



## Mike Adams Interview

By Chris Wark

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Publisher: Chris Beat Cancer Publishing

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## Mike Adams Interview

Chris Wark: Hey everyone, it's Chris from Chris Beat Cancer. Today I am interviewing Mike Adams, the Health Ranger. Mike is a fearless consumer advocate, award winning investigative journalist, Internet activist, and science lab director. He's also the founder and editor of NaturalNews.com, which is the Internet's most trafficked natural health news website. He's also the creator of CounterThink.com, FoodInvestigations.com, HealingFoodReference.com, and many other Web sites on natural health topics. Mike is a legend in the natural health space. He's written over two thousand articles. He's reached over a hundred million people through his various websites. He's also a musician and a composer and a computer programmer. And rumor has it he solved a Rubik's cube in twenty-six seconds. Mike is also one of the kindest, most generous people I've met and he's absolutely brilliant. I haven't confirmed this, but I think he's probably a genius level IQ. And I know this is going to be one of the most fun and interesting interviews I've ever done, and that you'll ever hear. So, no pressure Mike.

Mike Adams: Well that's a lot to live up to there, Chris. Thanks for the intro. It's great to join you. We've both done a lot of interesting things in our lives. I'm looking forward to this interview and sharing with you. Anywhere you want to go with this! It's just great to join you.

Chris Wark: Thanks, man. So, we've met at several events, but we really got to know each other better this summer when I came down with Ty, Sayer, Manny, and a few other folks to film for the Sacred Plant. And, I don't know if you heard this story, when we got down to Austin, Manny said, "Hey man, I've got these two tickets to go do an aqua fly lesson." Do you know what aqua fly is?

Mike Adams: I do, yes.

Chris Wark: Have you ever done it?

Mike Adams: I've not done it, no, but I've seen people doing it.

Chris Wark: I'll describe it briefly. Basically, you get in the water and you put on these jet boots and you're hooked up to a jet ski. There's a guy on the jet ski, and when he revs the engine it shoots water through this hose into your boots and you just shoot up out of the water, like Ironman or something. And, of course, we're both just flopping around, just busting left and right trying to figure it out. But it was super fun and by the end of the hour lesson that we shared, we both got the hang of it, a little bit.

And apparently, the top aqua fly competitor in the world trains at this place around the corner from you.

Mike Adams: Is that right?

Chris Wark: Yeah. So, if you ever want to take a lesson, you should go do it. It was a blast.

Mike Adams: That's awesome.

Chris Wark: So, total random rabbit trail there. But anyway, Mike, the question I want to ask first is how did you become the Health Ranger?

Mike Adams: Well look, like you I just have a passion for sharing healing information with people. And, also like you, I went through a personal health crisis very early on. I followed the Standard American Diet and standard American medicine in my youth, and I didn't know anything about nutrition. I was in the tech industry; I ran a software company. By age 30, I was in a very sad state, in terms of health. I was borderline obese, borderline type 2 diabetic. I had chronic pain, high cholesterol, all kinds of things. At some point, you say, "Well this doesn't seem right. Maybe I'm doing something wrong."

Mike Adams: You've got to remember, I grew up in the 70's and 80's, and no one had connected food to disease. In fact, it was considered a conspiracy theory, back then, if you said that what you eat determines what health outcomes you experience. You recall the quack. It wasn't that long ago that this was considered the standard information. Doctors back in the 1960's only thought there were four vitamins. And if you got the four vitamins, that's all you needed. You didn't even need food, they thought. Chemistry was all you needed and you could live forever on four vitamins. They also thought that sugar was the same as, let's say, a fresh avocado smoothie. They said, "Calories are calories, it doesn't matter where you get them." So, like a lot of people, I was following that and I was eating a lot of processed foods...and I got into a lot of trouble. And, to make a long story short, I eventually started reading and researching and learning, and found a whole new universe of information about natural healing, nutrition, disease, prevention, and so on.

Mike Adams: That's how I got started as the Health Ranger. Just sharing that information, helping millions of people heal, prevent, and reverse disease. Then, three years ago, I started an analytical laboratory in central Texas, using analytics. We're an ISO accredited lab now. So, I'm a food forensic scientist now and I look at foods. I wrote that book called "Food Forensics" which details the heavy metals concentrations in 800 foods, spices, pet foods, and so on. And I've got another book coming up soon on pesticides and herbicides. I publish science papers. We're innovating new techniques for analytical methods. And that's the future, I think. It's what I call the "democratization of science" - to get the scientific results

of food into the hands of everyday people, so that everyone can make a decision about what they're eating. So, that's really a lot of my passion now.

Chris Wark: I'm glad you brought that up and there's so many directions I want to go. The first one is, do you remember the first influencer or author or person that you came across when you were trying to get well? Who was that? Do you remember?

Mike Adams: For me, the first book I read was "Sugar Busters!" because I was hypoglycemic at that time, and I didn't know why. I would eat breakfast and a couple of hours later I would almost blackout from low blood sugar. But I didn't know what that was. And believe it or not, at that time, I went to see a doctor and the doctor told me that hypoglycemia didn't exist. This is medical knowledge back then. It's unreal. And I'm not that old. I mean, I'm almost 50, but I'm not crazy old. This was in the 1980's or early 1990's. Doctors didn't know anything. Most of them don't know that much even today, unless they get additional training in nutrition. But they said, "Hypoglycemia doesn't exist. It's all in your head." I'm like, "No. I feel like I'm going to pass out. Something's wrong with my blood sugar."

Mike Adams: So, I read "Sugar Busters!" and that woke me up. Immediately, I stopped drinking soda. Like a lot of people, I went through college drinking Mountain Dew or Pepsi. It was a normal thing, in that day. Everybody was drinking soft drinks. Well, it turns out that high fructose corn syrup was killing me and giving me all of these health problems. Once I stopped drinking soda, I had such an improvement in my health that I decided, "Well there must be more to this. What else can I improve in my diet and get great results?"

Mike Adams: I remember that when I was in college, I took a Spanish class and I had a very difficult time learning Spanish. My brain could not really fathom that foreign language. Well, fast forward to today, I'm twice as old and I now speak pretty good Chinese. And I spoke fluent Spanish when I lived in Ecuador. I'm able to learn better. The brain works better, the body works better, because of nutrition and avoidance of toxic chemicals. And even just saying that today, most doctors would disagree with that. They would say, "Oh, there's no connection between nutrition and brain function." Really? What's your brain powered by? It's powered by the blood in your body. Your blood is made by the food that you ate. I mean, your body makes your blood in your bones. What does it use for raw materials to make your blood? It uses the food you just ate and the beverages you just drank. Your blood powers your brain. Of course it matters what you eat. So, that's kind of a summary.

Chris Wark: You are what you ate, right?

Mike Adams: Yeah!

Chris Wark: I was going to ask you about Ecuador and I'm glad you brought it up. So, at one point, you decided to leave the United States and move to Ecuador. And you lived there for a while, but then decided to come back. So, tell me that story. How did that happen and what did you learn in the process?

Mike Adams: Well, I was one of those people who saw very early on that America was headed for some real problems. Problems that are now very evident today. Obviously we have a lot of economic problems. We have social upheaval. We have a political polarization. America is in trouble today and almost everyone who's paying attention agrees with that assessment, now. But I saw it pretty early on, and I decided I wanted to get out of the country and operate from another country where I could comment on America, without being censored. And now we see censorship is in full swing. We see Google, YouTube, and Facebook censoring, not only my web site, but probably yours as well. Probably thousands of other people who are talking about health, raw foods, nutrition, and organics - especially if they start talking about the ingredients in vaccines, pesticides, or GMO's - they're going to get censored.

Mike Adams: Well, I saw that coming. So, my goal was to get out of the country and establish a base of operations from South America. I went to Ecuador and I lived there for two years. And we grew a food forest. Some of the land where Matt Monarch lives today, he bought from me. Matt Monarch was my neighbor for about a year. Before Matt got there, we had planted 300 tropical trees and we had built pathways in the hills and everything. Well, that's Matt's property today, plus some additional that he bought next to it. So, Matt's done some amazing things down there and he's had retreats and so on, and educated a lot of people. Well we were there, also, living that lifestyle and harvesting foods and growing, and all kinds of year round medicine. 70% of my diet was based on things I grew in my own farm - 70%. I have not been able to get back to that since.

Chris Wark: It's hard without a tropical climate, right?

Mike Adams: Right! It was a tropical climate. It was like spring year round. You could just plant anything any day. There were no seasons, really. So, you could just grow everything all the time - including endless papaya. Papaya every day.

Chris Wark: Mangos and papaya and pineapples?

Mike Adams: Yeah. Yeah. Avocados just falling off the trees everywhere. It was amazing.

Chris Wark: So why leave?

Mike Adams: Well, it turns out that to be a foreigner in another country, if you're a well-known foreigner, it's not such a great idea. Now, if you're not well-

known, if you're not an online personality or anything, Ecuador is a great place. A lot of people live there very happily. And there are other countries, too - Costa Rica and so on - where people have a great life. But, for me, I found that I was a little too well-known. I was too famous. All the local taxi drivers knew where I lived and people would come visit unannounced. The taxi drivers would drop them off on my driveway. "Hey we came to meet you!" And I'm like, "Did you think of making an appointment? Because I'm working here today, I'm planning things." So, it got to be really untenable. I couldn't do it anymore. I couldn't live where everybody knew where I was. I gave hundreds of tours of my farm to people who just showed up. I did the best I could. But eventually, it was too much. So, I ended up moving back to Texas and I live more anonymously. No one knows where I live. My name is not on the property where I live, and so on. Nobody visits. Which is important because I run a refuge now, I rescue donkeys from the fires of 2011. We nursed the donkeys back to health and they've had babies now, so we have more donkeys. We have Nigerian dwarf goats and we milked them for goat milk, for a while. We have a lot of food self-reliance, now. We grow out of containers - the food rising grow containers - and we do a lot here locally in central Texas. It's a great place for doing what we do and we have our base of operations here, now.

Chris Wark: This is fascinating to me. I remember reading an article you wrote, years ago, about dispelling the myths and fantasies that people have about escaping the US and living in a foreign country, and the lessons you learned. You just really summarized it so well. I was one of those people that had that sort of fantasy. And I read your article and I was like, "Oh yeah... I could see how being the foreigner in a foreign country can make you a target."

Mike Adams: Absolutely. I didn't speak to that enough. But you are a target. There was an attempt to blackmail me, at one time, in Ecuador, by some unscrupulous operators - one of them was Ecuadorian and one of them was American. So, it was not the Ecuadorian people that did it. It was a team of bad people. There were other people...my neighbors had gold stolen from them. They had gold as a backup, in case of a crisis or a collapse, and they had their gold stolen. And you couldn't really do anything. You've got to understand that law and due process in America is a very valuable thing. It's very important to protect lawfulness and due process. In many other countries, including Ecuador, for example, the local police would come knock on your door all the time and ask for donations for gasoline. That was their excuse. "We need gasoline. Gasoline for the trucks." Was it really for gasoline? Who knows. But if you didn't pay up, you were scrutinized. So, if you want to live in a country where police are knocking on your door demanding money, that's Ecuador. It's a lot of South America. So, some things to think about. I learned a lot there. I had a great experience and I shared that with a lot of people. But I've also come to learn that when things get crazy in society, you don't want to be the foreigner. So, in central Texas, myself and my wife fit in just fine. My wife is an immigrant, she's from

Taiwan. We've been together over 25 years. But Texas has enough of an international population that it's not unusual for a Caucasian guy, like myself, and a Taiwanese woman, like my wife, to be a couple and walk around. Texas is very polite, very inviting. We're near Austin. It's just a great place. It's been fantastic.

Chris Wark: I'll have to edit this and send that snippet to the Texas Visitors Bureau or something. "Come to Texas!"

Mike Adams: Well, hey, I don't want everybody to come to Texas, unless you are willing to be part of the culture. Be polite, be into self-reliance. Texans are all about self-reliance. They don't want big government interfering with everything they do. They want to be able to grow their own food and have a farm and not have regulators stopping by every hour of the day to tell them what to do. You've got to have the right Texas attitude to do well in Texas, I think. So, if you have that attitude, come on to Texas. If you don't, go somewhere else. Really.

Chris Wark: I'm in Tennessee, it's not that different.

Mike Adams: Yeah, exactly. You know what I'm talking about.

Chris Wark: I do. I definitely do. When I think about you, I wonder how you stay sane seeing so much information come across your desk. And a lot of it's alarming, right? You're seeing more than most people in the world, as far as volume of information - potentially bad news, scary news, concerning news. How do you stay sane?

Mike Adams: Well, you're right that I review all the science and medicine news headlines and academic headlines every day. And I still assign all the key stories to our writing team. So, I do. I see a lot of crazy stuff come across my desk. But let me just give you two examples. Just crazy stuff out of the blue; I wasn't looking for it, but here it is. Story number one: food scientists - genetic engineers - have created RNA interference technology, where they can engineer crops to develop RNA fragments that interfere with targeted metabolic functions of pests, like insects. So, they can cause infertility in insects, or they can cause the insect to starve to death by being unable to process its own food. This is genetic engineering weaponization. Now, if you understand anything about genetic science, you also understand that this could potentially be used to target races of people. It doesn't limit itself to just insects. This is not a conspiracy theory. This is mainstream science. I just did a video about this where we cited the study; this is all in peer reviewed published studies.

Chris Wark: But it's mainstream science that is too science-y to make the evening news, right?

Mike Adams: Right. I mean, there is so much that's in the scientific literature that you never see. But this technology could be used to turn food crops into a

weapon to, let's say, eliminate black people, or eliminate white people, or eliminate Hawaiian people. I mean, if you were some doctor evil globalist and you wanted to turn the food into a weapon against a certain group of people, the technology exists. That's all I'm saying. So, that's just one example.

Mike Adams: Second example: I saw this press release from UNICEF about how they were doing this mass vaccination program in Africa; they just vaccinated 300,000 children. And I'm thinking, "Oh, okay. That's just another day in Africa." But then I read the press release and it said that they're being vaccinated against vaccine-derived polio. And I said, "What is that? What's vaccine-derived polio?" And I kept reading. It turns out that the outbreak that just happened in that country was caused by polio vaccines. Polio vaccines contain live viruses, sometimes, and it causes an outbreak of polio. And then they use that to vaccinate 300,000 children against the outbreak that they just caused from the other vaccines.

Chris Wark: It's a great business model, by the way.

Mike Adams: That's the thing. It's repeat business. The vaccines cause the disease that they claim to treat, and then they cause another round, and so on. Now, I'm not saying all polio is caused by vaccines. It's actually caused by two things. Wild polio, which does exist in places like Syria, or vaccine-derived polio. That is a scientific fact that's in the press releases. It's openly talked about, if you dig into the literature. But no one in the media dares talk about that. It's considered a conspiracy theory by people who are ignorant of the scientific reality.

Mike Adams: So, to get back to your question. How do I maintain my sanity? Well it's very simple; I have some principles. I always tell the truth. I never intentionally deceive anyone about what I'm seeing. But I'm also never censoring myself just to try to fit in with the scientific status quo. And I spend time in nature; everyday I spend time in nature. And it's a recharge and a rebalancing, because nature is truth. Whereas, the world of man is full of deception, full of poison, and full of Holocaust-level death and destruction, throughout human history. That's mankind, and it can get very disgusting. But you have to turn to nature, and see the lichen on the tree, and see the healthy soil on the grasses. And you say, "This is the system that's in balance, that tells the truth. This is a system that is reliable. And nature is my healer." Even psychologically and energetically, not just in terms of nutrition, but also in terms of just my entire energetic space, if you will. I could not stay sane without time in nature.

Chris Wark: Just recently, for whatever reason, I've seen a few articles pop up with research on forest bathing. So, we know that it's beneficial to get out in nature. And maybe this science has existed for a while, but I just stumbled across recent studies where they take people into the forest for a certain amount of time and then they measured their blood levels. And



there's a reduction in stress hormones and improvements in other health markers, just from spending 5, 10, 15, 20, 30 minutes in the forest. Just walking around.

Mike Adams: Well, what we call forest bathing today used to be called living, like a generation ago. Now everybody's living in an office and sitting indoors all the time, which is too much. You have to get outside into nature because nature provides everything you need. You just have to be wise enough to recognize it. The cancer industry is always trying to find cures for cancer, and treatments for cancer, and chemicals for cancer. Mother Nature has already synthesized every molecule you need to beat cancer. As you know, and many other people have learned. You just have to be wise enough to go out and respect the natural remedies, and cures, and balance that nature provides you - the fact is that your body is biocompatible with nature.

Chris Wark: Yeah. And you have to realize that the modern lifestyle and the modern Western diet is killing you. There's that epiphany that I had, that I try to help people have. It's that you've got to take a look at your whole life and realize, "Wait a second, I am living in disharmony with nature. Nothing I'm doing is really what my ancestors did. Even two or three generations ago, our ancestors' lives were very different. And they were much more grounded into nature and spent more time outside. And they ate more fresh fruit and whole foods, very little processed food, and much lower amounts of meat and dairy." I can go on and on. I'm just saying, I agree.

Mike Adams: You bring up a really interesting point. If you look at the history of, let's say, the last seven or eight generations in Western civilization, you used to have people living in the country, for the most part. And people were trying to get into the city, which is an artificial environment. And then with the rise of electricity, technology, logistics, food mechanization, and so on, you had all of these efficiencies that allowed people to live in cities. And everybody then swarmed into the cities. Well, now, we're finding that the cities are killing you. There's more air pollution, noise pollution, and light pollution - all of which cause cancer, increase stress, and increase hormonal interference in the natural processes of the body. So, cities are now places that people are trying to escape. If someone who's been successful in the city - maybe they made a lot of money with some tech company - and they want to get out of the city, where do they go? They move out into Montana, out in nature, a log cabin somewhere. Why is that? Well because now people realize that cities are not really the answer. Now you can live in a city and you can go get some nature, from time to time, and transition back and forth. That's very helpful, as well. I'm not condemning all life in a city. I'm just saying that the factors that are relevant here show that artificial environments induce disease, suffering, and death. And there's now a move to get away from the cities - the decentralization of population density. And, interestingly, the widespread deployment of Internet technologies and the upcoming rise of virtual reality tech means that there will be more virtual offices. People

can be located anywhere that they have an Internet connection, and they can participate in meetings and they can participate in a business as an employee, even though they live somewhere where there's pine tree forest all around them. And that will actually be much healthier for them.

Chris Wark: Also, there may be a rise in people living in the city and virtually going into the country.

Mike Adams: That will happen, as well. There will be therapeutic benefits to that, by the way.

Chris Wark: I can imagine! Anything that's calming you down, relaxing you, lowering stress hormones, sure.

Mike Adams: Absolutely. Immersion into a first-world simulation of an amazing forest, waterfall, birds chirping, and everything. I spend time in nature every day and I try to focus on all of the sounds of nature because, when you live out in rural Texas as I do, you can actually not hear the sounds anymore because you get so used to them. All the different birds, locusts, katydids, and frogs - all these different sounds - it's a chorus that I get to experience every day. But I couldn't imagine all of those voices being silenced and living in a place where there were no natural sounds. To me, that would be toxic. That is like downtown San Francisco.

Chris Wark: Yeah. All the sounds are trucks, cars, car horns, police sirens...

Mike Adams: Exactly. And actually, by the way, I don't know if you're into sound healing or any kind of energy medicine. But if you listen to the locust, locust sounds exist at multiple high frequency harmonics. Locusts are actually engaging in, what we would call in Buddhism, toning or chanting. There is actually a calming effect because if you were to look at the harmonics visually, you would see multiple layers of harmonics coming out of the wings of these locusts. They are literally singing constantly and there is a measurable therapeutic healing effect from simply being exposed to those sounds. It's just part of the way nature heals us.

Chris Wark: And, of course, we know birds' chirping melodies and tree frogs... I live in a suburb outside of Memphis and there are a lot of trees. So, at certain times during the year and especially now in the summer, depending on the climate or the day's weather, you go out at night and there is a symphony of insect sounds. So, it's not foreign to me. We took a bunch of people down to Costa Rica, earlier this summer, for a retreat and camped out in the jungle. And you know because you were in Ecuador. The jungle sounds are so loud, if you're camping. When we were laying down to go to sleep, I just couldn't believe how loud it was. My wife had to put in earplugs. It was just too much for her. It was also cicada season. So, they were out in full force. But all these frogs, insects, and bugs...and then it would calm down in the middle of the night. But then, at about

5am, the monkeys would start howling in the trees and everything else would wake up and come alive. That's what wakes you up. It wasn't even the sunshine. It was all of these animals. It was pretty amazing.

Mike Adams: And also, I imagine, you could see an amazing array of stars in the sky, as well, because you were far from light pollution. So, again, people who are living in cities have never seen the sky - not the way it really is. Think about it. Most people who are living today, in first world nations, have never heard the world in which they live. And they've never seen the sky, really, because there's light pollution and there's noise pollution. And if you think about it, also, there's more to this. They have never experienced cognition and creativity in the way people used to be able to a couple hundred years ago. Why are all the great composers people who lived in the 1700's or 1800's, or earlier? Because they didn't have this bombardment of toxic information. They didn't have Snapchat. They didn't have Facebook. They had the ability to have an outpouring of creativity and innovation because their minds were open to the world around them, instead of being suffocated and bombarded by all of this bad information.

Chris Wark: Clutter, right? It's just clutter.

Mike Adams: It's clutter. As a species, right now, humanity is being cognitively handicapped. There is an assault of toxic fragrance - dryer sheets, fabrics softeners, laundry products. They all cause cancer, too.

Chris Wark: And all the fragrances in all body care products and household products, right?

Mike Adams: Exactly. Yeah, the sunscreen people put on is assaulting their bodies with chemistry and it's causing the brain to recede - like a turtle will go into its shell. Your neurons are receding because of this onslaught of noise, light, and fragrance. The senses are being bombarded constantly and it causes you to escape to a lower brain function. In America today, we are seeing an actual, literal madness - a cognitive madness. We are seeing a civilization go cognitively insane. And this is not spontaneous, it has a cause. And we've just touched on some of the causes. There are more. The Roman Empire fell because of lead poisoning in the aqueducts. That was just one heavy metal, and it drove people insane because lead does that. Well, today, we have lead, we have mercury, we have aluminum. We have fragrance, we have noise and light pollution. We have poison from every angle.

Chris Wark: More than you can even list.

Mike Adams: Absolutely. Just in my lab we're working on pesticide quantitation methodology. We're picking a subset of the pesticides that exist, and we picked 253 pesticide chemicals to quantitate - out of a list of like 6000. They're all out there. They're in your food. You're eating these chemicals.

And they don't just break down automatically. They go into your body and they have physiological effects on your brain, on your neurons, on your kidney, your liver, your heart...everything. We're living in a toxic stew that humanity has created for itself, for the almighty dollar. There are a few corporations that are getting rich and making billions or trillions of dollars, while poisoning humanity to a point of almost suicide. So, I mean, that's the big dark picture of where we are right now.

Chris Wark: Yeah. And the deeper down the rabbit hole you go - you're deeper than anyone I know. And to get back to the question... I'm so impressed that you are so calm and happy and not wearing a tin foil hat in a bunker.

Mike Adams: Look I have difficult days, too. I mean, there are times I shake my head and I say, "What is happening to our world? This is not the world that I grew up in." I don't remember growing up and teachers telling us, "Yeah, you're going to be an adult in a world where everybody's being mass poisoned by their own food." Like what the hell? Right? What is going on? So, I may seem calm and collected right now, I'm trying to share knowledge here. But I've got to tell you, Chris, there are times that I'm frustrated and I'm disgusted. And there are times that I don't know how we beat this. I honestly don't know. But we certainly don't give up. We certainly don't join the dark side and start pushing GMO and glyphosate. That's not an option.

Chris Wark: Well, the encouraging thing is that awareness is really growing and growing. Obviously, you're a huge catalyst for that. I'm a small part of it. But the organic food movement is bigger than it's ever been. So, that means more people are eating organic, non-GMO, non-pesticide laden food. And my personal thing is, I have to keep reminding myself, "Okay, things are better than they used to be. We have improvements. But we've got a long way to go."

Mike Adams: You know, we live in a time where we have access to more nutrition than any other generation in history. And you're right, we've had tremendous successes. The younger generation, today, doesn't drink soda anymore really. Almost nobody. They know that food does determine your health. It took a generation for that idea to become mainstream. Again that used to be a "conspiracy theory." Now it's a well-known fact. The younger generation, today, understands that you have to look at the supply line. Where does your food come from? Where does your water come from? What about Nestle - the corporatization of water, the monopolization of water controls. The youth are waking up to these issues. That's a huge, huge success.

Chris Wark: That's exciting. It really is. I was the fast food generation. I was a child in the late 70's and 80's and 90's. So, everything was corporate commercialization - fast food franchises. That was my generation. But the generation before me just wasn't like that. There were far fewer places to go out to eat. Now there's a million. But it's encouraging to see

the younger generation being so in tune with eating organic food, with environmental sustainability, with supporting companies that have a social conscience.

Mike Adams: I'm glad you mentioned that because the role of corporations in our society has become extremely powerful, over the last generation, let's say. In fact, certain corporations, like Google, are now more powerful than entire nations. Google is so powerful because it controls the information that you can see or that you can't see. And Google is actively censoring a lot of truth about healthy living and organics. Google is really in bed with the pharmaceutical industry. For example, Google just banned our online shopping cart from Google Shopping because they said that astaxanthin is an unapproved medicine. And we said, "What? What are you talking about? Everybody sells astaxanthin. It's a microalgae." And they said, "Well, according to the FDA, it's not approved." So they're banning all the online stores that sell astaxanthin. But they're happy to promote pharmaceuticals, you see. So, we are living in a very dangerous time. And especially the youth, today, are understanding that corporations really should not be trusted by default. Google, Facebook, drug companies, even Twitter have all been engaged in efforts to silence public debate, from a science perspective, on medicine risks versus rewards. All of them have been engaged in censorship. I've been very heavily censored by all of those players, repeatedly. And yet, the good news is they can't shut us down. People crave the truth about this. People want to share inspiring information that contributes to their awakening about creating a better world. And, believe me, we're not going to get to a better world through the mass chemical poisoning of the minds of the people.

Mike Adams: By the way, just as a side note, everything happening in Washington today, about health care reform, is a joke. When you consider that the reason we are diseased, in the first place, is because everybody's eating poison. So, it's a waste of time to talk about healthcare reform - whether it should be Obamacare, or not Obamacare, or whatever. It's irrelevant until you stop the cause of the disease.

Chris Wark: I'm glad you brought that up because it is a good point. I had this epiphany when I learned that healthcare is much more affordable - much less expensive - in countries that don't have health insurance.

Mike Adams: That's true.

Chris Wark: So, you can go get a hysterectomy in India for a fraction of the cost of a hysterectomy in the US - or any kind of surgery - because the hospitals and doctors have to compete with each other. So, that keeps the prices low, makes it affordable, and makes healthcare accessible for thousands - if not millions - more people. Versus, in the US, because everybody's got insurance, your insurance pays the bill. And there's probably charts of this on your site, Natural News. But just the steep incline of the cost of

healthcare, across the board, in relation to the amount of insurance coverage available. So, yeah, it's a total mess. And fixing Obamacare isn't going to solve the problem.

Mike Adams: It's a shell game. They're just trying to decide who pays for disease. And that's not a sustainable model. We need to stop the disease. You know, a lot of people don't know that the United States is one of the few countries where drug companies can advertise on television. And that was legalized by the FDA in 1997 or 1998. Believe it or not, President Trump could order the FDA to reverse that decision and block drug advertising on television. That would drastically lower costs because, what's happening is, people get brainwashed by the TV ads. They go in to their doctor and they demand this drug, and the doctor gives him that drug. Well, then, the drug companies give kickbacks to the doctor. So, the doctors are really affiliates for the drug companies - or sometimes prostitutes, you might say, for the drug companies.

Mike Adams: GlaxoSmithKline pled guilty, under the Obama administration, to massive felony bribery crimes. They paid a two to three billion dollar fine with the Department of Justice, the largest in history. They admitted to bribing 44,000 doctors in the United States - a massive bribery network. But here's the kicker, Chris. If you had a company and you were guilty of a felony crime of such widespread bribery, you would go to jail. Your company would be banned forever from doing business with the government. Well that never happened to GlaxoSmithKline. Nobody went to jail. Nobody is banned from doing business with the government. In fact, if you go down the list, every drug company in existence today (the big ones) is guilty of price fixing, bribery, felony crimes, scientific fraud, human experimentation, crimes against humanity - every one of them is guilty of that and every one of them is able to do business with the government. So much so, that under former President Bush, a rule was established in the government that said that the government cannot negotiate discounts with drug companies for drug prices under Medicare. So, the drug companies got full price. The tax payers were getting ripped off. Drug prices were spiked through the roof. And everybody is going broke. The reason we can't afford healthcare is because of the pharmaceutical monopolies. And it continues. It continued under Bush, Obama, and now Trump. And nobody is doing anything about it. Nobody's even mentioning it.

Chris Wark: Yeah, they really are the puppet masters. They influence everything - medical education, the government, public policy. It's so vast. People think it's a conspiracy. It's not. It's just capitalism. They just have infiltrated every aspect, even to the extent of owning pesticide companies.

Mike Adams: In the 1970's and 80's, with the rise of cocaine, you know how countries like Colombia and South America became what we call a "narco state"? The narcotics industry became so powerful that it infiltrated and ran the government, judiciary, and police. The same thing is happening here, but

we are a pharma state. So, pharma has done to America what the narcos did to Colombia. It's the exact same model, except those drugs were called illegal and these drugs are called legal. But, in many cases, they are the same drugs. Amphetamines for children are now ADHD drugs. It's like pharma meth. That's what we are: a pharma state.

Chris Wark: Even recently there's been sort of an awareness explosion about opiates - the massive opiate addiction problem we have in the US because of pharmaceutical drugs. Yeah, you're right on the money.

Mike Adams: Look, this is not a conspiracy theory either. This has been covered in mainstream media. In the Middle East, the US military guards the opium fields. The opium trade comes out of places like Afghanistan - a massive opium producer. And opium is considered an illegal drug in the United States, unless big pharma sells it to you in a prescription. And the US military defends the production fields in Afghanistan. I mean, Geraldo Rivera went there and did an interview with them and talked about, "Oh we have to respect their culture, blah blah blah." Well, wait a second. 35,000 Americans were killed last year, according to the CDC, just from opioid and addictive drug deaths. The Vietnam War took about 50,000 American lives. That means that the pharmaceutical industry is killing three fifths as many as died in that entire war, every year in America, just so they can keep selling opioid drugs. And they say, "Don't turn to natural remedies. Oh, don't use natural medicine. That's dangerous." Well I don't remember some tree bark herb, like cinnamon, killing 35,000 people a year. Never happened.

Chris Wark: That's right. I know. It's just insane.

Mike Adams: It's totally wild. How did we get here? I don't even know the answer to that.

Chris Wark: It's that very slow, insidious creep. This infiltrating creep whose tentacles just spread over decades and influence every aspect of our life and culture. You mentioned two things I wanted to comment on. One was, I have some friends that are pharmaceutical reps. And you mentioned how the pharmaceutical industries are bribing doctors. Again, these are my friends and they've confessed to me that they don't like their jobs.

Mike Adams: But they make a lot of money, right?

Chris Wark: Yes! It's the golden handcuffs, they don't know how to get out. And so, they will pass things to me, under the table, like sales materials and things. They're like, "Dude, look at this." But, the point is, they're catering breakfast, lunch, and dinner at doctors' offices. Pretty much every day of the week, a pharmaceutical rep is bringing in donuts and breakfast sandwiches for breakfast, and then another company is bringing in Subway sandwiches for lunch, and another one's bringing in dinner...every single day. It's like they're basically just a professional

caterer, just bringing food and hoping to get a few minutes with the doctor to pitch them on this new drug.

Mike Adams: Well, the drug companies even pay doctors to speak and do a luncheon speaking deal. And there might be three people there to hear them speak, and the doctor is paid like \$5000-10,000. It's a bribe. Or they'll host Hawaii vacations that they call "continuing medical education." And they pay their way to Hawaii in a luxury hotel room and everything. The doctor flies to Hawaii. You show up for five minutes for a speech given by the drug company, and then you're out the door and you're surfing all day and the drug company pays for the whole thing. It's widespread corruption and bribery, and it's across the board in the medical system. I mean, can you imagine if the herb industry or the natural products industry engaged in any of this stuff...they would be arrested. They would be national headline news: "Oh my God! An herbalist bribed a doctor and went to jail." It would be national news.

Chris Wark: It would. Okay, let's talk about your science lab. So, I'd love to know about some of the most interesting, alarming discoveries you've made since you dove into food safety testing, food contamination testing, and everything you do in the lab.

Mike Adams: Well, where to begin. Let me give out the website address for the lab, if you want to see that. The lab itself is CWCLabs.com - it stands for Consumer Wellness Center.

Mike Adams: So, just to set the record on this, we are an ISO accredited lab - we're internationally accredited. So, our lab results can be used in any court of law - in any Western court anywhere in the world - as strict evidence. This means we're audited, we have to pass tests and so on. So, we're a legit lab. In fact, most university labs are not accredited. I visited the university lab at University of Texas in Austin, and I was looking at their methodology. It was a decade behind what we're doing. We are really cutting edge. So, as a result, we see a lot of things that other labs miss. We have really cutting edge instrumentation. For example, we can detect mercury down to about twenty parts per trillion. So, a part per million is a small amount, and a part per billion is one one thousandth of a part per million, and a part per trillion is one one thousandth of a part per billion. In other words, one one millionth of a part per million. So, you get into a lot of units here. But the point is, we can see mercury and we can see pesticides at very, very low levels. And one of the big findings we had, the earliest finding we had, was that a lot of the organic rice protein being sold in health food stores all across America was very heavily contaminated with lead, mercury, and tungsten.

Chris Wark: One of the brands - I don't want to slam anybody because it's been some years - but one of the brands that came out that it was heavily contaminated, was a brand that I had been saying, "I love this brand!" And I was taking it every day. And then it was like a little bit of a mini PR



nightmare for me. It's fine; it's important. But I was like, "Oh man, this is not good. I've been totally telling everybody this is great and I've been taking it myself because it's this organic brand - a Whole Foods type organic brand."

Mike Adams: Oh yeah. Well we were viciously attacked. We were threatened with multiple lawsuits. None of them ever happened because all these companies sent their own products to labs for the first time, after we blew the whistle, and they realized we were right. And I will mention one company because they've done the right thing and they've cleaned up all their products since then. That company is Garden of Life. Garden of Life took great steps, after that, to improve the cleanliness of their products. And they eliminated rice protein from their product line - the raw protein.

Chris Wark: That was the branch I was talking about.

Mike Adams: Oh was it? That was just a guess. Well, soon after my story broke, Jordan Ruben called me and he said, "Look, I've been out of the company. I haven't made sourcing decisions for six months." I didn't blame him or anything because he sold his company, at that time. But I still have, in case this ever goes to court, multiple canisters of Garden of Life products in my lab. I'll tell you, to this day, as a scientific fact, they contain crazy high amounts of mercury and lead. And I can say that without being sued because they know it's true.

Chris Wark: And it's the old product?

Mike Adams: It's their old products, right, for like four years now. But look, here's the truth. Garden of Life did not recall that product. So, when my news came out, Garden of Life did not act ethically, at that time. And they allowed those products to continue to be sold and consumed by people who were eating their mercury, and eating their lead. That is a factual statement and I can back that up. They came around later and eliminated that ingredient from their product supply. But it just goes to show you... And it wasn't just Garden of Life. There were many companies that had very contaminated products. And the importer of that material threatened to sue me because they were going to lose millions of dollars. They were shipping fourteen container loads - forty foot containers of rice protein - into the United States each month, that was heavily contaminated with mercury and lead. And if we hadn't blown the whistle on it, nobody would have. The FDA said nothing. The mainstream media said nothing. Everybody was silent because it was a big scam. People were making money selling toxic products under the organic label.

Chris Wark: Yeah, and the thing is, to give the supplement manufacturers (all of them) the benefit of the doubt... They assumed that because they were buying a certified organic ingredient to use in their product, they assumed it was legit. But what we know now - thanks to you and others - is that, yes, a product can be certified organic (which means it's not

grown with pesticides, toxic chemicals, sludge, and stuff), but if the soil and the environment is contaminated, it will pull contaminants from the soil into the rice. And that was the issue.

Mike Adams: People understand this better today. But, at the time, it was a new idea. Rice is almost aquaculture because it's grown in water. And in China, which has virtually no environmental regulations that are enforced, the water that feeds the rice is toxic run-off from the factories. That water is the most toxic stuff. If you drank it, you would die. If you swim in it, you would be diseased. So, they grow rice in it. And then the rice is processed to remove the rice syrup. Brown rice syrup is a common sweetener. What was left over was then processed and shipped to the United States, and sold as organic raw rice protein. Nobody did the tests. Nobody. USDA organic - I'm a very strong supporter of organic. It's a good program. But it doesn't cover heavy metals.

Chris Wark: Do any of the other organic certs - like Naturland or Ecocert - cover contamination?

Mike Adams: I don't know the answer to the ones that you mentioned. I'm not aware of any certification that requires heavy metals testing of the final product. No certification exists, to my knowledge.

Chris Wark: So, I'd like to share what I've done. And then also talk about the Health Ranger Store, too. Because I know you're tested everything you sell to the nth degree. But what I've done for years is what I call "supplement hedging." People always ask me, "What kind of vitamin D do you like?" So, there was always a handful of brands, and I just said, "Look, I just rotate, because who knows. One could have contaminants in it, another could just not be very potent, or one could have a bunch of filler in it and you're not even getting much benefit." So, I always encourage people to identify a handful of brands that have a good reputation. Just do some research on them and then just rotate them. But you actually sell a lot of awesome supplements and food products in the Health Ranger Store that have all been tested probably to a deeper degree than anything else on the market, I imagine.

Mike Adams: We do the most testing of any retail in the world. It's called Health Ranger Store, HealthRangerStore.com. And, by the way, for the last couple of days, we just donated 50% of our sales to the Hurricane Harvey victims. We're about to hit \$50,000 in donation, which means people purchased \$100,000 worth of product from us, to help those hurricane victims.

Chris Wark: That's great. Here's the link to check out the story:  
<https://www.naturalnews.com/2017-09-06-health-ranger-store-announces-donation-distributions-to-aid-hurricane-harvey-victims-in-texas-63218-79-in-relief-funds-distributed.html>

Mike Adams: We do very rigorous testing of not just the raw materials, but of every production lot. So, one of the ways that anybody can be scammed in the industry... There's a lot of US companies that are supplement companies, and they buy raw materials from China. So, they may test the raw materials one time in the beginning. But China is notorious for bait and switch. So, they'll send you one clean batch that tests great. And then, after that, you keep buying from them and it's dirty, dirty, dirty polluted stuff. Well, if you don't do the testing of every batch, you're selling contaminated product without even knowing it.

Mike Adams: By the way, the FDA requires what's called "good manufacturing practices" or GMP. And GMP requirements are very strict and they actually require testing of every production lot. We are one of the few companies that actually does GMP compliant production. There are others, like NOW Foods, for example. I happen to know some of their scientists and they are very rigorous about it, as well. So, NOW Foods does all their testing. But they don't have as strict a limit, as we do, on heavy metals. I don't mean to say their stuff's contaminated - it's not. NOW Foods does very good testing. Gaia Herbs does good testing, as well. Those are two brands that I would recommend, in addition to my own brand. But I don't know how much testing the other companies do, out there. A lot of them do no testing.

Chris Wark: They're not required to do any testing. They're not even required to have GMP certification, right?

Mike Adams: The thing is, you're required to abide by GMP. Everybody is required to. Most people don't. Most people wait for the FDA to send them a warning letter. Now, the FDA is running around the country. Their goal has been to do a surprise inspection of every supplement manufacturer within a two-year window. They've already surprise inspected us twice, and we passed with flying colors. No problems. They're like, "Wow, you have your own lab?" Most companies don't have that. But they are way behind schedule. Most supplement manufacturers have not ever been inspected by the FDA. And I know there was a company out in California, not going to name the name, but they were a very prominent raw food company doing very high end supplements. They got major warning letters from the FDA because they weren't cleaning their machines between filling the different pouches and packages with different products. They weren't cleaning the machine! So, you might have allergens in one product and they get transferred to another product.

Mike Adams: Most companies, by the way, don't do raw materials tracking to the point where they could do a successful recall if they have a food safety problem with an end product. For example, you might have an end product that has 25 ingredients in it, let's say. You have a lot number for your finished bottle. There's Lot 100, let's say. But you have batch numbers of all the raw materials that went into Lot 100, and you may have run out of one raw material halfway through the production and switched to a

different batch of, let's say, turmeric route. So, your final Lot 100 may contain 50 different batches of raw materials. Well, if you have a problem with this final lot and somebody gets sick or somebody gets food poisoning...how do you know which products to recall? The FDA requires you to keep all of those records, so that you know what to recall. Most companies do not keep those records. We keep those records because that's GMP compliance. We're talking stacks and stacks of three ring binder books. And we're going electronic for all that, soon, because it's so much paper. But most companies, even if they have a problem, they cannot issue a recall effectively because they can't trace the ingredients that went into the product.

Chris Wark: And this is exactly why I will never be in the supplement business. I'm telling you, lots of people over the years have been like, "Hey Chris, you're a popular healthy guy. You should come out with your own supplements." And I'm always like, "Nah. It sounds like too much trouble." And that was even before I knew the half of it. Now I'm like, "Man." Kudos to you for your integrity and for being able to keep up with all that. For just keeping such detailed records and doing this testing that a lot of people aren't doing.

Mike Adams: Well part of the fun of this is that because we are a certified organic manufacturer and we've been through multiple organic audits, and we are GMP compliant and we've been through FDA audits, and we are a lab and we've been through ISO accreditation...I can speak authoritatively about the supplement industry and the food safety industry. And until you've done it, you really don't know what goes on behind the scenes. Like, I was chatting with a guy from the organic certifying industry a couple of weeks ago, and he was telling me horror stories about how people are faking the certificates and faking the paperwork. They buy something from China and then they fake it and they say they got it from a European country, for example. He was just telling me horror story after horror story about how he had to yank certification from different companies.

Mike Adams: The stuff that happens behind the scenes would blow your mind. That said, there are honest companies that are doing the right thing. Like I mentioned, Gaia Herbs. Nature's Path, that makes the cereals. One Degree Organics is another company. They make breakfast cereals and, as far as I know, they are doing the right thing and they're very ethical. There are many, many companies out there that are very ethical. The key is being able to sort them out from the organic con artists that do exist in the industry. They fake the paperwork, they sell toxic products, and they knowingly sell contaminated products to people because it makes them money to do so. They do exist. I'm pro-organic, but also, make sure you know what you're doing.

Chris Wark: It's kind of full circle on what we talked about earlier because, yes, the organic movement has exploded. Which is great. But you've got a lot of

new players jumping in because it's a business opportunity, who really don't care about health. They don't care about improving the environment or about the things we care about. They just see an opportunity to make some money and they want to jump in and cash in on it. And some of them are very slick, very sophisticated marketers, and everything looks shiny, beautiful, perfect, and healthy. And they make you want to buy it and put it in or on your body. And, yeah, it might just be some crap.

Mike Adams: Yeah, it might be crap. I will say, Amazon.com sells a lot of counterfeit product. I know people in the industry who have spent hundreds of thousands of dollars on lawsuits to try to stop the counterfeiting of their products on Amazon.com. The CEO of Birkenstock, the sandals company, have banned all sales of their products on Amazon because everything is counterfeit. We have gone to Amazon and bought things like turmeric root powder and tested it in our lab, and we have consistently found alarming levels of high heavy metals. The truth is that Amazon doesn't do any testing of what they sell. They sell millions of products. There's no way they could do that. But, believe it or not, Wal-Mart has a massive laboratory in Arkansas. And Wal-Mart tests everything they sell. They don't have the limits that we do. They're not as strict as we are. They test children's toys for lead in the red paint. They test everything they sell. They have a massive lab. It's acres.

Chris Wark: That's impressive.

Mike Adams: Yeah. Wal-Mart tests everything. You're probably shocked to hear that. You think Amazon is maybe more advanced than Wal-Mart. No. Amazon tests nothing. Wal-Mart test everything.

Chris Wark: Well, Amazon has no liability because it's all individual sellers, right? Right. Technically Amazon is selling anything. Well, no that's not true. Some of it is actually theirs. But, yeah, a lot of the sellers are individual sellers. So, really the buck stops with them. Right.

Mike Adams: But Wal-Mart is actually doing something very ethical with that - even children's toys, like I said. But, of course, Wal-Mart doesn't carry the kind of super foods and nutrition that you and I are into. So, that's too bad. But I went to Whole Foods several years ago, I had a meeting with one of their executives in Austin, in person. And I gave them the documentation. I said, "You are selling products that are contaminated with lead. Let me help you test all of your products. I want you to sell clean products." And they rejected that and they weren't interested. And now Whole Foods is owned by who? Amazon. And they still don't test anything.

Chris Wark: So, let me ask you some fun questions because we're a little bit over time, and I want to respect your time. So, let me shoot you a couple of

fun rapid fire questions. All right. If you had to eat the same breakfast, lunch, and dinner every day, what would it look like?

Mike Adams: Well I do eat the same breakfast everyday. That's my organic avocado, coconut water, turmeric root, banana smoothie.

Chris Wark: You made one for me when I was down there.

Mike Adams: That's right. That's right. So, was it delicious?

Chris Wark: Yes, it was delicious. You can throw pretty much any fruits and vegetables in a blender and blend them up and I'm going to like it. I'm pretty easy to please.

Mike Adams: So, that's what I do for breakfast everyday, anyway. And then for lunch or dinner I vary it a lot. Sometimes it depends on my level of physical activity. If I'm working hard on the ranch, I actually need more energy - even some animal fat, by the way. If I'm having an easy week, it's more of a vegan type of approach. But I'm not a vegan. I used to be, but I'm not. I'm not pure vegan. I eat animal products. But I'm very careful about where I get them, and I'm pretty limited in the consumption.

Chris Wark: I'm the same way. I'm 98% plant-based. Just occasionally, I'll have a serving of animal protein, but it's few times a month, for me.

Mike Adams: Right. Right. I do whey protein everyday, though, as well. But again, it's a super clean whey protein. So, I don't know. I don't really have an answer for that. I wouldn't want to eat the same thing in the afternoons and evenings, everyday.

Chris Wark: But the question was, if you had to...

Mike Adams: If I had to? Oh man. Whatever it is, you would have an imbalance. You need the full spectrum of foods to get all the phytonutrients and minerals. If you ate the same thing everyday, you would eventually have a disease. No matter what it is.

Chris Wark: You're going to need variety. Absolutely. Another one, this is even more specific... If you were stranded in a bunker, or on a deserted island, and you only had one food to survive on (not forever, but indefinitely), what would you pick?

Mike Adams: Chlorella, in my case.

Chris Wark: Really?

Mike Adams: Yeah, I would pick chlorella because it's got the protein, it's got some of the essential fatty acids, it's got chlorophyll, full of minerals, vitamins, and so on. If you're asking, if it's just one thing.

Chris Wark: Yeah. But could you get enough calories, though, with chlorella? That'd be tough.

Mike Adams: Well, no. You'd have a very hard time. You'd lose some pounds, that's for sure. But you wouldn't be nutritionally deficient, at least. Now, you know, peanut butter would give you the calories. So, if I could have chlorella peanut butter sandwiches, that would be better.

Chris Wark: I love it. That's great. Chlorella peanut butter sandwiches. Well, Mike, this has been super fun. Thank you so much. And I'll post links to everything we talked about in the show notes below the video. If you're listening to the podcast, it will be in the show notes, and there is a link to [ChrisBeatCancer.com](http://ChrisBeatCancer.com) with other show notes and links. So, yeah, this has been just really great and fun. I'm excited to get it out.

Mike Adams: I always enjoy chatting with you.

Chris Wark: Last question is...to the person that has cancer, what would you say to them? And I know you could probably talk for an hour or ten hours. But what would you say to someone has cancer? A lot of cancer patients in the audience. What do they need to know?

Mike Adams: Well look, the big thing is don't let fear drive your decision because fear is used against you. Fear is a weapon, and it's used by oncologists who are making money off the chemotherapy. By the way, one of them went to prison; Dr. Fareed Fatah went to prison for false diagnoses of cancer. They use fear against you to bypass your rational mind. The reason you don't have to just break down in the fear is because you didn't get cancer overnight. It took decades, probably, for you to develop a diagnosable tumor. You're not going to die in the next 24 or 48 hours, or what have you. Even though these cancer doctors try to scare you and say, "Oh my god! You have to start chemotherapy today! Right now! Sign now!" They're just trying to make money off of you.

Mike Adams: Take a week. Do your research. Be very clear headed about it. Sleep on it. It's not an emergency. Cancer is almost never an actual emergency unless there's a tumor pressing against a large blood vessel, or something. It's usually not an emergency. Do your research, take the time, talk to people who have been through cancer treatments. I would encourage you to find five people who have gone through chemo and find five people who have gone through natural routes, and look at who's still living. Who has a better quality of life? Who still has brain function? Who's healthy? It's going to tell you everything you need to know, right there. But don't be driven by fear. That's the biggest mistake that cancer patients make.

Chris Wark: Thank you Mike, that's exactly the same thing I tell people, too. Exactly. I love it.

Mike Adams: It's great to hear. And we didn't even plan that in advance.

Chris Wark: We did not plan in advance. We're just on the same wavelength. It's great. Okay. Well that's it. Wrapping it up officially. Thank you again, Mike. Thanks everybody for watching and listening. Please like and share this awesome interview. Spread it around the world. And let's just keep pushing forward and helping people understand that their choices matter, that they can take charge of their health and the choices they make, and it will impact their future.

Mike Adams: Thank you Chris. I really enjoyed this. Happy to join you at any time.

Chris Wark: Awesome. Well. We'll do it again sometime! Thank you, Mike. Bye everybody!

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