



ELISSA GOODMAN INTERVIEW Hodgkin's Lymphoma

By Chris Wark

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ELISSA GOODMAN INTERVIEW

Hodgkin's Lymphoma

What's up, everybody? It's Chris from Chris Beat Cancer, and today my guest is Elissa Goodman. Elissa is a 25-year holistic lymphoma survivor. She is a holistic nutritionist now. She has done a number of cool things. Some of them include creating cleanse programs for restaurants that you may know, if you're in the California or Los Angeles area: Café Gratitude, M Café, Erewhon. She even has a juice named after her at Café Gratitude called Elissa Goodman's Thyroid Juice, which is pretty cool. How do I get a juice named after me? Can you put in a good word for me over there?

- Elissa: I'll try. Definitely. What would you like to have in it?
- Chris: Cool. We'll work on a formulation after this interview. She has a salad there that she created called I Am Cleansed. And she wrote a book that came out about three years ago called "Cancer Hacks." And so, Elissa has got a fascinating story. We chatted, I guess, maybe a month ago, connected by our friend Kelly. And I just thought it'd be really fun to interview you and introduce you to my audience, because I know you have so much value to share. So, hey, Elissa.
- Elissa: Hey, Chris. Thank you. Thank you. I'm really honored to be interviewed by you, as well as love what you're doing for this whole wellness, cancer community. I mean, it's so needed.
- Chris: Thank you. I do agree. It is needed. It's needed. And every morning I wake up just thinking about like, "Hey, how can I help more people? How can I serve more people? What can I do today to help somebody?"
- Elissa: It's the best feeling, isn't it? It's intoxicating.
- Chris: It is. It's addictive, right? And I've said this before, but serving people makes you feel so good. It is like a drug. You just want to keep doing it.
- Elissa: No CBD for us, or alcohol. But yeah, it is. It really is. I mean, just being able to give people hope and to be able to see their lives change, it's pretty awesome.
- Chris: It's pretty awesome. Yeah. So, I'd love for you to tell your story, the lymphoma story. And then, we'll talk about what you're doing now, too. I mean, we've got a lot of fun stuff to talk about.
- Elissa: So, here's my story just in a nutshell; it's long. I was not a healthy kid, growing up. I came into the world with a not strong immune system. And I think, a lot of times, moms and people just don't tap into that. I had a

low white blood cell count, so I ended up having to get blood shots. And then, that didn't really seem to help. I got sick with everything growing up – chicken pox, I got a mono a couple of times, strep, tonsillitis, digestive issues. I mean, every time I was turning around, something was happening because I feel like my immune system was a bit compromised.

Plus, I grew up with two very type-A parents who were amazing, but I feel like they ran circles around me, even as a kid. I feel like, at my age, I should have been running circles around them. They were very successful, very motivated. They were very much on the track of five hours of sleep a night, and just conquering the world. And so, emotionally there was a component there where I just didn't feel like I measured up. Like I wasn't going to be able to keep up. I wasn't going to be as successful as them. I wasn't going to be as smart as them. So, I think I had those two components, physically and emotionally. Because the emotional component is huge, which I didn't realize until later in my life. I followed in their footsteps. I moved from Arizona where I went to school and college and grew up, went to New York, worked in the advertising business, was sick a lot there because of the weather and how I ate and how I treated myself. And the energy in New York, I mean, I loved it. And also, it wasn't so good for me.

Chris: It's intense.

Elissa: Yeah. So, I then married my husband from New York and moved to LA. And I got a dream job in LA, with Vogue magazine. Six months in, I was diagnosed with Hodgkin's lymphoma and my world was completely turned upside down. And I didn't really have symptoms. I was getting a massage, which was kind of crazy. I was sitting upright, and they were massaging my collarbone, my neck. And the woman said, "You have a swollen lymph node on your collarbone. You're not supposed to have a swollen lymph node there. So, you should get that checked out." And then, I went to the doctor. He didn't biopsy it. He just like felt it, just the general practitioner. And he was like, "Oh my god! It could be cancer."

And at 32 I'm like, "Whoa. I've been trying to have kids. Trying to start my life in LA. And I'm still trying to climb the corporate ladder." And then, when I got it biopsied, it was an early stage of Hodgkin's lymphoma. The doctors, as you know, were terrifying. "We're going to have to freeze your eggs because you haven't had kids yet. You're going to have to do chemo, radiation. We actually do have a donor." I mean, it was way ahead of where I was at. I mean, the fear of all of this was intense because they terrify you. They don't make you feel like, "You're going to get through this. It's an early stage. There are things we can do to help you through this."

So, the third doctor I went to see was like that. He was a radiologist/oncologist who was amazing. And he sat me down. He said, "It's an early stage. Can you tell me about your life? Like are you

stressed? What's going on? Are you happy? Are you living your dream, your purpose?" And I was like, "I'm miserable." LA is not an easy place to move to. And we didn't have any friends because they were all in New York. The job was really intense. I had gotten in over my head, in terms of the expectations. And I just never felt well. I was always behind the eight ball. So, even if I tried to eat healthy, it just never felt like I was in that mode of feeling strong. So, he was like, "Let's see if we can deal with this emotionally. Let's get you some help emotionally. And then, you'll probably have to do chemo and radiation."

But I had this gut instinct that I was going to beat this sucker. Like it was early and I just knew this was a wakeup call for me, that how I was living needed to be turned around. And so, I did. I chose to do half the radiation. My oncologist basically fired me. He said, "I can't treat you because you're not doing what I say, so what happens if it comes back?" And so, I found a radiologist to do half the radiation. And I went into therapy. And I started eating super healthy. I became vegan. I wasn't a healthy vegan because I didn't know how to do it, but I definitely ate more veggies and fruits. And I started juicing like crazy. There was one juice place that happened to be down the street from me. So, I'd go there every day. I juiced like carrots and I was orange. My palms were orange, everything. And I got through it. So then, 11 years later, my husband was diagnosed with non-Hodgkin's lymphoma.

Chris: That's crazy!

Elissa: It is crazy.

Chris: And was he on the healthy bandwagon, at that time?

Elissa: No. Not that this gives you cancer, but he was a huge animal protein eater. He was always doing the Atkins protocol. And it was fat and animal protein, and he was always watching his weight. A lot of sugar. He had a candy jar in his office. And he loved caffeine. And he thrived on stress. And he was super successful, great personality. But he just was always stressed. He got up at 5:30 and do like a Barry's Bootcamp workout class. And he just thrived on the no sleep and all of that.

Chris: Always pushing himself?

Elissa: Yeah. Many factors have to come together for cancer, as you know. But so, he did everything the doctor said. He did chemo, radiation. He did two bone marrow transplants in a year and a half, which is kind of unheard of. Like they never gave him a break.

Chris: That's rough!

Elissa: I know. And he ended up passing away of pneumonia at 45.

Chris: Oh man. Let me just ask you something, because this is not uncommon. And what I've found is that a lot of cancer patients die of other causes that are related to treatment. Right? And so, the cause of death for him was pneumonia, but he wouldn't have gotten pneumonia if his immune system hadn't been destroyed by treatment.

Elissa: Absolutely. I feel like the treatments really, really destroyed it. I don't know. Do you ever hear of two bone marrow transplants in a year and a half? I mean, one in a year and a half is really intense.

Chris: I've never heard of that. I mean, I imagine it's happened somewhere to somebody. But yeah, I've never heard of that.

Elissa: I know. They were like, "He's strong, he's young." Every time he did chemo and every time he did the transplant, in a month or six weeks later, the cancer was back in his blood or it came back in his spinal fluid. It was really aggressive. But when it was diagnosed, it wasn't diagnosed as aggressive. It was stage II? And it was follicular. So, it was large B-cell and follicular. Follicular is a little bit more aggressive.

Chris: And non-Hodgkin's typically responds very well to treatment. But obviously, in your husband's case, it sounds like it made it more aggressive, which also can happen.

Elissa: I think so, too. Also, his dad passed away of melanoma when he was two. So, I don't think that cancer is completely genetic. I think a small percentage is. But I think he was so afraid of dying because of that fear factor of knowing that his dad passed away of cancer. I don't think he had that feeling that he could cut beat it. He did at the beginning. But as time went on, it got intense. And so, when he passed away it was definitely traumatizing, more so than my cancer or anything that had happened to me in my life. And then, I realized our 2 girls, who were 3 and 7, had 2 parents who had cancer. And they're going to think they're going to get cancer. I mean, they're just automatically going to be traumatized by all this.

So, that's when I went back to school and I learned nutrition – eastern and western and all different types of modalities and supplements and herbal remedies and Ayurvedic and Chinese and acupuncture and trauma work. Because I just wanted to actually help the family, the three of us. I wasn't going back to school to become a nutritionist. I needed to get healthy. I was it for them. And these girls needed to know that they were not going to get cancer and they were going to be healthy and they were going to live a happy strong life. But it was a long road. I mean, I went back to school. And then, I got hired after school to do these cleanse programs that you were talking about. So, then the rest was history. I kind of got addicted to helping people and realizing that, "Wow, if I could get through it, maybe I can help other people get through it."

Chris: Exactly. And how old are your girls now?

Elissa: They're 21 and 24. And there's been a lot of trauma in their life, in that way. And every time someone gets sick, they do get traumatized. Or if someone gets cancer, as you know, that doesn't go away. But they've had a lot of emotional guidance and help with that. So, they know when it comes up that that's what it is. And they didn't eat healthy for so long. They were so against what I did – the green juices and the vegan lifestyle and the plant-based diet.

Chris: It's like basic teenage rebellion. Right?

Elissa: Absolutely. I mean, I didn't have any sugar or candy or anything in the house, so they would get it elsewhere. And they would go crazy.

Chris: Right. So, that's obviously a concern of mine for my kids, and my wife too. We don't want them to rebel with junk food. And so, we've been very deliberate in sort of balancing the way we approach food with them. So, I mean, we eat super healthy. We're plant-based. But we don't put strict rules on them. And so, they know they have freedom to eat whatever they want. It just so happens that we don't have a lot of that stuff in the house.

Elissa: I know. It's good. I mean, I always tell parents and people, "Don't take it away. And also, if you want to have sweets, bake them and try to make them healthier. So then, their taste buds like those, rather than the really crappy stuff." So, it's been an interesting road. I mean they radiated my thyroid and my upper torso. So, I got hypothyroidism, which took four years to get diagnosed. And then, of course, most hypothyroidism turns into Hashimoto's. So, I was dealing with that for 21 years, as well. So, that was a bit of a struggle. But once that was diagnosed, things got better.

And then, like you, I am so into many different modalities. I was treated with the medical medium. I love energy healing. I love plants and herbs and all of that stuff, I think, is so powerful. And I treated myself with all that. And I was able to put myself in remission for that.

Chris: That's awesome.

Elissa: It is. I'm such a believer that our bodies want to heal and they know how to heal. And if you just them the right medicine... And people these days, Chris, are so overwhelmed with the info out there. There's too much. There's too many diet modalities. There's too many supplements. There's too many superfoods. They're going a little cray cray.

Chris: I know. It's true. I created a course a couple of years ago called SQUARE ONE, which was my attempt to combat all of the misinformation and just give people a very simple, straight forward path. A starting point.

Because yeah, you get on Google and there's a million bloggers and websites and people selling stuff. And some of it has value, some of it doesn't. And when you're in a crisis, you don't have a whole lot of time to waste. Especially on wild goose chases. And so, I'm with you, for sure. It's hard, I think, for a lot of people to distinguish between the latest fad and time tested dietary wisdom.

Elissa: I mean, it's about the basics. You go back to eating real food, you eat more plants, right? Veggies and fruits. That's where the good stuff is. That's where the nutrients are. And cut back on that animal protein, to some degree. Not that it's terrible, but some of it is terrible. And the inflammatory stuff. And get enough hydration. But just even the simple stuff, it's shocking. Sleep de-stress. It's shocking how many people don't drink enough water, don't eat enough veggies They're basically into the animal protein and fat, these days. A more keto-esque way of eating.

Chris: Yeah. Paleo. Keto. Right?

Elissa: Right. And that is good for certain things, but you have to balance it out. And I'm a huge fan of getting nutrients at a cellular level – getting them into your bloodstream and getting them into your mitochondria, your cells. And I think you could do that with green juices without any fruit. I love the fact of like a smoothie without a lot of fruit, as well. Or with a greens powder, even chlorophyll or spirulina. Or I have a greens powder that I love called Pure Synergy. That guy has been formulating it since 1977. Or that's why I do the soup cleanse. Like pureed veggie soups, where your digestive system doesn't have to digest the food and break it down. It goes right into the cells and the tissues and the bloodstream. And some of these things can detox the blood, which I think we need too. So, I'm at least trying to teach people to throw that into their daily regimen. It doesn't mean you have to give up all of this stuff that you love, the coffee or maybe the alcohol or the animal protein, but you definitely need to get these nutrients, like an IV of them somehow.

Chris: Yeah. And it depends on the urgency of their situation too, right? So, the more urgent they are, the more massive action is required. If they have a small problem, then okay, we can make some small changes and see if it helps. And we can take this sort of gradual progressive approach. If they're coming at you with major disease, cancer, and things, there's no time to waste. We've got to pull out all the stops. You've got to change everything. That was my approach. I'm going to change everything; anything that could possibly be contributing to disease in some way, I am willing to let go of it and replace it with something better, even if I don't like the taste.

Elissa: I know. And I wish more people were like that. I wish more people would just jump on that bandwagon when they are sick.

- Chris: It's hard to help people if they don't want to change. Impossible, really. They don't want to change. It's like, if you get, get a gunshot wound, you go to the hospital. They can help you. You don't have to do anything. But in terms of these chronic lifestyle diseases, disease is caused by our diet caused by our lifestyle choices. You can't get over them if you don't change.
- Elissa: Yeah. What I've seen recently, Chris, is so many people don't honor themselves. At the root level, they don't love themselves. They don't think they're worth healing. Or they don't think they're worth it. Or they feel selfish taking care of themselves. And that is like massive. Even more so than food and like all these supplements. People not like getting in touch with that self-love. Like they're here for a reason. They are worth it. They do have things to offer the world. They can make some simple changes and really change their life, but they have to feel like they're worth it.
- Chris: I'm so glad you brought that up because before I was diagnosed, I had very low self-esteem. I did not like myself. I didn't feel worthy. And I think a lot of that contributed to the fact that I got sick. And I'm just so thankful that I was taught by other survivors and healers early in my cancer journey that like, "Hey, you've got to change the way you're thinking about yourself. You have to choose to love yourself. You have to choose gratitude. You have to choose to focus on the good things in your life, instead of the bad things or the things you wish you had or things that other people have. And the more you focus on the good things in your life, the more gratitude just wells up." And gratitude brings joy and contentment and fulfillment and happiness, like all these wonderful things. And so, you can't just flip a switch. It's a daily mental exercise. And I still do it today. I have to catch myself if I have jealous feelings or insecure feelings or anything.
- Elissa: Absolutely. I know. Thank God for meditation and energy healers today, helping people kind of get back in touch with themselves. Like if they're not on the path that they want to be on, that they're helping them, guide them to find that path. Because I think that's huge. I mean, one of my favorite books, I'm sure you know it and probably had her on, is Kelly Turner's "Radical Remission."
- Chris: Absolutely. I love Kelly. She's just wonderful. She's a wonderful person. In fact, I saw her just a couple of weeks ago in New York and she's great. The book is awesome. "Radical Remission" is a fantastic book. I recommend it all the time.
- Elissa: Same. Yeah. And all those emotional components – 7 emotional, 1 supplement, 1 food. Like it's wild. Such a light bulb. I mean, I knew emotions were important, but I didn't know how important.
- Chris: Yeah. And for anybody that doesn't know the premise of the book, Kelly studied all these cancer patients who had healed against the odds, what

they call radical remission or spontaneous remission patients. I was one of them that she interviewed, but there's many. I think she looked at a thousand case studies or something. But she identified 9 key factors, between all these people. And like you said, 7 of the 9 were mental, emotional, spiritual type factors. Only 2 of them were physical, like diet and supplements. Although she is adding a 10th factor. She missed one in the book. There's a 10th factor, and that's exercise.

Elissa: Oh, okay.

Chris: So, there's one more physical factor that really does contribute to survival and healing. But anyway, yeah. I mean, so many people just focus on the physical stuff, right? Diet, exercise. And supplements. And if Kelly's research holds up, that's only 30% of the problem. The other 70% is the other stuff.

Elissa: And I was lucky because that one doctor, like so many years ago way ahead of his time, was on that bandwagon. He was sort of tuned into that, which is unbelievable because still today they don't tune into that, which drives me crazy with the people I see and the cancer oncologists. They don't talk about that stuff. That's why I send a lot of my clients to functional integrative doctors because a lot of them, the one that I used here a lot, he spends two hours with them prior to doing any tests, like talking about their life. By the end of two hours, he kind of sums up what's wrong with them. So, I think that is so exquisite these days to be able to get the whole picture.

Chris: Yeah, absolutely. It's kind of like you take your car in to get worked on and they're like, "Well, three of your belts are bad. Three of your belts are totally worn out. One of them is broken, the other two are about to break. And we're just going to replace one of them and send you on your way." Like, yeah, not a good strategy.

Elissa: "See how you do." Exactly. And that engine light isn't really on yet, but there's warning signs coming up. And you kind of ignore all the warning signs. But I'm so excited with the way things are going, these days because with the blood tests and with the functional and getting to the root cause of people's health issues and maybe hopefully steering away cancer for these people...is such a beautiful thing. So, there's so much research and so many great things happening to help people. And that's what I love. I'm like fascinated with everything that's happening to like help people get to a better place. And people are wanting to earlier. And if they are thinking they might get cancer or if their family member has cancer, they're taking care of it.

Chris: What have you learned recently that you're most excited about?

Elissa: One thing I've learned, because I love the whole cleansing and detoxing world... It's not about starvation/depravation it's just about taking away

inflammatory foods and getting real, like we talked about, fruits and veggies and eating anti-inflammatory, as much as you can. I mean, the body resets in five days. I'm a big fan of that detoxing/cleansing lifestyle. And I personally do that, with a bit of intermittent fasting with the juicing, all of those things. And getting those nutrients at a cellular level, so that my organs can detox. But I didn't realize, I think until a couple of years ago, that half the population doesn't have a gene that can help them detox. So, there's a gene that basically they don't get, where they can create more glutathione and have glutathione to help detox the body. And those are the people that are getting sick, even though they are doing healthy things. And they're not realizing what's going on. So, there's a genetic effect to this, right?

Chris: Are you talking about MTHFR?

Elissa: No, it's different. It's not MTHFR, it's different. It's something like GTS... I can't remember the exact gene. But we need to create glutathione, it's the master antioxidant. And it helps us cleanse and detox the body. And some people don't have the ability to do that. I'm always trying to tell people how to do that. I'm always teaching people how to eat sulfur-rich veggies, that's a huge thing. And yes, they do probably have a genetic effect with the MTHFR, or take methylated B-12, B vitamins, B-6, folate, all that stuff. And the collagen powder has the three amino acids to help create glutathione. So, that's another great thing that has kind of come up the pipe – the bovine collagen powder, if you aren't vegan, is great for helping create more glutathione in the body. So, that's something that I've been fascinated with.

Chris: So, how would you say that cancer changed you for the better?

Elissa: Cancer changed me for the better because I realized that I wasn't feeling in love with myself and really worthy. And I didn't really feel like I had a place on this earth. I was just here to emulate people that I had been brought into the world with. So, I didn't really feel like I was an individual. I didn't feel like I was important. So, I feel like cancer changed me in that way. It made me realize that I am important and I'm here to do great things. And whatever I end up doing, as small or large, I feel like it definitely helped me find my place and my passion. And it helped me fall in love with myself, not in an egotistical way, but just in a heartfelt way. And I just turned 59 and I've never felt better in my entire life. So, I realized that also having cancer made me realize that I don't want to feel bad. I don't want to feel crappy. I don't want to get cancer again. I don't want to get these health issues or hormone issues or things as you age – dementia, Alzheimer's. So, it keeps me on my toes.

Chris: Who were the people that influenced you, back when you were first diagnosed? Whether it was books or authors, how did you get turned on to the holistic path?

Elissa: That is a good question because back then there weren't as many – that was so many years ago.

Chris: Not online, that's for sure.

Elissa: For sure. I mean, it might've been like someone like Dr. Andrew Weil, back then. I also was lucky enough that growing up, my mom went to a health ranch called Rancho La Puerta. Have you ever heard of that, in Mexico?

Chris: Yeah.

Elissa: So, I went to it a number of times as a teenager. I hated it with a passion because I didn't want to be with all these old ladies exercising. I wanted to do with my friends. I didn't want to be eating plant-based food and exercising at 5:30 AM up in the mountains and getting massages and hanging out with like 30-40 year olds. I mean, that was not my thing. But I think that I saw these women changing in the 7 days they were there. So, I'd have to say that that must have had an influence in me. I mean, afterwards, it was "The China Study" and people like Anita Moorjani and Lissa Rankin with "Mind over Medicine." But that was after. Those things really changed me, in that regard. But I think in the early days, there wasn't as much to go by.

Chris: Yeah. I mean, what year was that for you?

Elissa: That was '92.

Chris: '92. So, I was diagnosed in December 2003, but January 2004 is when I started trying to figure out how to get well. But the Internet wasn't helpful to me then, either. And I just went from book to book, Paul Bragg and Dr. Lorraine Day. And she was after you, as far as her cancer journey, and some others. And Dr. Richard Schulze. Do you know him?

Elissa: Yeah, he's still around. And he's in LA.

Chris: Yeah, I think he's kept a pretty low profile.

Elissa: I know. His supplements are still incredible. He's one of the ones in the forefront of all that.

Chris: He's hardcore.

Elissa: He was preaching the organic supplement message decades before anyone took that seriously. Yeah. I forgot about him. He was good. I mean, it was cool because I had moved from New York to LA. And LA did have one juice place. It had Mrs. Gooch's, which is Whole Foods now. It did have acupuncturist and colon therapists and a lot of naturopaths and all of that. It did have that stuff happening. So, I guess I was lucky

that I had moved to LA because I'm sure I wouldn't have found it probably as much in New York.

Chris: Definitely not in Memphis. You would not have found it in Memphis.

Elissa: Right. That's true. That's true. So, yeah, I was definitely... But I think it was more probably Rancho La Puerta days. And I'd seen how this way of living, where women who were so stressed out when they got there and weren't sleeping and were on meds, and my mom was an asthmatic and needed her inhaler consistently. And by the end of the seven days, she didn't. And these women were happier women at the end of seven days of being off the grid, too.

Chris: Yeah, that had to have made a big impression on you, for sure. My mom was always in healthy stuff and was always reading health books and buying stuff at the health food store – weird supplements, wheatgerm and sprouts and kefir and stuff like that.

Elissa: So she was ahead of her time too?

Chris: Yeah, she really was. She really was. But we still didn't eat the way that I eat now. Like we didn't need plant-based. We ate a very standard diet, in a lot of ways. I mean, pretty much animal products at every meal and things like that. But she was definitely a voracious reader on healthy stuff. And was buying like whole wheat bread, instead of the white bread. And was buying the peanut butter with no sugar, which I didn't like near as much as Peter Pan. Not letting me buy the super junk food cereals, like Lucky Charms or something.

But anyway, yeah, that made an impression on me. I grew up around that. And even though she wasn't super hardcore, I still had this little bit of a foundation of healthy living. And she had collected all of these books. I don't know if you know this about my story, but she had amassed this huge library of books on health and healing, on alternative medicine, healing cancer, like all these books that she had just bought over the years. Probably, I'd say the vast majority of them, she had bought from the little hole-in-the-wall health food stores in town.

Elissa: Just because she was interested in health?

Chris: Yeah. She never had any chronic diseases, never had any health issues. But she just really was into prevention. So, she was just reading and reading and reading. Loved to learn, loved knowledge. And then, as it turned out, the reason she had such a strong drive was because I was going to get cancer. Right? She didn't know that, but it was like God leading her in that process. And so, she was a big supporter like of me, In the beginning, when everybody else thought I was crazy, my mom understood why I walked away from conventional therapy and said "no" to chemo after surgery.

And then, she had all these books. I was like, "Oh my gosh." Like it was kind of funny because like, when you read a health book and they reference some other healthy influencers or whatever, you're like, "Oh, who are they?" And every time I would learn about somebody new, I would ask my mom and she was like, "Oh yeah, I have that book." And I was like, "This is crazy. I can't believe you have all these books." But yeah, she had Richard Schulze's books, Lorraine Day's books. She had Pablo Arriola, like a super old school raw foodist. She had the original rebounding book by Al Carter. I mean, it's just crazy. It's just crazy.

Elissa: Oh my goodness. Did she do massages? Did she do stuff for herself, too? Did she take care of herself, in that way?

Chris: I mean, not much. She went to the chiropractor some, but she didn't really do much other therapeutic-type stuff. She did have a rebounder though. So, we had a rebounder in the house when I was a kid. We always had one there.

Elissa: Do you rebound?

Chris: Yeah!

Elissa: You do?

Chris: Oh yeah. As soon as I was diagnosed and I was changing my whole life, I bought myself a rebounder and was doing a lot of rebounding.

Elissa: What would you say is the one thing that you do today that is exceptional, in terms of keeping you vibrant?

Chris: Yeah. Gosh, you know, I don't know that it's one thing. I mean, the diet's a big piece, for sure. Just eating tons of fruits and vegetables. Tons of plant food.

Elissa: Do you juice?

Chris: Yeah. I have, on average, maybe a juice a day. So, not tons of juice like I used to. About a juice a day, on average. But diet is big for me. Getting a lot of sleep is big for me. I love to exercise, so rock climbing or CrossFit or whatever. So, I'm always doing something like that. And then, I'm very conscientious about stress. And so, I'm quick to forgive people who hurt me. I have limitations on my time, so I'm not a workaholic anymore. I spend a lot of time with my family and doing those things that I know give me just so much joy.

I mean, I think in our culture now, everybody's just so obsessed with production. "I've got to produce. I've got to make more money. I've got to be more successful. I've got to get more followers on social media," whatever it is. And it's never ending. Once you're in that trap, you just

want more and more and more. There's never a level where you're like, "Okay, I have enough." And I learned how to be content with just living paycheck to paycheck with cancer in a tiny little house, years ago. And because I learned contentment back then, it's easy for me to be content now. And I'm blessed to say that I'm in a nicer home now than I was 15 years ago. And I have more money in the bank now than I did 15 years ago, which isn't saying much. But the point is like, yeah, everything is all extra. You know what I'm saying? I should be dead, statistically.

Elissa: Yeah. And so, the whole idea of reevaluating what it's all about. And it's so hard to see the younger generation because, just like you were saying, they're not coming up the ranks with just living paycheck to paycheck, which is enough. Or smaller house or wanting to find those Instagram followers. I mean, it's pretty crazy the stress level that I'm seeing. Right?

Chris: Right. A lot of self-obsession and a lot of discontentment and envy and jealousy and comparing. I mean, social media, so much of it is about comparing yourself to others, posturing yourself in a way that's not true. But at the same time, comparing yourself to other people who are also posturing. Psychologically, it's terrible. They're still trying to figure out what kind of an impact it's going to have on our society as a whole.

And I think the thing about contentment, just something I was saying earlier, and I don't want anybody to get the wrong idea, it's okay to want more, right? It's okay to work for a better life. And that's not what contentment is. Contentment isn't just saying, "I'm okay with what I have and I don't need anything else. And you shouldn't ever want anything else." That's not what it is. Contentment is really saying, "Thank you, God, for what I have. I'm so excited about the future. I'm excited. I want to reach more people. I want to move into a nicer home for my family, or a nicer neighborhood. Or drive a car that isn't an old beater." Wanting that is totally fine. It's totally healthy, as long as you're not projecting your happiness into the future. That's the deal. Because so many people think they want more and they think they'll be happy when they get it. And so, it's just a small shift. Be happy now. You can want more, but be happy now. And if you're happy now, you'll also be happy later when you get the promotion or the award or whatever it is, those things that you're working for.

Elissa: I know when I got to that place, everything changed for me. And when I found contentment and peace and surrendering to where I was at and where my heart wanted to be in that moment, and not comparing and not judging and not all of those things, wanting more and more and more... It was like all the good stuff came. That's when my health really changed. I mean, that's when it went up. It started to thrive. I started to thrive, as well as things started to come my way that I never dreamed were possible.

Chris: That's great. Well, Elissa, this has been really fun. Thanks for hanging out.

Elissa: Thank you. It was great being with you.

Chris: Yeah. So, where can people find you? I'll put a link to your book, "Cancer Hacks" below the interview or in the show notes. But yeah, where can people find you? How can they find you?

Elissa: I have a website: ElissaGoodman.com. Twitter, Instagram, the whole gamut. Something I don't love. I also have a YouTube channel where I interview game changers in the wellness arena, mostly in LA. Because, as we know, the wellness space has exploded. So, the people that I really think are making a difference, I interview them. And I put that out once a week. And I have a newsletter. And I have a 7-day reset cleanse that is really, really easy. That's like my soup plans, but people could do it anywhere in the country, as well, on the website.

Chris: Awesome. Well, we'll link to all that stuff. They can find you and get to know you better and get your book and all that good stuff.

Elissa: Thanks, Chris.

Chris: Thanks, Alyssa. This was great. Have a great day. Thanks for watching, everybody. Please share this with people you care about. The world needs to know that cancer does not have to be a death sentence. There are people who have healed holistically and are thriving like Elissa, and doing great things in the world. So, again, thanks for watching everybody. I'll see you on the next one.

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