

FRAN Drescher

HELPS US FIGHT CANCER WITH
KNOWLEDGE, EARLY DETECTION
AND PREVENTION

By Irene Marshall

Don't miss Fran Drescher's Master Class Health Summit October 23rd, 2018, in Los Angeles. For more information and tickets, visit cancerschmancer.org.

Everyone has been touched by cancer. There are so many forms of the disease that every month of the calendar is dedicated to some form or other. October is National Breast Cancer Awareness Month. It is also the month when Fran Drescher hosts her annual Master Class Health Summit. Drescher has been on the front lines of the battle against cancer since having conquered the disease herself 18 years ago. She founded the nonprofit Cancer Schmancer Movement to educate people so they wouldn't have to go through the struggle that she did. Her Master Class is part of that education effort. Drescher and her team handpick the country's top doctors and medical experts to share their cutting-edge research into preventing, reducing, and reversing disease. This year's event takes place on October 23rd, 2018, at the Dorothy Chandler Pavilion in Los Angeles.

What do you hope are the biggest takeaways for attendees of this year's Summit?

We want people to understand that how you live equals how you feel. If you're sick, examine your lifestyle, everything you put in your mouth, what you put on your skin, what you clean and garden with. How much do you exercise? What's your stress level? What is your spiritual practice? All of these things are connected. We have to stop looking at symptoms and start looking at systems.

What new technology has been developed to detect or fight cancer?

Some of our guests are doctors doing ground-breaking research into things like robotic surgery and non-invasive surgical techniques. We'll also be talking about the microbiome and the role it plays in the health of newborns.

Besides cancer, does your movement address other health issues?

Yes, we address many other health issues, like whole-body health, auto-immune disease, heart health, and mental health



because what I have learned on my journey from cancer patient to health advocate is that the same steps you take to prevent cancer also prevent a host of other diseases. A lot of it boils down to preventing inflammation, putting the body at ease, and preventing disease. Again, it's all interconnected.

Who are some of the most notable speakers this year?

I'm really excited about Dr. Tom O'Bryan, who's a world-renowned expert in gluten disorders; Dr. Christopher Shade, who will talk about his research into mercury toxicity; and Dr. Dean Ornish, who will discuss turning good genes on and bad genes off through lifestyle and nutrition. We've also invited back some favorites from past years, like Dr. Zach Bush, who has done ground-breaking work on gut health, and Dr. Antonio Jimenez, who runs a cutting-edge cancer treatment center.

Will there be any special panels? What will they focus on?

This year, we have a panel on brain health and Alzheimer's. We're going to talk about pet health for the first time with Ty Bollinger, who did a wonderful documentary on pet cancer. We'll also have discussions on children's health, focusing on allergies and autoimmune disease, and on cannabis with Dr. Uma Dhanabalan. ■