And finally, at the very end of this whole thing, after several months when I was diagnosed with stage 4 large cell follicular non-Hodgkin's lymphoma.

JONATHAN LANDSMAN

I'm sure I'm not telling you something you don't know, but you know what? I get this a lot through our site at NaturalHealth365. People are saying, "I don't understand" why something that they're speaking to us about has happened.

Of course, we can't give medical advice through emails. But basically the tone of it is—and it sounds very similar to the story that you told—"I was doing great. Everything was fine."

Dr. Robert, you've got to talk about this a little bit more. You're a doctor. You're very athletic. You're feeling great. I'd like you to describe that before this episode happened when you're on the tennis court and you noticed your leg. Everything seems really pretty much okay.

You said you didn't feel not too right, but then brushed it aside. But basically, you were going along just fine. And then all of a sudden one day something happens. This is very confusing for a lot of people. No?

DR. KLEINWAKS

No, it is because besides the fact that I'd play tennis three, four days a week, went to the gym two, three days a week, at the time, I was a strict vegetarian, a raw food eater, actually, I'd work a lot with a lot of mental stuff doing affirmations, and other things, goal setting, none of it made sense of how I could be sick and didn't feel well.

And at the time when I first, first got the diagnosis, the thing I said very, very first before I said anything is it's got to be something I've no control over. And I got a gut feeling it's something to do with my mouth.

And when I told the oncologist that, but they laughed at me. And I had no research behind it. I had no idea that there was even research behind things that can occur in your mouth that can actually affect your health. But that was my initial feeling that it was something to do with my mouth.

And I started to talk to a few holistic dentists, of which one of them put me on this crazy diet for four months that, quite frankly, I think actually created an irritation to this tumor. And the tumor started growing. And I never actually got to the work in my mouth that I needed to get to.

And that was really the sad part is I wound up getting... This tumor was so big it shut my kidney down. I had a stent put in. And I had to do all these things that I'm against, totally against because I'm all about prevention and about creating the environment that's healthy in your body so your body can heal itself. And here I am with all this intervention medically that I didn't want to go through in the first place.

And eventually, after trying so many alternatives, I tried everything you could think of. I flew in healers and flew all over the country and tried light therapies and different types of diets and detoxes and cleansers.

I literally went through the gamut and spent tens and tens of thousands of dollars on different things, and really nothing was working. But the one thing I never did do, in this whole process, was actually address the real issue, which was my mouth the whole time.

JONATHAN LANDSMAN

There's so many things that you just said in such a short period of time. I really appreciate your honesty, and I know a lot of people listening to this program are going to appreciate it, as well. But now let's be very blunt. This is exactly what I've talked about for over two years now.

I know, Dr. Robert, you were part of the HolisticOralHealthSummit.com, it was a summit that I put out there. It is just so important. This is still, to this day, in my opinion, the most overlooked health problem in conventional and integrative medicine. And that's issues with the mouth.

One of the biggest things you just said at the beginning was how you were so in to all of these healthy things—a healthy diet, supplements, even the mental, the emotional aspect, and doing the affirmations, everything that

the people who listen to this program are in to—and yet we know is a basic premise, you’ve got to be so careful about the toxins that you’re exposed to and then, of course, any kind of nutritional deficiencies.

But my point today is you do the best things with food and supplement. You’re meditating. You’re exercising. You’ve got a certain degree of muscle tone. All these things you check off the list, they’re great. But your toxic burden is too high in your body. And that’s when you get some really serious problems.

And people are getting detoxes for their gut, and they’re cleansing out their liver, and they’re thinking about parasites. And not enough people are talking yet about the mouth, right?

DR. KLEINWAKS

Totally agreed, as a matter of fact to the point where every time I brought up my mouth, it was always pooh-poohed and never really addressed. And if it weren’t for the fact that I had a very good friend that was a dentist who kept bugging me, he was like, “Robert, you have to go get your mouth checked. You have to get...”

I said, “Jay, I went and had my mouth checked. And the dentist put me on this crazy diet and said I’d be on it until you know I cleaned out my system so they could pull out the things in my mouth that were causing this.”

But long story short, he finally gave me the name of somebody in Pennsylvania. I drove down there. And again, I tried everything, including I actually broke down and did three chemotherapy treatments, which I swore I would never do. But because none of the alternative stuff was working, the tumor kept growing. I was getting desperate, and I didn’t want to die, even though I knew the chemo, if I kept doing it, it would kill me.

It was this little double-edged sword that I was playing with for so long when I made the decision to finally do it. And after the third one and the chemo really didn’t shrink it much, I told the doctor that I felt so terrible from it that I really rather not do it anymore and I’m going to go find another alternative.

And it was after that, it took me one year from the time I stopped chemo to actually go and get the work in my mouth done where I went to a dentist who basically said to me, “You know, you’ve got root canals here that have

to come out because the body doesn't want this root canal in because basically a root canal is a dead tooth,"—which I didn't understand—"And anything that's dead in the body, the immune system is trying to attack to get rid of. And because the tooth is stuck in your mouth, your body can't get rid of it. It's working all day, all day, seven days a week, 365 days a year. And the immune system eventually gets tired. And then, when the immune system gets tired, the cancer cells that are in all of us are allowed to multiply and take over your body because there's no defense anymore."

And at the same time, they took all the root canals out, I changed out all my fillings because one of the things she said to me was this. She said, "Would you just take any blood from anybody and put in your body?" And I said, "Of course you wouldn't." She says, "Would you go take an organ from just anybody? And if you had needed an organ, whether it's a heart, a liver, or a kidney, would you just take it from anybody?" I said, "Of course, you wouldn't. You'd want to take it from someone you're compatible with."

And she said, "Exactly. Well, why would you put a filling in your mouth or a root canal, the rubber that goes in the root canal, in your mouth without finding out if you're compatible to it?"

And the bell went off in my head, and I was like, "Wow!" And so she did a blood test to find out what I was compatible with. And out of a hundred and, I think it's 28 or 38, compounds of metals that dentistry uses, I was only compatible with I think 16 of them.

And so we used those materials back in my mouth and pulled the root canals out so that my body would now realize that it doesn't have to work anymore. It doesn't have to try to attack this foreign filling or this foreign tooth that's dead because of a root canal. And my immune system came back.

And the funny story about the whole thing was is that I had that done in July. And I had just had a MRI in, I think it was May or June. I can't remember. It was either a month before or two months before I had my teeth done, and the tumor had still been growing.

And when I had all the work done in my mouth, about four or five or six weeks later, I remember saying to everybody in my family and everybody that, "Wow, I'm getting back pain and groin pain again. And this was the same feeling that I had like years ago when I didn't know I had a tumor."

And I was very, very concerned, as a matter of fact, to the point where I made sure I wrote my will and I had all of my papers handled so that truthfully, I thought that this was it, that the tumor had grown even more and that I was nearing the end.

Well, the story goes like this that here it is now about five or six weeks out from doing my root canals and my fillings. And I decided, okay, I'm going to have to go get another MRI because I got to find out really what's going on in there.

So seven weeks from the day that I had my teeth done, I had the MRI done. And that night, I get a phone call from my oncologist. And it was one of those scariest phone calls I've ever got. He said to me this. And I remember the exact words, "Hi, it's So and So. What did you do?" Now, when somebody asks you, "What did you do?" what is your first response? What are you thinking?

JONATHAN LANDSMAN

That I'm in trouble.

DR. KLEINWAKS

I'm in trouble, exactly. And all I could think of is, Oh, no. This thing doubled. It tripled. It cut off everything. And of course, I have to answer him with the typical answer, which would be, "Well, what do you mean, 'What did I do?'"

And he said, "Well, I'm asking you that because I know you haven't had chemo for over a year. I know that the tumor was growing up to about a month or two ago. And I can't find your tumor in your abdomen that was the size of a small football or any of the ones that were in your lungs."

And the first thing I thought of was, Oh, he must have the wrong MRIs. And that's what I asked him, I said, "You sure you have my MRI?" And he said, "Oh, I have your MRI." And I'm like, "So you can't find any tumors on it?" He goes, "I can't find any tumors."

And I said to him, "Well, I don't know if you really want the answer I'm going to give you, but I'm going to tell you what I've been doing." And I told him, "I pulled out my fillings, put compatible fillings back in. And I pulled out my root canals so my body's immune system could stop fighting the two of them."

And his response to me floored me. He said to me, “I’ve never heard about that, but it kind of makes sense.” And I thought that that was very telling from a doctor who, for a living, does chemotherapy and radiation that that kind of makes sense.

So I said to him, “Well, maybe if it kind of makes sense, that you could now start to tell people to do this procedure before they get chemo or radiation because those two things in the long run aren’t things that are healthy for the body. They destroy the body.”

And as a matter of fact, to this day, I’ve lost most of my eyesight. My left leg is still numb from it and swollen from it, and other reactions. My memory is not as good. And there’s just a lot of reactions you get from having that toxic stuff in your system, which again, I never really wanted, but I just didn’t know what to do anymore.

JONATHAN LANDSMAN

Well, I can tell you without a shadow of a doubt, that you are definitely saving lives right now by sharing this story. I really appreciate everything you’re saying right now, Dr. Robert.

I want to go back for a moment. I promise everyone that we’re going to get into this a bit more with Dr. Robert about the whole experience with the right kind of dentist.

But before we get there about the right kind of doctor that Dr. Robert got to and what that whole experience was like, just for a moment, Dr. Robert, talk about this idea, which just to me is insane—and I hope everybody else hears it the same way, as well—when the original quote/unquote “natural dentist” is putting you on all this so-called detoxification stuff that you have to do before doing anything else, like I say the only word I keep thinking of is it’s “insane.”

It’s like giving somebody whose being showered with all kinds of toxins that are pouring out of a shower faucet. You’re standing in the shower. The toxins are pouring down on you, just like with you going through all of this stuff with the dirty mouth that you had.

And she’s saying, “Well, let’s detoxify.” It’s like giving that person towels. “Here are some towels while you’re standing in the shower. Keep wiping off

the toxins. This is very good for you. Let's just keep wiping off the toxins."

Why isn't anyone just saying, "First, we've got to get rid of that toxic exposure. Let's get you away from that threat before we think about even detoxifying." Isn't it incredible that that dentist wasn't even thinking that way, you know?

DR. KLEINWAKS

Well, I even said something to her. I said, "Wait a second, I said, "It doesn't make sense to me. What toxins are you pulling away and why are we pulling them away first before we find out what the problem really is so that we can treat the problem? Otherwise we're putting air in a flat tire, and we don't know where the nail is." I said, "It seems like a temporary thing."

And her response was like stupid. It was, "Well, you have to clean the body out for the body to be able to heal itself." But at the same time, this is what she did because I quite frankly think it was a money maker for her and that this one person was more interested in making money than really helping me because if she wanted to help me, she should have pulled out all the stuff out of my mouth and done it correctly.

And that's one of the things I hope that we could get to cover today is you don't just go to what somebody calls a holistic dentist because everybody throws their holistic name in front of their name, and they call themselves a holistic dentist when they have very little or no background in holistic dentistry at all and actually took a weekend course and they call themselves a holistic dentist.

JONATHAN LANDSMAN

Yeah, that is absolutely what we are going to cover right now.

Dr. Robert, this is really important. So now we've got a clear understanding that if there's any sense that there are toxins going on somewhere in the mouth, that must be addressed. Forget about these detoxification things, especially if you're going through serious health problems like cancer, autoimmune diseases.

It sounds nice. "Detoxify your gut. Eat better food." But, look, no matter what somebody's going through, if you can isolate where you're being heavily exposed to toxins—and for today's show, this is a heavily

overlooked issue, that toxins that are going on in the mouth—you're not going to get anywhere really well in recovering from your illness if you don't first deal with where those toxins are coming from.

In the mouth, we've talked a lot about mercury-based silver fillings filled with the neurotoxin mercury that's leeching out into the digestive system, the bloodstream, and the lymphatics. We're talking about root canals today, root-canal-treated teeth and all the bacteria that gather around those dead teeth, and they spill into the rest of the body. This is a huge toxic load that must be addressed by a qualified dentist.

So, Dr. Robert, I'd like you to take it away. Go over again how exactly you actually were pushed in the right direction, and just tell us what this experience was like. It had to be like a breath of fresh air to you. What a relief that you knew you were in really good hands when you finally arrived at this office.

DR. KLEINWAKS

Well, there's no question, my buddy Jay, who is now retired in California, was responsible for me going. And he said, "You need to go to this woman. She's in Pennsylvania. She studies from the Huggins Institute. She's like one of their right-hand women"—or men or whatever you want to call it—"of the Institute."

And the Huggins Institute is all about revealing the real information about root canals and fillings because what's interesting is that though mercury fillings are very toxic and you want to get them out of your mouth, you don't want to put something else in there that you're not compatible with. So as important it is to pull out the mercury, it's just as important to put back in there something that your body's not going to fight.

So it's like with blood transfusions, if you put the wrong blood in someone, their body will reject it. And if you put the right blood in, the body will accept it. It's the same with the root canal. It's the same with a filling. So when they pull the mercury out of your mouth or the metal out of your mouth, they also have to address the fumes that come off of that.

So that's why a qualified dentist that does the procedure right may have you on a vitamin C drip like I was. The vitamin C helps to bind the poisons that actually come off from the mercury. It also helps to take some of the

immune system and give it a little boost, the vitamin C does, and at the same time, put on oxygen therapy with ozone because the ozone is an antioxidant and actually helps to clean the area. It's a disinfectant. And it basically kills the bacteria. And at the same time it helps to boost the immune system, also.

So these are all things that get done while you're there, as well as the way that the root canals are pulled and the way that the actual gum and the bone is cavitated, which just means it's drilled out so that the bacteria that were in there are actually gone. And that's why the ozone, a lot of times is used in these offices. The ozone is sprayed in the area to actually kill the bacteria so as this bone heals afterwards, it's not healing with bacteria in it.

There's also ligaments—I think it's called the apical and dental ligaments—that have to be closed or if you want to call it “sutured correctly” so that the body knows now that that tooth is gone. If it's not done correctly, the body is fooled and still thinks that tooth is there and will still cause an immune response to that tooth, even though the tooth is gone.

So it's so important to get the right people in this. And the Huggins Institute, if you go on their website, they'll supply the dentist that may be closest to you to do this.

But what's also important is the general nutrition of the person before and after because the stronger you are going in, the easier it will be for your body to get rid of these bacteria and to kill the infection or anything else that's going on.

And then afterwards and the procedure is done, is you want a strong immune system because there's a lot of healing to occur. And you want that healing to occur, not only correctly, but you want it to be longstanding.

So going to the right dentist, there's a lot of pre- and post-work that they'll tell you to do to keep yourself so that everything is done correctly and that your body has the best chance to not only heal, but stay that way.

So for me, one of the most upsetting parts of this whole picture or puzzle is that there's just not enough really qualified dentists that are really truly holistic that are doing the whole Huggins protocol the way that he teaches it, but are rather taking a weekend course and calling themselves holistic

dentists doing very little of what really should be done other than maybe pulling the tooth and pulling the mercury out of the mouth, but not doing the blood test to what should go back in and what are you compatible with, not doing the type of root canal where the ligaments are taken out correctly so that the body now knows that tooth is truly not there anymore and doesn't have to respond to it. And that's really the most upsetting thing.

I hear people all the time going, "Oh, I went to the dentist. They pulled my mercury out." "Well, what did you put back in?" "Oh, I don't know." And as soon as you say, "I don't know," what you're basically saying is that that dentist never informed you that what goes back in there has to be compatible to your body.

And I have a list of the things. So if I'm anywhere in the world, I can show this person, "This is the list of stuff I'm compatible with. This is the only stuff that goes in my mouth.

So for anybody listening, it is important, not just to go run out and go get your root canals taken out and all your metal fillings, but to do the research to make sure that that person is qualified enough and knows the pre and post things that have to get done.

JONATHAN LANDSMAN

And just real quick, Dr. Robert, what exactly was taken or modified in your mouth? Did you have root-canalled treated teeth and mercury-based silver fillings? You had both taken care of at one shot?

DR. KLEINWAKS

I had it both. I was in the chair for about half a day and doing all this all one shot because I live in New York and this person was in Pennsylvania. Dr. Blanche Grube is who the dentist was that I went to.

And she does the procedure the correct way and actually does it the way that Huggins teaches. And she's actually one of the teachers for Huggins. So, for me, it was worth the two-and-a-half-hour trip both ways because I didn't want to go and have only half of it done and have to come back another day. So I did everything in one shot.

JONATHAN LANDSMAN

Yeah, I want to be very clear with everybody, Dr. Blanche Grube gave an

amazing presentation. We had a conversation, myself and Dr. Blanche Grube, as a part of the Holistic Oral Health Summit. You can find that event where all these top experts dive much deeper into what to do to protect yourself pulling mercury out of the mouth, the dangers of mercury to the health, what it's associated with. We have experts talking about that, the top experts in the world like Dr. Boyd Haley. Dr. Blanche Grube talks a lot about what the problems are with extracting teeth incorrectly. It was a mind-blowing conversation.

So I encourage everybody to go to the HolisticOralHealthSummit.com. You get all the resources there, be able to pick up the summit and listen to every single presentation. I promise you, you will be an expert at that point. You'll be well prepared to locate a dentist that resonates with you. You'll know right away that that dentist is either right for you or not.

And, Dr. Robert, I couldn't agree with more. If you just get a little mercury filling revised or you've got a little cavity and then they've got to go in there and drill a little bit and they don't exactly protect you from all of that drilling with mercury fillings that are in your mouth, you could literally walk away with very serious health problems right away. I am not exaggerating.

And, also, another great point you brought up about how many times dentists will go into a tooth and drill out a cavity or do a little quick work, but they don't really go down deep enough. They sure as heck don't go deep enough where they're pulling a tooth like you say to get rid of the ligament so that the bone can properly heal.

They don't drill in all the way and get rid of all the mushy, rotted debris that may be in there. The tooth will quickly heal, right, the space I should say. The gums seals up a little bit, the tissue. And underneath there is all this rotten debris that was never cleaned out.

And this is where these cavitations, these bone infections, this kind of stuff spreads throughout the rest of the body and is causing people chronic pain, autoimmune conditions, and yes, even cancer. You think all of that is fair to say what I just said?

DR. KLEINWAKS

Oh, absolutely. As a matter of fact, when I stayed overnight in the hotel close to her, there were people from Europe, from South Africa, and

different areas of Europe that were actually staying there to have their teeth worked on. One of them had MS. Another one had Parkinson's.

What's amazing is that when you have all these toxic things in your mouth, cancer is one of the many things that these poisons and toxins can cause, but they can cause an array of other health issues.

As a matter of fact, it was very interesting from Blanche, herself, and she said that a lot of today's health problems are generated due to poor dentistry. And I just said, "Wow, that's incredible that a dentist actually admits that a lot of these health issues that we're dealing with in this country and in the world are caused from actual dental work, itself!"

JONATHAN LANDSMAN

This is a really tricky thing. As people listening to this program, don't be frustrated. Just understand that this is the reality. Dr. Robert, what you're speaking to with Dr. Blanche Grube being able to freely, in a sense, speak out like this, the straight truth, most dentists are not going to approach these issues the same way at all for fear of losing their license.

For example, Dr. Robert, Jonathan, that walk into a typical dentist office, "Hey, I've got this going on and that going on in my mouth." Let's just say, God forbid, we had some sort of problem in the mouth. "Do you think this might be directly associated or linked to another health problem I have?" whatever it might be somewhere outside the mouth?

There is no way that a dentist is going to say, "Oh, you know what? That's quite possibly, that could be what's going on with you. We'd better go in and take care of that right away." They're just not going to do that.

If you don't go into that dental office prepared to ask for a certain amount of work to be done because you're just so certain on your own that that's what you want, you know what? The work is just probably not going to get done. So that's why it's so important to get with a dentist who really appreciates all this and that you feel like you can really work with them. You know what I'm saying, right, Dr. Robert?

DR. KLEINWAKS

Oh, there's no question. My dentist was not a holistic dentist for years. And when I went back to him and told him all about the root canals and my

fillings and that I actually reversed cancer and stage 4 lymphoma, his initial response to me was, “I don’t believe it.”

And then he kind of covered it up with, “Well, I guess, you know, if I didn’t see it with my own eyes, I wouldn’t believe it. But I’m still not convinced that it was related to that.”

Now here it is I did nothing for a year. The tumor was growing. The only thing I did was pull my root canals and changed my fillings out. And within seven weeks of that, everything reversed. But he still has a problem with believing that was the cause.

And that is one of the problems is that a lot of these dentists don’t even want to look at this issue because if they did, they would probably feel horror about all of the people that they’re hurting. And they don’t want to feel that way and. So they’re not open to the suggestion that what they’re doing could actually be an implication in one of the diseases that the person’s suffering from.

So it’s a major issue today. And I’m hoping that one day that I’ll be able to see, in my time, that this does get resolved and that dentists do all look at the body as a mechanism that can get sick from the mouth and that what you do in the mouth is so important to the rest of the body and not what I think most of the views of most dentists are is like, “Well, I’m just working on the tooth. That’s all I’m working on.”

And they don’t realize that there’s no way you can only work on a tooth. You’re working on the whole body, but it happens to be through a tooth. And that is really one of the hardest things for them to understand is that everything is connected somewhere.

JONATHAN LANDSMAN

You just said that so well because most of these conventionally-trained dentists and medical doctors are having such a hard time believing it. Number one, they were never taught this in medical school. All of my exercise physiology training, my master’s degree studies, all my anatomy, physiology, stress testing, and all my training of high-performance athletes, boy, Dr. Robert, did I think I knew it all, too.

In fact, when I went to go study macrobiotics and started getting into the natural health world, I was so arrogant. I was rolling my eyes. Here it is, I'm kind of interested. But yet every time I was pinged with another kind of idea, something so different than my western training, I was rolling my eyes. I was quick to make fun of it. "Boy, this sounds kind of silly, a little weird. Maybe it makes a little sense," but I laughed at it mostly.

And without an open mind, none of this information is getting in, never gives you any opportunity to look into this a little bit more, explore it, and, oh, wow, heaven forbid, actually make a change in your lifestyle, get your mouth cleaned up, and see if it actually has a profound change in your health.

People don't even get to that point because they're surrounded by that mentality everywhere they go. It's a real blessing that you had that friend push you in the end, no?

DR. KLEINWAKS

Oh, I've thanked him a million times, and I won't stop thanking him. And thank, God. It's like one of my teachers in chiropractor school, when I was in school, said something that has always stuck with me. He says, "You know, a lot of times where you see the problem isn't where the problem really is." He goes, "You step on a dog's tail, he barks out of the other end."

And he told me that. It seemed so stupid at the time, but everything's connected. And when you realize that you can't just step on a dog's tail without him barking, it's just like you can't do something in the mouth without affecting the rest of the body. Everything is connected.

And it is probably one of the biggest lessons once you've learned that will straighten out and help the majority of people who are sick when they grasp that concept because there are so many things that we do that poison ourselves outside just even dentistry.

But again, we don't think about them affecting certain problems because you swallowed it, and your problem wasn't with swallowing. Your problem was with something else. Or you breathed it in, so the problem wasn't with your lung. So how could it be affecting your toenails? It's just everything is so connected. It's probably one of the biggest lessons that as a holistic practitioner we all have to accept first before you can actually be totally holistic.

JONATHAN LANDSMAN

Yeah, that's a great point. Dr. Robert. As we're closing out the show, I want to get into how long you've been cancer-free and some of the things you're doing right now to keep yourself healthy.

But, wow, not to gloss over that at all, if someone is trying to approach overcoming a serious health problem for themselves and they're having conversations with people and trying to figure out, "You know, is this somebody that should be with me or not?" If they're just saying, "Take this pill for your blood pressure. Wow, you've got high cholesterol. Take this drug," not thinking about what it might do to your liver and damaging your immune system or putting poisons into your bloodstream or take this detox program to clean out your gut but we haven't looked at anything in your mouth, there's none of that holistic interconnectedness going on with someone's mentality, I couldn't agree with you more that's when people become frustrated.

They're trying, trying, trying different things. They're not seeing the results they want because of the way that they're looking at it, and the approach that they're taking is too much. "Try this. Try that," but not looking at the big picture of where are you being threatened today? Where is your greatest toxic exposure?" Is it emotional? Is it mental? Is it chemical exposures at work? Or is it really serious toxins going on inside your mouth? Take care of that one big issue as fast as possible.

And if none of those things are really going on, which you know it's hard for me to believe a lot of people have that going on, then look at the nutritional deficiencies. Start with the biggest issues of not eating the right food, not eating enough of them, horrible supplements that have to be gotten rid of because they're loaded with heavy metals. They're too toxic.

Get a few high-quality supplements. Maybe it's something with a dirty bedroom and disgusting chemicalized sheets or the chemicals you're using in your home. I can go on and on. But locate these biggest threats or deficiencies, and take care of them one by one. Don't be overwhelmed, right?

DR. KLEINWAKS

Absolutely. When I wrote my book called The Sports Triad, the triad is the physical, mental, and chemical parts of the body. And that's what the triad

stands for. And that's exactly what you just said.

And when you work on the physical, the mental, and the chemical, or the nutritional, whatever you want to call it...And that's what I do for a living. I work with top athletes. And we explain to them how these three all tie in and how you have to work on the ones that are your biggest weaknesses first, and then eventually get to your smallest ones, but to maximize performance and health, you ultimately are usually doing with one, two, or three parts of that triad.

And that was the impetus for me writing the book is that I know that there's so many athletes, especially—and there's probably millions of people—but millions of athletes who aren't at their potential because of the mental or because of the chemical or nutritional. And they just don't know better because their training and the medical training that has infiltrated this country has brainwashed most people into thinking one way when it isn't necessarily that way.

It's very interesting, Jonathan. When I ask a lot of the athletes, "Well, what do you think gives you the most power? Like, if you're trying to be powerful, what are you given?" And almost always, they tell me, "Well, high amounts of protein."

And then I ask them the question, "Well, who are the two fastest men on the planet right now?" And if they know that, it's Yohan Blake and Usain Bolt, I say to them, "So what do you think they eat right before they run? A lot of protein?" "Yeah, they must." I say, "No, they eat 15 to 16 bananas." And almost everybody says the same thing. "What?!"

I said, "Right, because the most explosive foods are those foods that have a lot of potassium, magnesium, and manganese in them. And that's a banana." I say, "Why do you think monkeys are so strong?"

And the other foods are nuts and seeds that have a lot of magnesium. I said, "So, we've been so trained one way that an athlete just thinks, More protein, more protein. Look at all the ads that are out there, "Take this protein drink, this protein bar. Take this." We're over-proteinized.

But meanwhile, that's the education America's getting. And it's getting this all throughout whether you're an athlete or non-athlete. And whether

or not it's the nutritional part, it's the mental part, or it's the physical part, we're getting this misrepresentation and false information on all three parts of this triad.

And that's what my book was to try to straighten out and to get people to start to think more simplistic again and to make what I call "the common-sense pick." And again go back to instead of all this complicated research is just go to common sense. Who are your strongest animals? Who were your healthiest animals? And look at what they do instead of putting this protein in a lab and seeing how it reacts to something, which is not the way it reacts in nature.

But again, going back to, and not getting too far off, is that our bodies are incredibly sensitive to what's happening to them, whether it's physically, mentally, or chemically. And it's our job as holistic practitioners is to find out what level is each one of these things affecting them and then what do we need to correct it, not what do we need to patch it, because to me, that's what medicine is great at. You have a headache, you take an aspirin to patch it. But why do you have a headache? And no matter what you're getting treated for, it's always a patch. It's a patch. It's a patch.

So that's why I love your show is that you're all about not patching things, but finding the hole in the tire. You don't just put air in because the tire's flat. You go find where is that hole? Is it physical? Is it mental? Is it nutritional? But you've got to find the hole.

JONATHAN LANDSMAN

Yeah. And, also, another big message that I hope everybody is getting from just about all the shows that I do is painting the picture of what world-class looks like. Dr. Robert, you and I have such similar backgrounds that I think we would do great on tour together on every stage of the world talking about this.

But I talk to kids all the time, even now. It's such a great break from my Internet work that I do with computer screens all around me is to actually share this kind of news with children who are looking to be high-performance athletes. They want to be more athletic. They want to have some success.

And I tell them, “Guess what, folks? Kids, this is what it looks like under a lot of stress, cool, calm, and collected. When you’re working out lots of endurance, lots of energy. When you rest, you’re focused on resting. There’s no chaos.”

And so all of that that we say is what it looks like to be a high-performance world-class athlete is the same for someone looking for the best in health. Great you’re taking pharmaceutical drugs. You’re doing this kind of detox. You’re eating a salad because you think it’s healthy. Okay, that’s fine. Whatever it is you’re doing, great.

But are you feeling really healthy? Do you emotionally go off the deep end? Do you lose your cool a lot? Do you have a quick temper? Are you getting angry all the time? That’s a sign of poor health. Okay. If you’ve got physically a problem still of blood pressure issues or cholesterol if you didn’t take those pills, well then there’s a problem there, too.

If physically, you can’t get up out of a chair, you can’t do stairs, you can’t walk for a little while a mile or two without getting really winded or you’re afraid to even do that activity, this is a sign that things aren’t really going that well.

So again, we could go on and on, Dr. Robert. But just as we close out the show, just talk a little bit for a few minutes about some of the things you’re doing now that matter the most to you to keep you healthy and away from too many cancer cells taking over your body.

DR. KLEINWAKS

Well, I think the first thing obviously is what goes in your body. Now that my mouth is clean, I have to keep what goes in clean. And that’s why I’m really careful about eating organic. And it upsets me to hear about all the stuff that’s being put on our crops today that is so poisonous to us and all the stuff that’s put into the ground that’s so poisonous to us that we eventually get back into our system through the food we eat.

And so I try my best to always do organic and try to stay away from a lot of the animal products and trying to keep with whole foods. In my book, I talk about dirt foods and non-dirt foods. Your dirt foods are stuff that grow in the dirt. That’s what we’re supposed to be eating. And the non-dirt foods are all the foods that don’t grow in dirt.

And I always get a question that's always silly. It's, "Well, what about spinach pasta?" And I always say the same thing, "Does it grow in the dirt?" "Well spinach does." I say, "No, does spinach pasta grow in the dirt?" And they always, "Well, no."

I'm like, "Okay, well that tells you that that's not a food you want to be eating regularly. But at the same time, you want to be eating the things like the fruits and the vegetables and the nuts and the seeds and things that do grow from the earth that wants to be the major part of your diet." So that's one thing right off the bat.

And then obviously exercise to keep your blood cells and all your whole body oxygenated to keep everything in the system flowing because again, a pond which is still will have more bacteria in it than a river. So you want your bloodstream always moving because it's harder to get sick when it's moving versus when it's stagnant. So that's the second part.

And the third part is the mental part, which is just trying the best to create an environment that's not stressful, whether that's at work or whether that's at home or wherever it is.

And that's why I always say to my kids, "You know what? No matter how much schooling you get, I want you to pick something that you love because if you love it, it'll never be a job and there'll never be stress. It's when you do things you don't love and you're constantly battling inside of you, Why am I doing this? Why am I doing this?"

And I think that goes for just life in general. Do the things that you love to do. I love to play tennis. I love to be near the water. So what do you love? What do you like doing? And what you'll find is the people that do the things they like doing more, have less stress than the people who aren't doing the things they love the most.

And it's one of the easiest lessons to give to somebody. Just go do a lot of the stuff you love as long as it's not killing people and hurting people. Anyway, but that's in a nutshell what it is.

And I've been clean now for, it'll be eight years in August. And I get phone calls all the time, which I love getting from people who are trying to get healthy who want to know more about their mouth or their health in general.

And it's exciting to work with people and wind up having these people change their lives, and go to a dentist and change their fillings or change their root canals and know that you've actually helped that person become a healthier person.

And then, they spread the word.

And that's what we need more of. Openly, the truth will come out, but it needs more people to talk about it. And that's why your show is so great, you're touching a lot of people and you're allowing more people to know what's really going on and not what the world is trying to educate you to what's going on.

JONATHAN LANDSMAN

Wow, so well said! Dr. Robert, I want to thank you so much for your time.

For more information about Dr. Robert Kleinwaks, you can visit EatAndThink2Win.com. And again, be careful about the spelling. It's EatAndThink, the number 2, Win.com.

I'm your host, Jonathan Landsman. Thank you so much for your support. Talk to you soon. Take care.



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