



**Chris:** Hey, gang! It's Chris from *Chris Beat Cancer*. And we are in Austin, Texas, with my friend Pilar Davila who I met on the Internet.

And it just so happened that I was coming to Austin this weekend. She has an amazing cancer healing story. And so she actually picked me up from the airport. And we went and got a juice at Juice Land. And now, we're here at her home taping this interview for you. So, Pilar, this has been awesome. Thanks for picking me up at the airport!

**Pilar:** Of course! Welcome. My pleasure. I feel very blessed to be here sharing the story with you.

**Chris:** Alright. So now, I know a little bit of it. But yeah, we'll just start at the beginning. You were diagnosed. What year was it when you were diagnosed?

**Pilar:** 2010 with ovarian cancer.

**Chris:** Okay.

**Pilar:** They thought there were cysts. It was ovarian cancer, ovarian stromal sarcoma, stage 3. I had a full hysterectomy and followed the doctor's instructions. Did not feel very good. But I was okay for a while. Didn't change my diet. Didn't do anything different.

It came back a little bit on the pelvic area, 2012. That's when I started natural healing, diet, and supplements for a while. In 2013, I said, "I'm fine. I'm superwoman. I'm fine. I'll be okay." And stopped doing everything. And went back to a semi-toxic life, how we live eating meat and drinking, smoking, stress, all of that.

**Chris:** Tell me more about your life. When you say you had a toxic life, what do you mean?

**Pilar:** Well, I didn't eat right. I let stress take over. I couldn't say no. I wanted to do everything. Just my job, just like everybody else.

**Chris:** You went through a divorce during that time?

**Pilar:** Divorce, yes.

**Chris:** Yeah.

**Pilar:** Yes, and I have two beautiful daughters. And I want to give them everything. And being sick, I was always afraid it was going to come back. That's always stressful.

**Chris:** Yeah, the fear of recurrence is a big problem when you have cancer, dealing with that fear, not to mention all the stress of all the other problems you have in life. Yeah.

**Pilar:** So then 2014, May, I had not been feeling well, bleeding, constipation, extreme fatigue. But I thought, "Well, it's just—I don't know—life." And I finally went to the emergency room for the second time. They did a CAT scan. And the cancer was everywhere—metastasis, terminal; colon, liver, pelvic area, and fluid in one lung. And they couldn't do anything because chemo wouldn't work. Surgery wouldn't work.

So I go to my parents' house to rest and think. And that's when I saw your video, the first one that you made, I believe— "What Every Cancer Patient Should Know"—that motivated me. I had seen it already. But I need this to motivate me. And then I saw other videos and found an interview you did with Dr. Connealy from Oasis of Hope, which I love her. And I said, "That's where I need to be."

**Chris:** Now, let me push pause because you told me something in the car about getting mercury fillings taken out. Tell that story too because this was before the major recurrence. And you told me you kind of felt like it may have contributed.

**Pilar:** Oh.

**Chris:** Yeah.

**Pilar:** Now, I do.

**Chris:** So what happened?

**Pilar:** Because I had been to many seminars. And I knew that it was toxic. But I thought having it in my mouth was toxic because I got them when I was 6 or 7 years old. And then at 43, I decided to remove them.

**Chris:** How many did you have?

**Pilar:** About four.

**Chris:** Okay.

**Pilar:** And they removed two and then one half. So I believe it started leaking. I don't know. It went to my bloodstream. But eight months after that, the cancer was everywhere. And the biggest tumor was in the liver.

**Chris:** And the dentist did not use any precaution to take it out?

**Pilar:** He didn't know. Yeah.

**Chris:** It was just a regular dentist.

**Pilar:** Yeah.

**Chris:** You didn't go to a biological dentist.

**Pilar:** No.

**Chris:** So you might have had a lot of mercury poisoning from the removal process which is really important. It's good to get them out. You want to get mercury out of your mouth. It is the most toxic, non-radioactive metal on the earth. And you're sucking on it if you have mercury fillings. So you want those out of your mouth.

But you also want to make sure you work with a biological dentist who can use basically state of the art extraction procedures that do

not expose you to more mercury during the removal process. That's really important.

**Pilar:** And I know the symptoms now. I couldn't even dial a phone number. I was very tired. Constipation came. There are so many things that now I know. It was that.

**Chris:** Okay, so eight months later, you're stage 4. The cancer just [\*sound of an explosion\*] all over your body.

**Pilar:** It was a shock. I could not believe it because I was fine for so long, four years.

**Chris:** Where were the tumors again? I know you might have said it.

**Pilar:** Two in the liver.

**Chris:** Okay.

**Pilar:** Big, the size of a tennis ball and the other one, a golf ball maybe. Colon, 5 cm. Pelvic area, 3.4 cm. And then fluid in one lung. And spotting in the pelvic area.

**Chris:** Okay.

**Pilar:** So then, I watched the videos. And I saw that interview you did with Dr. Connealy. And I said, "That's where I need to be." So I went there. I got a Go Fund Me because people don't want to help when it comes to, "You're not doing chemo and radiation? No, we don't want to help."

**Chris:** That's right. Everybody wants to help you if you're getting chemo.

**Pilar:** Yep.

**Chris:** But as soon as you say, "I'm not doing it," it's like crickets.

**Pilar:** Exactly. And I have great friends from childhood that spread the word. I got everything.

**Chris:** So you raised some money.

**Pilar:** I raised the money.

**Chris:** On Go Fund Me which I recommend using Crowd Rise, by the way. I don't have any financial interest to do so. But Crowd Rise gives you the most money. They have the lowest fees. But you raised...?

**Pilar:** \$7,000.

**Chris:** Okay.

**Pilar:** And I said, "Okay. I'm going to go there. I went there for three days. I had toured the clinic three times. And Dr. Connealy knew it was something difficult. And she recommended PEMF which I think is amazing, the infrared laser, and the vitamin C I.V.

**Chris:** Okay, so PEMF is pulsed electromagnetic frequency therapy. Far-infrared laser—so a lot of people have heard of far-infrared saunas. There is also a hand held far-infrared device that some practitioners are of the belief that that's better because the far-infrared sauna can be way too taxing on your body. It just takes a lot of energy out of you to sit in a sauna. And you need that energy to heal. And then vitamin C I.V.s, which I did.

**Pilar:** And I love. I think they're wonderful. And diet, of course. So what I was already doing was colonics and coffee enemas from Gerson and about ten juices a day.

**Chris:** Yep.

**Pilar:** I'd do about five or six now. So after that...

**Chris:** And you converted to a plant-based diet.

**Pilar:** Yes.

**Chris:** Yeah.

**Pilar:** Yes. And I could only be there three days. I have daughters. I have a life. I get home, and I said, “I’m going to create a protocol which is called Detox Nourish Energize.” I detox my body—enemas, colonics, and a tea. There are many on the market. Diet—a lot of raw food.

And then since I couldn’t exercise much, I am very lucky that I was able to get a PEMF machine and started doing treatments about four times a week, 30 minutes, 40 minutes; focus on the liver, focus on the colon.

And my next—it was an MRI after, I believe, four months. Tumors are shrinking. Another MRI, four months—gone, one of them. And now, there is only a 1.2 in the liver. Everything else is gone. I feel great.

I continue with this for the rest of my life. Cancer is serious. You cannot just do it for six months or a year. It’s a lifestyle. You have to change your life.

**Chris:** You have to change your life for life. And so from the time you started this hardcore protocol with the plant-based diet, juicing, coffee enemas, the PEMF, how much time went by between when you started and this last scan?

**Pilar:** It has been a year and a half in December.

**Chris:** Year and a half. That’s great.

**Pilar:** And December is two years, I believe, that I started the protocol at home.

**Chris:** Yeah.

**Pilar:** So there’s no excuse.

**Chris:** Yeah.

**Pilar:** You can heal your body. You don't have to go to the most state of the art clinics and stay there for three months. You can do it at home. There is a way.

**Chris:** You can do it at home. I did not go to a clinic. Of course, I know a lot of practitioners and people that run clinics like Dr. Connealy who's awesome. And her clinic is amazing.

**Pilar:** Amazing.

**Chris:** But it's just not an option for everybody. And for me, at the time when I was sick, a clinic was not an option either. There was no social media. I didn't even think about trying to fundraise. I didn't know the first thing about it or how I would even do it back then, 2004. And yeah, I couldn't afford to go anywhere. I was just totally broke.

So I had to do what you did. I love the fact that you came home. And you didn't get discouraged. You were like, "Okay. I've got to figure this out."

**Pilar:** Fix it.

**Chris:** "I've got to create my own protocol, read and research, take everything I know, and put it together in a protocol that I can do." That's exactly what I did. Same exact mindset. It's like, "I've got to figure out how to make this work for me."

And I know some patients get discouraged because they'll read about something that somebody did. And they'll think, "Oh, I can't do that." And they'll just sort of give up. Or they'll think that you have to do a protocol perfectly or else it's not going to work. And the reality is there are so many ways to get well.

But there are some core fundamentals. Detoxification is huge. Plant-based diet is huge. Juicing is super helpful and beneficial. Of

course, there is key supplementation that every patient takes. And we've all taken different stuff. And that involves reading and researching to figure out what might help you. But the underlying theme here is that you took control of your life.

**Pilar:** Yes. I have two daughters that I love. And I had to. And I could not be happier right now. I feel great. I'm very happy that I'm almost healed. And now, I'm spreading my message.

**Chris:** Yeah.

**Pilar:** I tell my message to whoever wants to hear it.

**Chris:** Look. Huge tumors that are gone. And how many were there total?

**Pilar:** About five, four.

**Chris:** So you had spots on your pelvis.

**Pilar:** Yeah.

**Chris:** They're gone. You had five tumors—colon, two in the liver.

**Pilar:** Pelvic area.

**Chris:** And pelvic. And they're all gone but one—

**Pilar:** In the liver.

**Chris:** Has shrunk down.

**Pilar:** 1.2.

**Chris:** And how big was it?

**Pilar:** 6.9.



**Chris:** Yeah, from 7, basically, to 1. Look, people, the body can heal. But it does take time.

**Pilar:** It takes time. That's the message. It takes time and patience.

**Chris:** Time and patience, dedication.

**Pilar:** Discipline.

**Chris:** Discipline.

**Pilar:** I love discipline.

**Chris:** The three Ds—dedication, discipline, and determination.

**Pilar:** Exactly. Exactly.

**Chris:** And I wanted to ask you about stress during that time and how you dealt with it because you said you had a lot of stress in your life. So what did you do about it?

**Pilar:** I used to be a person who used to say, "I don't have stress. I can deal with it." Now, I realize even an argument with your significant other, with your sister, with anybody lowers your immune system.

I work a lot. I had my hobbies. I was going through so much. And I thought I was dealing with it fine. You know what? It's very important to take toxic people, things out of your life so you can make that space to de-stress.

I cannot really tell you how I was dealing with it. I was not doing the right thing obviously. I think I am now. I have peace. And then I started getting stress again. I said, "Okay, hold on. Go back and see the scenario. Okay. It's time to not take that alone."

**Chris:** And it's important to look at your life and identify where the stress is coming from because if you pretend like you can handle it

or that you don't have any stress or problems, then you never really get to the cause of your stress.

**Pilar:** Exactly. Exactly. So that was one of the last things I did, I think. That and the spiritual part...you've got to forgive.

**Chris:** That's huge.

**Pilar:** That's very important. So important so you can find peace because when you have—I call them thorns in your heart or pain in the heart; I don't want to say grudges or any of that—you've got to take them out slowly. It takes time. But then you feel so good because that person is probably not suffering. You are. Your body is.

From seeing so much and talking to so many people and seeing so many people that are ill, stress is the number one factor. And they don't realize it. They don't think their job is stressful, but they hate it. You know what I mean?

**Chris:** Absolutely. Well, I love what you said because I talk about this often as well. Forgiveness heals your heart.

**Pilar:** Yeah.

**Chris:** That's the way you heal your heart, to forgive. Forgive every person who's ever hurt you. And you can't forgive most of them and leave a few that you want to stay mad at. You have to forgive them all.

**Pilar:** Yes.

**Chris:** And I know how tough it is. I know some people watching are thinking, "I could never forgive so and so for what they did." But you have to.

**Pilar:** Also, people that affect you and they're always gossiping or—I don't know—just stay away.

**Chris:** Yeah.

**Pilar:** Forgive and stay away. And create your little circle of peace.

**Chris:** That's really good—the circle of peace. That's right.

**Pilar:** That's what I've done. And even though I'm going through this that people see as something hard, no, I've never been happier. I'm 45. I've never been happier. I feel great. I feel at ease. Things just flow because I learned how to manage my life pretty much.

**Chris:** That's great. So what would you say to somebody that's newly diagnosed? And I know a lot of people contact you and are asking you for advice. What's the first thing that you tell someone that says, "I have cancer; I don't know what to do or where to start"?

**Pilar:** Look at your choices. No fear. Don't be afraid. I see it like it's a little bump but is inside. And if you get a mosquito bite, it's going to go away. We're not doctors. We don't see what's inside.

But look at all your different options. Don't jump into a treatment right away. Doctors say, "You have to do chemo right away." Think about what you're going to do because it might be too late later on. So just look at all your options. Meditate, pray, and no fear. The problem is there. Try to fix it.

**Chris:** That's good. Okay. And now, we're going to do a little demonstration on the PEMF device.

**Pilar:** Yes.

**Chris:** Do you want to roll it over here?

**Pilar:** I'll roll it over here. I'm going to tell you something really quick that I discovered doing experiments through healing. When I do PEMF, detoxing, and vitamin C, the pieces of the tumor on the colon started coming out already 11 times. And I have pictures. I have everything. And slowly. And I would feel chills and sick for

maybe over 24 hours, not even two days...boom...it came out. Sore, it would heal. But that combination of those three things—detoxing, PEMF, and vitamin C I.V.—wonderful.

**Chris:** And when you say detoxing, you're talking about coffee enemas...

**Pilar:** Coffee enemas or a colonic that you do once a week.

**Chris:** With a professional, yeah.

**Pilar:** With a professional. And then you do your PMEF. You can do it 30 minutes five times a week. And then your vitamin C I.V. that week. So all that in one week—

**Chris:** Yep.

**Pilar:** Is a bomb for the cancer cells.

**Chris:** Yeah. And didn't you tell me that you saw pieces of the tumor, like chunks of tumor come out after what? The first...

**Pilar:** Three PEMFs and one vitamin C I.V.

**Chris:** And that was after the first week?

**Pilar:** Crazy.

**Chris:** Yeah.

**Pilar:** And I felt clear because I was very toxic by the mercury and God knows what else. And I'm like, "Let's go shopping. Let's go walking." And, "What's wrong with you? Really? You were so sick five days ago." But that combination. And now I realize every time I do that, something happens.

**Chris:** That's powerful. Okay, so now hopefully you can hear me. I had to take my mic off. It's clipped to the chair. Hopefully, it's picking up okay. So Pilar has the PEMF machine over here. And she

actually asked me to sit in this chair which is fine, more comfortable than the wood chair.

**Pilar:** Comfortable.

**Chris:** So would you explain it? Explain what pulsed electromagnetic frequency therapy is.

**Pilar:** Okay, so it's energy at a very high level. And it goes all the way into to the cell, the mitochondria, helps with inflammation, helps with added oxygen, helps with circulation, with pain, and with a lot of different diseases—for example, I won't say disease, but depression. It is now FDA approved for brain tumors. And I believe after detoxing and doing this, doing 30 minutes five times, four times a week on my liver, that's what helped shrink the tumors.

But mostly, it helps with inflammation overall. So this is a large hoop.

**Chris:** Yep.

**Pilar:** We're going to put it—do you want stomach or back?

**Chris:** We can do my back.

**Pilar:** We'll do it on the back. And it feels like pulses. It relaxes you. A lot of people fall asleep. We're going to start low. And then we'll turn it up.

**Chris:** [\*Exclaims\*] Just kidding. Yeah. Now, if you can see—can you see my body?

**Pilar:** Jumping.

**Chris:** Jumping. Yeah.

**Pilar:** And this goes 10 feet.

**Chris:** Yeah.

**Pilar:** The frequency, the energy. I had this girl that had a puppy. And she would bring her puppy that couldn't walk. And with three therapies, the Chihuahua started walking.

**Chris:** Wow.

**Pilar:** Because it was only inflammation. I'm right here, and I'm feeling the treatment.

**Chris:** Yeah, so it's not painful. There's no pain. Yeah, it's almost like there's a force that is impacting your body. And your muscles contract. And you just have this jolt, is a good word for it. But there's no pain.

**Pilar:** I've done several experiments. Very few people get very energized. You can also do it on your head for people that have depression or migraines—wonderful with migraines. Some people get very relaxed. But I notice the more inflammation, the more tired your body is going to feel because it's fighting that.

**Chris:** Yes.

**Pilar:** And I have men that fall asleep. But they have a lot of conditions.

**Chris:** It could probably cause detoxification reaction too.

**Pilar:** Yes.

**Chris:** Which would make you really fatigued afterwards.

**Pilar:** Yes.

**Chris:** Hopefully, it doesn't do that to me because—

**Pilar:** No, it won't.

**Chris:** I have a thing I've got to do tonight.

**Pilar:** You have too much energy. It won't happen.

**Chris:** Yeah, right. But I did have air travel this morning. Air travel just kind of really drains you even though I was only in the air for two hours. When you first picked me up, I was drained from being in the airplane. But then, of course—

**Pilar:** The juice.

**Chris:** A big giant carrot juice perked me up.

**Pilar:** Always helps, yeah.

**Chris:** Yeah.

**Pilar:** So people need to drink a lot of water so you can get all the toxins out. 99%, probably 100%, tell me that they slept wonderfully if they do three treatments in one week. It's like exercise to me. It works like exercise. If you go to the gym once a week, your results are not going to be that great. But if you go five times a week, you'll have more results.

I recommend three treatments a week. And then you see as you feel better because this would help your body. It's not something that is just going to be a Band-Aid. It gets rid of inflammation.

**Chris:** That's great. And then, of course, you can move this thing around on your body depending on where your issues are.

**Pilar:** That's what we're going to do.

**Chris:** Yeah.

**Pilar:** We'll change it around. And we'll do the stomach.

**Chris:** Okay.

**Pilar:** I think everybody needs the stomach. It helps everybody. Their intestine, because of what we eat, gets a little swollen sometimes. And it feels really good on the stomach. You can press the loop. You can leave it like that. It's still giving you.

**Chris:** I know some people put it over their head.

**Pilar:** Yes, it feels kind of strange.

**Chris:** Yeah.

**Pilar:** You have to have it on low. It feels cool.

**Chris:** I've done that. I've done it over my head. I've also sat on it.

**Pilar:** I do that.

**Chris:** So some people sit on the ring to target whatever—your bowels, your rectum, your privates.

**Pilar:** Yeah.

**Chris:** Yeah.

**Pilar:** I love to sit on it because it helps with whatever could be left of that big tumor that was in the colon. And also feels like the energy goes up. It makes me feel really good when I sit on it also. The back is great.

**Chris:** Yeah, it's pushing all the way up through your torso.

**Pilar:** Yeah. And we have different attachments—one for the head. There's a little bed that you can lie on too. And that's a whole body. Feel like a lower because the coils are thinner. But it comes with this hoop which is the strongest.

**Chris:** That's great. Alright, gang. Well, I know you don't want to sit here and watch me get this done for the next 30 minutes. So we'll end this video.



I'm going to put some links in the show notes. If you're watching this on YouTube, in the show notes, there'll be a link to this post, the original post on ChrisBeatCancer.com where we'll have links to find out more about PEMF. If you'd like to get in touch with Pilar, I'll put links there.

And yeah, please like and share this video. Amazing cancer healing story. People need to know about this stuff. So like it and share it. And don't forget to subscribe to my YouTube channel. And I'll see you on the next one.

**Pilar:** Thank you, Chris.

**Chris:** Thank you, Pilar. See ya!