Live Differently, FEEL Better
Guest: Fran Drescher

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Andrea: Welcome, women around the world, to the 50 Ways to Women's Wellness Summit. We are here to empower women to take our health back. I am so very excited to announce our first speaker that's going to launch this incredible event, with such an important topic; how you live equals how you feel. Welcome, Fran.

Fran: Thank you. Happy to be here.

Andrea: Great. So not that you even need an introduction, we all know you. You're a woman who shared your unmistakable voice by helping others through your organization, Cancer Schmancer; which you founded as a result of your own survival. You're someone who has turned your pain into purpose. A New York Times bestselling author, public diplomacy envoy for women’s wellness health issues, an actress, a writer, a producer, and of course, America's favorite nanny. Welcome, Fran Drescher.

Fran: Thank you. How sweet. Thank you.

Andrea: So I know you’ve got three amazing topics we're going to touch on; that are great take home tools for everybody in this summit to use. And I really want to start by you sharing your incredible story.

Fran: Well, it took me two years and eight doctors to get a proper diagnosis with uterine cancer. And finally, when I was diagnosed, it was a radical hysterectomy. That was my cure. But I wanted to write a book about what
happened to me. So, what happened to me wouldn't happen to other people; by means of misdiagnosis and mistreatment. And although I was very blessed to still be in stage one, many are not as fortunate, and late stage cancer diagnosis is an unfortunate consequence.

So I wrote what became the New York Times bestseller, Cancer Schmancer, but when I went on my book tour, I realized very quickly that my story was not unique, but actually quite common. And so I then realized that the book was not the end but just the beginning of what was to become a life mission. And the book, Cancer Schmancer, morphed into the movement, Cancer Schmancer, which I founded. We’re very progressive and radical in the way we approach wellness, for the people that subscribe to our organization and attend our master class health summit. And watch me on television and in interviews like this, all over the world.

**Andrea:** Wonderful, you're doing so much. Again, I love that you've turned your pain into purpose. And now it's so interesting in the day and age that we live in now, there's so many things that we can do for our health that are important in not just preventing cancer, but in living our best lives.

**Fran:** Well, you know, cancer is actually, in almost all cases, the end stage of low level, long term inflammation. So this is something that we talk about at Cancer Schmancer all the time. You know, let’s not get cancer in the first place. Let’s look at causation, which is not really a terribly Western approach to trying to solve health issues. Truth be told, in the United States, we are in the sickness business. So, trying to really figure out what the cause is and eliminate it so we don't get sick in the first place is not really, in the long run, going to keep those profit margins going. There's a lot of money in sickness and keeping people living longer while chronically ill.

We do just the opposite. We're trying to educate, motivate, and activate people to recognize, what is the causes of all this dis-ease? Why is autoimmune problems on the rise? Why is inflammation so prevalent? Why are young people getting old people's diseases and vice versa? And so it all really comes down to your environment. The toxins and carcinogens and the cocktail that we expose ourselves to, with combinations of things that we eat, put on our skin, all of our personal care items, including oral hygiene. What we clean and what we garden with. That’s the Detox your Home Program that Cancer Schmancer is very motivated to spread the word about to all family members.

We just produced a video, a half hour education video that targets teens, called, Be the Change, with Jamie Foxx and myself, and Jeff Bridges and a bunch of kids in animation. Because they're the first generation in US history predicted to not live as long as their parents. And we don't want to make that a self-fulfilling prophecy. And there's so much that we're doing wrong. We've
been sold a bill of goods during the 20th century by the industrial age, that you know, what's convenient, what's modern, what's easy is what's best. And it ain't necessarily so. The good news is, once you wake up and smell the coffee, it's hard to go back to sleep. And I'm sounding the alarm.

**Andrea:** Absolutely love it. I actually showed my son that video with Jamie Foxx. It's incredible. And that's so important.

**Fran:** Did he enjoy it?

**Andrea:** Yeah. So, thank you for inspiring the next generation.

**Fran:** Glad to hear that.

**Andrea:** Something I love that you're doing, Fran, is I love to look at health as a continuum, and so in our country, we're really taught to wait until we get these diseases. Call them autoimmunity. Call them cancer. Call it just not feeling your best. And there's so many things that we can do to get ourselves closer to the healthier side of life and feeling our best. So I know there's some great things that you talk about that help bring us over here, and aid in prevention and education, and empowerment. And so let's start by talking about one of your missions with helping people detoxify our homes.

**Fran:** Well, the first thing is, what are you eating? What's in your refrigerator? If you're eating a strawberry that's not organic, you might as well be eating a sponge that's soaked in pesticides. We have to eat organic, non GMO food. We have to put industrial farms out of business. There is a widespread belief that the glyphosate found in both non-organic produce, as well as the GMO foods that we're eating but it's also the animals that we are being fed, is creating leaky gut; because that's the nature of that chemical. To create little tears in our gut, and that's leaking what's supposed to be in our gut, into our bodies.

And the immune system doesn't recognize it and starts attacking it all over the body. And this is what's creating what we're calling autoimmune, and also inflammation. If you have inflammation, everything from arthritis to chronic pain, to autoimmune problems, don't suppress the symptom. That's your body screaming at you to wake up and figure out what is causing this. We are brainwashed into thinking that, we take this prescriptive drug that eliminates the symptom, and we can keep going on living our life that we've been leading; which is actually hurting us.

We have to pivot our thinking and start looking at what is hurting us and stop using it; because big business manufacturers don't really care about you. They really just care about their profit margin. So you have to care about you. Just focus on you because especially in this country, and especially women,
we are the largest consumers on the planet. And what we buy and what we don’t buy becomes not only our vote, but also our protest. So, start taking the check, choose, and change challenge. Check labels, choose healthy, organic, ecofriendly products, and become the change we all so desperately need.

Andrea: Absolutely, it’s switching over from that put the Band-Aid on the check engine light, to actually checking the engine to see what’s going on. So we've talked about cleaning out food products. How about other products in the home? Are there other things?

Fran: Well, you know, personal care items. What are you brushing your teeth with? That’s something that you do every day, at least once a day, maybe two and three times a day. And if your toothpaste is not made out of herbs, but says, "Do not swallow," or, "Call poison control", step away from toothpaste. That is antithetical to anything you should be putting in your mouth on a regular basis.

Andrea: So interesting. So many people don't know that and especially on kids’ labels. Everybody get out your toothpaste, get out your kids' toothpaste, read the back of the label; if it’s something you're putting in your mouth, you should not have to call the poison control if you swallow a small amount.

Fran: If you’re using antiperspirant, stop. You’re keeping the body from doing one of its most essential functions, which is to detox through perspiration, as well as cool the body down. So you’re putting on toxic chemicals. And the aluminum chlorohydrate, the aluminum is not really a great thing for our bodies to be absorbing. Now, we've used aluminum foil to cook with, aluminum pans that are disposable, to cook with; and aluminum chlorohydrate. People that have Alzheimer’s and dementia and other forms of neurotransmitter problems, when autopsied, have massive amounts of aluminum in their brains.

And aluminum, when heated up like aluminum foil; that I grew up with it being wrapped on our potatoes on the BBQ, corn and barbecue or tenting a big turkey at Thanksgiving, that’s giving off noxious fumes. That isn’t good for you. If you're cleaning with things that have a smell to it that’s very long lasting and strong, it has toxic chemicals in it; that is not good for you to be constantly inhaling. When I see those commercials for Febreze and they’re showing dogs and toddlers crawling on the carpeting, I mean, I really become incensed. None of that is good.

If I go into like a taxi, and the driver has one of those pine shaped, deodorizers hanging from his rearview mirror, I feel obligated to say, "You're asking for bladder cancer. You’re smelling that all day long. I'm in and out of the car in five minutes, and even I can't stand it." Once you stop exposing yourself to
these toxic... I stopped using perfume. Perfume is the same thing, it's not good for you. And these are all the causes of low level inflammation that eventually become more harmful than you can ever imagine. I use an organic essential oil blend that I roll on my skin. I always get complimented for it.

And you know, that's what we have to move towards. Organic foods, herbal based, nontoxic cleaning and personal care items. And gardening, you don't need to use like a weed killer that's made out of glyphosate, in your garden. Where you A; probably have pets, also you're destroying the microbiome of the soil. It is water soluble, so it's going into the earth and down into the watershed, into your well water. What are you doing? And someone said to me, "Well, what do you do with the weeds?" It's like, "Duh, get down on your knees, connect with nature, and pull them out." Personally, I think weeds are pretty. We've been sold this bill of goods, because big business chemical companies wanted to keep selling us more chemicals.

So they brainwash civilians into thinking we actually need these highly toxic things. And you know what? We don't. We have to radically change our lives, and in so doing, we're going to be sending a loud message to all these manufacturers. That making money at the expense of all things of true value, is a sociopath. Your customers' health, your community, your employee, the air, the water, the earth; what the hell is this all about? And we're the ones that are enabling these sociopaths, with mindless consumerism. Wake up, stop doing it. Start looking for those products that are healthy. They're everywhere now, including Walmart and Costco. Do yourself a favor, because in the long run, you're going to pay for it big time.

**Andrea:** Absolutely, we definitely vote with our dollars. And if we're not spending the money on those synthetic toxic products that are making us all sick, they're not going to be on the shelf. So, such important information.

**Fran:** if we all stop drinking Cola today, they'd stop making it tomorrow; that fast. It wouldn't matter who was in the White House, it wouldn't matter what legislation was passed in Congress. It wouldn't matter, because the bottom line is the bottom line. So, stop doing it.

**Andrea:** Now, there's a great resource I know you've shared on your website, ewg.org.

**Fran:** Yeah, you know, it's so ironic because we're a health nonprofit. But truth be told, we partner much more with environmental groups, because the environment is the problem with poor health. And whereas, most of our peers in the health nonprofit space is still looking for the next big chemo or the next painkiller to suppress what you're feeling, or the pill that's going to take away the side effect of the pill that you're taking, to take away the symptom. So, yes,
Environmental Working Group is a partner of ours, and they are very aggressive and progressive in connecting exactly what Cancer Schmancer says; how you live equals how you feel.

As well as, we partner with other groups, like the Plastic Pollution Coalition. I mean, when I see people talking to me about global warming or breast cancer, and they're standing there and drinking water out of a single use plastic bottle. It's like, "What are you doing?" I always tell people, don't try and save the world, just save yourself. If you can just focus on yourself, that's a full time job. That's how pervasive all the bad stuff is that surrounds us. And we happen to spend the most time in our home, and that ironically, we have the most control over. That's why Cancer Schmancer started the Detox your Home Program, because if you can just work on that for you and your family and your pets, you will really effectively reduce your risk of dis-ease.

**Andrea:** Absolutely just like you're saying, we've got to really become our own advocate, and take it upon ourselves to make these decisions in our homes and in our lives. And start with the environment and our farming principles, because that's where it really all begins.

**Fran:** Yeah, support your local family farmer who is organic. These people want to put them out of business. And the whole thing is so corrupted because the poison that they put on these plants, the fact that it kills the microbiome in the soil, reduces the nutritional value of the foods we're eating. That's why we're taking so many freaking vitamins. You think if you eat spinach the way Popeye did, you're going to get a fraction of the iron that he got? No way. So think about that. And GMO plants, the roots on these perturbed plants are so short, they're not deep, deep down where the earth is moist; they're short, near the surface. So it requires more water. Everything about it is wrong; wrong. Stop supporting it.

And save yourself, you're going to feel better. People that go on the Detox your Home Program, they start to feel better. Their symptoms start to go away. And the more they go on a histamine free diet, a diet that is like anti-inflammatory and absolutely organic, they see huge differences. And we support Dr. Zach Bush, I don't know whether you know him, but he does the Restore Gut Health. He is a very outspoken pioneer in connecting all of this glyphosate to the disease that we're all feeling.

He invented Restore Gut Health, which I got the large bottle, I got a pump that goes with it. And every time I pass the fridge, two pumps right in the mouth. And that has reduced my inflammation exponentially because it's helping my gut heal. But still, you've got to be careful. Just people, they're in offices with windows that don't open. And there's off gassing from industrial carpeting and furniture, they don't realize they need to get out and take a walk on their...
lunch break and smell fresh air and get natural sunlight. It's just, everything that we're doing, practically is wrong. And we're one of the most unhealthy countries on the planet. The only thing we're doing, as our health gets poorer, is making big pharma richer. Is that what you want for your kids, you pets? No.

**Andrea:** So, it sounds like it's really about going back to the basics. Cleaning out the man made stuff as much as possible, living the way we used to live. Getting fresh air.

**Fran:** Everything old is new again.

**Andrea:** Yes. Getting sunlight.

**Fran:** Keep it real, keep it simple. Keep manufacturers honest. Eat whole foods. Step away from anything that has corn syrup sweetener in it. First of all, that corn syrup is GMO corn. Hello, everything that has soy products in it, that's GMO. It's very pervasive, you must start reading labels. And eventually you'll replace everything with stuff you like, that's not going to harm you or your family.

**Andrea:** And you'll feel so much better. Like you said, once you drink the coffee, you can't help but wake up. So, I know we need to wrap up in a few minutes. I want you to also touch on just, one of your messages is in partnering with your physicians. Tell me more about that.

**Fran:** We encourage people to transform from being a patient, into a medical consumer. The very word patient implies passivity. And doctors are bludgeoned by big business health insurance, to go the least expensive route of diagnostic testing. So the test you need may not even be offered on the menu at the doctor’s office. So you have to know. You have to be a medical consumer. You have to go online and check out your symptoms and see what it could be and see what tests are available for that. Because when the doctor goes and tells you, "You have cancer," at the end of the day, he goes home and eats dinner with his family. You go home and eat your heart out with yours. It's your life, take control of it.

And then if you do get bad news, don't become infantile. Don't turn the doctor into a god. They're just people. And frankly, most of them have never really practiced listening to the patient, spending a great deal of time with their patients, or asking, "Why does this patient have this problem? What is it about their life that may be causing this problem?" These are things that are rarely discussed when you're getting an exam. So you have to be much more proactive. You have to become partners with your physician. And get a second
opinion because the doctor you're seeing may not be the best diagnostician. You don't know until push comes to shove.

You may be going to the corner gas station to put gas in your car but if you need some serious engine work, that may not be the best place to go. So think about that. And you're not going to hurt your doctor's feelings. You be a grown up about it and say, "I appreciate this diagnosis and I'm going to get a second opinion. And let's continue this conversation when I have more information, because I need to..." You know, knowledge is power. "And I need to make an informed decision." So any good doctor is going to encourage you to have a second opinion.

Andrea: Absolutely.

Fran: And if they get pissy with you and have an attitude, there you go. That's not the doctor for you. You walk away from that doctor. "Sorry, but that's unacceptable behavior," you say to them.

Andrea: Yeah. So that informed consent, that's not only our right, I feel, and it sounds like you agree; it's our responsibility. And our physicians and the patient physician relationship is, as patients...

Fran: It's a two way street.

Andrea: Yes. And we hire them. By choosing them, we hire them, and we can fire them. And it's our job to choose the partner that works best for us. Fran, thank you for so much great information. I know that you say that cancer turned you into an even better person. And I love this mission that you're on, with this platform that you so deservingly earned. And thank you so much for sharing all of your wealth of information with us.

Fran: Well, I appreciate you doing this. I think that the woman is the caregiver of the child, the spouse, and the elder, in almost every home. Even if she's a working woman. She's the one that's usually buying the stuff for the house. She's the one that's making the doctor's appointment. She's the one that's making sure her family is healthy and well. So really targeting women, for many reasons, is essential in us shifting this paradigm from terribly unhealthy, to proactive, empowered, and actually a healthy, preventative lifestyle.

So, thank you. Thanks to everybody that's watching this. And you know, a 1,000 mile journey begins with a single step. So don't get overwhelmed. I always say, don't make the perfect the enemy of the good. You're not going to do everything all at once, right. And as long as we're here and living, then
we're learning. So, just don't be hard on yourself. Just start and pat yourself on the back for doing that.

**Andrea:** Love it. Love it. Thank you so much, Fran. Thank you.

**Fran:** You're welcome. Be well.