

What Every Cancer Patient Needs to Know

by Chris Wark

(English transcription by Kathryn (Kate) Dillon)

“By the grace of God, I'm alive and kicking, and cancer-free!”

Hey, it's Chris, from “Chris Beat Cancer.” Today, I have a very special video. You know, I am often contacted by people who just heard that their friend, family member or someone they care about was diagnosed. And, I get these messages all the time, “Chris, my aunt was diagnosed with cancer” or “a friend of my mom's” or whatever. “I really want to help them and I don't know where to start. I don't know what to tell them. Can you help? Can you please help?”

This video is for that. That is what this video is about.

If you have cancer and you are watching this right now, chances are it's because someone who cares about you very much took the time to send this to you.

So I am going to tell you a quick version of my story. I am also going to tell you what I wish someone had told me when I was diagnosed, because I think it will be very, very encouraging for you. And, maybe change the way you are thinking about cancer.

So, first off, I was diagnosed with Stage III Colon cancer at age 26. I was rushed into surgery. I was told that I would need nine to twelve months of chemotherapy. But, I refused chemotherapy. Instead, I radically changed my diet and lifestyle. I basically overdosed on nutrition with tons of juicing, giant salads, fruit smoothies and tons of fruits and vegetables from the Earth.

So the first thing you need to understand about cancer is: DO NOT TO BE AFRAID. I know you are afraid;. You are probably terrified because think you are dying, but you are not.

Cancer is a very natural, normal process in the body. Everybody has cancer cells. We all have them. The body is designed to recognize and eliminate them when a cell mutates and becomes cancerous. So, that is a properly functioning body.

Cancer is not the real problem. The lump, or bump, or lesion, or whatever is typically not the real problem, but it is a problem. It is not THE problem. The problem is that you are sick. You have a systemic, metabolic disease that is resulting in a tumor, or tumors, that are growing in your body.

The tumor is the symptom. The tumor is not the real problem. If you cut the tumor off, the body is going to build another tumor. So, when people have cancer, what is going on in the body?

Cancer is a result of a body that is nutrient deficient, overloaded with toxins and, typically, the result of a suppressed immune system.

So what is causing this?

The cancer death rate (in the U.S.) has tripled in the last 100 years. If you compare our lifestyle to the lifestyle of our ancestors of 100 years ago, it is very different.

So what has changed?

The food we are eating.

We are eating all this processed, man-made food that we were never designed to eat, plain and simple. You have to get back to food coming straight out of the Earth in its natural form: fruits and vegetables.

The Earth was created for us, and everything we need comes from the Earth.

It is such a simple concept. Truth is simple.

The problem is we are overfed, but malnourished. We are stuffed, but starving. We are getting plenty of protein, fat and carbohydrates, and, not getting these valuable, critical micro-nutrients: vitamins, minerals, enzymes, anti-oxidants and the thousands of phyto-nutrient compounds found in fruits and vegetables, in plants that support the body's ability to heal and function at optimal levels. So, not only are we missing a lot of nutrients in our daily diets, but we are also putting in all this artificial, man-made food that our body doesn't know what to do with.

We are polluting our bodies with artificial flavors, colors, texture enhancers, artificial fats, fake food, and that stuff is poisoning us, literally.

You are poisoning and polluting your body with processed food.

Cokes, sports drinks, fast food, microwave food, restaurant food, all that stuff has been altered and it's loaded with processed sugar, salt and all that other stuff I mentioned before.

So, diet is Number One.

The second thing is your lifestyle. If you drink a lot, if you smoke a lot, and if you take drugs, especially pharmaceutical drugs, if you are taking one or more pharmaceutical drugs, those are immunosuppressant. Those are cancer promoting. There is no pharmaceutical drug that is good for you. And, your condition is not because you are lacking a pharmaceutical drug. Pharmaceutical drugs do not heal; they only mask and alleviate symptoms.

The only way to true healing is nutrition to give your body all the building blocks that it needs to repair and regenerate. And, the good news is that you can do that. Your diet and your lifestyle are major factors. Drinking and smoking are cancer causers.

Obesity is the second-leading cause of cancer.

If you are overweight, it is pro-cancerous. Your body is in a chronic state of inflammation and it is overloaded and it is struggling. That is a major cancer promoter.

The third factor is lack of exercise, not moving. If you compare yourself to our ancestors, most of them worked with their hands, they did physical labor, which is exercise. They ate fresh food that they grew, got from a neighbor, they swapped with a neighbor. They bartered. They ate livestock, they or their neighbor raised. They ate fresh food from the Earth versus today, and all our processed food. So, you have got to move your body. Exercise and movement is life. When you exercise, you are sending signals of life to your body to grow and get stronger and to live! So, you have to start exercising.

The fourth factor is stress. Stress destroys your immune system. It suppresses your immune system. Whether it is relationship stress, work stress, too much exercise (like extreme exercise, like marathon running or triathlon training), you can over do it. All stress is immunosuppressant. If there are people in your life that you have not forgiven, if you are harboring negative emotions, like unforgiveness, bitterness, jealousy, judgmental, critical of others and you are always negative. You are in a chronic state of inflammation and stress. Your stress hormones are elevated. Your cortisol and adrenaline are elevated and that is a pro-cancerous condition.

All four of these factors, your diet, your lifestyle choices, whether or not you exercise and stress, that is how you get cancer.

Those four factors either promote health or promote diseases, depending on your choices. These are your choices. And, that is the key. You can turn your health around by changing the way you live your life. So, don't let anyone rush you into surgery, chemo or radiation.

You have time. The majority of cancers are not life threatening and not emergency situations. In fact, the majority of people diagnosed with cancer, feel fine. They have a lump, bump or lesion or something unusual

on a scan, but, other than that, they feel fine. They feel healthy. Most doctors will even admit that you have some time. And, if you tell your doctor, “I would really like to take some time to change my life. Can I have 30 days? Can I have 60 days? Can I have 90 days?” And, radically change your diet and lifestyle, and see what happens.

That’ s the absolute best approach and I can tell you I have met so many people that have done just that. And, they have not only lost weight, reversed chronic heart disease conditions, lowered their cholesterol, lowered their blood pressure and shrunk their tumors to nothing, by just changing their diet and feeding their body and giving it everything it needs to repair, regenerate and detoxify. So, it is very possible, very, very possible.

The medical view of cancer is that it is linear. That once you have a tumor, once they find a cancerous tumor, it can only go in one direction. And, that is that it can only grow and spread all over your body. But, the latest clinical research has proven that to be false.

We know that cancer can heal.

The body can heal.

It’ s called, “Spontaneous Regression.” That’ s healing.

The body created it. The body can heal it. You just have to give it the proper nutrients and care.

I want to encourage you to learn more and start reading and researching, and reading other survivor stories of people who have healed themselves, and, there is a bunch of them on my site: chrisbeatcancer.com. We can learn from the experience of others.

And so I just want to close with this, by encouraging you, again, to take your time, don’ t let anyone rush you into anything.

Listen to your instincts. Do not do something you don’ t feel good about. If you don’ t feel good about surgery, if you don’ t feel good about

chemotherapy or radiation, do not consent. Do not do it. don' t care how many family members or friends tell you that you have to do it. You do not have to do it. This is your life. You are in control. You make decisions and it is your life. You have to make the best decisions for you.

I also want to encourage you to pray, to ask God to reveal Himself to you if you don' t know Him, and to lead you in the path of healing, to show you the way. That is what I did.

When you reach out, when you step out in faith, and step out into the unknown, amazing things will happen in your life. Miracles will happen. God will reveal Himself to you. He will show you the way. He will light the path.

So, there' s a lot more information. I could keep this going for three hours...

There is a lot more information on my YouTube channel ([youtube.com/chrisbeatcancer](https://www.youtube.com/chrisbeatcancer)) and my blog chrisbeatcancer.com

I am on Facebook and Twitter, as well.

My mission is, not just sharing my story of healing, but sharing the stories of all the other people whom I have met that have used nutrition and natural therapies to heal.

I hope this has been helpful. Please share this with anyone you know that has been diagnosed with cancer.

And if you have cancer, remember, you have options.

This is your life, and your body can heal.