



RAW EDGE PRODUCTIONS PRESENTS

eganpalooza

2012 VEGETARIAN WORLD SUMMIT  
HOSTED BY DR. WILL TUTTLE AND STEVE PRUSSACK

VIP

TRANSCRIPT SERIES

INTERVIEW WITH  
DR. THOMAS LODI



Thomas Lodi, MD, a master's level clinical psychologist, received his medical degree in 1985 from the University of Hawaii. He completed his internship and residency in internal medicine at Columbia University, College of Physicians and Surgeons and worked for ten years as an internist, urgent care physician, and intensivist (ICU/CCU).

After several years of additional training in alternative modalities, he narrowed his focus to integrative oncology. He is a member of the American Society of Clinical Oncology (ASCO), a certified Diplomat in Anti-Aging Medicine under the auspices of the American Academy of Anti-Aging Medicine (A4M), a Fellow in Integrative Oncology and an instructor in Insulin Potentiation Therapy. He is certified in and has been practicing both oxidative and chelation therapies for almost two decades.

In the state of Arizona, he is licensed as a Homeopathic Medical Doctor by the Arizona Holistic and Integrative Medical Board while in New York he is licensed as an allopathic physician and surgeon by the State of New York, Board of Medical Examiners.

## How a Healthy Vegan Diet Can Cure Cancer

DR. WILL TUTTLE: Welcome to Veganpalooza 2012. We have with us Thomas Lodi, M.D., a master's level clinical psychologist who received his medical degree in 1985 from the University of Hawaii. He also completed his internship and residency in internal medicine at Columbia University. After several years of additional training, he focused on integrative oncology, and he's been practicing both oxidative and kelation therapies for almost two decades. He's the founder and chief physician of An Oasis of Healing in Mesa, Arizona, the foundation and program he has instituted relies upon restoring the integrity of the immune system and organ function through proper nutrition and detoxification. So we're delighted to have Dr. Lodi with us.

DR. THOMAS LODI: Thank you very much.

STEVE PRUSSACK: Thank you Dr. Tuttle. And Dr. Lodi, welcome to Veganpalooza. It's great to have you.

DR. LODI: Thank you.

STEVE: So let's talk about your background. What role has a plant-based played in your practice? What have you found about the vegan diet to really be the most effective?

DR. LODI: That's a pretty far-reaching question. I find I have people come to me of course who have been down the road of the unholy trinity of surgery, chemo, and radiation, and they've already had all that, and they've really been beaten up pretty badly, and they're eating the way they ate in the first place that got them to that condition. They come in and they're really literally some people are a couple days from passing,

and other people have been told they have three weeks. It almost doesn't matter what condition they're in. I see within a week people start to come alive again. It's through a couple of things. One is we cleanse their bowels and clean them out. But we give them nothing but a lot of fresh vegetable juice, a lot of it, and then we get them to eat fresh vegetables and stuff like that. What I have seen, and the difference is I can assign the rapid recovery to that because the people that come into our program and don't do that, who for some reason or another just can't do it, it's not in their destiny, they just look at me and say, "I'm sorry, I know I should be doing this right, but I can't," so they go ahead eating that way, they just don't get better. They don't get invigorated. They don't get that spark back. The people that I have that are alive five, seven, ten years out from having been sentenced to three weeks to live are people that are on 100% plant-based diet. That's what I see. I've also seen, while their cancer is being taken care of, we notice that if they had diabetes, it goes away. If they had hypertension, high blood pressure, it goes away. If they have arthritis, their joints don't hurt anymore. What we notice is that all these other manifestations of the same condition, which is toxemia, toxicity, all these different manifestations all seem to get better as well, which I don't see when people do not adopt the diet.

STEVE: Dr. Lodi, I've heard when you try to inspire the patients, you talk about the spiritual implications for a vegan diet, and I love the way you put it. Can you share that with our audience, how you talk about the ghoulish way of eating and the spirituality of getting back to a plant-based diet?

DR. LODI: Sure. The way goblins and ghouls, the ones we all know that from Halloween, and ghouls, if you look up what ghouls means, it actually means one who devours dead bodies. When you think about it, if you look at us anatomically and physiologically, we're really primates. We're not canines or felines. We're really, that's what we are. Every creature on this planet is divinely connected by a web called instinct. We're connected to God, to the One, and they function out of that instinct. For that reason, there's never anything, they never do anything what we would call wrong. They always do things perfectly, a flock of birds turns precisely at the same time, every creature does what it's supposed to do out of necessity and in harmony with all of nature, except us. That's because we have deviated from, and we don't believe that we're part of nature. In fact, we put animals in zoos and we walk around and we smile at them, and then we eat at the snack bar, and we look up and the sign says, "Please do not feed this to the animals. They will get sick and die." That doesn't bother us because we know we're not part of that system. We really don't believe we're part of this thing called nature, which is the physical manifestation of the divine.

So we've kind of separated ourselves from that. And in so doing, we no longer even know what to eat. We have to look at it, we have to have a show about it, we have to talk about. Horses don't sit around talking about what to eat. Neither do dogs or cattle. No creature needs to discuss it, nor do they need to discuss how to move their bowels. They know how to move their bowels. We don't. We sit on high toilets with holes in them, which makes the sigmoid part of our colon make a right angle and it's difficult to evacuate our bowels. We don't do anything. We're completely out of nature, and nature is really, as I said, the physical manifestation

of the divine. So what we do, we eat the way the dogs are. The animals that eat flesh that are in the mammal category are dogs and cats. Cats are the ones that kill the live animal, dogs do that sometimes. But dogs are very comfortable with just cleaning up afterwards and eating corpses. And so we've come to somehow align ourselves with the corpse-eaters, and that's what we think we are is corpse-eaters, but we don't even eat them that way. We have to put them in the oven and put Al steak sauce on them. So we don't even, we're not even macho scavengers. We're like totally wimpish scavengers. We don't even eat the corpse the way it should be, which is raw, which is the way it probably would have the most energy and nutrition.

I just want, to bring the spirituality into this, I consider the bridge between spirit and matter to be light. That's the first thing out of God's mouth was, "Let there be light." That light that strikes the leaf that stimulates photosynthesis, which produces plant material. And then the animals eat that, and the animals eat the animals that eat that, and it keeps going. It goes down the line. It's that light that's being transferred, and that light is in the form of electrons, ATP, adenosine triphosphate, which is the currency of energy in biological systems. It's how enzymes work. It's how our bodies work. But it's that light. And you know that we are electric beings because we do EKGs to see how our hearts are doing, and when we have flat lines we know that there's a major problem. Same with our electroencephalograms for our brains. If we want to know how our brains are working, we do EEGs. So again, in order to determine if life is present, we have to find some electrical output. Well, that electricity originates as light, and light we can't define. We don't really know what it is. We can tell what it does, but we don't really know what it is. It doesn't

have substance the way we think of. But it's that which animates the entire physical universe, it's particularly important.

Anyway, it's that light that we're capturing, and what happens, if you take eating correctly one more step, it becomes clear to you that we're the only creatures on the planet that thermally degenerate our food before digesting it, which is kind of crazy. We don't put our fingers, our money, our clothing, or anything else that we consider important into fire, but we take the products that nature designed for our nourishment and put them into fire. So it's kind of odd in that respect. That changes the vibratory frequency of the food as we eat it, and this dead food is now incorporated into our cells and all that. It totally separates us from nature. That's why look at us. We're sitting in these artificial worlds, we've built boxes, and we've got machines, we're connected with machines, now people are, we're getting mechanical hearts. We're just getting further and further away from what we really are. I'll tell you something. You take the breath out of our body, and we turn back to earth. So we forgot that we're earthlings. To me, to be spiritual is to be in alignment with what you really are. We're totally out of alignment. It really comes down to food. It comes down to food because food is how we're raised, it's the most fundamental thing that we do as a group together with our parents, with our friends, on a date. It's that place around which everyone gathers to both share their intimacies and their vulgarities, or whatever they share. Food is a very fundamental, important thing. It's also the foundation of every culture, the cuisine. That's how I kind of, I'm not sure I answered your question, but that's how I see the spirituality of the way we live.

DR. TUTTLE: Right. That was actually beautiful, what you just said, and very interesting. I like what you said about the fact that we in our culture are taught to be wimpish corpse-eaters. We also, I noticed when I was a young guy on a farm, we really emphasized the importance that the animals have to die by bleeding to death because we don't want to have any blood. It makes the meat soggy, and we're disgusted by soggy meat. So that's another kind of give-away that we're not really intended to be eating this way. I was just wondering too, could you say maybe a little bit more about why is it that plants in our diet are healthier than animal foods? Like a little bit more in detail, what is it about eating animal foods? What is it, you said it causes toxemia, what is it, can you say this a little bit more about what the eating of animal products, dairy products, for example, eggs and the flesh of animals, what does it do, besides at the spiritual level we've been talking about, what does it do to people in our culture and why does it lead to cancer?

DR. LODI: Sure. When people look at nutrition, we divide nutrition into macronutrients and micronutrients, and the macronutrients are really simple. There are three of them. There are fats, proteins, and carbohydrates. Proteins are really just smaller and larger groups of amino acids. So basically that's the three major macronutrients. Unless you want to consider water as a macronutrient, which probably should be because it's at least 70% of our body. But other than that, it's those three. Now all three of those all originate from plants. All amino acids, an amino acid cannot be formed. We can take, animals take existing amino acids and put branches on them and make them different ones, but the actual taking nitrogen from the air is performed by there's certain bacteria that live on the roots of plants that can actually fix nitrogen onto a

carboxylic acid group and produce an amino acid, or an animal can have a bowel movement or die, and fall onto the soil, and it's only the plants that are able to take the nitrogen from that and put it onto a carboxylic acid and make an amino acid. And then it's just between that amino group, which is the nitrogen, and the carboxylic acid, there are number of different carbons with different chains, and that defines which protein it is. So basically if you consider that proteins are made up of amino acids, you realize that amino acids are made only in plants, you'll understand clearly why it is that the most powerful animals on the planet are vegans. Elephants, rhinos, hippos, horses, cows, gorillas. Lions do not attack elephants, and they don't attack rhinos. They just don't because in terms of power, strength, there's no question. Same with endurance. The horse runs all day. The lion runs at its full speed for three minutes. So does the cheetah. These creatures don't have endurance, they don't have the strength, and of course they die at the age of 15. Every carnivore or scavenger you can name is lucky to live 15 years. Horses are 28 to 40, elephants 60 to 90, etc. The vegans are in all three categories of strength, endurance, and longevity, far outweigh the animal eaters, the flesh eaters. And that's merely, that has to do, if you want to look at it scientifically, it has to do with the transformation of energy. We know that every transformation of energy, you lose at least 90% of it. At least. For example, the amount of energy the plant is able to extract from a beam of sunlight is 0.06%. That's it. From that 0.06%, you've got redwood trees living 2000 years. You've got olive trees in Israel that are 3500 years old, 4000 years old, and all over the Middle East. There's a bush in Europe, I can't remember where it is, that's 5000 years old. There are meadows, a meadow can be alive for 1500 years, 1800 years. We have no idea. So plants clearly

are the most powerful, and they get the light directly. Then the ones that eat them, then the ones that eat them. So it's this transfer of energy. And as the energy is transferred, and that's what we are. We want to see a 110-year-old woman and a ten-year-old girl, other than the shape of their body and the size, what's the difference? Well, the ten-year-old girl's bouncing off the walls, and the 110-year-old is just sitting in a chair. It's energy. When you run out of energy, the game's over. When your EKG is flat, the game's over. so we're talking about energy. All the energy on this planet that's usable in biological systems comes from the sun. I'm not talking about the energy from gravity or other things. But the energy from the sun.

So that's what consuming is all about. The animals that get it directly are the strongest, the most powerful. So here's the thing. I need protein. So I'm going to eat. If I eat the animal, I'm getting it second-hand. I'm getting the processed protein. Why do I need the middle man? It's kind of like if you're going to go shopping, wouldn't you prefer to cut out the middle man and go to the wholesaler? I would. It's the same thing for nutrients. So go directly to the plants. By the way, every vitamin you can think of, other than vitamin D, which is not really a vitamin, it's more of a hormone, but vitamins are made by plants. They're organic compounds made in plants. Then all of the micronutrients, when we talk about nutrition, are come from the earth. These are minerals that act as co-factors. You can't just pick up a handful of dirt and eat it. Our bodies aren't designed to process it. But as it comes through the plant, then it becomes bioavailable. We get it all from plants. So even B-12, the big controversy of B-12. Well, if we didn't clean everything like freaks and if we actually accepted the fact that we might be part of nature and it's not dirt, it's called

earth, let's change the name back to earth because that's a nice name, dirt's not a very nice name. Let's call it earth, and if we get a little earth on our food, eat it, because guess what? We're earthlings. And it's okay. What's in there? Bacteria. These little microorganisms that produce all kinds of stuff we need. People that are microphobic, is that a word? But anyway, that are afraid of microorganisms, if you realize that our bodies consist of hundred trillion cells, approximately, we have at least two times that of microorganisms that live in and on us. And they perform every, they're involved in every vital function of life. Without them we would have no immunity, without them women could not get pregnant, without them, it's unbelievable. Our blood wouldn't clot. So at what point do we say they're them and they're not us? Because without them we don't exist. There are actually other parts of us. I don't know if people are aware of this, but a lot of times they're going to look at, to strengthen their immunity, they're going to get the colostrum of a cow that was raised in New Zealand because New Zealand is organic. What is colostrum? It's milk. Well, why is their colostrum so strong? Because cows have their face in the dirt all day long, and they're continually being challenged, and their immune systems get strong. So if you want to be vaccinated, let nature vaccinate you through exposure to organisms. That's how we exercise our muscles, we exercise our brains by reading and debating, we exercise our immune system by getting challenged. So you get out there and you get dirty and you get challenged, you get a cut, you get some stuff on it, pretty soon you have a super immune system and you can walk through a crowd of people and they're sneezing all over you, you're not going to get sick. Especially if you're eating right. But anyway. Did I answer your question?

STEVE: Yeah, it's interesting there are all these programs out there now, and actually other summits that really try to train people towards a meat-eating, dairy diet, as if that is the optimal diet. I just find that ironic, especially that there's a summit like this going on right now.

DR. LODI: It's insane. Everyone knows the work of T. Colin Campbell, and kind of got to know him and we talked privately. He states, now here's a man who's not a clinician, so he's not, and he's not selling any products. He's just publishing his research. And he says that the most potent carcinogen ever discovered is casein, which is the protein in milk and cheese. More potent, you've got to understand, that means more potent than cigarette. That means more potent than DDT or Dieldrin. We're talking about an extremely potent substance, and we consider it okay. I remember when I first became a vegetarian many, many years ago, I was eating cheese. I realized there's, wow, the only difference between a cheese-eating vegetarian and a meat-eater is the morality. Other than that, you're going to get just as sick. You're going to get just as sick. So in terms of your own health, not to mention the fact that the cows are tortured and kept pregnant all the time, etc., all the environmental problems that are involved, all the waste of resources, but just on a personal level, which unfortunately most people look at it just from a personal point of view, you're not getting the protection. Although the Seventh Day Adventist literature, which is they're just vegetarians, and they're junk-eating vegetarians, they still have less frequency of all the degenerative diseases that we know of, and they also survive longer. So that's funny, even if you just stopping the eating flesh. But if you stop eating the flesh and the animal products, then you go into a whole new category. I think most recently Bill Clinton

kind of proved that all to us. We looked at him from being a guy that was on the verge of death to being brought back to health.

DR. TUTTLE: That is so well said, so interesting. Thanks so much, Dr. Lodi. I was wondering if you could let our listeners know, besides this whole connection with all these plants that are actually the ones who create the amino acids and the proteins and the carbohydrates that we get energy from, and the lipids, the oils, the minerals, the vitamins, and all of this that we get from nutrition, could you say something, because I think it's so interesting that you're apparently very successful in helping people eliminate cancer. This is something that the mainstream medical practice, which doesn't really question people's eating at all, you're successful. Could you talk a little bit about your success? What kinds of successes you've had actually with people, which cancer? Because I think this is something that really needs to come out, if you could tell us the kinds of successes you've had and I guess the fact that nutrition plays a part in that.

DR. LODI: Yes, absolutely. And it does need to come out, and I really want, I would love to if there was a way to, I don't know, the word franchise is not the word I mean, but if there was a way to put what we do all around the country and around the world because it works. It's using science but with an absolute reverence for nature, with an understanding that the best you can ever do with science is maybe describe what's happening on a natural level. Understand too that there are no lycopene trees, there are no vitamin C trees, there are no calcium trees. All these things that we take as isolated nutrients, we have to understand that the way they are formed by nature – which, by the way, that's what we are, is nature, and if anyone doesn't

believe it, get up on a high building with a horse and push the horse over as you jump. You'll see you both hit the ground at the same time because you both will have fallen at  $32 \text{ ft/s}^2$ . We are part of nature. But anyway, the way that nature forms nutrients is in combination, and there's a synergy that we'll never, ever understand. In a tomato, next to the lycopene is beta carotene. There's fiber. There's vitamin C. There's calcium. There's magnesium. There's all these phytonutrients. They all come together. They don't just come as lycopene, because the people that say, "Yeah, but if you were to stew the tomatoes for a long time, you're going to get more lycopene out of them." But that's not what nature ever intended was for us to get doses of lycopene. It was to use it combination. So we have to understand the whole food product that has all the multiple macro and micronutrients is what nature designed, especially for those creatures like us. If you look at our body, that's a whole other discussion. If you look at our body you would see we're plant-eaters, and for us to get that directly in the form in which nature produced it, we're going to get, there's no reason, we cannot figure out why it is we don't live close to a millennium. That should be how long we live. Anyway, if we're at 90, we have diapers on and tubes coming out of our noses. So we're obviously not living the right way. What I have seen is this. Just to give you a couple of examples, I had a woman with breast cancer that had gone to both lungs. Pretty young woman, I think late 30s, early 40s, and those lungs, and her lungs were so involved that she couldn't breathe and she was on a gurney and she had oxygen and she couldn't use the bathroom by herself. She had been told by the doctors at the hospital she had just left that she had at most three weeks to live. When I walked up to her gurney there, she just grabbed my arm and said, "Thank god, now I know I'm going to make it." And in eight weeks,

she was jogging to our clinic and her husband would drive behind her to make sure she wasn't too tired. I have recently gotten, for the sixth year in a row, gotten a postcard, and she and her husband are touring Europe and having a wonderful time. That's one situation. I have hundreds of those. I have another, a young woman, maybe she was 32, she had non-Hodgkin's lymphoma, she was told by her oncologist, she's a single mom, she was told her by her oncologist that her daughter would be an orphan and that she should try to get, do something about that. So she came to see us and I think it was six months later she had an absolutely clean PET scan. She went to her oncologist and showed it to him, and he was very happy and he gave her a perfunctory hug. She said, "You want to know what I did?" and he said, "No." It's kind of scary. But there are a lot of stories like that.

If we find people, fortunately more and more frequently, people are coming to us in stage 1 and 2, early stages. It used to be we only got later stages because they would go through the entire medical protocol, the whole system, and then come crawling to us, but now we're getting, since one out of two men alive today will get cancer, and one out of two and a half women will get cancer in their lifetimes, since that's the statistics now, then if you haven't had it, a family member hasn't had it, then probably a friend has had it. Everybody knows somebody who has had it. Everyone's starting to see the ravages of therapies, what's happening. People are starting to say, "I think I'd rather not live if I had to live like that." Data that's actually being published now in the Journal of the American Medical Association and a few other peer-reviewed journals is starting to show that people who elect to do nothing are surviving longer than those that go the conventional route. That's pretty freaky.

So imagine if you do nothing and eat right. If you eat right, and when I say right, I mean eat what's appropriate to your body. I'm not talking about, there's no theory about it. Look at our cousins in nature. Our cousins are gorillas, not hyenas, and they eat like 30 pounds of grains a day, fruits, a few insects, I'm sure they get a ton of bacteria. They can bench press 2000 pounds. They're powerful creatures. They're peaceful, unless you push them. So let's look at our cousins. Let's try to find out where we might fit in nature had we not divorced ourselves from nature. We would actually be somewhere between the Tropic of Capricorn, Tropic of Cancer in the subtropics. That's what we are. We're tropical primates. That's just, that's not even a theory. It should not be controversial, but it's crazy that it is. But certainly you understand that we are the only mammals that continue to drink baby food as adults, so that's crazy. It's not, so for me, the fact that this is still debatable boggles my mind.

STEVE: Excellent point. Milk is unnatural. The statistics are staggering, one in two people are getting cancer in the United States.

DR. LODI: Cancer it's not only an epidemic, it's now pandemic. It's one of the leading causes of death in Denmark amongst women is breast cancer. Same in France. It's just a pandemic. It's crazy. So the point is this: when someone comes to my office, they don't say to me, "How do I get rid of this lump?" They may say that, but I help them understand that in truth, if you never grew another cancer cell for the rest of your life, you wouldn't die from that lump. What you're really saying is, "How do I stop doing this. How do I stop making cancer?" How do we stop producing it? If you can stop producing it, it doesn't matter what's in there now, you'll live normally, even if you didn't get rid of it

and you just stopped making it. But it turns out that that which is required to stop making cancer also stimulates the immune system, which gets rid of what's there, so it works out beautifully.

DR. TUTTLE: I really am so happy that we had a chance to hear Dr. Lodi hear about his success with helping people who have cancer because they've been eating foods that really are so toxic, the standard American diet that's heavy in meat, dairy products, and eggs. What you're saying parallels what a lot of the other pioneers who are working with patients are saying, that not only does it heal cancer, it helps with diabetes, osteoporosis, high blood pressure, and all these other things. It's all in a sense one disease. But cancer is such a strong manifestation of it. And to give these wonderful examples to people healing from breast cancer and non-Hodgkin's lymphoma and so forth by changing their food, and learning to eat lots of fresh vegetables and juices, it's very empowering. I just want to thank you for, I'm sure it took a lot of courage to do that as an M.D. in our system. But thanks so much for what you're doing.

DR. LODI: You're welcome. I'd much rather be a farmer than go back to the other, go back to being an allopath. Yeah, and I appreciate what you're doing. Both of you guys, you're helping us get the word out because the world has to get out because this is so powerful. I had, just really quickly, I had a woman who had stage 4 breast cancer. It was all over her body. She couldn't move her arm because of the lymph nodes. She didn't want to do anything but the lifestyle. This was in June of 2001. She said, "I only want to do the lifestyle." I said, "Can you just come in each month and let me measure the tumor?" She said okay. So she came in, she was getting more and more joyful, she did colonics, and she

went on a juice feast/fast, she ate nothing but raw foods, etc. Her arm was mobile, she was happy, she was joyous. And in January, six months later, she had a fatal automobile accident. They did an autopsy, and there was no cancer in her body. That was one of the most powerful things, so I just wanted to share that with you.

DR. TUTTLE: Fantastic. Thank you so much. It's been very inspiring to hear this great news, and I'm sure that everyone who's listening really appreciates you bringing us this information. Steve, do you want to wrap it up?

STEVE: Thank you again for listening to this session of Veganpalooza 2012 Vegetarian World Summit. Again, a big thanks to our special guest, Dr. Thomas Lodi. To find out about Dr. Thomas Lodi's Online Healing from Cancer Program Naturally, Visit [Here](#). If you want to learn more about Dr. Thomas Lodi and the great work he's doing in Arizona and his healing center, it's [anoasisofhealing.com](http://anoasisofhealing.com). My thanks for being here. We look forward to connecting with you in our next session, so stay tuned.