



## The Beat Cancer Mindset | Chris Wark

### [00:00:00] Guest Intro - Chris Wark

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Darin Olien Show. I am so touched and stoked by this episode. This is a full-on unbelievable, miraculous, and also courageous story of Chris Wark. Chris beat cancer, a comprehensive plan for healing naturally. Yes, he beat cancer. He has daily 365 inspirational books, goes alongside of encouragements, actions to take, steps to survive and thrive. Also, beat cancer kitchen, plant-based. Chris's story is at 26 years old, who was diagnosed with cancer, stage three colon cancer, and he's going down the path of they lay out the path for you. Even though you're an individual, the "conventional" hospitals and doctors just put you on a path, radiate you, cut you, burn you, chemo you. Listen, everyone's got their own point of view, but we are individuals, and we have a kingdom of nature within us, around us, what we put in us, what gets exposed to us is nature. We have manmade things that we are doing all the time, that's either shutting the door of possibilities of expression of disease, or we're opening ourselves up, unconsciously eating. Hey, man, I just want to live so I want to eat whatever I want, then that's your choice. So this is about choice. Chris's story brings me to frickin tears. We're going to unpack that. He's going to walk you through the awakening that happened while he was on the traditional path and boom, his intuition came up in spite of everybody else. He made a sovereign choice to go plant-based, learn about his own healing, learn about his own body. And you know what? Chris beat cancer. He freaking did it. Twenty-plus years later, the dude is thriving. You will be touched because he did it. [Chrisbeatcancer.com](http://Chrisbeatcancer.com) is an advocate for healthy plant-based eating because it saved his life, and the path he was on was not doing that. I want you all to live a life that is so powerful, that is so beautiful, that is so full of love and energy and health, that is at my core. Now, we get to hear from Chris because it's at his core because it saved his life. I love this one because we need strong, great people in the world like Chris and we need you to live and be an integration of your greatness. I could keep going on right now, but I'm gonna stop, and I'm going to let you hear from this great human, Chris Wark.

### [00:03:36] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we as humans can improve our lifestyles, strengthen our mindsets, and take better care of this beautiful planet we call home. If you're looking for motivation to take the next steps towards a happier, healthier life, then you're in the right place, and I'm stoked that you're here. So let's do this. This is my show, The Darin Olien Show.

### [00:04:20] First Part of the Interview

Darin: Well, Chris, I'm stoked to talk with you as I was reading and preparing a little bit, I was like, wow, what a freaking journey you've been on and what an incredible gift. You've been



using that hard news journey struggle but also now you're sitting there in that seat providing opportunities around health and health care, but it isn't. That being said, I'm stoked to get to know you here and stoked to have you here.

Chris: Thanks. It's great to be alive, really great to be alive and I'm thankful that I can share my story and hopefully encourage people and inspire them and empower them to change their life to take control of their health. Every opportunity I get to share it and reach more people, I'm excited about.

Darin: Your national best-selling book, *Chris Beat Cancer*, pretty straightforward because listen at this day and age, and unfortunately, in this population, in this modern-day world, the good part of it, the bad part of it, we're doing things to ourselves that are, in some cases, sprinting us towards cancers, degenerative diseases, etc. Let's unpack that story a little bit at 26 when you got this life-stopping news, and then the things that you decided to do, and go against the normal protocols. Take us through that a little bit.

Chris: Happy to. Diagnosed at 26 in December 2003 with colon cancer. I had been having abdominal pain for the better part of that year that would come and go. It was sort of a weird, nagging, dull, aching sensation in my abdomen. I couldn't really pinpoint it. It wasn't debilitating but it progressively got worse through the year and eventually, I was like, this is really bothering me. I went to the doctor, and they passed me around a few different practitioners and finally did a colonoscopy. When I woke up from that, they said, you got a golf ball-sized tumor in your large intestine.

### **[00:06:30] Getting the diagnosis that changed everything**

Chris: They took a biopsy, sent it to the lab and call me within a few days, and said, look, you've got colon cancer. As a young adult, it's very aggressive. Typically, we got to get you into surgery right away and get this thing out of you before it spreads and kills you. At that point in my life, I mean, I was the typical cancer patient, maybe even atypical because at that point, I didn't know anyone who'd gone through cancer. I mean, I knew a few people, but I'd never seen someone close to me go through diagnosis all the way through treatment and die. That was just what happens a lot. I had no family history, and I didn't know anything. No medical background, no science background, no nutrition background, except for some exposure to the natural health world. My mom was into healthy stuff and shopped at health food stores when I was a kid and would buy wheat germ and sprouts and stuff like that, and supplements and was always trying to make me take vitamin C. I worked at Wild Oats. Remember Wild Oats?

Darin: Of course. Were you growing up in this area in the Nashville area?

Chris: Memphis, which is like the last place on earth to get anything healthy but we had Wild Oats and I work there in college for like a year or so. So I knew about juicing and organic food and stuff, I worked in this little grocery store. I wasn't living that lifestyle, but I knew about it. Anyway, that was all the background I had. So they said, we got to get you into surgery right away and I'm like, okay. I mean, I didn't know what else to do, and I didn't have any plans to try to do anything else. This was a couple of days before Christmas and cancer diagnosis is such a shock. It's terrible. A lot of patients suffer PTSD as a result of the



diagnosis because it's such a traumatic life event, psychologically. I was already in this sort of stupor, in shock and depressed and I was like, look, can we just not do this over Christmas? Can I come in after Christmas and do the surgery? And they're like, yeah. So I went in on December 30th. They took out a third of my large intestine, and that's where the tumor was. When I woke up from surgery, they said, listen, what's worse than we thought. We were hoping you would be staged 2, but your stage 3C. That means you're going to need 9 to 12 months of chemotherapy. Things went from bad to worse because stage 2 means you just have surgery and go home.

Darin: They take it out. It's centralized. It hasn't spread. Hopefully, it's just taken out and you carry on with your life.

Chris: Yeah, good luck to you. We'll see in a couple of years for a colonoscopy. At least that's where it was in 2003. They may have a different strategy now. I'm in the hospital, I'm on heavy pain medication, and I'm just, okay, I guess this is my life now. I'm going to be a full-fledged chemo patient. A couple of things happened while I was in the hospital. They got the wheels turning and one of them was the very first meal that I was served after they took out a third of my large intestine was a sloppy Joe. Are you a fan?

Darin: Of course, growing up in the Midwest in Minnesota, sloppy Joe's were a weekly extravaganza.

Chris: Yeah, it's like Hamburger Helper. I spent a lot of time thinking about sloppy Joe's and making jokes about sloppy Joe's. It is a very funny food item because they don't serve them in restaurants because nobody likes them.

#### **[00:10:05] The Sloppy Joe effect**

Chris: As far as I knew at that time, the only place you could get a sloppy Joe would be high school cafeteria, summer camp, the military, and definitely in prison, and surprise, in the hospital if you're a cancer patient, or if you've just had quadruple bypass because everybody's getting the same thing that day. Whoever's in the hospital, it's like sloppy Joe's, that's on the menu today. Hospitals now, they actually have menus and you can pick and choose but back then, no, it was just everybody gets the same thing pretty much. So, they served me that and I'm just like, gross, why are they serving this, it's just horrible food to sick people? Then a few days later, I was given permission to go home. My surgeon came in to check on me. He was doing his rounds. So we just had this conversation about what was next, and I just happened to ask him, hey, is there any food I need to avoid? Because in my mind, I'm like, well, they just cut out a third of my large intestine. Everything you eat is going down the tube, it's going through the tube, is hot sauce a problem?

Darin: Which is a logical thing to ask.

Chris: Is there foods that are going to screw up this procedure, like melt the stitches or something? He says, no, just don't lift anything heavier than a beer. So that was it. That was all the nutritional advice I got from my surgeon. Again, wheels are turning and I'm just thinking, why is there such a huge disconnect between health care and health food, healthy living, diet doesn't seem to matter to these people in the medical field. I go home, I'm



recovering from surgery, and as I was weaning myself off the pain meds, as I sobered up, I was thinking about my life and my future and this sobering reality of chemotherapy. I had seen advanced chemo patients out in the world walking around, and it makes an impression on you, especially the first time you ever-- you can probably remember the first time you ever saw an advanced cancer patient, chemo patient, maybe as a kid, and you're like, Mommy, what's wrong with that person? They're emaciated, there's no hair on their head, their skin is yellow. It's like, oh, my gosh, what has happened to this person? How did they get in this physical state?

Darin: It's such a severe poisoning of the entire body. I had a very, very-- I call her my second mother when I moved from Minnesota to Colorado. I saw her go the whole way through that whole process, and she didn't survive. And you're right, it's just like, how does this make sense?

Chris: That was the only frame of reference I had was I had observed some strangers and thought, oh, my gosh, is this gonna be me? This is my future. So as I could envision myself becoming that, that was pretty terrifying. I was afraid of that, and I didn't want to do it. I think most cancer patients don't want to do it. None of them are like, chemo, I can't wait.

Darin: It's a form of absolute torture.

Chris: It is torturous.

Darin: I don't want to go over the fact that you're contemplating poison to hopefully knock out the cancer. But at the same time, the contemplation of death comes along with the word cancer straight-up soon as you got the first diagnosis and now it's advanced because you can't help but to now have to wrestle with the idea that life could be potentially infinitely shorter, and death is right here. What the hell was going on with you at that time? How has that not become a very spiritual consciousness, invoking situation about what matters? Tell me about what that process was because I can't even imagine.

Chris: It is exactly the way you described it. It is this spiritual event in your life. Cancer cuts this dividing line in your timeline, you've got BC, that's before cancer, and you've got AD, after diagnosis. Literally, it's just a slice right in the timeline and quickly, for me, and this is common, I realized that everything I cared about I no longer cared about. There's an old adage, the healthy person cares about everything, and the sick person only cares about one thing and that became true for me is I didn't care about all this stuff I used to care about. I just cared about getting well and surviving.

### **[00:14:35] How cancer forces you to confront your mortality**

Chris: Yes, the threat of death was looming. That was very scary. I have never been a worrier. Some people worry, they're anxious, and they worry a lot and I was never that type of person until I got this diagnosis. Then now it's like, my gosh, I am dealing with fear every day. This fear is creeping into my mind. It's invading my mind's metastasizing to my mind every day and what can I do about this? So there I am dealing with fear, and what do I do and what's next and all this uncertainty and again, sobering up off the pain meds and things are becoming very real. I just had this increasing internal resistance to doing chemotherapy,



but I didn't know what else to do and the idea of poisoning my way back to health didn't make sense. It didn't make sense to me. I was like, it doesn't make sense, that's not what I want to do. There's got to be something else that I can do. So I prayed about it. I just said, God, if there's another way besides chemotherapy, please show me. I'm desperate. I need help. I'm listening. I'm willing to do anything. This was a prayer of surrender but also one of faith. It is also believing that something would come that I would get direction, and I would get an answer. Two days later, I got a book that was sent to me from a man who lived in Alaska. He was a friend of my dad's, a business acquaintance of my dad's. He heard I was diagnosed, and he sends me this book. That book was written by another man who had healed his colon cancer with nutrition back in the 1970s. His name is George Malkmus. His story was, he was a pastor, he had seen a lot of church members and family members, his own mother get cancer and go through treatment and die. Then he gets colon cancer and he decided, well, I don't want to do treatment, it doesn't work. It doesn't work for anybody I know.

Darin: Traditional treatment of what, of that same old--

Chris: Yes, surgery, chemo, radiation. So he had seen that, and he was convinced that chemo had killed his mother because he had watched her go through it and he happened to have a friend who said, you should go back to the Garden of Eden. You should eat a raw food diet, and you should start juicing, this is what you should do. So that's what he did and within a year, no tumor in his colon. So I'm reading a story and I'm like, this is amazing. I started to connect these dots in the case that he was making, which no one had ever heard anyone talk about was our diet and lifestyle choices are the reason that we have this epidemic of chronic disease. A lot of people don't understand there are two types of disease. There's chronic disease and infectious disease. Everyone's obsessed with infectious disease right now, but they are two very different categories. Infectious disease is sudden, it's the sudden onset of infection, and you come down with something, you get a cold or fever or whatever. But chronic disease, it takes years to develop. It's a slow degradation of your health over time and that is caused by our choices. There's no good education on this, especially in school. The media doesn't really like to talk about it. I guess they don't find it interesting, and so nobody understands. We all feel like, I just got this pain, or I've got this high blood pressure, or I've got pre-diabetic, or I've got a tumor, and they just think it just came upon them and as if it was just bad luck, or it was bad genes. These are the two things they're told by their doctor, when they say, how did I get cancer, how did this happen to me? Well, we don't know but it's maybe bad luck, or it might be genetic, bad genes. What this does, is it disempowers the patient when a doctor tells the patient, no, it's nothing you did, it's not your diet, no, it's not stress, it's nothing you did you, it's not your fault. We don't want you to feel bad about anything you've done in your life. They actually disempower that person, and then they basically turn them into a powerless victim of disease, nothing you did contributed to your situation, and there's nothing you can do to help yourself except show up for treatment. That's the thing that you must do, you must show up for treatment. Eat whatever you want, don't change your life, just enjoy your life. So this, in my opinion, is borderline criminal medical negligence because of the vast amount of research on diet and lifestyle for cancer prevention and treatment. There are reams of studies, you can't read them all, there's too many on the anti-cancer potential, the compounds that are in fruits and



vegetables. And the cancer-promoting compounds that you find in meat and dairy, fast food, junk food, processed food, pesticides, fertilizers.

Darin: This just goes into this whole thing of, again, the environment you create. If I go leave my trash out, don't let the garbage man take it and it just sits there putrifies over a period of time and I keep adding the trash, what the hell do you think shows up? Bacteria, virus, vermin, everything else that is made as a part of the natural cycle. I love the fact of your story because I know at my core, everybody's common sense radar is going off. Of course, we're all under immense pressure when we're given something of a diagnosis like that.

### **[00:21:21] Internal and external environmental factors**

Darin: Why is it that we're allowing the majority of this healthcare system to disempower but the terrain that we're creating every day is the invitation or the exalting of potential bacteria, virus, or the ability for something to heal. So it's the environment that we're creating on an everyday basis. So I just wanted to illuminate that for a second because that's the genesis of the power that we ultimately have.

Chris: Well said. It is all about the environment: internal and external. The internal terrain of your body can either be hospitable to cancer growth, or to chronic disease, or inhospitable. That means you're resilient, you have a strong innate immune system, and you're taking care of your body in a way that maintains its ability to stay healthy. I think a lot of people walking around, they have this assumption that we all have the same immune system and we do not because from one day to the next, and from one year to the next, and from one person to the next, the strength of your immune system can fluctuate wildly depending on even just without getting too complicated from one person to the next. The way one person lives their life and takes care of their body can foster a very strong immune system. Then another person can be abusive to their body and neglect their body and produce a very weak immune system. So, your immune system is the reason you have tumors or not. It's your immune system. There's not enough education or explanation on the power that you have to influence your physical body through your daily choices. These light bulbs are going off for me, and it was incredibly empowering. As reading and learning, I get so excited because I realized the way I'm living is killing me. This is actually really good news. It didn't make me feel bad about myself. I wasn't ashamed, or loathing in self-pity. I was like, wait a second, if I contributed to my disease, maybe I can contribute to my health. If I contributed to my illness, maybe I can contribute to my wellness. This is exciting. Show me what I need to do. I'll do it. So, I converted to a raw food diet overnight. Sometimes it just takes one person's story to change your life. One person in your life at the right time can be so inspiring, it can just transform your life. It can set you off on a completely different path. For me, that was the first testimony I read, George Malkmus. I was like, I don't need a bunch of studies and research and I don't even know where to look anyway but I believed in my core that I could improve my health, and I knew there were big changes I can make to my life, and I was excited to find out what would happen when I made them. The raw food diet was the first big change. I went from eating one to two servings of fruits and vegetables every day to eating 15 to 20 servings of fruits and vegetables every single day, every day, every day, over and over. That includes juicing about 64 ounces of vegetable juice, carrot, beet, celery, stuff like that, plus giant salads. It's on my new cookbook, the giant cancer-fighting salad, and fruit smoothies and fresh fruit. I decided I'm going to overdose on nutrition. This is



what I want to do. I want to see what happens when I do this. What happened was, I started to feel really good pretty fast, within a few days. The first few days were weird because my body was like what are you doing? This is too much broccoli.

Darin: So much fiber coming at you, a little adjustment, microbial adjustment, number of things.

Chris: Yes, but your body is adaptive, so it adapts. Once I got over that hump, I started to feel really good, lots of energy, even just my attitude, my mindset, everything shifted. I was excited to be on that path, and had taken my power back and taking control of my health, and I was reading and going from book to book to book like, what else can I learn, who else is out there, are there other doctors that are holistic medical doctors, are there other books by survivors? Where are these people? Where can I find them? I need to learn more. I was on the path of discovery. Unfortunately, most of the people around me did not understand, and I was getting a lot of pressure from people around me, who said, I started getting phone calls, we heard you're thinking about not doing chemotherapy, you have to. I'm like, I don't know. They're like, you have to do what the doctor says or you're going to die. Don't you think if there was something better they would know about it? I know somebody who did alternative therapies and they died. Hearing these kinds of messages from people around me who care about me, they loved me, but they were sincerely trying to help coming from a place of fear and ignorance, but it was all of a sudden infusing my situation with a lot of fear and uncertainty and doubt, which was what I did not need at the time. So, I reluctantly agreed to go see this oncologist and my wife and I go in the appointment. The appointment was very typical because I've talked to so many cancer patients in the last decade, 18 years since my diagnosis. But we go in and see this guy, he's sort of apathetic, and just flips through my chart. He's like, look, you got young adult colon cancer, you're stage 3C. It's very aggressive in young adults, you've got about a 60% chance of living five years with treatment, and it's just sort of matter of fact. I said, well, what about the raw food diet because I'd been on it for a week? He was like, no, you can't do that, it'll fight the chemo. Then I said, well, are there any other alternative treatments available? He said, no, if you don't do chemotherapy, you're insane. Then he proceeded to keep talking and just like parading me with everything in his arsenal to talk me into chemo. It was all a blur because the fear took over. When you're in a state of fear, you can't think straight because your brain chemistry is altered by adrenaline and cortisol. He's just talking and it's like peanuts. But one thing he said stuck with us, my wife and I, is in the middle of his rant, he says, look, man, I'm not telling you this because I need your business.

Darin: That was the poker tell.

Chris: That was the Freudian slip/sales technique called the push away, which I'd actually been trained in doing in a sales job where it doesn't really matter to me whether you'd buy it or not, what they call sexy indifference. You're just pretending like, take it or leave it, but I caught it. I'm like, what is happening in this moment? I don't need your business. I'm not thinking about this as a business at all. Little did I know that the average cancer patients were 300,000 plus in revenue from the surgery, the chemo, the radiation treatments, the breast reconstruction, the nipple tattoos, the wigs, just the multiple hospital visits, all the different prescription drugs that that patient is going to get. Some of the new drugs, million dollars a year. It is crazy, the cost of these new cancer drugs, immunotherapy drugs.



Anyway, I didn't know any of that. I just knew he was talking down to me and being very rude and intimidating, and I didn't like it. So he finally wrapped up the little meeting and I went straight from that little room to the desk and made an appointment to get a port put in to start chemotherapy in a few weeks. I'm so thankful that I had weeks before I was supposed to start chemo because in that time, I went home, and I'm like, I don't know what to do so I just fired up the juicer. I might as well to keep doing what I'm doing. I'm just hammering the fruits and vegetables, and the fresh juices, and I'm reading and researching and I'm praying a lot and just trying to reorganize my life.

### **[00:28:08] Shifting to the Beat Cancer mindset**

Chris: Then the day comes when I'm supposed to go get the port and I woke up that morning and I was just like, you know what, this is not for me, not today, maybe later, but this is not what I want to do right now. I made a decision I'm going to live or die on my own terms. I'm going to live or die on my own terms. I'm going to do everything in my power to help my body heal, to get well, to build it up, to restore it, and this doesn't fit in that plan. Again, I didn't say never but I was saying not now. That's not what I want to do right now. I had so much conviction about what I was doing that helped. So I talked about this in my first book, I called the beat cancer mindset but it started with this, the belief that you could get well. I believed healing was possible. That is the first block in the foundation. I believe I can get well. The second step is I wanted to get well. It's often assumed that everybody wants to get well. No, they don't. Some people do not want to get well. I had to get very clear and make a decision that I wanted to get well because a practitioner asked me point blank and scared the crap out of me actually because I wasn't expecting it. She said do you want to get well, do you want to live? I was like, I don't know. No one's ever asked me that. I've never asked myself. That was frightening because then I'm thinking I don't know, do I have a secret deathwish, do I want to live? Is that why I have cancer because I've been self-sabotaging for years? I also, in that moment, realized as scary as all those prospects are that I had been self-sabotaging because I really did. I really did hate myself in a lot of ways and was deeply insecure. I realized I can choose to live now. I can say yes to life. So I said, yes, I want to live. So from there, then it's like, now are you willing to change your whole life in order to get well? Believing you can get well, wanting to live, and then you got to change your whole life, you have to be willing to take full responsibility, and change everything. A lot of people think, give me the strongest chemo you got because I'm a fighter, I'm gonna fight this. They have the strong will to live but they think that the strong will to live means that they have to endure the suffering because this is sort of a marketing ploy that the cancer industry concocted many decades ago. We got to tell all the patients that they're fighters and their warriors, and it's a battle because if you convince a patient at war, then they will accept that suffering is a part of that. I don't think cancer is something you fight. It's something you heal, you're sick and you need to heal it. You're not fighting. Because if you're fighting and you die, you're a loser. That's a horrible way to frame a disease is that everybody who survives is a winner and everyone who dies is a loser.

### **[00:31:17] Caldera Lab Ad**

Darin: Hey, you guys have always heard me say vote with your wallet. That's why I only support companies that use sustainable practices to create clean, effective products. That's why I'm so excited to use The Good by Caldera Lab. I use this amazing lightweight serum on





my face every night and wake up with smooth, firm skin every morning. It's made of, come on, listen to this, 27 organic, active plant botanicals that are wild harvested by a team of botanist, and it's specifically formulated for men. All caldera lab products are 100% cruelty-free, and are free from animal products, toxins and chemicals. So, if you go to [calderalab.com/darin](http://calderalab.com/darin) or use the code DARIN, in all caps at checkout, and you'll get 20% off your first purchase of The Good. Guess what, if you don't love it, after using it, you can get a full refund. I love these guys, I love these serums, and I love what they're doing.

### **[00:32:45] Second Part of the Interview**

Darin: I asked a very good friend of mine, a doctor, that this whole thing as he deals a ton with cancer, and I asked him how much of cancer or any degenerative disease of any kind has an emotional component. He says 100%, all of them. You can go through these motions of auto mechanics of just going through but you can do the things, even the chemo, or you can show up to your appointments or do the juicing, but if you don't actually ask that deep environmental landscape of your heart, your spiritual side, your emotional side, your physical side, you're congruent with who you are, what you are in your life, then it's like, good luck.

Chris: That's the thing, you're missing the big picture because health is mental, emotional, spiritual and physical. There are four components, and if you're just focused on the physical part, and you're ignoring the other three parts, then you probably won't do enough. If all of your effort is oriented toward the physical part of health, you're missing most of it. In fact, my friend, Dr. Kelly Turner, wrote a book called Radical Remission. She profiled, I don't know, 1000 or more, what she called Radical Remission Survivors, including me. She found these 9, 10 common factors. It started with 9 and then he got revised to 10 in her second book, but of the 10 common factors that we have in common as radical remission survivors, only three of them are physical things: diet, exercise, and supplements. The other seven things are mental, emotional, spiritual, social. Just based on her analysis, and she went to Harvard, she's brilliant, 70% of health is not the physical stuff. You should do it because the physical stuff is the catalyst to life change because you can change your diet overnight, and you can start exercising today. So you can start that momentum. What I realized for me was radically changing my diet or raw food diet, of course, it's ultra super healthy and amazing because of all these incredible compounds in fruits and vegetables that help your body detoxify and strengthen your immune system and actually target cancer cells directly and tell them to commit suicide, stop tumors from growing and spreading and building new blood vessels. There's all these compounds in fruits and vegetables that do this but beyond that benefit, there is a psychological benefit because when I converted the raw food diet after about a week or so I was like, I'm doing this, now what else can I do? So it unlocked this potential in my mind, where before I had just been in a rut, like so many other people, this is what I eat, this is how I think, this is how I act, this is how I react, this is me, this is the way I live my life every day. As I started to change and sort of checked these boxes and change everything I was doing on a daily basis, obviously, it started with the diet. Then I was able to sort of drill down deeper and figure out, what else am I doing that's not serving me? That part of healing takes time. It takes time to change the way that you think. It takes time to choose to think positively and optimistically when your default program is cynicism and pessimism, and being negative and snarky, which was me, for sure. I still am, but much less so. I had to work through that. I had to start practicing mindfulness, which they didn't really call it that back



then but it was just catching my thoughts and realizing, wait a second, I'm being critical right now, I'm gonna choose not to be.

Darin: It's really taking that inventory and I always love this word because it's so powerful from that perspective, the recapitulation. It's like, wait a minute, what did I just do, and even also reflecting on how one reacted and how they could react differently the next time.

### **[00:36:43] Cancer is the divine tap on the shoulder**

Darin: What you're saying here is, I think, an infinite superpower for all people if they're willing to do it. The genesis of what you're saying is literally, like you said, take 100% responsibility, and that is what words are going back and forth, what thought patterns am I having, what actions are going against certain desires or whatever, and how can I align myself? But like you said, the possibilities that was presented to you, cancer created that on ramp that it was necessary for you to fully grok. You needed to go shit, death, how much more intense is that? And you were going, okay, I'm all in.

Chris: Cancer is the divine tap on the shoulder. That's what it was. It was the opportunity for me to change my life. That's what separates us from animals. Animals can't think about their thoughts. Animals can't think, why did I do that? Maybe I should do differently. They don't have that capacity of self-reflection. They have thoughts, they take action, they do things, but they don't spend a whole lot of time thinking about why they did what they did. So animals don't improve. They don't have the capacity for improvement the way humans do. The good news is that we can all improve, that your choices matter. This is the message that I've repeated more times than I even could count is that your choices matter. The choices you make today create your life tomorrow. If you want to have a better life tomorrow, then you need to start making different choices today because you're sowing seeds, like a farmer. You're sowing seeds of health or disease every day, and you're going to reap or harvest in the future. It's coming. What's it going to be? It's like the analogy you mentioned earlier, if you left a bunch of trash outside your place, it would become pretty disgusting, and you're going to attract vermin and rodents and maybe vultures, and then maybe a bear. Well, if you step outside one day and get mauled by a bear and die, whose fault is it really? Whose fault is it if you just were leaving trash out and attracted the bear? We got to take responsibility here. This is why we don't leave trash out because it might attract a bear and the bear comes and mauled you. It's the same in your own life. When you look around it, your daily choices, it's like, are my daily choices destructive? Are they leading me down a path of disease? Here's the obvious practical examples. The number one cause of cancer is smoking. It's the number one cause. No one is born a smoker, babies don't smoke. Babies don't want to smoke. This is something you put in your mouth, and you suck into your body, and it's the number one cause of cancer, not just lung cancer, lots of different types of cancer are caused by cigarettes. Yet doctors, many of them are not telling cancer patients to stop smoking. They're not telling their patients to stop smoking because they're so jaded and callous that they just shrug their shoulders and say, well, they're not going to quit anyway. The number two cause of cancer, the second leading cause, do you know what it is? It's obesity. Obesity is the second leading cause. Now, this is very unpopular. No one wants to be accused of fat shaming, so it's not talked about but this is easily documented, the NIH, the International Agency for cancer research, it's well documented. Obesity is the second leading cause. Now, how does one become obese? It's through a poor diet. Why is obesity a



cause of cancer? Because when you're overweight or obese, you're carrying a lot of excess fatty cells on your body, fatty tissue. Those fat cells are doing a couple of things that are working against you. One is they produce excess estrogen, which fuels cancer growth. Two, they release molecules that are inflammatory, so you have a pro inflammatory state in your body. Three, they suppress your immune system. So an overweight or obese person has a suppressed immune system, they're immunosuppressed. This is why the thing that's going around that everybody's freaked out about, obese people have the highest rates of severe disease and death because of their suppressed immune system. In fact, this fascinated me one of those mind-blower studies, it was published a few years ago, and I just happen to see it when it came out, but they discovered that the actual immune cells in an obese environment were themselves obese. The actual T cells, the natural killer cells, the Helper T cells, the immune cells that are your army, they're circulating throughout your body on patrol looking for viruses, bacteria, pathogens, cancer cells, that's their job, they had become obese because they were taking up these excess fatty acids that were in high circulation in that person's body.

Darin: The micro matches the macro, so even the response that you have, which is your innate immune system, and circulating your little what should be your SEAL team 6, you sent in the wrong SEAL team.

#### **[00:42:14] The 2 key ingredients for a cancer-prone body**

Darin: You sent in the fat team, that's number one worse at doing its job because it's being--

Chris: They're slow and sluggish, that's the reason. The cells weren't just chubby, they're also very slow, and ineffective.

Darin: So it's like a double whammy. We'll go back to it because we said this environment thing work so now added up over time, obesity doesn't just show up, it's manifested over time. That environment now is its own environment creating, manifesting its own situations and therefore infinitely more susceptible to the bloody world with less ability to adapt and change and survive when any extra stress gets put on it.

Chris: There are two key components or ingredients to a cancer prone body. Number one is inflammation, chronic inflammation, and number two is immunosuppression. An obese environment promotes both. You have chronic inflammation, and you have chronic immunosuppression. So that is the environment, the terrain, like I said earlier, that's hospitable to cancer cells. Its terrain is difficult for your own immune system to navigate. That's "the perfect storm," and that doesn't happen overnight, that happens over time. No one gets overweight overnight, no one gets obese overnight. The good news is, is that you can lose weight, and when you lose weight, your immune system comes back online, inflammation decreases, your blood pressure decreases, your cardiovascular system works better, your immune cells lose the weight, excess fatty acids they're carrying around, and your health stop spiraling downward, and it starts to spiral up. That's what we call the virtuous cycle, where you start making these decisions that are good for you, and you create this upward momentum of health and healing instead of the downward momentum of disease and disability, and eventually death. This is really good news. This is stuff that I get excited about, the stuff that I learned and discovered. My journey was radical life change,



and then I found people to support me, I found an integrative oncologist, I found a naturopathic doctor, I did every therapy I could find and afford. My criteria was, it was pretty simple, will this supplement or therapy possibly help and is there no risk of harm?

Darin: What a concept to ask. Of course, we should be asking that.

Chris: Real deep thinking involved.

Darin: But it's the most common sense, which is the traditional hospital setting is not being asked in that way.

Chris: This is basically Hippocratic medicine anyway. Hippocratic medicine is first do no harm. So I was just looking for any do no harm therapy, I'll do anything. If there's no risk of harm, I'll do it. If it doesn't help me, I'm okay with it but I know I'm not putting myself at risk of future harm. What is happening in the cancer industry is patients are trading, basically, they've adopted a short term solution for a long term problem. There's such an urgency to knock down a tumor with little thought to the long term consequences of the therapy that they're using. By the way, I don't tell people not to do chemotherapy. Every patient has to make their own choice. We have tons of chemo patients in our community and we just love on them and encourage them and support them. But as a patient advocate, there's about five chapters in my book that that go deep down the rabbit hole of the cancer industry and pharmaceutical industry, medical industry and how they all work and where the money goes.

Darin: By the way, I just want to say that to the people like, please get this incredible best selling book, Chris Beat Cancer, this comprehensive plan because I could sit on the phone with you or on the Zoom call, and this podcast and we could talk just go down the natural healing path, which I got to bring you back on to do. But then you have this other incredible book, Beat Cancer Daily: 365 Days of Inspiration, Encouragement Action Steps. Again, this is all of what we're talking about here, the steps, the things that you can do to help change your choices into those things that are doing no harm but actually, I love that analogy of that spiral, so the life spiral. Let's get some momentum going. You have the powers to put it back in your hands and there's tons of resources that you've put all over in your books and I just want to encourage anybody. It's not about cancer, it's creating environments to invite cancer out and everything else, so we all can benefit from your resources that you put here.

Chris: Thank you so much, it really means a lot for you to say that. As a patient advocate, I have two jobs. One is encouraging and empowering people, patients to take control of their life and their health and show them how to do it. Just show them the simple things they can do every day, they can make a huge difference in their life, and in their health and in their survival because the choices you make can mean all the difference between survival and death. Healing happens at home. It doesn't happen at the doctor's office. You can do chemo, you can do the treatments they want you to do if you feel compelled to do them, but it's what you're doing between treatments at home that can make all the difference. So why not? Why not do everything in your power to help yourself get well. In fact, there was just an article I shared today on Facebook, brand new research. They found that cancer patients who exercised had a very immeasurable protection against chemo brain, against that brain fog and brain damage that's caused by chemotherapy drugs. That's exercise, that's something you can do at home. But then the other thing as a patient advocate is I am trying to make



sure that patients are fully aware of the risks of treatment, that they're not rushed into things out of fear that they do not understand, which is almost always the case because doctors don't have enough time to explain all the risks, and they don't want to because it's not a fun topic. They only get 20 minutes with each patient anyway. There's no way they could go over all this stuff. So that's the other thing I spend time doing is as a cancer industry watchdog and patient advocate, I'm trying to warn patients to understand, you need to know what you're getting into. So the little slice of that is chemotherapy is a paradox. Yes, chemo drugs kill cancer cells. They stop rapidly dividing cells in the body. They target those types of cells, but they cause damage head to toe, brain, liver, lung, kidney damage, immune system damage, bone marrow, your digestive tract, peripheral neuropathy, losing your fingers and your hands and toes, fingers and toes, that's nervous system damage. They're causing damage head to toe, and that immune system damage, which is almost never talked about is the most important because what happens is you can shrink a tumor but often you don't kill the cancer stem cells. They're rarely killing the stem cells, the instigators of the whole thing. But they're killing all these daughter cells through like secondary cells. Cancer stem cells make up 1% of a tumor, maybe 10% depending. So you can shrink a tumor 90%, 99% but you didn't kill the stem cells. What happened in the process is they became resistant to chemotherapy, or they already were and they become more aggressive after. When the chemo treatment, when that cycle rounds of chemo are finished, the patient gets a scan, the tumor is smaller or it's almost gone, and they're really excited. My tumors shrunk. What they don't understand just happened is they now have more aggressive cancer stem cells, and they have a decimated immune system.

Darin: And they haven't changed their environment.

Chris: They haven't changed their environment for sure. Now the environment's worse because cancer cells can spread rapidly unchecked because their immune system is wiped. That's why you see this rapid recurrence in many many cases after chemotherapy. I thought it was just a lump in my breast and then all of a sudden, now I've got spots in my brain and my bones and my liver and my lungs. How did that happen? Well that's how it happened, your immune system got wiped out and the cancer became more aggressive because of the treatment.

Darin: That circulating immune response is just annihilated at that point.

Chris: It's annihilated and it takes time for your immune system to rebuild and in the meantime, the cancer is spreading and there's no army. The way I like to talk about it is nutrition is ammunition for your immune system. Without nutrition, you're fighting with no weapons. It's like they're having to do hand-to-hand combat. They don't have any weapons, they need weapons, nutritional molecules. Without nutrition, you're fighting with their weapons. Without your immune system, you're fighting with no army, you got nothing. That's scary. The patients are not explained this in simple terms, they don't understand what the risks are for long-term survival with many types of cancer drug treatments, not to mention that some of these drugs are actual carcinogens themselves.

**[00:51:40] Don't forget the Vitamin C**



Darin: You've got so much great information on your comprehensive guides to this stuff, but the thing that I've also looked at and studied is the power of this simple molecule that everybody knows, but yet, it's really not utilized in the best way possible, and that is vitamin C. So this thing was a huge part of your regiment as well, and a huge part of cancer and all disease. Why don't you unpack that a little bit because I know I've looked at Dr. Otto Warburg's work? For the last 25 years, I've been fascinated with this part of it and obviously one of my favorite superfoods is camu camu. I'm doing some extractive functional beverage work with the Kakadu plum, which is also one of the highest vitamin C sources in Australia, so vitamin C, man.

Chris: I love vitamin C, we love it. For anybody that doesn't know, your body can't make it. Animals can produce their own vitamin C, and when they get sick, they produce more vitamin C in their bodies to combat the free radicals produced by disease, by sickness, by infection. Humans have to get vitamin C from food. Vitamin C is pretty-- much I mean, it's hard to find a fruit or vegetable that doesn't have some. The green leafy vegetables, all the citrus fruits, berries, it's so abundant. So if you're eating a plant-based diet, and you're eating lots of fruits and vegetables, you're getting abundant vitamin C. In fact, you're getting vitamin C in a whole food matrix that is much more bioavailable than even just the Vitamin C powder, ascorbic acid. But having said that, there's value in to taking ascorbic acid too because the sicker you are, the more your body can use and absorb. I've used vitamin C numerous times in my life to combat any type of infection at very high doses. When I had cancer, I did IV vitamin C treatments several times a week for an extended period of time. So it's an anti-inflammatory, antioxidant, anti-cancer molecule. Again, it's rich in nature and I'm a fan. I love camu camu powder, unless someone's made a new discovery, it's the highest vitamin C food on Earth, and the Amla, the indian gooseberry is number two. I have been Amla and camu camu powder alternatingly for years. I love that this is my favorite sort of natural health food forms of vitamin C. I know we're about to jump off, but let me just say one thing about vitamin C from the subject because it's sort of relevant to what's happening in the world today. A lot of people don't know this either that vitamin C was discovered as the cure for scurvy. The sailors and members of the Navy would go on long expeditions on ships and they would develop scurvy, which is vitamin C deficiency and it's pretty rough. Dr. James Lind discovered that limes or lemons or citrus fruit would cure scurvy, vitamin C would cure scurvy.

Darin: They all thought he was crazy.

Chris: They thought he was crazy. Do you know how long it took to be accepted by the medical community?

Darin: It's got to be over 100 years.

Chris: It's over 100. It's 200 years. It took 200 years for them to admit that vitamin C was the cure for scurvy that oranges and limes and lemons would cure scurvy. Isn't that insane? If you just think the medical establishment is corrupt now, they've been corrupt for a long time, a long, long time. People tend to get in this sort of scientism where they worshipped science and they think that science is always somehow settled. It's never settled. As soon as some conclusion is reached in science, then people in the scientific community and medical community, it's like they just flipped a switch, and they decide that's it, I'm not believing



anything else, we've arrived. And they develop this sort of hubris and arrogance about what they know to be true, what the science says. So this has been a pervasive problem for hundreds of years, and vitamin C is one early and very famously documented example. Knowing that you can't expect the medical industry and the pharmaceutical industry to have your best interests at heart. They're not. There are a lot of good doctors, amazing doctors, but they're trapped in a system that does not train them on how to help people heal. It just trains them how to prescribe drugs, and perform procedures. The system is very, very, very specifically designed to extract the most money possible from every patient and most of that money is flowing to the pharmaceutical industry. I mean, they're the most corrupt industry on Earth, they are the enemy. Doctors are not the enemy. There are some bad doctors out there. There's the same percentage of bad doctors as there are bad plumbers, there are some bad doctors. But generally, most doctors are good people and they have just been given this limited set of tools. Not only that, now, as the world has seen, which we knew this in the cancer industry for decades, doctors are actually in this very tightly controlled system where they're not even allowed to practice medicine. They're not even allowed to treat their patients with the best of their abilities and knowledge and the medicines at their disposal, or diet and lifestyle approach. They're not allowed to do that. They're stuck in a very rigid system. It's like you do it this way, or you risk losing your license. So knowing that that's what you're up against as a patient, I think is very important because it leads you to realize no one's going to take better care of me than me. If I choose to do it, I have to be my own doctor, you should work with professionals, take their advice and their opinions, and they should be a part of your team. But at the end of the day, you have to take responsibility for your life and health and you have to read and research. You've got to learn. The thing is we can learn from each other.

Darin: Chris, it's been so pleasurable to have this conversation with you. I'm grateful for you following your instincts, your common sense, and your all-in mentality and for you to be here, literally here breathing and contributing to a better world of grateful to meet you and stoked for all that. So, everyone, you can find-- we'll put all on the show notes, [chrisbeatcancer.com](http://chrisbeatcancer.com). Chris, you're a badass. I have a spidey sense that we're gonna do some stuff together.

Chris: Let's do some stuff, you're awesome, and I love your attitude and approach toward helping humanity. It's just a good feeling to connect with people that are on the same team that has been working and doing, just doing their thing, and just we're all doing things side by side without realizing it. It's like everybody's sort of plowing this field. We've had all this pressure. Pressure produces diamonds. I think some really good things are coming out of these two years of pressure, and just really horrible stuff that's going on for sure, which we won't get into but we've all seen it. Nobody likes what happened in the last two years. A lot of missteps and bad information and fear. Fear was the big thing that also does what bitterness does. When you're living in a state of fear, you're suppressing your immune system, you're promoting inflammation, so you can't do that either. One of the many lessons that cancer taught me was I had to surrender my fear every single day, I had to give my fear to God and say, I'm not going to be afraid. I'm not going to let this fear of the unknown future steal my joy today. I'm going to live in a state of peace and joy today and practice gratitude and just say thank you that I can see and hear and speak and feed myself, and then I'm not dying in the hospital today. Those practices of forgiving people that have hurt me and not living in a state of constant worry, fear, and anxiety, in catching my mind when it was kind of running out of



control, all that stuff is things that you can do that anyone can do to transform your life if you do them. I know that's your message to folks. It's my message and we're just going to keep on repeating it until somebody pays attention.

Darin: Totally, dude. I'm so grateful. Thanks, brother.

Chris: Thanks, Darin.

### **[00:59:49] Podcast Outro**

Darin: Thanks for tuning in to this episode of The Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you'd like to learn more about my incredible guests, you can find all of their information in the show notes on my website. If you enjoyed this episode, or even you didn't like it, please rate this podcast. The team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share anything you feel called to do. I truly appreciate it, and I love and value your support. So, thank you, and I'll meet you in the next episode.