



How Mona Healed Multiple Myeloma

Interviewed By Chris Wark

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- Chris: Hey gang, it's Chris again, with another amazing survivor story. We are here on the survivor couch at The Truth About Cancer live event, October 2017. This is my new friend Mona.
- Mona: Hey Everybody.
- Chris: Mona was diagnosed with multiple myeloma, 15 years ago, which was 2002. And, here she is alive and well, no cancer. Right? And the doctors basically told her there was nothing they could do for her. So you know, so many people come up to me and share their healing stories. And it's like too many, I mean it's amazing. I know many of you are not able to attend, it's a small conference, but every chance I get, I'm like, "Can I tell your story please, we've got to share this, it's going to encourage so many people"... so Mona said yes, and here we are. So let's talk about it, how did this all happen, like how did you decide not to do conventional therapy? Did I say that already? She didn't have any treatments.
- Mona: Right. Because basically they told me there was nothing that they could do for me. I started getting... it started minorly with colds and flus and throat infections.
- Chris: Getting sick a lot.
- Mona: All the time. I kept losing weight. I got staph infection twice both times MRSA which they had to actually cut spots out of my head because it was eating away what was there. I went to the doctor, I was finally like, you guys have to do something. There is something going on here. So after tons and tons of tests, and scans, and bone biopsies, and all kinds of stuff, they came up with that I had multiple myeloma and there was nothing that they could do for me...that I felt like they kind of just sent me home to die.
- Chris: Now, as scary as that is, I think looking back and I say this all the time to people, that was probably a blessing in disguise that they told you "we can't help you".
- Mona: Right.
- Chris: Because so many patients are told, "Oh we have all these wonderful treatments for you, for your type of cancer, and you need to start right away or you're going to die". And they're rushed into a system and put on a conveyor belt and they are strapped in and then once you are on that conveyor belt it's very hard to get off. There's so much fear...they use fear to really entrap you and so many patients have told me, I'm so scared to stop. I'm so scared to stop chemo. You want me to be clear, I'm not telling you need to stop chemo, but people tell me, they want to stop and they are scared too. I

don't want to hijack our interview with my opinions, but it will happen. I will keep doing that throughout, just so you know, but anyways so there you are.

Mona: So I did. I went home to die. I quit answering my cellphone, I quit answering my door because you think everybody has pity you know for you and what's going on and I just wanted to be left alone. I had a very good girlfriend of mine that had moved out of the area and was back in town, showed up on my door, saw my car was in the driveway, and just kept knocking until I actually got out of bed and answered the door.

Chris: That's a good friend.

Mona: Right. And she took one look at me and said, "Oh my God what's happened to you?" I'd probably lost 40 pounds. I was emaciated. I looked awful, and she picked up the phone and called the herb doctor, and ordered a 30-day detox for incurable diseases.

Chris: Richard Schulze, THE INCURABLES PROGRAM. Dr. Richard Schulze, the maniac-like amazing guy that he is, right.

Mona: And it was intense. It was very intense.

Chris: Let me tell you, I did this. This was part of my healing you know, journey was THE INCURABLES PROGRAM, and Dr. Richard Schulze trained under Dr. John Christopher, this master herbalist, legendary guy in the health and wellness world. And was one of the few people I found very early on and inspired me and gave me the confidence and courage to take control of my life in my situation. So I have a huge debt of gratitude to Dr. Richard Schulze. Never met him, if anybody watching this knows him, I would love to do an interview, but anyway so she ordered the stuff for you.

Mona: She ordered the stuff, she stayed with me, and she contacted all of my friends. Because you can't do it on your own, especially when you are sick. You need to have support. You need lots of support.

Chris: Yeah. Talk about what that involves?

Mona: First week you do a colon cleanse, a liver cleanse the following week, and then another colon cleanse, and then a kidney cleanse. It's juicing, it's tinctures, it's teas, broths that you make. And then there's a whole lot of other stuff they have you do - raw foods...

Chris: It's a raw vegan diet. Lot's of juicing.

Mona: Hot cold shower treatments, body brushings, I mean it just kind of goes on. It's a lot.

Chris: Yeah. It's involved but it's-

Mona: So worth it.

Chris: THE INCURABLES PROGRAM.

Mona: I wouldn't be here right now if I feel like if it wasn't for that.

Chris: It's a hardcore program and I know it helped me, it was a lot of these principles in that program. I was already... I'd already incorporated so it reinforced what I was doing. I was already on a raw food diet, I was already juicing, and this was just saying, hey let's kick it up a notch. Let's do even more and Richard Schulze has got these DVD's and tapes and I encourage anybody to watch him because he is such an awesome motivator and he's funny and he's irreverent, just a really great guy. So okay, you are just like going for it all the way because the doctors can't help you. And somehow you found a reason to live?

Mona: Well I think that I just didn't... I started...

Chris: Cause you went home to die

Mona: Yes. But I started... I mean it-

Chris: Why did you decide to do this though?

Mona: I was forced. Cause my friend showed up and she took control and that's what she was going to do.

Chris: Like where doing this.

Mona: Right. Yeah.

Chris: That's awesome.

Mona: Very fortunate to have friends like that.

Chris: That's you know, you were... I mean such a huge blessing. I didn't have anybody in my life at the time like that. I was alone. I was very much alone and it was hard.

Mona: I bet.

Chris: You know it was hard. I just had to dig down and find the will to live. And find that determination.

Mona: It's very scary and you know I think everybody should know that it's not just a 30-day detox and you are okay. You know I mean I followed the plan, took the super foods, I still take his super foods. And it probably took a good two years before I was ready to go back to work to be a normal person. I ended up starting my whole back yard as a garden because I couldn't afford...I wasn't working because I was too sick. I couldn't afford to you know really spend the money on you know all the things that were there so I gardened. I turned my whole back yard into a garden.

Chris: That is amazing. So how long did it take before you started to feel better?

Mona: I would say after the first 30 days. I felt an improvement.

Chris: Did you feel worse before you felt better?

Mona: I don't think I could have felt worse.

Chris: Okay.

Mona: You know I think I was that bad that-

Chris: Close to the bottom?

Mona: Right.

Chris: Yeah I understand. So 30 days you are like, "okay well I'm feeling better maybe there is something to this".

Mona: I think that it was that and the support from the friends that I tried to deny access you know. I think it was a combination of all of it. But definitely after 30 days I felt a little bit more energy. I was able to do some of the process myself. At the beginning you know they want to do the exercise at certain times of the day. Even that's kind of difficult.

Chris: I understand. Yeah. It's gradual process. I'm so glad you said two years. I say it all the time... you really need to think long term. You didn't get cancer overnight. You are not going to heal it overnight. It takes time. It takes time to heal. The good news is for most patients, this is not an urgent life or death situation. Most patients have a lot of life left. Even if you did nothing... sat in your apartment and just felt sorry for yourself, you are going to live a lot longer than you think, doing nothing. So when you do "everything", you are only giving your body more fuel, more ammunition to heal, and increasing your odds of survival... in total restoration of health. Which is clearly what you did. What part of the country where you in?

Mona: California, San Francisco.

Chris: Yeah. That's great. So what else happened in the journey? Did you do any other advance therapies? Did you go to any clinics? What else did you do?

Mona: I did it all on my own. I just, you know, tried to make sense out of what it was. Definitely fruits, vegetables, raw, during that whole period. So-

Chris: Did you ever work with a naturopath or any practitioners?

Mona: No, 15 years ago it...

Chris: Hard to find one?

Mona: You know... yes, it's very, very hard to find anybody.

Chris: I figured it would have been easier to find one in California.

Mona: Maybe... maybe.

Chris: So we were doing this at the same time. I mean this was 2001? No.

Mona: Well, I started to get sick in 2001, 2002, 2003 was the...

Chris: When it really hit?

Mona: Yeah.

Chris: Yeah, so I started in January 2004, in Memphis, and there actually was a naturopath there. One guy. But I was very much alone too. So you didn't go to any clinics. Did it all yourself. Just took control of the situation. Just went for it all the way, and then at some point you went back to get a test or something right?

Mona: Well I was very frustrated with the medical field when it happened.

Chris: I can't believe you would say that.

Mona: The only thing they would do is they would have me come in every month to do scans and say "oh the liver and the kidney... there's more tumors, there's more cysts, we don't know why it's advancing so quickly".

Chris: So all the scans were like bad news?

Mona: Every single one and it got worse every single month.

Chris: Well that's scary, how did you deal with that?

Mona: I cried a lot.

Chris: Yeah but you stayed, you kept on doing it.

Mona: I didn't know what else to do. I thought that they would come to me and say there was something else. So that there was something that they could do. But when they sent me home, I never went back. I never went back to the doctor at all. Actually last year was the first time that I had a scan since then.

Chris: In 15 years?

Mona: Yes.

Chris: Wow.

Mona: And there was no evidence of any tumors or cysts.

Chris: So a moment to clarify. I thought she said as she was doing this radical life change that the scans got worse and worse and worse.

Mona: Oh no, before.

Chris: Yeah so once you started that, you are like, "I'm not going back".

Mona: Right.

Chris: And then you went back last year, 15 years and...

Mona: I'm perfectly fine.

Chris: All good.

Mona: No cysts, no tumors. Kidney and liver was fine, all blood work was fine, everything.

Chris: What do you think about that?

Mona: Pretty amazing stuff.

Chris: Yeah, your body can heal, right? If I can do it, just a regular old dude, right? She can do it, you can do it too. Your body can heal, it's not a miracle cure, it's not a magic bullet, that's not what it's about. It's about totally changing your whole life. Assuming that cancer is a wake-up call, and it's a warning, right, that the way you are living is killing you. That's the message of cancer, and not to make you feel bad about yourself, but to make you shake you out of your complacency, and be like "Hey, you gotta make change now!"

Mona: Right.

Chris: Right, something is happening you are not well, your body is unhappy, your cells are unhappy. They are revolting against you. You gotta change something. And we agree, you are nodding. You know it's like... so this is your opportunity to change your whole life. That is what cancer is. Doesn't have to be a death sentence, yes when you get the bad news it's scary, but I've interviewed so many people that cancer people are doing it over and over, and they are doing it all of the time. They've done it. They are doing it, it's happening, right? It's real, I know some people watching are struggling to believe if this is real. Right? It's real.

Mona: And I put it into practice again last year when my mom had a toxic overdose of medications.

Chris: Oh wow.

Mona: I went back and took care of her, did the same thing and-

Chris: Put her on the protocol.

Mona: Within seven months. Only with her-

Chris: A little more gentle.

Mona: Much more gentle. That it was making sure she was eating good clean food. Off the medications.

Chris: Yeah, turned her life around. Yeah. I love it. I love it. And you know these principles it's not just for cancer. I mean so many of the diseases that we suffer from are caused by our diet and lifestyle. When you radically change your diet and lifestyle and you start overdosing on nutrition, putting all of this wonderful food in, from the earth, that was made for us... you heal your body. You promote health and healing. You will change your body. You will transform it, but you just have to do it. You have to be disciplined enough to say, "I'm not going to keep on living the way I've been living. I'm going to live a new way, I'm changing everything". Then like you stay the course. Right? Just get on the healthy train and stay on it. Right. I like to say, "Just point your ship toward healthy island", right, that's what you did?

Mona: And stay on course.

Chris: You are just like, this is where I'm going, right. Everything I'm doing, I'm doing to get to healthy island.

Mona: Right.

Chris: And you made it.

Mona: I did.

Chris: Congratulations.

Mona: Thank you.

Chris: Thank you Mona. Thank you for sharing your story. Hey time to share. She just shared her story now it's your time, your turn, to share this video. So please share it on social media. Send it to people you care about. We just want the world to know that cancer can be healed, it doesn't have to be a death sentence, it doesn't have to be scary. Any person watching this of cancer, you need to know that you have power to change your life. You have power to take control of your situation, and your decisions matter. Your decisions today, and tomorrow, will affect your future and they can affect it in a positive powerful, health and healing way or in a negative, destructive, disease promoting way. The choice is up to you. So anything else you would like to close, let me just say I would like to ask you to close with what do you think, besides what I've said, a patient needs to know when they are first diagnosed?

Mona: Don't be afraid, I think it's the biggest thing. Don't be afraid, take control and make the changes you need to make. Don't listen to your friends and family that tell you not to do that.

Chris: They told me not to.

Mona: Right, I mean yeah.

Chris: Yeah. And it's funny. Your family told you not to?

Mona: They wanted me to continue to seek out medical treatment and my point was they are not doing anything for me.

Chris: So this is a great example, I'm so glad you said that. Just another teachable moment. It's a great example of how clueless the people around you are right. Because when the doctor says there is nothing we can do for you, they still want you to keep going back. But sometimes you have to say, "Hey, they told me they can't cure me. Let me do what I want to do. It's my life. I'm trying to live, I don't want to die. Let me just be clear with everybody, I don't have a death wish. I want to live and I'm doing everything in my power to live", and that's what I had to tell people around me to get them to leave me alone. Like just leave me alone, let me do my thing...I know you think I'm crazy. Now they think I'm a genius... it worked out.

Mona: Yeah.

Chris: Okay. Well this has been fun, another fun one, Mona, my new favorite person. I met so many new favorite people this weekend. If the Truth About Cancer does this event again you all need to get serious about coming, I mean you would not... you can watch live online, but it's so different being a part of the energy here, the atmosphere, and the people that are here.

Mona: It's absolutely amazing, it's...the love that's here, the knowledge that's here, I wish I would have come last year.

Chris: It's great.

Mona: Yeah.

Chris: Okay folks. Please share it, again I'm going to ask you again. Share the video if you care about, please spread the word, chrisbeatcancer.com. I will put some links to some resources from our interview that Mona wants to share and I hope you all have a great day and I'll see you next video. Bye bye.

Mona: Bye bye.

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