

ENTREVISTA "LA TEORÍA DE CLAUDIA"
INTERVIEWS FOR YOGA AND SCIENCE

SCIENCE SAYS

‘LA TEORÍA DE CLAUDIA’



Claudia Díaz es Médica Cirujana General en la especialidad de Radiología e Imagen Egresada de la UNAM desde hace 18 años. Actualmente trabaja en Boston, Massachusetts.

Está subespecializada en Ultrasonidos (abdomen, mama, tiroides, ginecobstetricia, testículos, pediatría, renal, urgencias, vascular, intervencionismo y sistema músculo esquelético). Es miembro activa de la Sociedad Norteamericana de Radiología, del Instituto Americano de Medicina, de la Sociedad Española de Radiología Médica y del Consejo Mexicano de Radiología e Imagen.

Ha trabajado en México, España y Estados Unidos. En el estado de Massachusetts ha trabajado durante 12 años en dos hospitales de prestigio afiliados a Harvard Medical School (MGH).

We have the honor and the time to talk to her, to share her experience and we will try to solve some of the doubts about the last advances in RADIO DIAGNOSIS and Cancer.

We want to get deeper into it and understand why and how it is produced-developed. This is something that today worries to most of the population in the world.

Perhaps Claudia’s job is one of the most important to fight Cancer. An illness that is affecting and will affect to almost one third of world population. Being able to find the process as as soon as possible, is crucial for the evolution of the illness and the treatment to use.

Yoga And Science

Hi Claudia, how are you? Thanks for your time. Would you like to chat with us?

Claudia

Of course Fer, sure we can talk, I love chatting with you, is so interesting

YAS

My pleasure and honor. I was thinking that you are in a hospital in Boston, in a city, but surrounded by trees and green landscape and i am in the middle of nowhere but in north of Thailand, also surrounded by fields of rice, forrest and palm trees. Is it raining too? They both look quite a lot don't you think?

C

Sure, kind of, probably here there are more cars, instead of forrest there are parks and instead of 25 Celsius, there are 5...

YAS

How important the environment is, right? Maybe we forgot to say that my food comes from the back yard and you have to go to supermarket or order it on line. And that I normally take two hours to eat.

C

Yes it is. Some days I eat in 15 minute other days I don't eat

YAS

My propose is to talk about certain subjects that some people from no scientific environment affirm. Normally they come from alternative therapies or most of the "healing energy" therapy technics. 95% of the cases is people with no knowledge about anatomy, biomechanics, physiology, chemistry or nutrition. They just repeat something they have hear probably somewhere or somehow that has the background and understanding to say it, or was just a theory.

In other hand I want to open science and doctors eyes and mind to listen and give it a change to all this technics and methods. Because we have to admit that we do not have many answers yet and if we work together we might get farther than if we try yo destroy each other. There is so much wisdom that has been forgotten from old therapies and nature that we have put it away just because is not economically interesting.

You know in Spain they are trying to make ilegal all kind of alternative therapies and trying to avoid that people this kind put in danger people's health.

C

That is what i like about this chats Fernando, and here i am to listen and tell you what i know about my job and my theory, Claudia's Theory.

YAS

You know that in Spain, government is trying yo put down the alternative medicine market? Homeopathy, Naturopathy, healers, and others. And I don't like it but i do understand them because there are many ones that are harming the good ones, the ones that should be working with doctors and scientific.

Anyway if governments are doing this i think they should avoid and penal many other industries like alcohol and many food ones or tobacco, for example. This is the kind of things i don't understand about politics and companies.

We are going to talk about cancer, it's diagnosis, varieties, it's evolution, how to prevent or how nutrition and emotions affect our organism

C

My experience with emotions and cancer are controversy, I have not seen yet a relationship, but this is just my experience. Most of the people is see in the hospital i don't see them with a low emotional tone mainly.

YAS

Don't you think is something deep deep inside. Besides that, I guess that is quite complicated to say. May be we should study more closer about their personal lives and emotions. Like Valentin Fuster's book with Luis Rojas Marcos comparing cardiologist and psychiatric patients.

C

I have to check that study, i am sure is interesting. Another important point is that cancer is something more common in higher class society than lower class.

YAS

Interesting. Why is that?

C

Gens. Is like monarchy illness. Like hemofilia.

YAS

I see. And where does genetics come from? I mean. what give them the shape they have? How is the DNA build? Based on what?

C

Fathers can have recessives gens, like grandparents, but this from their parents could have chromosomic damage or a new mutant gen from previous generations.

YAS

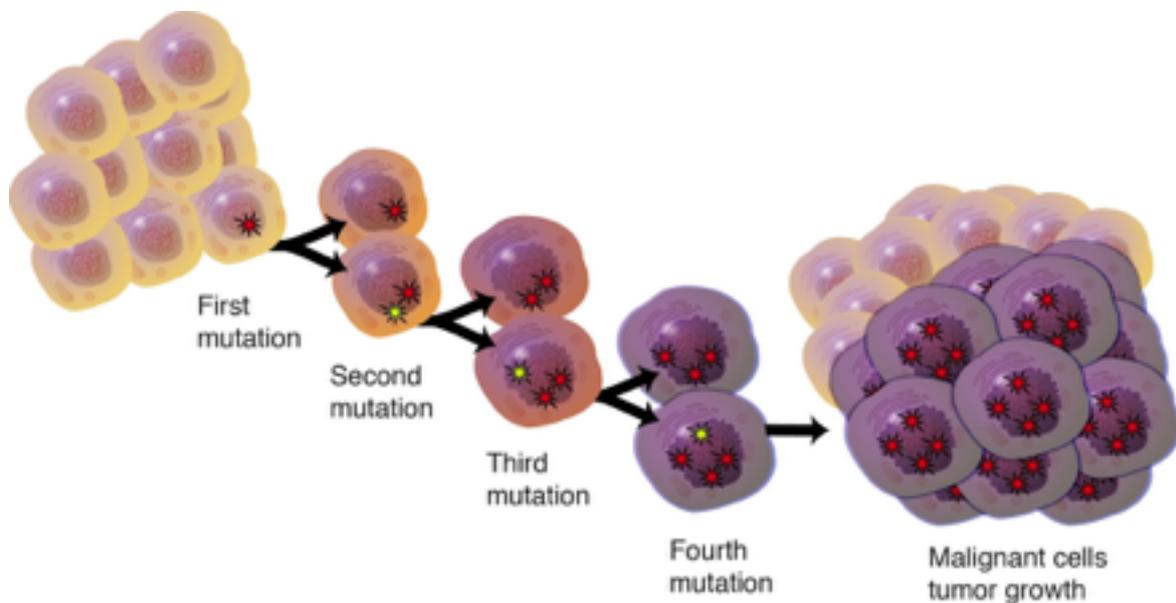
Recessive gens? Remind me please.

C

Recessive gens are the ones that manifest 25% from their family members. Dominant gens are 50%. Dark eyes are dominant gens. Bright eyes are recessive gens.

YAS

Aha, and how often mutates. Every generation ADN changes a little bit or stays the same?



Cells mutation

C

To mutate is unpredictable because there are so many external factors that produce this mutation. Radiation, drugs, etc.

YAS

Ok, in my family about the recessive or dominant gens. My parents had dark eyes and 5 of us had dark eyes. Our grandpa had blue eyes and one of my brothers had blue eyes. But this information is there from the beginning, is not going to mutate, right?

C

There is a people with two eyes with different colours. 1: 100000. There is genetic information that comes from the beginning, but when and where was the beginning? Should we go back to Neanderthal?

YAS

Two different colours like David Bowie and my friend's dog. Beautiful nature.

Ok, but what about environment, habits, behaviour, costumes, nutrition, climate, growing up next to mom and dad or your brothers, the way they move, they talk... This is where genetics also come from doesn't it?

I would love to know if my gens have changed comparing to my brothers in the last 20 years. We have had such a big different style of living. I am sure the information has changed in all this years.

C

Is a bit complicated to measure now, yes, but you are going to live longer, maybe you can check now. Claudia's Theory is that cancer is in the gens, is a damaged gen that modifies every generation. The damaged is there and if we add reasons to manifest like external conditions, emotions and others, it will appear.

YAS

To wake up the Beast. Hey you mention emotions... I like it! hahaha

C

Exactly, hahaha. But if you have same external conditions and very bad habits, and your DNA info has no cancer damage, they will not have the illness. But same person in the future will be mixed with another person that has the damaged and will transmit to next generations and provoke the mutation of the gens for apparently no reason. And then is when we say, "only God knows". Even if we do not believe in God. Nature is unpredictable in many different circumstances. There is information in the DNA that mutates according to Darwin and his surviving theory. The strongest will survive.

YAS

I do not want to talk about God in this case, he always changes his speech depending on the part of the world he is in and who he talks to. And Darwin isn't he a bit overvalued? What's the name of this American woman, Carl Sagan's widow. The one who talked about bacteria!? And we also have Lamarck and Mendel. Let me look about this woman.

C

No, no, Darwin was a really cool guy. I am sure Galapagos Island is amazing. But today we have a lot of other theories supporting or not his theory. But of course we have other options.

YAS

Lynn Margulis was her name. Her theory makes us doubt about Darwin and his theory of evolution of the species.

C

No, no I don't know her. but i will read about her.

When we are born, we have genes that we know about them, science has discovered many important things about genes. But we do not know everything. there are many other genes that have not been discovered and we are here to observe how they behave. About the color of the eyes, is something very dominant or recessive, but the reason why one man has blue eyes or a woman black eyes is part of the genetic combinations.

YAS

Would you recommend any kind of nutrition for Cancer prevention?

C

If i am honest to my theory, i can not talk about a diet that prevents from cancer. Even realising that there are many foods ready to fight cancer.

YAS

So you think it does not matter to eat one way or another? What about the matcha you were having before? And the antioxidants, Kale ? What is your opinion between alkaline and acid? I am laughing because I am asking you so many questions.

C

All excesses and lack of balance is not good for health. All those foods you mention are good but if you over eat them, they also will be bad for you. Variety and balance is what is good. I recommend a balanced diet but for any good health condition. Positive energy a good attitude. I am not saying that eating one way or another is not important. But I am also saying that if chromosomal damage is there is good to keep a good style of eating.

The foods for preventing cancer is also good to have them, just in case there is a chromosome mutating.

Avoiding the extra calories and eating habits. And do not exceed with anything in life. Even sports could be dangerous.

YAS

Tell me. I have 60 year old man knees from running and playing sports. Also practicing yoga. But lets not talk about excess and risk groups. I am 80 kilos and almost 2 metres tall. We can not give same dose to a 40 kilos and 1,60 cm tall lady. Today everything is big and fast. Even the ones that we think we are healthy.

C

Everything in excess is not good. Only smiling is good to exceed.

YAS

JAJAJA. What about wrinkles!?! But they fit good on people. I always tell my students, just smile girls, then you can use a bit of botox. I am a big fan of white hair and wrinkles. Why some women associate pulling from their skin as a simple of youth?

C

The wrinkles are a genetic factor. hahaha YAS

YAS

There is genetic again. Hahaha. Do you know Bruce Lipton?

And take a look to this video and this article from National Geographic about placebo, faith and endocrine system.

Bruce Lypton : <https://www.youtube.com/watch?v=GCG1zj3mxOw>

National Geographic:<https://www.nationalgeographic.com/magazine/2016/12/healing-science-belief-placebo/?user.testname=none>)

C

I don't know them but i am going to view the article. Sorry Mondays are not a good day, have to go. I have 12 hours in the hospital.Talk later

YAS

Thank you Let's keep talking tomorrow

RECONSIDERING

Claudia has everything super clear, her education and her experience tell her that genetics is the most important point talking about cancer. I am not one to tell anything to a professional that has been for eight teen years working in this field every day of her life. Is true that there are many theories and ways to observe this sickness. Many times when we ask the doctors and they say as Claudia said before: " Only God knows". But take a break and observe the video and the article from National Geographic. Maybe it will change the perspective and idea we had about the DNA and give another chance to different ways of treating the human being. Without that many pills and pharmaceuticals from the doctors.

Go on and keep reading how this article and video changed Claudia's perspective of the matter.

YAS

Your daily job is related with the thyroid gland! What do you think about certain affirmations from books and people that say that certain postures affect it. Saying that they "stimulate" and are good for the thyroid ?

C

Postures that are good for the thyroid? I don't buy that sorry

YAS

Wow, you would be amazed of how many things are said in this environment. Books, blogs, web sites, teachers, workshops, schools. People who has no idea about the human body, with no anatomy studies more than a couple of manuals read. Really invite you to check it out. Just write down "shoulder stand for thyroid problems" in internet

C

Uf, no no, I would het mad reading that kind of things. And how does it work?

YAS

Well, they ask normally 50 year old women, that have never done a crunch in their lives, in inverted positions with a cervical hyper flexion and the whole weight of the body on this area. Then is when they tell them that this posture is great for the thyroid. Worst thing is that when you ask them how this works they do not know what to say. And what is the physiology of this action? How this affect the thyroid, if i may ask? of course no answer...

C

Hahaha, good question. I would also ask them. So what is wrong when a thyroid is not working properly? And what kind of benefit would it be? Does it get bigger, it shallows, it stretches it?

C

So is like they are saying that a thyroid is like a muscle, with miocits and sinapsis?

YAS

And what tissue is the thyroid made of? How is it physically? Does it move? Does it contract? What other tissues are around it? And what kind of hormones does it produce? How is the physiology? Can other tissues affect it?

C

Thyroid is a gland made of special thyroid cells. Is as big as your own open hand on top of your throat. It has a hard consistence, not exactly elastic but plastic. It can modify it's size because of specific tumours and hyper to hypo stimulation.

The tissues around it protect it and also it protects the organs around it. Both vascular and glandular. It produce T4 and T3 hormone. The growing hormone is produced bu the hipofisis y the brain and the functions of the thyroid are ruled but the same gland.

The thyroid hormones is related absolutely with all the organs in the body because is where fats and carbohydrates metabolise. this ones interact with the Catecholamines, which are neurotransmitters.(adrenaline) in the nervous systems and others. If any strong movement are produced in this area, the ligaments and the tendons around the neck will brake before anything happens to the gland.

Thyroid only destroys if it gets a direct impact with a knife or constriction.



The Yoga practice does not alter the physical shape of the thyroid gland or it's function. It could affect to it's vascularity bringing more oxygen and detoxifying like any other part of the body when we move it in a balance way. Depending with each individual capacities and nutrition.

Thyroid ultrasound

YAS

I think it is super clear Claudia. Radiologist are basic in rehabilitation, the doctor nor as much. hahaha! Actually is better if they are not around.

C

I was going to the PT for a month because of a frozen shoulder and i hardly recommend to go to PT. You teach how to use muscles, pay more attention to your joins and ligaments, that we do not normally use. We need to use them not to let them get weak.

YAS

And going back to cancer, one of my brothers that die from cancer, was an stomach one, he was a big eater, lots of anxiety, very bad habits and lots of meat and fat. Two years past until he confessed

his cancer was from the stomach because he did not want to recognise it and admit that he provoke it to himself with his still of living. And I told him so many times, “ you have to change your habits, you have to eat better” Of course I never blame him for it. It was no worth it afterwards. Alcohol, tabaco, economy problems, emotional issues, two daughters with two different women....

If you want to have more chances to win the lottery is easier if you buy more tickets, right?

C

I think a person that has the chromosomic error in it´s gens has many lottery tickets to get the cancer, but of course that bad habits are a trigger to provoke and make it easier for this cells to grow and expand. I do not want to say is for one reason or another.

Emotions have a lot to do with illness and of course with immune system.

YAS

That is why I was saying at the beginning of the interview, 50/50%. You where saying 80/20% and Lypton 20/80%.

C

Bruce was saying that two brothers that are educated in an environment where parents are arguing all the time, it affects to the mental training of the kids and this is affecting the emotions of the little ones and of course the manifestation of different illness, passing from brother to brother. I support what he says but not in every situation. There are cases where brothers are created and grown up in totally different environments, rich or poor, distant countries, and even though the chromosomic error appears on both.

YAS

Yeah is true. This is perfect to define my family situation since I was a kid. We grow up between arguing and a toxic mom and dad relationship. Their conflicts that did not know how to fix between them. An emotional nightmare, true. I was sick all my live until i move away from them and change my eating and emotional habits. Other brothers decided to get stuck in this situation and hide it with drugs and alcohol.

I was more into Gestalt therapy, sports and vegetarian life style.

C

Everything is important, we are human beings made of cells and they are constantly moving and reproducing them selfs. Related to hormones and neurotransmitters as well as external factors that affect our homeostasis.

I love the word and concept of homeostasis. This is what I look for in my daily live, to be balance physically and emotionally. I love to philosophy and say “ tomorrow is a new day, be patient and smile”

YAS

You said in the beginning that too much love is not good. Are you saying this for any reason?

C

Yes indeed. I was a person who was deeply falling in love when i was a teenager. My life was divided on who I was dating. I used to think that men love to have sex and women have sex to receive love. But you can live a very happy life if you have no couple or no sex.

Love is like a drug and it creates an addictive dependence. It gives you a lot of pleasure will you enjoy it, but when you have a luck of it, It can destroy you emotionally and take you to a very bad personal situation. Getting very sick in many aspects.

YAS

So we are going to be agree finally. Emotions can take you down all the way until you get really really sick, even to cancer. In my experience I saw this for several years when I was working at the Fibromyalgia Spanish Association. My patients were mainly women. Emotionally affected for many reasons, from relationship with husbands mainly, many unspecific pain points, very bad sleeping habits, change of humor and many other problems that make their life a nightmare. This would make them get into their own world, complain a lot, so family was always tired and bored of them. Bad eating habits, no exercise, always sad and trying to call people's attention.

YAS

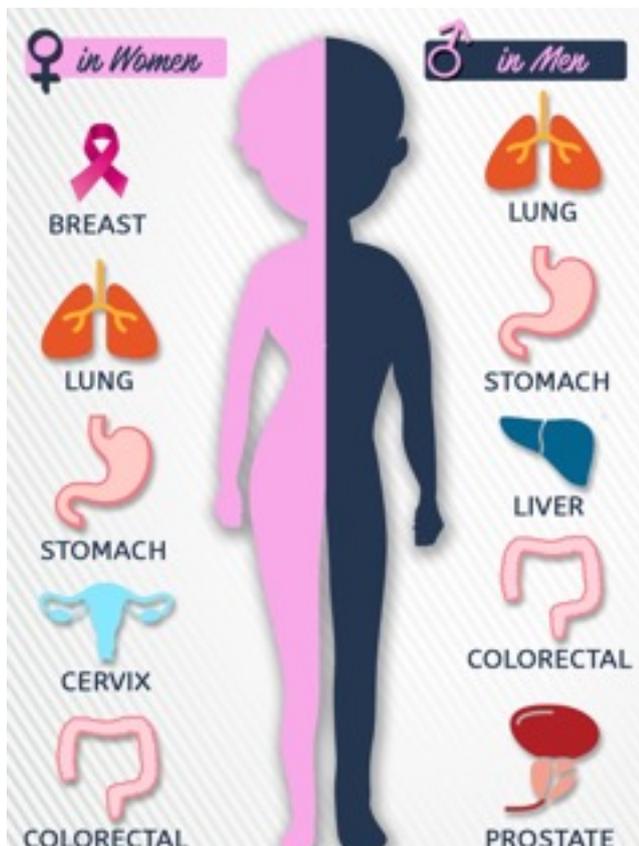
How do you get a chromosomic error after you are born?

C

The genetic changes that help cancer to expand can be heritage from our parents if the changes are in the germinative cells that reproduce the body (ovaries and testicles) This kind of changes named, "germinal estirpe changes" are found in one an each of the descendent cells. The gens have the instructions to produce proteins which do most of the work in our cells. Certain genetic changes can make this cells to skip the normal growing controls and produce cancer. Certain changes make cells grow more than usual. Other changes make this cells grow with a different shape, so it is no functional. Normally this would repair the cell damage.

My conclusion is:

Cancer is a genetic disease, this means that cancer is created by certain changes in you gens that control the way our cells work, grow and reproduce.



Genetic changes can also be produce during a person's life because of DNA mistakes when the cell divides it self or because they are expose to carcinogenic substances like tabaco, radiation, UVR, etc.

5 top cancer in women and men

YAS

So, last question. What is the difference between the genetic information of having a certain eye color or the one that produce cancer? Why some gens change and other do not?

C

The genetic changes after conception are called somatic changes or acquired gens. There is also a kind of cancer produced by a virus in the cells. Like cervical cancer that is caused because of the "Human Papilloma virus" Even if you take a test to check if you are going to have a cancer or not, you wont be able to avoid 100%

We recommend to have a healthy life. Food, exercise, emotional stability avoiding excess of all kind...

Of course emotional problems make as be depressed which makes our neurotransmitters and other substances be unbalanced.

So far I have found cancer in all kind of human being, from sport people to healthy people, emotionally stable or depressed patients.

We used to think that cancer was more common in develop countries but now cancer is also developing fast and expanding in low and middle class society. Now this countries are also developing and a soon diagnosis is more possible than before. Is complicated to find out if this relationship between classes is 100 % real.

What we have to think is that good daily habits not only prevent cancer but many other deseases like diabetes, hypertension or alcoholism, all related to genetic factors.